



Weekly Safety Tip

CHEMICAL EXPOSURE: Safety Shower & Eyewash Station

WEEKLY SAFETY TIP for Week of March 21, 2022

Chemical Exposure: Safety Shower & Eyewash Station

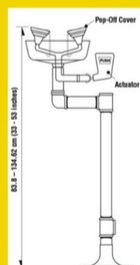
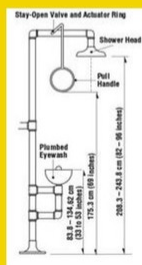
Ten seconds. That's about the same amount of time that it takes to tie your shoelaces or to fold a t-shirt. According to the Occupational Safety and Health Administration (OSHA), that's also the longest it should take anyone to reach a safety shower or eyewash station if they are splashed with a hazardous chemical. Emergency showers and eyewash stations are a last line of defense. Being able to get to a safety shower and eyewash station quickly, and knowing how to operate it, are two vital first aid elements. The first 10 to 15 seconds after exposure to a hazardous substance, especially a corrosive substance, are critical. Delaying treatment, even for a few seconds, may cause serious injury. Safety showers and eyewash stations provide on-the-spot decontamination. They allow workers to flush away hazardous substances that can cause injury. OSHA 29 CFR 1910.151(c) focuses on emergency safety showers and eyewash stations. It states, "Where the eyes or body of any person may be exposed to injurious corrosive materials, suitable facilities for quick drenching or flushing of the eyes and body shall be provided within the work area for immediate use." When it comes to the location and distance of safety showers and eyewash stations, OSHA refers companies to ANSI/ISEA Z358.1-2014. The American National Standards Institute (ANSI) specifies "The location of emergency safety showers must be on the same level as the potential hazard requiring their use. They must be free from obstructions and well-lit with clear signage to make it easy for people to find. Under no circumstances should it take longer than 10 seconds to move from the incident to the safety shower."

How to use a Safety Shower & Eyewash Station



- After exposure, go IMMEDIATELY to the safety shower or eyewash station, as time is of the essence.
- Activate the pull handle (safety shower) or actuator (eyewash station).
- Rinse your body or eyes for 15 minutes. If you are wearing contacts, gently remove them while flushing.
- Have a co-worker notify the proper medical personnel.

Activation of a safety shower or eyewash station is considered first aid treatment by OSHA, and must be documented as such. Ensure that you report any safety shower or eyewash station activations to your manager, safety department, and the client's health and safety department as soon as possible.



DIGITAL BURN-OUT



Dave Varwig
March 19, 2022

“Digital burnout” can harm your mental health, so here are 7 steps to deal with it



Being less available on all of your devices may help you reclaim your time and better support your mood.

BACKGROUND: First, what exactly is “burnout”?

Burnout is work- or unemployment-related chronic stress, per WHO, the World Health Organization. While **WHO does not consider burnout to be a medical condition**, it can be a major risk for serious health conditions, as reflected in its three dimensions:

1. Being depleted or exhausted
2. Feeling cynical or negative toward work or mentally distanced from your job
3. Experiencing diminished “professional efficacy” — in other words, feeling like you’re just not performing to your best abilities

Do you find yourself rushing to respond to an e-mail as soon as you hear your inbox ping? Or maybe you have a habit of working after-hours, or scrolling through multiple social media platforms first thing after waking up.

We live much of our lives online ... A March 2021 report from the Pew Research Center found that **31 percent of U.S. adults are online almost constantly**, and 48 percent go online several times a day.

But being available online 24/7 can take a toll on your mental health, a phenomenon called **“digital burnout.”** Here’s what digital burnout is, how it can affect you and how to deal with it.

What is “Digital Burnout”?

Burnout is the result of chronic unmanaged workplace-related stress, according to the World Health Organization. And when you mix too much screen time with the expectation that you always have to be available online, it can lead to its own version of the issue.

Enter **digital burnout**, which refers to **feelings of anxiety, exhaustion and apathy caused by spending too much time on digital devices.**



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