



## SUMMER & ULTRAVIOLET LIGHT SAFETY

Overexposure to UV light is preventable

Ultraviolet (UV) light from the sun can be hazardous to health. According to the World Health Organization (WHO), UV light can cause skin cancer after unprotected exposure. UV light can also damage eyes, cause cataracts, and possibly contribute to the development of macular degeneration, a disorder that often results in blindness. Higher exposure to UV

light increases the risk of developing these health problems, especially during the summer months, when the level of UV radiation is three times higher than during the winter months.

The good news is that overexposure to UV light is preventable. Some of the precautions employees can take when working long hours in the sun, as recommended by the WHO, are:

- Using sunscreen with a Sun Protection Factor (SPF) of 15 or greater whenever exposed to the sun
- Wearing sunglasses- purchase sunglasses that block 99% to 100% of UV light
- Wearing a hat, and if possible, wearing long sleeves and long pants to keep skin protected
- Limiting UV light exposure during the hottest part of each day, between 10 a.m. and 4 p.m., and
- Checking the daily UV Index. This information can be found in a local newspaper, on television, or on the internet at the National Weather Service's website, [www.weather.gov](http://www.weather.gov). Make sure to be especially careful about UV exposure when the index is high.

For more information about the danger of UV light, contact:

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# BEST PRACTICES: DISPLAYING SAFETY POSTERS

An effective safety poster program can help an employer engage its employees, enhance a culture of safety, and communicate important messages to employees. Safety posters can also act as an alternate channel that reinforces other safety training and help maintain continued interest in safety awareness and messaging. However, to accomplish these objectives, the following should be considered:



- Select safety posters that are relevant for your business and workplace along with the message that you intend to send
- Prominently display the safety posters where employees are likely to see them, such as a break room or common area
- Use a frame or some other method to bring attention to the safety posters
- To maintain interest, replace or rotate safety posters periodically. This should be done at least quarterly, and for best results, weekly or bi-weekly. Please remember that the longer the same safety poster hangs on the wall, the more likely it will blend into the background and lose its intended effect.
- Use the safety posters as a visual aid in your employee safety training. For example, if you have training planned for hazard communication, use the relevant poster as part of the training, then display it. This will help to reinforce the training the employees received every time they see the poster

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## SAFETY SERVICES OFFERED BY THE DIVISION OF SAFETY & HYGIENE

The mission of the Ohio Bureau of Workers' Compensation's Division of Safety and Hygiene (DS&H) is to maintain a healthy, productive, and competitive workforce in Ohio. A portion of employer premiums are used to fund the DS&H, which offers a variety of safety resources,  
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 A photograph showing two workers in safety vests and hard hats walking through a large industrial facility, possibly a warehouse or factory floor. One worker is pointing towards the distance.
 

## FACILITY WALK-THRU

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## Types of safety signs to check for

Plant and facility walk-thrus are a common safety practice used by many employers to identify and take care of safety hazards. Adding a signage component to safety walk-thrus is an effective way to help verify that your business has the proper safety signage to communicate messages for emergency situations and to avoid accidents. The Occupational Safety & Health Administration (OSHA) requires safety signs, including the following:

1. **Exit/evacuation signs:** OSHA requires visible emergency response exit and evacuation routes. Every authorized exit sign must be either constantly illuminated by a reliable light source or be sufficiently self-luminating (glow-in-the dark). Any doorway or passage along the route that could be confused for an exit must indicate its actual use or marked as NOT AN EXIT. Fire signs: OSHA requires signs that indicate the location of fire extinguishers, fire alarms, and fire hoses so they are readily accessible in case of an emergency.
  2. **Fire signs:** OSHA requires signs that indicate the location of fire extinguishers, fire alarms, and fire hoses so they are readily accessible in case of an emergency.
  3. **Electrical arc-flash hazard signs:** OSHA requires signs that indicate high voltage areas and provide sufficient access and working space around energized electric equipment. The National Fire Protection Association requires arc-flash labels on all electric equipment that would require maintenance while energized.
  4. **First aid signs:** OSHA requires that first aid supplies be identified and readily available at all times, in case of a medical emergency. This would include eye wash, safety showers, AED's and first aid stations.
  5. **Flammable/combustible signs:** OSHA requires containers and areas that contain
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## Safety Services Offered by the Division of Safety & Hygiene

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- Safety programs offering rebates on workers' compensation premiums
- Safety courses
- The Ohio Safety Congress & Expo, the largest safety event in the Midwest
- Safety consultation services, including the Occupational Safety and Health Administration (OSHA) On-Site Consultation Program
- Ergonomics and industrial hygiene consultation services
- Safety grants, providing assistance to improve safety conditions; and,
- Library services, such as: books, magazines, research materials, and safety videos

For additional information about the resources provided by the DS&H, visit [www.bwc.ohio.gov](http://www.bwc.ohio.gov)

## FACILITY WALK-THRU: 10 Types Safety Signs to Check For

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flammable or combustible liquids, vapors or materials be marked with conspicuous warning labels.

6. **Personal Protection Equipment (PPE) signs:** PPE signs, symbols, and accident prevention tags serve as a reminder to employees of the PPE requirements to protect against hazards related to physical contact, absorption, or inhalation.

7. **Hazardous areas signs:** OSHA requires "Caution" signage to warn against potential hazards and unsafe practices. The hazardous signs instruct employees about the area protocol. [Examples include Biohazard signs, Radiation signs, as well as Hazardous Waste Storage signs].

8. **Confined spaces signs:** These signs warn employees of areas that require authorized permits or specific instructions for entering a potentially hazardous confined space.

9. **Machines and equipment signs:** These signs alert employees of dangerous areas in operating areas and machines used to protect them from hazards that could cause personal injury or equipment failure. [Examples include operation warnings, pinch point signs, and guarding signs].

10. **"Slips, trips, and falls" signs:** These signs provide instructions and suggestions to maintain safety in areas such as aisles, passageways, stairways, etc. [Examples include Caution-Slippery Floor and Watch Your Step signs].



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