



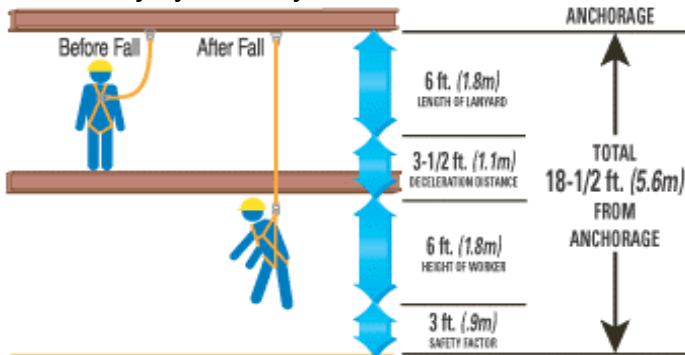
Air Force Reserve Command

Safety Note

July 2021

FALL PROTECTION

When working at heights you are required to have fall protection in place. Fall protection could be something as simple as guardrails or complex as a personal fall arrest system (PFAS). The key is preventing you from striking the ground below. No matter what is in use in your work area you should have knowledge of the how and why. If guardrails are required make sure all rails are in place before you start working. If required to use PFAS make sure you are trained; improper use could result in serious injury if the system is activated.



HEAT INJURY



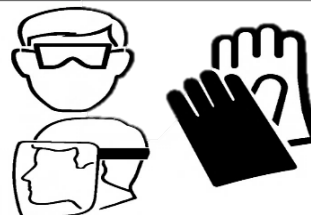
It doesn't have to be hot outside to feel the effects of a heat injury. Heat cramps, heat exhaustion, and heat strokes are all heat-related injuries. If you work outside you are susceptible to heat-related injuries/illnesses. Do not base your decision on your coworker's ability to adapt. To minimize the risk take breaks to cool off and stay hydrated. Don't wait until you feel thirsty to take a cool refreshing drink of water.

SAFETY DATA SHEETS

If you work in an environment where chemicals are used and you may be exposed under normal conditions you should be provided information about these chemicals. Safety Data Sheets (SDS) provides information about the hazards of a product and advice about safety precautions. The information on the SDS informs the users of the physical, health, and environmental health hazards of the product. A copy of the SDS is maintained in the workcenter and are available for all chemicals identified on the area-specific hazardous chemical list. Review the SDS before using chemicals to ensure the proper PPE is worn and measures to take in the event of exposure.



! WARNING



Wear chemical goggles, face shield & rubber gloves when handling chemicals