



DECEMBER 5 — Give Yourself That Last Line

A worker grabbed chemicals without gloves or a face shield — the classic combo move of “I’m stressed” and “I’m in a hurry.” Stress told him he didn’t have time; the chemical would’ve gladly taken a layer of skin to prove him wrong.

A splash that lands where eyes can’t blink,
Will change your world before you think.
Use the gear that guards your skin—
Let your safety get the win.

Handling chemicals barehanded is like chopping jalapeños and immediately rubbing your eye. Bold move. Bad outcome. Lesson learned — painfully.

Hazards

- Burns
- Blindness
- Respiratory irritation
- OSHA chemical-handling violation

Stats

- 30,000+ chemical eye injuries/year
- 90% occur during transfer tasks
- PPE reduces injury by up to 80%

Words of Wisdom

Chemical PPE must match the hazard.

If it melts steel... buddy, it’ll melt you quicker.

Pause and Think

When we’re stressed, the brain shifts into survival mode, which makes us miss hazards, overlook steps, and react instead of thinking. Stress also speeds us up, causing rushed decisions, shortcuts, and mistakes we wouldn’t normally make. And because stress drains mental energy, our ability to concentrate, scan the area, and “stay sharp” drops fast

- How does stress affect your safety decisions?
- When are YOU most tempted to skip PPE?
- What’s one chemical-handling step we could tighten as a team?