

Take 5 for Safety

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BROOKHAVEN
NATIONAL LABORATORY

a passion for discovery



Safety Tips – Avoiding Noise Induced Hearing Loss

- BNL has an aging workforce; average age is 51 and 60% of staff are over age 50; in age related hearing loss, changes occur in nerves and cells of the inner ear
- On-the-job noise is the most common source of harmful noise, largely because you are around it all day for years. Whether noise damages your hearing depends on three things: how loud it is, how long you are exposed, and how close you are to the source
- As a rule of thumb, if you have to raise your voice when talking to someone a couple feet away, the noise is above the trigger level for wearing PPE
- Please report noisy areas to Peter Cirnigliaro, x5636

Safety Tips – Avoiding Back Injuries

- Avoid standing or sitting too long, especially without changing position
- Avoid lifting or carrying something that is too heavy and/or awkward
- Shoes should be comfortable, stable and supportive
- Start a program of exercise and stretching; as few as a half-dozen exercises and an investment of just 10 minutes a day can work wonders

Safety Tips – Preventing Recurrent BNL Events

- Walk around vehicle before backing up
- Execute work as planned; stop and re-plan if hazards are not addressed or the job needs modification
- Obey barricade tape
- Secure laptops when not in use
- Secure buildings/doors when leaving

Watch for Hazards in All Directions

