

# HAZARD COMMUNICATION

## SAFETY TALK

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Hazard communication is more than identifying the chemicals you encounter at work. It also means knowing the characteristics of these chemicals and what steps to take to control chemical exposure. Become familiar with chemical label lists and safety data sheets (SDS), which provide the information you need to work safely.

## EXPOSURE METHODS

To limit your chemical exposure, you need to know how chemicals enter your body.

1. **Inhalation** — Breathing gas, fumes, vapors, or dust.
2. **Ingestion** — Eating or touching something contaminated such as food, cigarettes, or makeup.
3. **Absorption** — Skin contact with a chemical
4. **Injection** — Forced entry through a needle or high-pressure device such as a diesel injector or high-pressure airless paint system.

**While chemical exposure sometimes produces mild reactions or none at all, serious reactions — both short- and long-term — can result. Know which workplace chemicals may be affecting you, and don't assume any exposure is harmless. Find out for sure.**

## CHECKLIST

Did your company's training explain:

- Where to find the list of chemicals in your area?
- How to read chemical labels?
- Where safety data sheets (SDS) are located?
- What to look for on a SDS? Look for the material's ingredients and exposure limits, specific hazards that may occur, protective measures to take, and what to do if you're exposed to a chemical.
- How to detect the presence of chemicals?
- What actions to take if chemicals are detected in your workplace?

## THINGS TO THINK ABOUT

1. What chemicals are we exposed to at our work site?
2. Is our company's hazard communication program providing us enough information?
3. Are there any specific points or problems you wish to discuss?

**ACCIDENTS ARE PREVENTABLE. LEARN MORE AT [GRINNELLMUTUAL.COM](http://GRINNELLMUTUAL.COM).**

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