



October 2014 | Eric Garcia, ehsInc

Halloween is upon us. It's time to dust off your spooky decorations, visit a pumpkin patch or two, get lost in cornfield mazes, buy overpriced pumpkins to carve, get lots of candy to hand out for trick or treaters, watch scary movie marathons, visit haunted houses, shop store after store after store in search of the perfect costume...man I'm exhausted already.

Some of you will try to squeeze into old costumes that have seen better days and some of you will find the scariest or trendiest outfit to show off to your peers. Either way, you are making the most of your one opportunity a year to look absolutely ridiculous at work.

For me personally, I have no shame as evidenced here. My son preferred the "Scream" approach. What can I say, he's a fan of the classics.

Now before you decide on what you're going to wear this Halloween, consider the following safety tips:

- If you're wearing a costume to work, do not accessorize it with fake weapons. Workplace violence is a big issue in the U.S. and anything that can promote violence or even spark up bad memories with coworkers who have been victimized is never a good idea.
- If your employer allows for the above-mentioned, swords, knives, and similar costume accessories should be short, soft, and flexible. They should also look fake. Do not bring exact replicas.
- I don't recommend wearing morph suits to work as the tight-fitting head piece can be irritating to wear and breathe through. Also, keep in mind that morph suits are designed to be worn for short periods of time. Bathroom breaks can be troublesome if you catch my drift.
- Do not wear a costume that restricts you from performing your normal job duties.
- If your job requires operation of heavy machinery, do not wear loose fitting clothing or jewelry, as they can get tangled in rotating wheels and bars. No costume is worth serious injury or death.
- Fasten reflective tape to costumes to help drivers see you in the darker hours of the day - whether in the wee morning hours or later in the evening.
- Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- Lower your risk for serious eye injury by not wearing decorative contact lenses.
- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.



Source: <http://www.cdc.gov/family/halloween/>

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FOR FUTURE GENERATIONS**

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