

ANNUAL SAFETY TRAINING



YOUR SAFETY IS IMPORTANT!



The goal of today's training is to provide you with the tools you need to work safely.

- Motivation
- Make a Commitment

AGENDA

- Back Injury and Strain Prevention
- Stretches
- Slips, Trips and Falls
- Ladders
- Personal Protective Equipment
- Hazard Communication
- Heat Illness Prevention

BACK INJURY PREVENTION

LOW BACK PAIN STATISTICS

- The most common cause of occupational injury related disability and the leading factor in lost time injuries
- 8 out of 10 people suffer from low back pain
- Nearly 25% of U.S. adults reported having low-back pain lasting at least 1 day in the past three months
- 7.6% reported at least one episode of severe, acute low-back pain within the past year

*(Source: IntheFaceofPain.com— Back Injury Fact sheet 2017 - verified)



TOP 5 CAUSES OF OCCUPATIONAL BACK INJURIES

5 – Motor Vehicle Accidents

#4 – Struck By Objects

#3 – Pushing / Pulling

#2 – Slip, Trip Fall

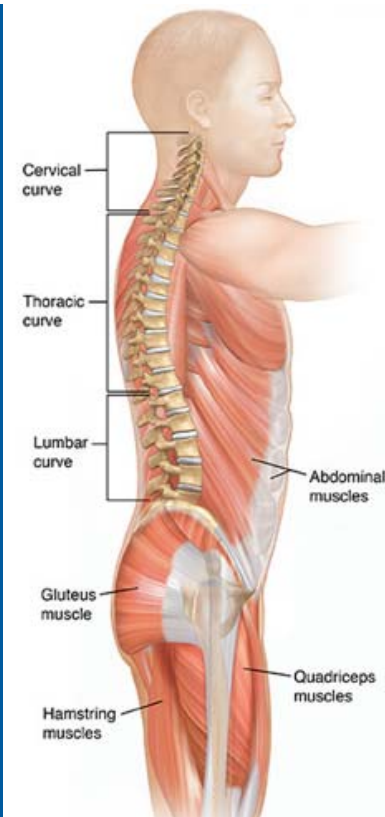
#1 - Lifting



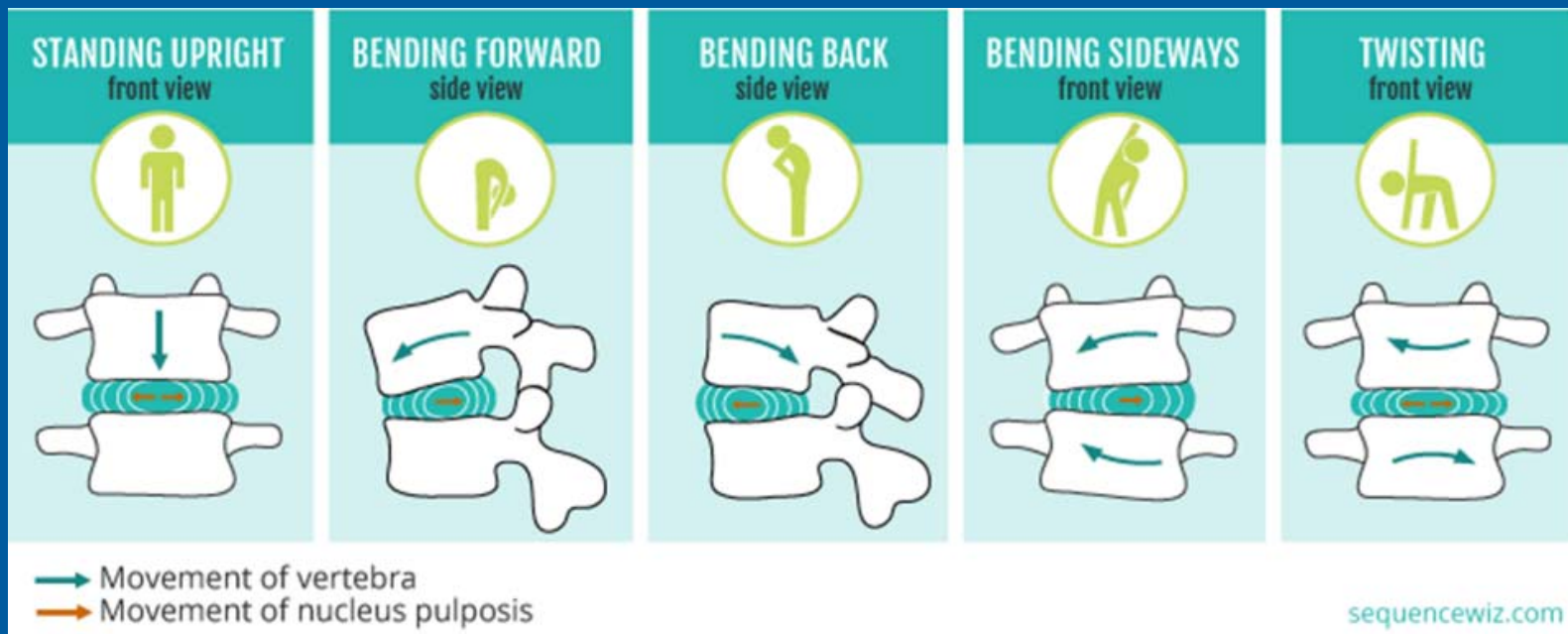
THE BACK AND SPINE

Six Key Elements

- Bones
- Ligaments
- Joints/Disc
- Muscles
- Nerves
- Blood Supply

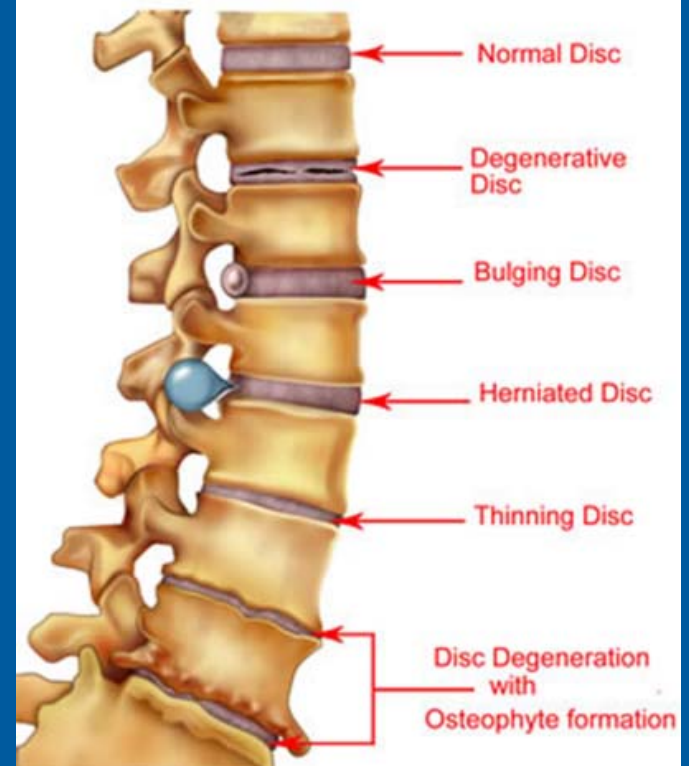


IMPACT OF MOVEMENT ON THE BACK



