

Working Healthy - 8

Follow the stairway to *prevent exposures*

CONSIDER others
Innocent bystanders

USE degreasing station
Cleaning leads to exposures

ANTICIPATE clean-up
A spill is inevitable

FOCUS on the work environment
Hot, cold, CO, ergonomics do have an effect

DON'T forget your skin
Skin is second to lungs as a route into your body

THINK ventilation
Your lungs filter the air; Local Exhaust Ventilation is good

ASK for information
Implement steps to substitute or control exposures, lastly use PPE

PLAN your work
Health effects arise from a combination of duration and concentration