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BCSP
FOUNDATION

BCSP | Board of Certified
Safety Professionals

YOUTH SAFETY OUTREACH GUIDE



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Know your rights, save lives.

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Did you know? Tailored tips for every industry.

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Your safety, our purpose. Meet Klint.

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Reach for the stars with a safety career.





**THE FOUNDATION
OF EVERY STATE
IS THE EDUCATION
OF ITS YOUTH.**

Diogenes

Injuries at work are very common.

Being in-the-know about how to protect yourself and others from the potential hazards at your new job can help you and others avoid getting injured.

Knowing how to safely perform your work tasks will ensure that you go home at the end of the workday healthy and injury-free.

Discover what it takes to stay safe on the job! - — — ->

KNOW YOUR

Save lives.



Get quality training beforehand.

Quality training on how to complete a job or use equipment safely helps prevent injuries and can save lives. Make sure that you are knowledgeable in any task you've been assigned.



Ask questions while on-site.

Protecting yourself and those around you is important. Consider asking the following questions: *Can what I am doing be done in a safer way? How can this task be made safer for everyone? Is there a way that I can get rid of this hazard?*



Report any and all hazards.

A hazard is any source of potential damage, harm or adverse effects on someone or something. If you see a hazard that needs to be fixed to make your job safer or prevent an injury, work with your supervisor and coworkers to find a solution.



Stop (or do not start) tasks if you don't feel safe.

It's okay to ask for more training or safer equipment if you are asked to perform a task that makes you or your coworkers feel at-risk or might injure someone.



R RIGHTS.



Did you know there are ways for you to stay safe in your workplace now?

Be a leader. Identify hazards. Take action. By doing so, you can protect yourself, your colleagues, and your community.

DID YOU KNOW?



HAZARDS

- Failure to use proper personal protective equipment
- Improper use of harnesses
- Slips, trips and falls on stairways

TIPS

- When using a ladder, use both hands when going up or down; Carry tools in a belt
- Keep walkways free of things to trip or slip-on. If you see a mess take care of it
- Wear protective gear, including hard hats, safety goggles, earplugs, and dust masks



LOGISTICS & MANUFACTURING



AGRICULTURE



LEISURE & HOSPITALITY

HAZARDS

- Improper machine guarding can lead to amputation
- Injuries and deaths involving powered industrial trucks is another one of the top three hazards facing the manufacturing industry today
- Lock out/tag out

TIPS

- Proper machine guarding is essential to keep workers safe
- It is a federal violation for anyone under 18 yrs. of age to operate a forklift or anyone over 18 yrs. of age to operate a forklift without proper training and certification
- Disconnect, lockout, or block-off all powered equipment, especially grain-moving equipment

HAZARDS

- Confined spaces have a limited or restricted means of entry or exit
- Heat illness
- Pesticides and chemicals
- Noise

TIPS

- Identify and label all confined spaces
- Remember: WATER, REST, SHADE
- Chemicals must be properly labeled and workers should take pesticide safety training
- Workers should wear the proper hearing protection

HAZARDS

- Improper lifting
- Improper chemical use; i.e., cleaning supplies
- Cluttered work area

TIPS

- Place designated caution signs near spills
- Wear PPE (personal protective equipment) non-slip shoes, rubber gloves, long sleeve shirt
- Read proper-use instructions when handling chemicals/cleaning supplies

KNOW YOUR RIGHTS.





**YOU ARE YOUR OWN
LAST LINE OF DEFENSE
IN SAFETY. IT ALL
BOILS DOWN TO YOU.**

— *Kina Repp*

WORKPLACE ACCIDENT SURVIVOR AND
MOTIVATIONAL SPEAKER

Your safety, our purpose.

For one BCSP scholarship recipient, safety is a personal commitment.