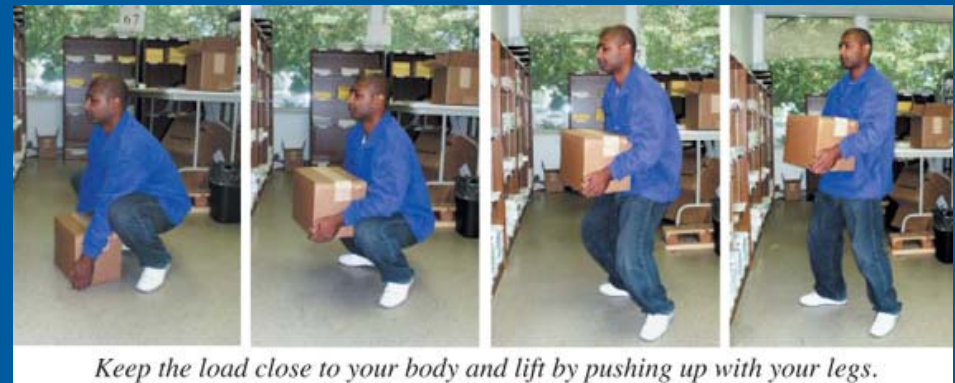
SPINE CONDITIONS

- Normal
- Bulging
- Herniated
- Thinning
- Degenerative
- Degenerative with Osteophyte formation



SAFE LIFTING

- Don't carry more than one box at a time
- Use the correct lifting technique
 - Bend at the legs and then straighten
 - Keep your back straight
 - Avoid twisting and reaching
- Do not lift more than you can handle. If something is too heavy or awkward:
 - Use carts
 - Ask for help



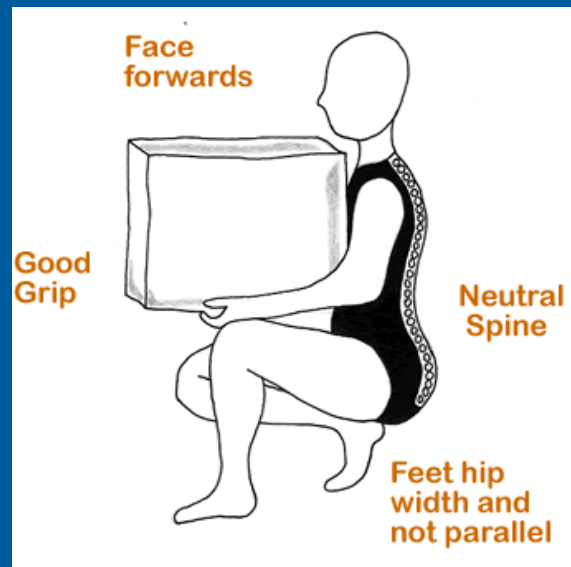
Vertical Zone	Horizontal Zone*		
	Close: < 12 ins	Mid: 12 ins to 24 ins	Far: 24 ins to 31 ins
12 inches above shoulder to 3 inches below shoulder	35 lbs	15 lbs	No known safe limit for repetitive lifting
Below shoulder to knuckle height	70 lbs	35 lbs	20 lbs
Knuckle height to mid-shin height	40 lbs	30 lbs	15 lbs
Mid-shin height to floor	30 lbs	No known safe limit for repetitive lifting	No known safe limit for repetitive lifting



Figure 2. Comparison of the data from the ACGIH lifting TLV's Table 1 and the Simplified Format (adapted from ACGIH (2007))

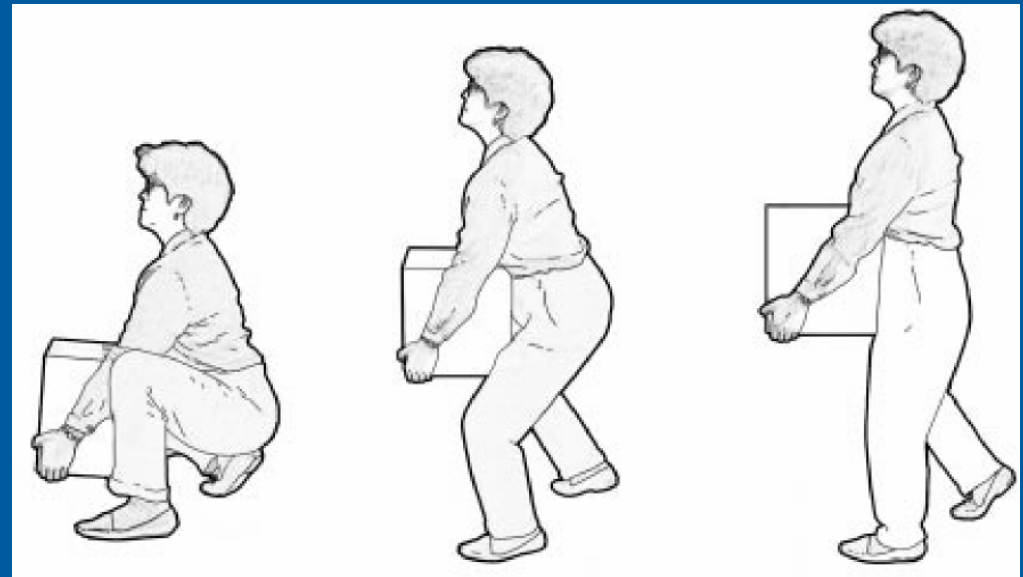
SIX LIFTS FOR MOST SCENARIOS

The following are different types of manual lifts applicable to a wide variety of scenarios.



