



Doing Body Work

Body work must be done in a well ventilated area.

HAZARD

SAFE WORK GUIDELINES

► Body Fillers

Details

Catalysts used to cure body fillers are normally peroxides. Styrene may be present in body fillers.

Threat

Irritation to your skin (dermatitis) and/or eyes
If they are inhaled, irritation to your lungs

- Work only in an area that is well ventilated; if necessary, consult an occupational hygienist or a ventilation engineer to make sure you have the proper exhaust system
- Wear impervious coveralls, eye protection recommended by the material safety data sheet and a NIOSH-approved air-purifying respirator
- Use barrier creams and rubber or latex gloves against dermatitis

► Sanding Dust

Details

Exposure can occur while fine-sanding topcoats and primers, many of which contain heavy metals such as lead, chromium IV and cadmium that can become airborne during sanding.

Threat

Difficulty breathing
Prolonged exposure could cause lung damage
Irritation to your nose and throat
Exposure to heavy metal can cause nerve damage

- Use local exhaust; consult an occupational hygienist or a ventilation engineer to make sure that you have the proper exhaust system
- Wear a dust mask
- Use sanders (rotary, orbital or straight-line) equipped with local exhaust ventilation as part of the tool's design

► Solvents

Details

Found in body fillers, precleaners and cleaners. Used to clean metal before applying body fillers.

- Make certain your work area is well ventilated with a mechanical ventilation system delivering a continuous movement of air; if necessary, consult an occupational hygienist or a ventilation engineer to make sure that you have the proper exhaust system

HAZARD

SAFE WORK GUIDELINES

► Solvents (*continued*)

Vapours from solvents can explode and burn

Note: Solvents include toluene, xylene, MEK (methyl ethyl ketone), methylene chloride and MIK (methyl isobutyl ketone). Some undercoatings still use solvents.

Threat

Irritated eyes and throat

Burns

Loss of consciousness

Irritation to the skin (dermatitis) and removal of the fats and oils from the skin, resulting in severely cracked, withered and wrinkled skin (known as de-fatting of the skin)

Repeated exposure to solvents results in nervous system damage

- Use the solvent recovery equipment and filters according to the Ministry of Labour's Engineering Data Sheet 4-16: *Solvent Recovery Equipment*
- Use barrier creams and gloves to protect your hands from dermatitis: check the product material safety data sheet for the appropriate type of glove
- Wear a NIOSH-approved organic vapour respirator with a mist filter

► Vibration

Details

Occurs while sanding and is transferred from the tool to the soft tissue of your hands.

Threat

Circulatory and vascular disorders (e.g., Raynaud's disease [tingling and numbness in the fingers when they are exposed to cold])

- When operating vibrating tools, use anti-vibration gloves or tool wraps (e.g., Sorbothane)
- Avoid tools that vibrate at low frequency (20–130 Hz); if possible, purchase tools that have internal damping
- Take regular breaks (every 15–20 minutes) and shake out your hands or change tasks for 5 minutes

► Working in a Fixed Position

Details

Muscles tire quickly when you stay in a fixed position, placing them at higher risk of injury.

Threat

Muscle strain and associated tendon, nerve, disc or joint pain. Common areas at risk include your low back, shoulder, elbow, wrist and neck

Before You Start

- Whenever possible, keep fit: stretch and exercise your body regularly outside of work
- Get help (e.g., another worker, support for the part)

While You Are Working

- Keep parts, tools and supplies as close to you as possible
- Use height-adjustable controls on hoists and platforms to place parts and tools in the ideal work zone (e.g., if you're standing, between shoulder and knuckle height)
- If possible, use two hands to support hand tools
- If you are standing in one place or in a confined space, use a foot rest, ideally at 15-25 cm off the ground (e.g., foot stool or tool box)
- Take frequent, short breaks:
 - for short jobs: 15 second break for every 1–2 minutes of work
 - for long jobs: 5 minute break every 15–20 minutes, working or resting in a different position

After You Finish

- Change to a task that involves moving around or uses a different body part to improve blood flow