

# safety lately



A monthly newsletter from A&A Elevated Facility Solutions



## Proper Use & Storage of Cleaning Chemicals

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**Janitorial workers play a crucial role in maintaining clean and sanitary environments in workplaces, schools, healthcare facilities, and public spaces.**

However, their daily tasks often involve handling various cleaning chemicals that, if not used and stored properly, can pose significant health and safety risks. Ensuring the correct use and storage of these chemicals is vital for protecting janitorial staff, building occupants, and the environment.

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**HEALTH AND SAFETY RISKS:** Improper handling of cleaning chemicals can lead to severe health issues, including respiratory problems, skin irritation, eye damage, and even long-term conditions such as chemical poisoning or chronic lung diseases. Many cleaning agents contain hazardous substances such as ammonia, bleach, and acids, which can produce toxic fumes when mixed improperly. Without adequate training and precautions, janitorial workers may unknowingly expose themselves to harmful substances, increasing the risk of workplace injuries and illnesses.

**COMPLIANCE WITH REGULATIONS:** Following proper chemical use and storage procedures is not only essential for health and safety but also a legal requirement. Regulatory bodies such as the Occupational Safety and Health Administration (OSHA) mandate that employers provide training on the safe handling of hazardous chemicals under the Hazard Communication Standard (HazCom). Failure to comply with these regulations can result in fines, legal liabilities, and reputational damage for the organization.

**PROPER LABELING AND IDENTIFICATION:** Ensuring that cleaning chemicals are correctly labeled and stored in their original containers is critical to preventing accidental misuse. OSHA's Global Harmonized System (GHS) requires that all chemical containers feature clear labeling, including hazard pictograms, precautionary statements, and safety instructions. Proper identification helps janitorial workers recognize potential hazards and take necessary precautions to prevent accidents.

**SAFE STORAGE PRACTICES:** The storage of cleaning chemicals must follow best practices to avoid spills, leaks, and dangerous chemical reactions. Chemicals should be stored in designated, well-ventilated areas away from direct sunlight and heat sources. Incompatible substances, such as acids and bases, should be kept separate to prevent hazardous reactions. Additionally, janitorial staff should ensure that all storage areas are organized and that spill containment measures are in place.

**OSHA Regulation:** Chemicals must be stored in their original containers with proper labels.



**ENVIRONMENTAL PROTECTION:** Proper chemical storage and disposal help protect the environment by preventing contamination of water sources, soil, and air. Improper disposal of chemicals can lead to environmental pollution, which can have severe consequences for ecosystems and public health. By following environmentally responsible practices, janitorial workers contribute to sustainability efforts and compliance with environmental regulations.

**EMERGENCY PREPAREDNESS:** Accidents can happen even with proper precautions in place. Janitorial workers must be trained on emergency response procedures in case of chemical spills, leaks, or exposure. This includes knowing how to use spill kits, eyewash stations, and first aid measures. Quick and effective responses can minimize harm and prevent escalation of hazardous situations.

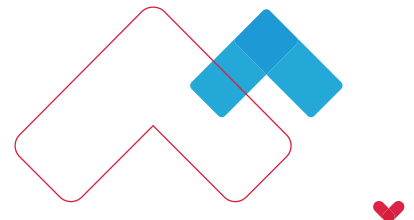
**OSHA Requirement:** *Emergency eyewash stations must be available where corrosive chemicals are used.*

*Focusing on the proper use and storage of cleaning chemicals is crucial for ensuring worker safety, regulatory compliance, and environmental responsibility.*

## Diabetes Management During the Winter

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Cold weather often results in a spike in blood sugar in people with Diabetes. This is due to the cold weather, fewer daytime hours, flu season, and the holidays. Cold, snow, or rain, along with reduced sunshine hours, often keep us inside staying warm but may result in a reduction of physical activity. Couple this with the holidays that disrupt our day-to-day meal and snack routines. Reduction in physical activity and increased consumption of nutrient-poor foods result in blood sugar spikes. Further, the winter means flu season, and fighting infections/virus leads to blood sugar spikes. Lastly, stress also increases blood sugar spikes as the body releases the stress hormones (ie cortisol) reducing insulin production thus spiking blood sugar levels.



**LET'S KEEP THOSE BLOOD SUGAR LEVELS IN CHECK!**

- Don't let the cold, dark weather get the best of you! Try new workouts from the comfort (and warmth) of your home. Don't have much space or no fitness equipment? No problem! Throw down a towel and utilize bodyweight exercises. Check online for free infographics or videos on no-equipment at-home workouts.
- Keep a routine! Having a well-balanced and planned breakfast makes all the difference. What we consume for breakfast sets the tone for how our blood sugar levels will be throughout the day. Eggs with whole grain bread or oatmeal with a protein shake is an excellent balanced meal idea.
- Protein-rich snacks are key- if you had a carbohydrate-rich meal know that you likely will have a spike in blood sugar levels. Protein helps reduce blood sugar spikes by slowing down the absorption of glucose into the bloodstream.
  - Protein rich snack ideas: handful roasted unsalted nuts, protein bar/shake (check for added sugar), hard-boiled egg, jerky, Greek yogurt or cottage cheese.
- Hydrate! Often when it's cold we reduce drinking water and reach for hot beverages. Still try to keep up your water consumption during the winter.
- Get the flu vaccine, prevention is key!
- Maintain your diabetes treatment plan and be mindful about keeping insulin away from extreme cold environments, as it can damage or make insulin less effective.

**TOP 5-TIPS FOR A STRONG IMMUNE SYSTEM**

- Whole food, balanced diet. Rich in fruits and vegetables, lean proteins, whole grain fiber- rich foods, and probiotic-rich foods. Key tip: gut health is linked to immune health!
- Sleep is the body's chance to rebuild and repair, aim for 7-9 hours of sleep a night
- Reduce toxins, alcohol and smoking
- Stress management, keeping the cortisol hormone at bay
- Get active, aim for physical activity each day