DIAGONAL LIFT

- This lift is the most common method of good lifting technique.
- Use the basic lift for objects small enough to straddle where you have enough room to use a wide stance.
- Face load with feet shoulder width apart
- Lower center of gravity by bending at knees
- Keep load close



POWER LIFT



- Use the power lift for objects too large for you to straddle.
- This lift is very similar to the basic lift, but feet are moved farther apart.
- Approach the object at a corner and bring your body close to the load as you squat down.
- Straighten your legs to lift the load.

(Professional weight lifters lift using this position.)

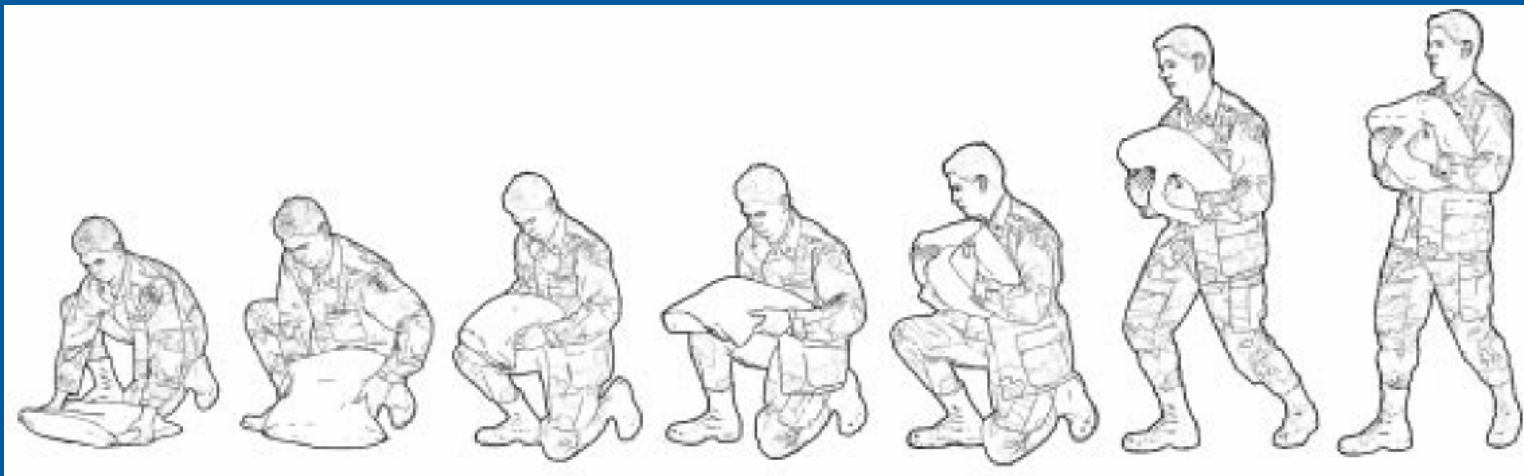
PARTIAL SQUAT LIFT

- Use the partial squat lift for small light objects with handles close to knee height.



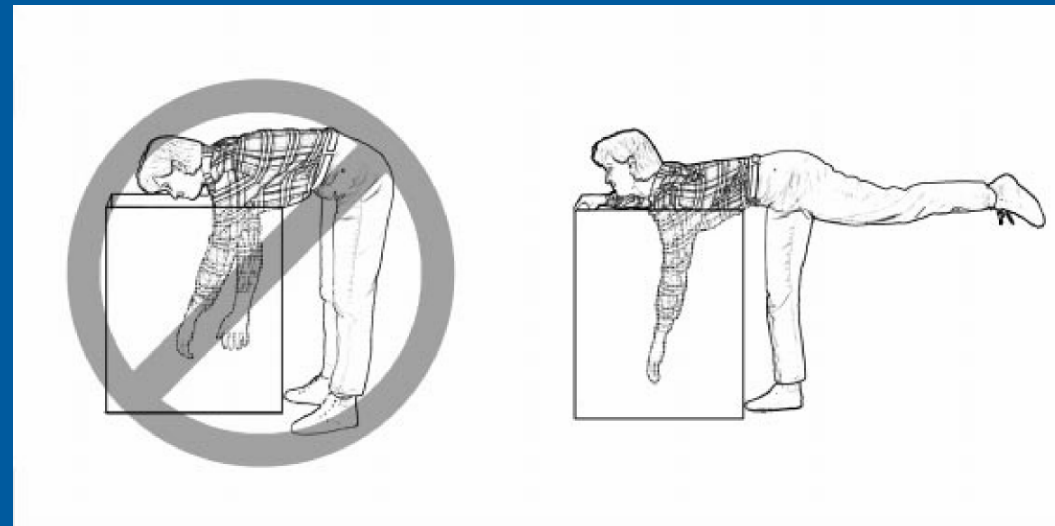
TRIPOD LIFT

- Use the tripod lift for objects with uneven weight distribution (example: sacks of food).
- Recommended for people with decreased arm strength.
- Not recommended for people with bad knees.

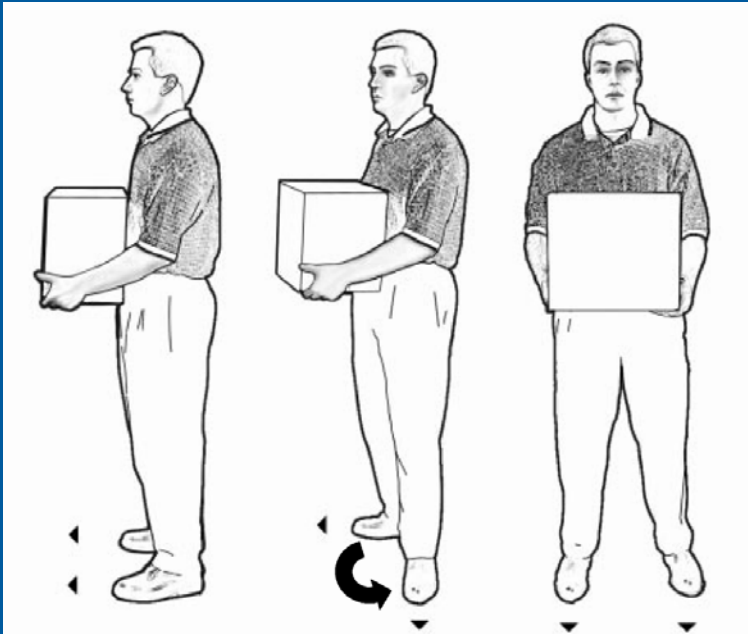


THE GOLFERS' LIFT

- Use the golfers' lift for small light objects in deep bins and to pick small objects off the floor.
- Recommended for people with knee problems or decreased leg strength.



