

SUMTER COUNTY SCHOOL BOARD

Mr. Richard A. Shirley, Superintendent
2680 West County Road 476
Bushnell, FL 33513
(352) 793-2315

School Board Members

Sally Moss
Brett Sherman
David A. Williams
Russell Hogan
Kathie L. Joiner

Schools

Bushnell Elementary School
Lake Panasoffkee Elementary School
Webster Elementary School
Wildwood Elementary School
South Sumter Middle School
Wildwood Middle High School
South Sumter High School
Sumter P.R.E.P. Academy

Employee Safety Handbook

Warehouse Personnel



SAFETY RULES, POLICY AND PROCEDURES

Sumter County Schools

Safety is everyone's job

Introduction

The goal of this Safety and Health Loss Training Manual is to provide employees with guidelines and standards to improve the safety, health, and welfare of employees and students.

Safety is of the utmost importance to the Sumter County School Board; only when safety is achieved can all other goals be meaningfully obtained. The responsibility for safety is shared throughout the organization and our collective best efforts are necessary to promote safety for ourselves and those with whom we work.

It is necessary that you carefully study this manual, participate in district safety in-service and receive site based on-site job training. All these efforts are directed at insuring that you possess adequate information to enable you to be a SAFE employee.

In Safe Schools, Everyone Wins!



Following the Rules for Safety

Every Day-Every Way

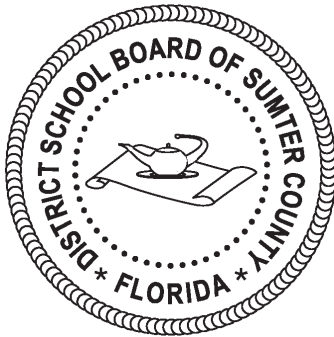
Receipt For Handbook

Acknowledgement of receipt of the Handbook will be recorded on the *Safety Checklist For New Employee Orientation Form* which must be signed, dated and submitted to Human Resources to be retained in personnel files.

Your signature verifies that you will read all sections and refer any questions to your supervisor.

Please note that the safety of all staff and students is paramount.

Welcome to Sumter County Schools.



General Safety Rules

1. Wear personal protective equipment, such as foot protection, back supports, bloodborne pathogen protection, and safety glasses or face shields as directed by your supervisor.
2. Damaged or unguarded equipment is not to be used.
3. Do not work or drive while under the influence of alcohol or drugs. Report medications to your supervisor that may impair your ability to operate equipment or vehicles.
4. Use every safeguard provided. After removing guards for maintenance, cleaning or repairs, replace at once.
5. Walk (do not run); watch your step; keep firm footing and balance at all times.
6. When working around equipment, do not wear loose clothing, torn sleeves, key chains, rings, watches or any item that could become entangled in the equipment.
7. Horseplay or practical jokes are prohibited. Avoid distracting others.
8. Long hair must be tied back, wrapped or confined in a manner to prevent being caught in any equipment.
9. Frayed, cut or cracked electrical cords are not to be used. Turn them in to your supervisors for repair or replacement.
10. Use only ladders and step stools to get additional height. (Do not attempt to get additional height from a climbing device by placing it on a box, crate, or other improvised stand.)

General Safety Rules Continued

11. Equipment is not to be altered, i.e., removing protection guards.
12. Work only in properly lit areas.
13. Never leave materials, tools, or equipment in a position to slide or fall.
14. Keep your work area clean and free of loose objects, stumbling or slipping hazards.
15. Review the safety educational material posted on bulletin boards or distributed in work areas.
16. Report all accidents/injuries, no matter how minor, to your supervisor.
17. Report all unsafe work conditions or procedures observed during the course of work activities to your supervisor.
18. Always keep hands and feet clear of pinch points.
19. Be sure all electrical devices are properly grounded at all times.
20. Never leave an unsafe condition unguarded or unmarked, even temporarily.
21. Inspect each ladder or step stool before using. Be sure ladder is properly positioned and secure at top and bottom.
22. Know the location of fire extinguishers and the policy for their use.

Safety Rules-Warehouse Personnel Continued



You Make A Difference

Every Day...

Safety Rules-Warehouse Personnel Continued

Computers (continued)

If your computer is not operating correctly or not responding, consult your computer operations guide or contact support personnel.



Tips on Safe Computer Use

1. Don't sit in one fixed posture all day. Avoid slouching forward. Be sure not to lean back too far.
2. Avoid placing boxes or other items under your desk that limit your leg room. You should be able to pull yourself all the way up to your desk without interference.
3. Relax, remember to relax, particularly in areas where muscle tension often builds, such as your shoulders.
4. While looking at your monitor and also while resting your eyes, remember to blink. This helps keep your eyes naturally protected and lubricated and helps prevent dryness. Give your eyes frequent rests by focusing them on a distant point.
5. If you wear bifocals or trifocals, don't position your monitor so high that you have to tilt your head back to view the screen.
6. Don't position your keyboard and pointing device at different levels and distances.
7. Avoid gripping or pinching your mouse tightly.
8. Don't arrange your work area in a way that causes you to repeatedly strain forward to see and reach frequently used items such as books, papers, or a phone.



General Safety Rules Continued

Lifting

Injuries can be caused by improper lifting techniques and excessive weight.