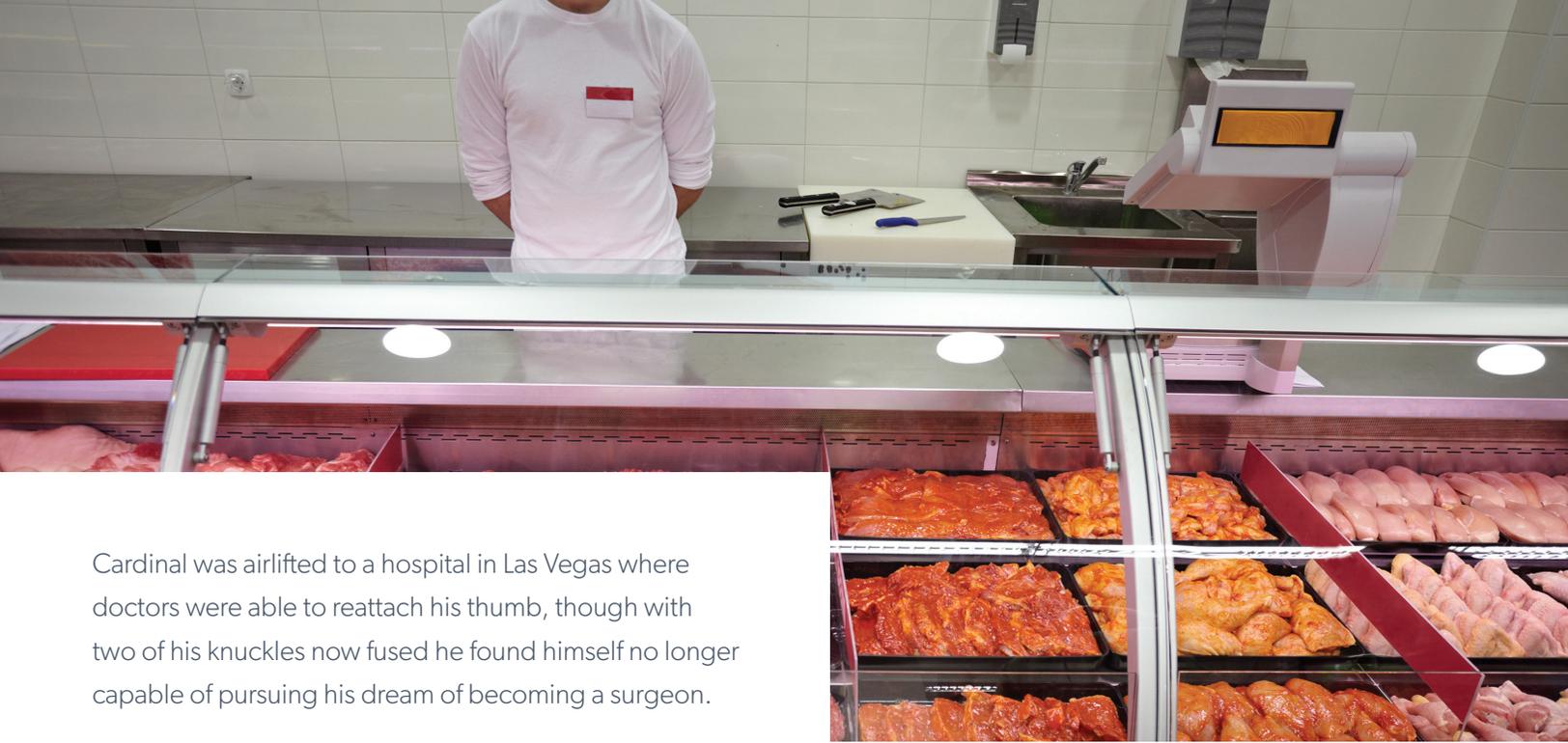
Klint Cardinal always knew he wanted to help people live healthy lives. “Even as a kid when I wanted to be a doctor, it was to help people,” he says.

Cardinal intended to pursue a career as a surgeon when he enrolled at Utah State University, but a workplace incident changed his life.

“I had been working at the only grocery store in my hometown for about three years, ever since I was legally able to work,” Cardinal recalls. “Shortly after I turned eighteen there was an opening in the meat department, and wanting to avoid the Southern Nevada heat, I couldn’t have been more excited to fill it.”

About two weeks into the position, spent primarily cleaning and maintaining the department, he was asked to help out cutting a rack of ribeye with one of the saws. “I had never been trained to use this saw, I only knew how to take it apart and clean it out.”

“After I trimmed the bones off the edges, I went to adjust a plate on the saw that determines how thick the steaks are cut,” Cardinal says. “This plate caught on a rusty guiderail and slammed my left hand down into the blade. I amputated my left thumb, cut through all of the first tarsal bones on all four fingers, and almost lost every finger on my left hand.”



Cardinal was airlifted to a hospital in Las Vegas where doctors were able to reattach his thumb, though with two of his knuckles now fused he found himself no longer capable of pursuing his dream of becoming a surgeon.

Unsure of his future and struggling to stay motivated, Cardinal started to reach out to members of his fraternity, Pi Kappa Alpha, for support. “That was the best decision I have ever made, because that’s where I met John Flores, the senior lecturer and CIH who taught about half of my industrial hygiene program.”

Industrial Hygiene became a new passion for Cardinal. “It was a tangible, right here, right now way to help people,” he explains. “I have the opportunity to prevent people from even having to go see a doctor later in their life.”

“Every day, I know that changing my major to join the industrial hygiene program here at Utah State was the right decision for me,” wrote Cardinal in his scholarship application. “I plan on sitting for the CSP and the CIH and already have hundreds of hours of professional trainings. I want to make sure that people retire healthy, that they don’t lose hearing so they can hear their grandkids. I want to make sure that something I do in my career changes a life for the better. That is why I chose to join the industrial hygiene program at USU, because I want to help people.”

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Reach for the stars!

For me, being a safety professional has been the most rewarding career imaginable. To be appointed to NASA's Aerospace Safety Advisory Panel was a dream come true, and it literally gave me the ability to reach for the stars as a member of the world's preeminent space exploration team.



DAVID B. WEST

CSP, ASP, PE, CHMM

NASA's Aerospace Safety
Advisory Panel

Find your safety career at BCSP.