PIVOT TECHNIQUE



- Use when moving object from one surface sideways to another surface
- Same as diagonal lift but followed by pivoting on feet
- Pivot on one toe and opposite heel, maintaining neutral posture
- May need to take step
- Nose and toes in same direction
- Make sure destination surface stable and clear

PUSH OR PULL?

PUSH!



OCCUPATIONAL RISK FACTORS

3 primary observable risk factors

1. Force: Exerting too much force on your back can cause injury
2. Repetition: High frequency of repetitive movement can cause muscle fatigue and injury
3. Posture: Poor posture while bending, lifting and moving impacts the natural curve of the spine causing stress and structural fatigue



REDUCE REPETITION



Do not stoop over to
reline trash cans.



Bend your knees and keep
your back straight.



Remain upright while
relining trash cans.

AVOID OVEREXTENSION



Avoid extreme reaches
to the right and left.



Stand upright and keep
elbows close to your body.

LIMIT FORCE



Use proper lifting techniques.



Face the dumpster, step closer and toss the bag straight ahead.



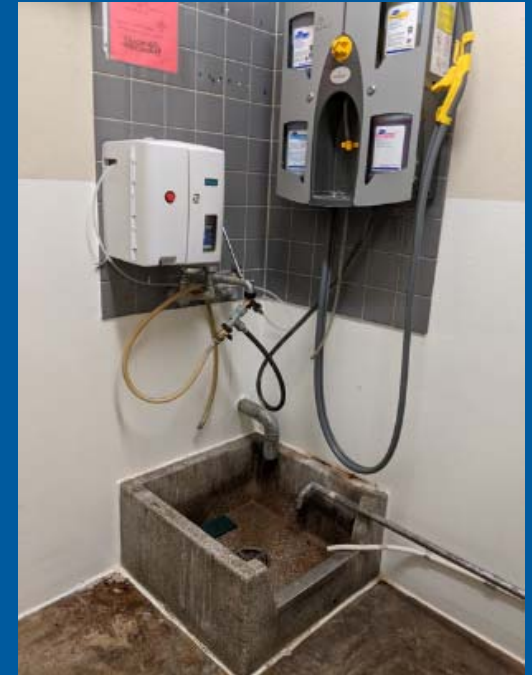
LIMIT FORCE



Bend your knees and keep your back straight while lifting the bucket.



Dump water while resting the bucket on the sink.



GOOD POSTURE



Alternate left and right hands at the top of the handle.

TEAM LIFTS



TEAM LIFTING & MOVING

- Plan
- Communicate
- Coordinate



WAIT - IT'S TOO HEAVY!

- Pain, Dizziness
- Exhaustion
- Loss of Strength in arms and/or legs
- Blurred Vision
- Head Throbbing
- Feel light-headed

PERSONAL RISK FACTORS

1. Age – Loss of gel from nucleus; increase in disc degeneration; decline in muscle strength
2. Gender - some studies have found a higher prevalence of some musculoskeletal disorders in women
3. Cigarette Smoking – affects connecting tissue; some studies have found smoking related to pain in the extremities, including the neck and back
4. Strength - the risk for musculoskeletal injuries (in some studies) was three times greater in weaker subjects
5. Anthropometry - weight, height, body mass index, and obesity have all been identified as indicators for certain musculoskeletal disorders
6. Physical Activity - a lack (or overexertion) of physical activity may increase susceptibility to injury

BACK INJURY PREVENTION BASICS

Include physical activity in your daily routine:

- Reduces stress
- Helps maintain a healthy weight
- Enhances muscle strength

Department of Health and Human Services recommends:

- At least 2.5 hours a week of moderate aerobic activity or 1.25 hours a week of vigorous aerobic activity
- Strength training exercises at least twice a week. Combine aerobic exercise, such as swimming or walking with exercises that strengthen and stretch back muscles and abdomen



6 WAYS TO AVOID BACK INJURIES

1. Know your limitations!
2. Use safe lifting techniques!
3. Don't take short cuts
4. Take care of yourself (sleep, eat, exercise)
5. Pay attention
6. Ask for help!

LIFTING AIDS



SLIP TRIP FALL

FOOTWEAR



Whatever your job, you have to wear
the right footwear.

FLOORING

- Slippery Floors
 - Wet
 - Polished
- Changes in Elevation
 - Curbs
 - Stairs
 - Cracks in Asphalt
 - Chipped Tiles

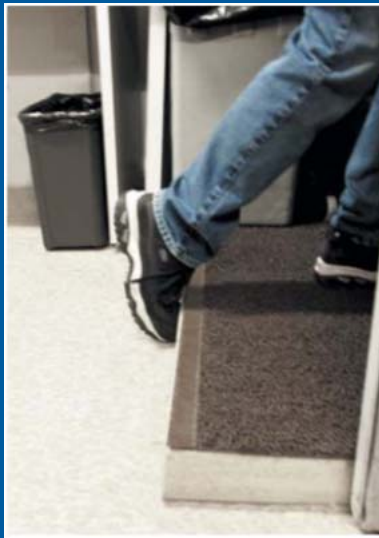


HOUSEKEEPING



- Workplaces shall be kept clean, orderly, and sanitary
- Workroom floors shall be maintained as clean and dry as possible