1. Size up the load; if there is any doubt in your mind of your ability to lift it, get help!
2. Make sure your footing is secure.
3. Place feet close to the base of the object to be lifted.
4. Get a firm grip on the load.
5. Position your feet 6" to 12" apart.
6. Bend at knees, not at back.
7. Keep your back straight.
8. Lift slowly and evenly with your leg muscles and not with your weaker back muscles.
9. Keep objects as close to your body as possible.
10. Set objects down in the same manner as you picked them up, but in reverse.
11. Avoid twisting your back to turn when lifting. If you must change direction while lifting, pivot with your feet and turn your entire body to change direction.
12. Perform movements smoothly and gradually.
13. Hands should be dry and free of grease when lifting.

General Safety Rules Continued

HANDLING MATERIALS

1. Prior to use, inspect materials for splinters, jagged edges, burrs, rough or slippery surfaces.
2. Wipe off greasy, wet slippery or dirty objects before trying to handle them. Keep hands clean and free of grease and oil.



3. When adjusting or changing a grip, set the object down.
4. Never carry glass under an arm. (A fall could sever an artery.)

5. When moving materials on hand trucks or dollies, push rather than pull whenever possible.



6. Get help if the weight, size, bulk, or shape of the article prevents you from maintaining balance and/or puts excessive strain on back or abdominal muscles.
7. When two or more persons are carrying materials, all should face forward whenever possible. If a person must walk backwards, others should be especially alert to slipping, tripping or bumping hazards and issue appropriate verbal directions to the individual.
8. Avoid getting hands or other body parts pinched between the load and other objects around or near it.

Safety Rules—Warehouse Personnel Continued

Desktop Computers

NOTE: The information on pages 11 & 12 is included in the Safety & Comfort Guide from Compaq Computers.



1. Power cords, extension cords or plugs should be in good working order and away from direct heat and moisture.
2. Avoid using or drinking liquids at the computer terminal or keyboard.
3. Insure that slots and openings in the product are open to allow proper ventilation to maintain temperature control.
4. Use surge protection power source for all computer hardware.
5. Do not overload an electrical outlet, power strip, or convenience receptacle.
6. Unplug the product from the wall outlet before cleaning. Do not use liquid cleaners or aerosol cleaners. Use a damp cloth for cleaning.
7. Never push a foreign object through an opening in the product.
8. Allow the equipment's internal components and hot-pluggable drives to cool before touching them.



Safety Rules-Warehouse Personnel Continued

Forklifts

1. Only authorized and trained personnel are allowed to operate the forklift.
2. The forklift must be moved with the forks elevated just enough to clear the floor.
3. When approaching a blind corner with the forklift, sound the horn, reduce speed, and proceed with caution.
4. Do not leave a forklift unattended with the motor running.
5. No riders are permitted on the forklift at any time.
6. If seat belts are provided, use them.
7. Turn forklift slowly to prevent tipping and overturning.
8. Lower load before moving forklift.
9. Rubber hoses, welding cables, etc., must not be run over by lift trucks and heavy objects. Hoses and cables should be coiled and stored when not in use.



Safety Is Everyone's Job

Every Day!

General Safety Rules Continued

SLIPS, TRIPS, AND FALLS

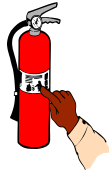
1. Immediately clean up spills, water, oil, and other liquids from the floor by using mop, bucket, oil dry materials, sand, paper towels, and cloth materials. Use caution signs/cones to warn of slippery areas.
2. Pick up all foreign objects from floor surfaces, tiles or stairs to prevent slipping.
3. Be sure that mats and carpets lie flat on the floor.
4. Take short steps, walk slowly, and use hand rails when you have to walk on slippery surfaces or in congested conditions.
5. Keep drawers and doors closed.
6. Avoid blocking your view by carrying/pushing objects so large that you cannot see where you are going.
7. Do not tilt chairs back on two legs.
8. Avoid wet, slick or oily areas by walking around them.
9. Use protective covers when running electrical and other cords across doorways, aisles, or landings.



SAFETY FIRST!

Safety Rules-Warehouse Personnel

1. Floors in the warehouse must be kept clean and aisles unobstructed to allow easy and safe access to stored materials.
2. Aisles must be kept clear and provide unobstructed access to exits.
3. Keep fire extinguishers clear of all obstruction.



4. Lifting should be done from a knee bending position, not leaning forward and picking up the item. This will allow the leg muscles, not the back, to lift the weight.

5. Use ladders with anti-slide grips. Do not place in front of doors, or on unstable bases. Always face toward the ladder when ascending or descending. Do not use the top two steps.



6. Use only approved equipment (mobile stairs, ladders) to retrieve materials from high shelves.
7. Observe manufacturer's or your supervisor's instructions on how many cartons can be safely stacked.
8. Materials which can tip easily must be laid flat or secured.



9. Report inadequate lighting (burned out bulbs or blocked lights) to your supervisor.

Safety Rules-Warehouse Personnel Continued

10. Use approved hand trucks, dollies, and other equipment to move heavy and/or awkward loads.



11. Store all hazardous or potentially hazardous products in designated area immediately upon receipt.

Receiving Area

1. Keep floors in a safe condition, free from broken tile and sliding floor mats.
2. Floors and/or deck areas shall be clear and hazard free.
3. Use proper tools for opening crates, boxes, cartons, barrels, etc.

Storage Area

1. Shelves shall not be overloaded. They must be able to bear the weight of items stored.
2. Heavy items shall be stored on lower shelves.
3. An appropriate ladder or step stool must be available to reach all items.
4. Cartons and flammable materials must be stored away from light bulbs.
5. Light bulbs shall be guarded.