Since 1969, the Board of Certified Safety Professionals (BCSP) has been setting and certifying the technical competency criteria for safety, health, and environmental practitioners. It's mission is to "inspire and develop leaders in safety, health, and environmental practice through globally accredited certification; enhancing careers, advancing the profession, protecting people."

Since its founding, many joined BCSP as pioneers, improving safety practice by meeting the challenge of achieving and maintaining quality, accredited safety certification—The Gold Standard.

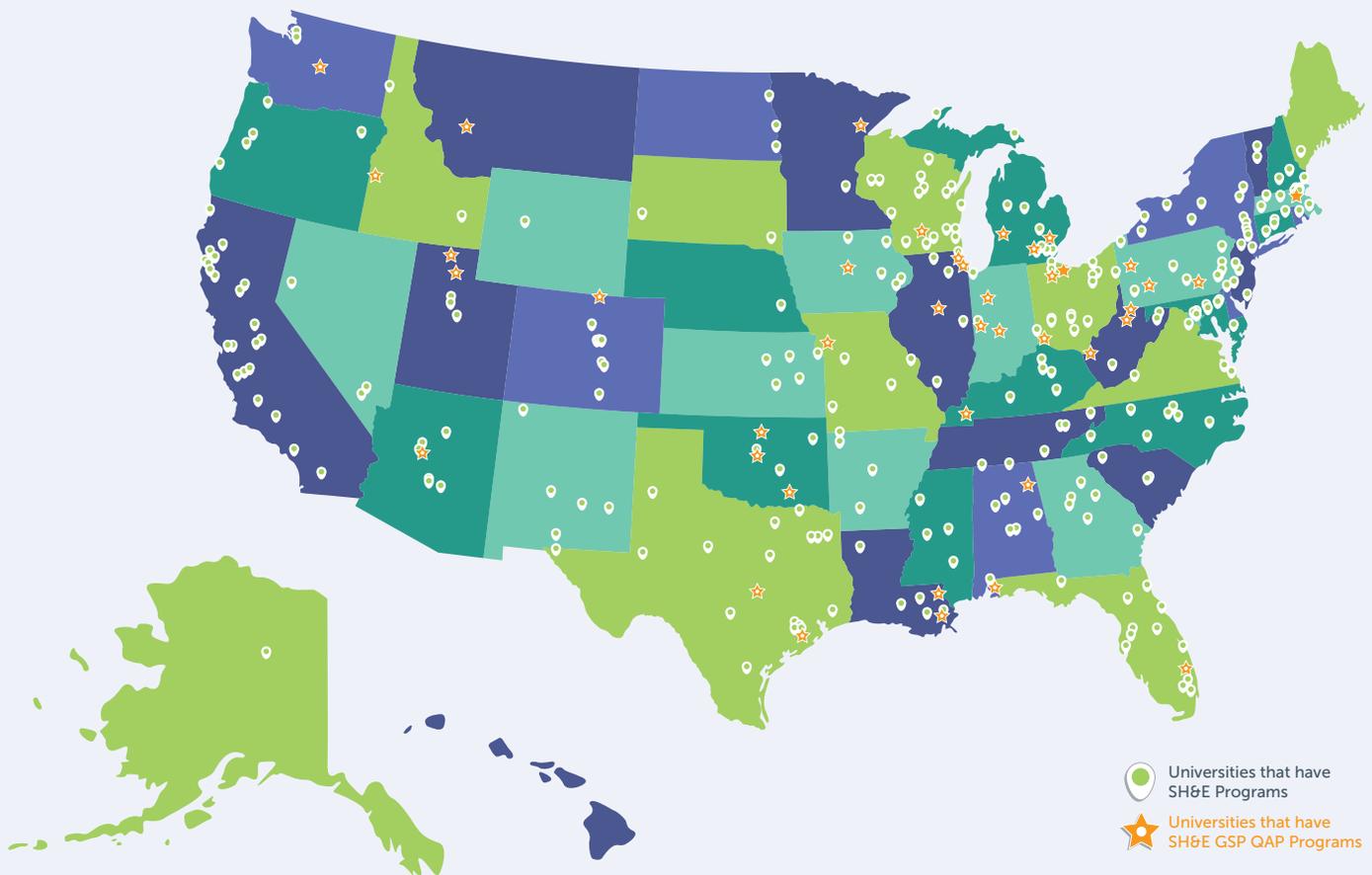
As BCSP begins the second half of our first century as an organization, what it has built has rewarded professionals with many new and exciting opportunities to advance safety. As we head into the future, no one should be left behind. BCSP will continue to create the path forward.

Visit bcsp.org to browse online applications, career information, certification & recertification requirements, the BCSP academic database, and more!

Find universities with SH&E programs! - —>

Study safety in nearly every state.

Check out the list of universities offering safety, health, and environmental (SH&E) programs.





Let's stay in touch!

For more information regarding **careers** in safety, please visit:

<https://www.bcsp.org/Get-Involved/Career-Paths-in-Safety>

For **scholarship and grant** information, please visit:

<https://www.bcspfoundation.org/grants/>





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