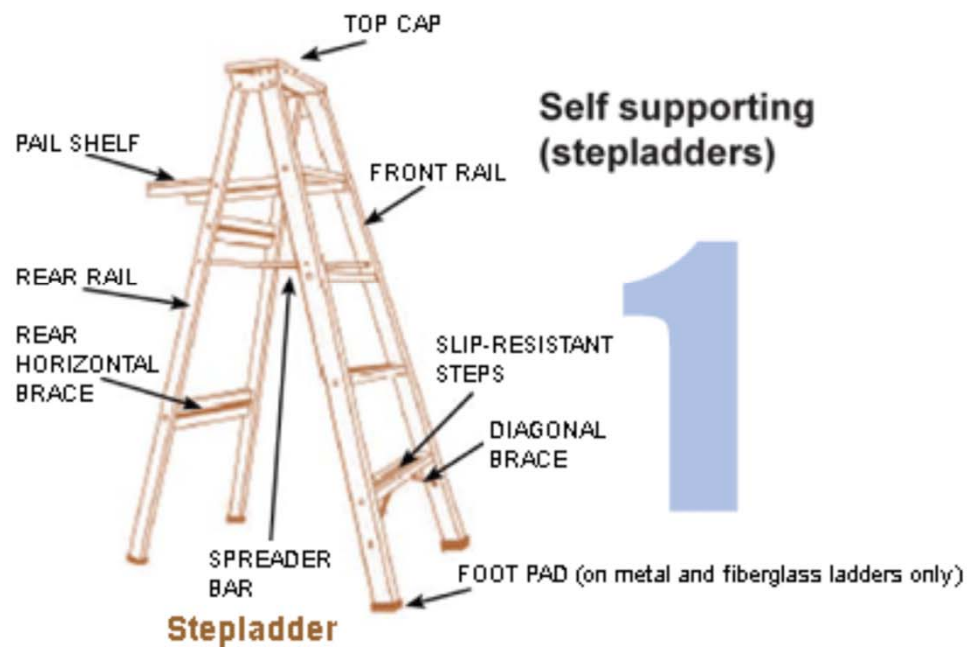
STAIRS



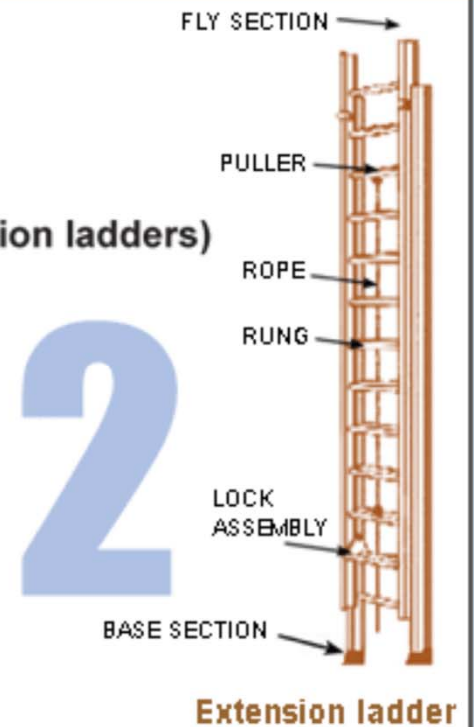
- Another trip and fall hazard
- Be aware of where you are walking
- Don't carry so much that you cannot see the stairs

LADDERS

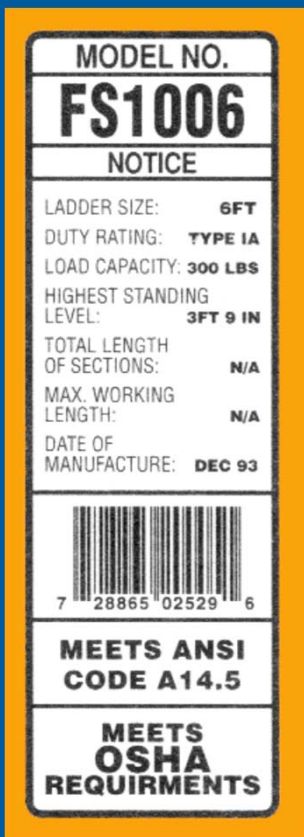
SELF SUPPORTING & NOT SELF SUPPORTING



**Not self supporting
(straight and extension ladders)**



LADDER DUTY RATING & CAPACITY



Duty Rating	Capacity
Type III (Light Duty)	200 pounds
Type II (Medium Duty)	225 pounds
Type I (Heavy Duty)	250 pounds
Type IA (Extra Heavy Duty)	300 pounds
Type IAA (Extra Heavy Duty)	375 pounds

The maximum weight or load is the combination of several factors:

- Employee weight, **plus**
- Weight of clothing and protective gear they are wearing, **plus**
- Weight of tools and supplies being used and stored on the ladder

LADDER HEIGHT

STEP LADDER SIZE	APPROX. HIGHEST STANDING LEVEL
4'	1'11"
6'	3'9"
8'	5'8"
10'	7'7"
12'	9'6"
14'	11'5"
16'	13'4"



LADDER SAFETY RULES

- Select the right ladder for the job.
- Inspect the ladder before you use it.
- Climb and descend cautiously
 - 3 points of contact
 - Face the ladder
- Do not reach/lean
- Never use the top two steps



PERSONAL PROTECTIVE EQUIPMENT

GLOVES



SAFETY GLASSES



HAZARD COMMUNICATION

SDS SECTIONS

- SECTION 1: Identification of the substance/mixture and of the company/undertaking
- SECTION 2: Hazards identification
- SECTION 3: Composition/information on ingredients
- SECTION 4: First aid measures
- SECTION 5: Firefighting measures
- SECTION 6: Accidental release measure
- SECTION 7: Handling and storage
- SECTION 8: Exposure controls/personal protection
- SECTION 9: Physical and chemical properties
- SECTION 10: Stability and reactivity
- SECTION 11: Toxicological information
- SECTION 12: Ecological information
- SECTION 13: Disposal considerations
- SECTION 14: Transport information
- SECTION 15: Regulatory information
- SECTION 16: Other information

SECTION I

1. IDENTIFICATION

Product name: Oxivir® Tb
Virucide, Bactericide, Tuberculocide, Fungicide, Sanitizer

SDS #: MS0800255

Recommended use:

- Industrial/Institutional
- Disinfectant / Deodorizer / Sanitizer
- This product is intended to be used neat.

