

You and Yours

SWIM WITH CARE

Swimming is a fine exercise, but only for those in physical condition to do it without harm. Wait for a time after meals before swimming; a two-hour wait is recommended . . . Do not swim if overheated . . . Never dive into strange waters. KNOW that depth and bottom are safe . . . Follow beach, lake, and pool rules and always obey the lifeguards . . . Never swim alone . . . Watch for dangerous undertows and big waves in large bodies of water . . . Don't swim beyond your strength—Remember: it's just as far back to the shore as it is away from it . . . Never rock a boat nor call for help in the water if you don't need it.

and by no means should any employee attempt to remove splinters from their person. The Medical Department is equipped to handle such cases with sterilized equipment, and we urge that you continue to report splinter cases to them immediately.

It Has Happened Here

Even though some guards in our plant do offer a certain amount of protection to the machinery they cover, they were not put there specifically for that purpose. *They were designed to protect the employees in that vicinity*, and it is rather discouraging to find these guards left off from time to time.

GUARDS

ARE NOT TO PROTECT the MACHINE



THEY'RE TO PROTECT YOU. Keep them in place

It is a known fact that protective guards cannot serve their purpose unless they are in place, and that no guards are left off of machinery except through oversight. However, this excuse will not help *replace amputated fingers or repair serious lacerations*, and such things have been known to occur as the result of guards not being replaced. Each of us, regardless of our job, should realize that no repair work is complete until all protective guards have been put back in their proper place. *To leave a guard off a machine that has been repaired, is the same as setting a trap to catch one of your fellow workers.*

Why can't we be as cautious about our protective equipment in the plant as a catcher is on a baseball team? . . . You never see a catcher step up behind the plate in a ball game without having donned his *mask, breast-protector, and shin guards*. It brings out the fact that *safe practice habits can be developed and adhered to*, and should be a lesson to each of us in industry today.