Uses advised against: Uses other than those identified are not recommended

Manufacturer, importer, supplier:

US Headquarters Diversey, Inc. 1300 Altura Rd., Suite 125 Fort Mill, SC 29708 Phone: 1-888-352-2249 SDS Internet Address: https://sds.diversey.com	Canadian Headquarters Diversey Canada, Inc. 6150 Kennedy Road Unit 3 Mississauga, Ontario L5T 2J4 Phone: 1-800-668-7171
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Emergency telephone number: 1-800-851-7145; 1-651-917-6133 (Int'l)



SECTIONS 2,3

2. HAZARDS IDENTIFICATION

Classification for the undiluted product

This product is not classified as hazardous according to OSHA 29CFR 1910.1200 (HazCom 2012-GHS) and Canadian Hazardous Products Regulations (HPR) (WHMIS 2015-GHS).

Hazard Statements

None required.

Precautionary Statements

None required.

Health hazards not otherwise classified (HHNOC) - Not applicable

Physical hazards not otherwise classified (PHNOC) - Not applicable

3. COMPOSITION/INFORMATION ON INGREDIENTS

Classified Ingredients

Ingredient(s)	CAS #	Weight %
Benzyl alcohol	100-51-6	1 - 5%
Hydrogen peroxide	7722-84-1	> 0.1 - < 1%

SECTION 4

4. FIRST AID MEASURES

Undiluted Product:

Oxivir® Tb
Virucide, Bactericide, Tuberculocide,
Fungicide, Sanitizer

1 of 4

Eyes: Rinse with plenty of water. If irritation occurs and persists, get medical attention.

Skin: No specific first aid measures are required.

Inhalation: No specific first aid measures are required.

Ingestion: IF SWALLOWED: Call a Poison Center (1-800-851-7145) or doctor/physician if you feel unwell.

Most Important Symptoms/Effects: No information available.

Immediate medical attention and special treatment needed Not applicable.

SECTIONS 5, 6, 7

5. FIRE-FIGHTING MEASURES

Specific methods:	No special methods required
Suitable extinguishing media:	The product is not flammable. Extinguish fire using agent suitable for surrounding fire.
Specific hazards:	None known.

Special protective equipment for firefighters: As in any fire, wear self-contained breathing apparatus pressure-demand, MSHA/NIOSH (approved or equivalent) and full protective gear.

Extinguishing media which must not be used for safety reasons: No information available.

6. ACCIDENTAL RELEASE MEASURES

Personal precautions:	Put on appropriate personal protective equipment (see Section 8.).
Environmental precautions and clean-up methods:	Clean-up methods - large spillage. Absorb spill with inert material (e.g. dry sand or earth), then place in a chemical waste container. Use a water rinse for final clean-up.

7. HANDLING AND STORAGE

Handling: Avoid contact with eyes. FOR COMMERCIAL AND INDUSTRIAL USE ONLY.

Storage: Keep tightly closed in a dry, cool and well-ventilated place.

SECTION 8

8. EXPOSURE CONTROLS / PERSONAL PROTECTION

Exposure Guidelines:

Ingredient(s)	CAS #	ACGIH	OSHA
Hydrogen peroxide	7722-84-1	1 ppm (TWA)	1 ppm (TWA) 1.4 mg/m ³ (TWA)

Undiluted Product:

Engineering measures to reduce exposure:

Good general ventilation should be sufficient to control airborne levels.

Personal Protective Equipment

It is the responsibility of the employer to determine the potential risk of exposure to hazardous chemicals for employees in the workplace in order to determine the necessity, selection, and use of personal protective equipment.

Eye protection:

No personal protective equipment required under normal use conditions.

Hand protection:

No personal protective equipment required under normal use conditions.

Skin and body protection:

No personal protective equipment required under normal use conditions.

Respiratory protection:

No personal protective equipment required under normal use conditions. Wear a half face respirator with chemical specific cartridges and N95 filters when an electrostatic sprayer is used.

Hygiene measures:

Handle in accordance with good industrial hygiene and safety practice.

SECTION 9

9. PHYSICAL AND CHEMICAL PROPERTIES

Physical State: Liquid

Evaporation Rate: No information available

Odor threshold: No information available.

Decomposition temperature: Not determined

Solubility: Completely Soluble

Relative Density (relative to water): 1.01

Vapor density: No information available

Vapor pressure: No information available.

Partition coefficient (n-octanol/water): No information available

Elemental Phosphorus: 0.12 % by wt.

pH: \approx 2.7

Corrosion to metals: Not corrosive to metals

Explosion limits: - upper: Not determined - lower: Not determined \approx 3

Color: Clear , Clear

Odor: Cherry Almond Surfactant

Boiling point/range: Not determined

Autoignition temperature: No information available

Solubility in other solvents: No information available

Density: 1.01 Kg/L

Bulk density: No information available

Flash point (°F): > 200 °F > 93 °C

Viscosity: 1

VOC: 0 % *

Flammability (Solid or Gas): Not applicable

Sustained combustion: Not applicable

SECTION 10

10. STABILITY AND REACTIVITY

Reactivity:	Not Applicable
Stability:	The product is stable
Hazardous decomposition products:	None reasonably foreseeable.
Materials to avoid:	Do not mix with any other product or chemical unless specified in the use directions.
Conditions to avoid:	None known.

SECTION II

11. TOXICOLOGICAL INFORMATION

Information on likely routes of exposure:

Skin contact, Inhalation, Eye contact

Delayed, immediate, or chronic effects and symptoms from short and long-term exposure

Skin contact: Unlikely to be irritant in normal use.

Eye contact: May be mildly irritating to eyes.

Ingestion: No information available.

Inhalation: No information available.

Sensitization: No known effects.

Target Organs (SE): None known

Target Organs (RE): None known

Numerical measures of toxicity

ATE - Oral (mg/kg): >5000

ATE - Dermal (mg/kg): >5000

ATE - Inhalatory, mists (mg/l): >20

SECTION 12

12. ECOLOGICAL INFORMATION

Ecotoxicity: No information available.

Persistence and Degradability: No information available.

Bioaccumulation: No information available.

SECTION 13

13. DISPOSAL CONSIDERATIONS

Do not contaminate water, food, or feed by storage or disposal.

Waste from residues / unused products (undiluted product):

This product, as sold, if discarded or disposed, is not a hazardous waste according to Federal regulations (40 CFR 261). Under RCRA, it is the responsibility of the user of the product to determine, at the time of disposal, whether the waste solution meets RCRA criteria for hazardous waste. Dispose in compliance with all Federal, state, provincial, and local laws and regulations.

Pesticide Storage:

Refer to product label.

Pesticide Disposal:

Refer to product label.

Container Disposal:

Refer to product label.

RCRA Hazard Class (undiluted product): Not Regulated.

SECTION 14

14. TRANSPORT INFORMATION

DOT/TDG/IMDG: The information provided below is the full transportation classification for this product. This description does not account for the package size(s) of this product, that may fall under a quantity exception, according to the applicable transportation regulations. When shipping dangerous goods, please consult with your internal, certified hazardous materials specialist to determine if any exceptions can be applied to your shipment.

DOT (Ground) Bill of Lading Description: NOT REGULATED

IMDG (Ocean) Bill of Lading Description: NOT REGULATED

SECTION 15

15. REGULATORY INFORMATION

International Inventories at CAS# Level

TSCA

All components are listed or otherwise exempt

U.S. Regulations

EPA Reg. No. : 70627-56

This chemical is a pesticide product registered by the United States Environmental Protection Agency and is subject to certain labeling requirements under federal pesticide law. These requirements differ from the classification criteria and hazard information required for safety data sheets (SDS), and for workplace labels of non-pesticide chemicals. The hazard information required on the pesticide label is reproduced below. The pesticide label also includes other important information, including directions for use.

ENVIRONMENTAL HAZARDS: This product is toxic to birds, fish and aquatic invertebrates. Caution should be used when applying indoors because pets may be at risk.

CERCLA/ SARA

Ingredient(s)	CAS #	Weight %	CERCLA/SARA RQ (lbs)	Section 302 TPQ (lbs)	Section 313
Hydrogen peroxide	7722-84-1	> 0.1 - < 1%		1000	

SECTION 16

16. OTHER INFORMATION

NFPA (National Fire Protection Association)

Rating Scale: (Low Hazard) 0 - 4 (Extreme Hazard)

Health 0

Flammability 0

Instability 0

Special Hazards -

Revision: 2021-05-25

Version: 03.0

Reason for revision:

Prepared by:

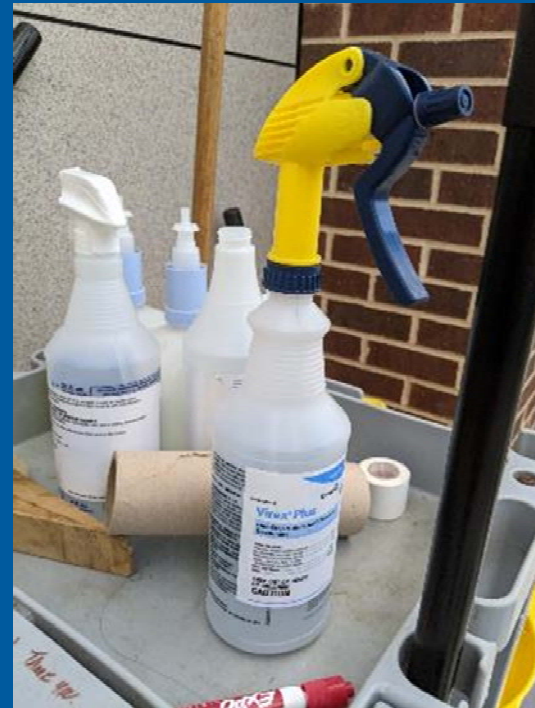
Additional advice:

Not applicable

North American Regulatory Affairs

• Does not contain an added fragrance

SECONDARY CONTAINERS



LABELS

Labels on shipped containers have to include:

- Product identifier;
- Signal word (DANGER vs WARNING)
- Hazard statement(s);
- Pictogram(s);
- Precautionary statement(s);
- Name, address, and telephone number of the chemical manufacturer, importer, or other responsible party.

Diversey™

Oxivir® Tb

Ready to Use Surface Cleaner & Intermediate Level Disinfectant, General Virucide, Tuberculocide
Nettoyant de surface prêt à l'emploi et désinfectant niveau intermédiaire, virocide général, détruit l'agent de la tuberculose

ACTIVE INGREDIENT:
Hydrogen Peroxide.....0.5 %w/w

INGRÉDIENTS ACTIF :
Peroxyde d'hydrogène.....0.5 %w/w

KEEP OUT OF REACH OF CHILDREN
READ THE LABEL BEFORE USING

À GARDER HORS DE PORTÉE DES ENFANTS
LIRE L'ÉTIQUETTE AVANT USAGE

FOR COMMERCIAL & INSTITUTIONAL USE ONLY /
POUR UTILISATION COMMERCIALE ET INSTITUTIONNELLE UNIQUEMENT

DIN 02283522

ACCELERATED®
HYDROGEN PEROXIDE

Accelerated Hydrogen Peroxide® and Design are trademarks of Diversey, Inc.
CAN Patent # 2344471, 2475327, 2756052

Bactericidal • Virucidal
1 min

DIRECTIONS FOR USE:
HEAVILY SOILED SURFACES REQUIRE CLEANING PRIOR TO DISINFECTION.
DISINFECTION OF NON-CRITICAL MEDICAL DEVICES, EQUIPMENT & NON-POROUS HARD SURFACES coming in contact with intact skin such as the exterior of hemodialysis machines, endoscopes, laryngoscopes etc. Apply to surface with a cloth or disposable wipe. Ensure surface remains wet for 1 minute at 20°C. Use a 3 minute contact time for fungi. Wipe surface dry or rinse.

PRECAUTIONARY STATEMENTS:
This product has been found to be non-irritating to skin or eyes according to criteria established under OECD, however as with any cleaning product appropriate PPE is recommended. **KEEP OUT OF REACH OF CHILDREN. Avoid contact with eyes.**

FIRST AID
If in contact with eyes, flush immediately and thoroughly with water. Call a physician if irritation develops. If ingested, do not induce vomiting. Call a physician or poison control center immediately. **TAKE CONTAINER, LABEL, OR PRODUCT NAME AND DIN WITH YOU WHEN SEEKING MEDICAL ATTENTION.**

READ SDS BEFORE USING PRODUCT
SDS available on line at: www.Diversey.com
See SDS

STORAGE
Store in original container in area inaccessible to small children. Keep securely closed. Avoid contamination of food or feed by storage or disposal. Store in a dry, well-ventilated area away from chemicals, direct light, heat or open flame. Do not mix with other cleaning or disinfecting products.

DISPOSAL
For more information on the disposal of unused, unwanted product and the clean-up of spills, contact the provincial regulatory agency or the manufacturer. Rinse the container with water. Dispose of container in accordance with municipal, provincial and federal regulations. Do not re-use containers.

KEEP OUT OF REACH OF CHILDREN FOR INSTITUTIONAL USE
ALWAYS RINSE BOTTLE AND AIR DRY THOROUGHLY BEFORE REFILLING.
THIS BOTTLE SHOULD NOT BE USED WITH ANY OTHER PRODUCT.
CONTENTS OF THIS CONTAINER PREPARED BY USER.

EMERGENCY PHONE/TÉLÉPHONE D'URGENCE: 1-800-851-7145




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NOT FOR RESALE / NON DESTINÉ À LA REVENTE




PICTOGRAMS

		
Exclamation Mark <ul style="list-style-type: none">• Irritant (eye & skin)• Skin sensitizer• Acute toxicity• Narcotic effects• Respiratory tract irritant• Hazardous to ozone layer (non-mandatory)	Health Hazard <ul style="list-style-type: none">• Carcinogen• Mutagenicity• Reproductive toxicity• Respiratory sensitizer• Target organ toxicity• Aspiration toxicity	Flame <ul style="list-style-type: none">• Flammables• Pyrophorics• Self-heating• Emits flammable gas• Self-reactives• Organic peroxides

PICTOGRAMS

		
Gas Cylinder <ul style="list-style-type: none">• Gases under pressure	Environment <ul style="list-style-type: none">• Aquatic toxicity	Skull & Crossbones <ul style="list-style-type: none">• Acute toxicity (fatal or toxic)

PICTOGRAMS

		
Exploding Bomb <ul style="list-style-type: none">• Explosive• Self-reactives• Organic Peroxides	Corrosion <ul style="list-style-type: none">• Skin corrosion/burns• Eye damage• Corrosive to metals	Flame Over Circle <ul style="list-style-type: none">• Oxidizing gases• Oxidizing liquids• Oxidizing solids

PRO STRIP FLOOR STRIPPER

8. EXPOSURE CONTROLS / PERSONAL PROTECTION

Exposure Guidelines:

Ingredient(s)	CAS #	ACGIH	OSHA
Monoethanolamine	141-43-5	6 ppm (STEL) 3 ppm (TWA)	3 ppm (TWA) 6 mg/m ³ (TWA)
Sodium hydroxide	1310-73-2	2 mg/m ³ (Ceiling)	2 mg/m ³ (TWA)

Undiluted Product:

Engineering measures to reduce exposure:

Good general ventilation should be sufficient to control airborne levels.

Personal Protective Equipment

It is the responsibility of the employer to determine the potential risk of exposure to hazardous chemicals for employees in the workplace in order to determine the necessity, selection, and use of personal protective equipment.

Eye protection:	Chemical-splash goggles.
Hand protection:	Chemical-resistant gloves.
Skin and body protection:	Protective footwear. Wear suitable protective clothing.
Respiratory protection:	No special requirements under normal use conditions. If aerosols, mists, or vapors are not adequately controlled by ventilation, use appropriate respiratory protection to avoid over-exposure.
Hygiene measures:	Handle in accordance with good industrial hygiene and safety practice.

Diluted Product:

Engineering measures to reduce exposure:

Good general ventilation should be sufficient to control airborne levels.

Personal Protective Equipment

Eye protection:	Chemical-splash goggles.
Hand protection:	Chemical-resistant gloves.
Skin and body protection:	No personal protective equipment required under normal use conditions.
Respiratory protection:	No personal protective equipment required under normal use conditions.
Hygiene measures:	Handle in accordance with good industrial hygiene and safety practice.



PRO STRIP FLOOR STRIPPER

2. HAZARDS IDENTIFICATION

Classification for the undiluted product

Skin corrosion/irritation	Category 1B
Serious eye damage/eye irritation	Category 1
Specific target organ toxicity (single exposure)	Category 3
Metal Corrosion:	Category 1



Signal word:

Danger.

Hazard Statements

CAUSES SEVERE SKIN BURNS AND SERIOUS EYE DAMAGE. MAY CAUSE RESPIRATORY IRRITATION. MAY BE CORROSIVE TO METALS.

Precautionary Statements

Causes burns/ serious damage to mouth, throat and stomach. Keep only in original container. Do not breathe vapors. Avoid contact with eyes, skin and clothing. Wash affected areas thoroughly after handling. Use only in a well-ventilated area. Wear protective gloves, protective clothing and eye or face protection. IF SWALLOWED: Rinse mouth. DO NOT induce vomiting unless directed to do so by medical personnel. Drink a cupful of milk or water. IF ON SKIN (or hair): Take off immediately all contaminated clothing. Rinse skin with water for at least 15 minutes. Wash contaminated clothing before reuse. IF INHALED: Remove person to fresh air and keep comfortable for breathing. IF IN EYES: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing for at least 15 minutes. Immediately call a Poison Center (1-800-851-7145) or physician. Absorb spillage to prevent material damage. Store in a well-ventilated place. Keep container tightly closed. Store in



HEAT ILLNESS

HEAT ILLNESS

WHAT TO LOOK FOR

WHAT TO DO

SUNBURN

- | | |
|--|--|
| <ul style="list-style-type: none">• Painful, red, and warm skin• Blisters on the skin | <ul style="list-style-type: none">• Stay out of the sun until your sunburn heals• Put cool cloths on sunburned areas or take a cool bath• Put moisturizing lotion on sunburned areas• Do not break blisters |
|--|--|

HEAT RASH

- | | |
|--|--|
| <ul style="list-style-type: none">• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases) | <ul style="list-style-type: none">• Stay in a cool, dry place• Keep the rash dry• Use powder (like baby powder) to soothe the rash |
|--|--|

HEAT ILLNESS

WHAT TO LOOK FOR

WHAT TO DO

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

HEAT ILLNESS

WHAT TO LOOK FOR

WHAT TO DO

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

HEAT ILLNESS

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT ILLNESS PREVENTION

- Take breaks and rest in shaded areas.
- Stay hydrated by drinking plenty of water.
- Avoid vigorous physical activities in high heat.
- Use sunscreen.

Thank you!

Presented on behalf of



By
Erica Baird, ASP, CPCU,
ARM

