CHEMSTATION®

(800) 554-8265 www.chemstation.com

# INSIGHTS

Vol. XV No. 4, April 2003




## EARTH DAY... EVERY DAY

Earth Day (a global holiday to celebrate the wonder of life on our planet) was conceptualized by former U.S. Senator Gaylord Nelson, and the first Earth Day was celebrated in 1970. Events featured the largest grassroots mobilization in U.S. history. Out of these events emerged what has come to be known as the environmental movement and the first environmental legislation—the Clean Air and Clean Water Acts. This year on April 22, the annual celebration for ongoing environmental education, action and change will once again remind us that we need to be aware of and deepen our reverence and care for life on our planet.

Since its inception in 1977, ChemStation has been "keeping it clean" by providing custom-formulated, water-based, biodegradable detergents in poly tanks to our customers. By doing this, ChemStation is helping to eliminate a form of environmental waste…those unsightly 55-gallon drums that get discarded in local landfills.

We're celebrating Earth Day Every Day—and we're glad you're there with us – keeping it clean! ■

## CHEMSTATION'S MSDS

The Material Safety Data Sheet (MSDS) delivered to you along with the tank and product is designed to provide both workers and emergency personnel with the proper procedures for handling or working with our products.




Our MSDSs include information such as physical data, toxicity, health effects, first aid, reactivity, storage, disposal, protective equipment and spill/leak procedures. These are of particular use if a spill or other accident occurs.

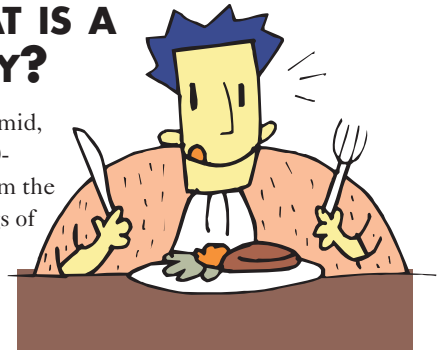
They are meant to be used by, and available to employees who handle our products; employers who need to know the proper methods for storage, etc.; and for emergency responders such as fire fighters, hazardous material crews, emergency medical technicians, and emergency room personnel. Please make sure they're readily available to those at your place of business who may need them. If you've lost, damaged, or misplaced one of our MSDSs, please contact your sales representative for another copy. ■

## APRIL AT A GLANCE

Of all the things to do this month, you must begin with the first day and be an April Fool. On April 6, there are two special things on the calendar…first, it's time to spring forward and set your clocks ahead for Daylight Saving Time; next, it was on April 6, 1896 (after a break of 1500 years) the first Olympics of the modern era was held in Athens, Greece. Noah Webster published the first *Dictionary of American English* on April 14, 1828. If you haven't filed your federal taxes by April 15, you can always ask for an extension. April 17 is the first day of Passover. The Midnight Ride of Paul Revere began at 10 p.m., on April 18, 1775 and on the next day an unordered "shot heard around the world" began the American Revolution. April 20 is Easter Sunday. On April 22, we celebrate the 33rd anniversary of Earth Day (see article) and on April 23, we salute all the secretaries.



## WHAT IS A SERVING, ANYWAY?



According to the Food Guide Pyramid, the average person on a daily 2,200-calorie diet needs nine servings from the bread and grain group, four servings of vegetables, three servings of fruit, two to three servings of dairy products and six ounces from the meat and protein group.

That's fine, but how do you know what a serving size is? Consumers and federal agencies have two different concepts of portion size. What you might think is one serving is actually two or more. Here are some visual examples of serving sizes from the National Center for Nutrition and the American Dietetic Association:

- One serving of meat, poultry or fish is three ounces, which is about the size of a deck of playing cards, a cassette tape or the palm of a woman's hand.
- One ounce of meat is about the size of a matchbook.
- One serving of fruit is one cup, or a piece about the size of a baseball.
- A serving of chopped vegetables is 1/2 cup, or about the same size as three regular ice cubes.
- A medium potato is the size of a computer mouse.
- One cup of potatoes, rice or pasta is about the same size as a tennis ball.
- A single-serving standard bagel is about the size of a hockey puck.
- A serving of cheese is one ounce, about the same size as a tube of lipstick. ■

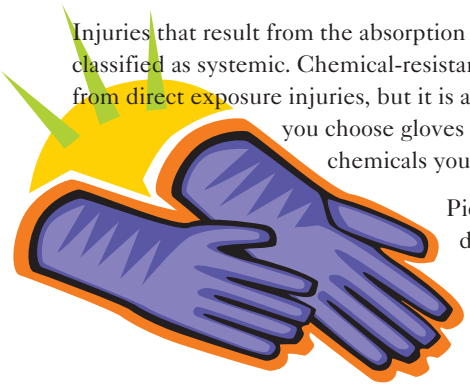
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# The Right Gloves

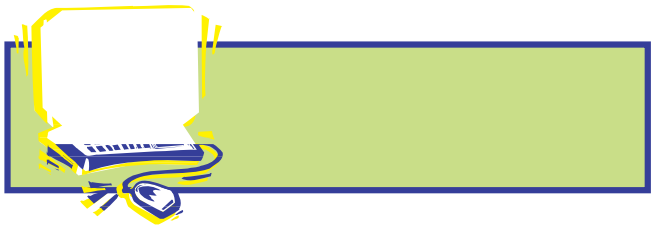
Choosing the proper gloves is not as simple as you might think. Comfort and application are two factors you need to consider when deciding on hand protection. Typically, in the manufacturing environment, injuries to the hands are the result of physical or chemical hazards.

With the correct glove, injuries such as cuts, lacerations, abrasions, puncture wounds, burns, snags, and pinches can be avoided. Technology today has given way to gloves made from cut-resistant fibers. Coatings are also available and can be applied to the gloves themselves.

Injuries that result from the absorption of chemicals into the skin are classified as systemic. Chemical-resistant gloves can protect workers from direct exposure injuries, but it is also important to make sure you choose gloves that protect you from specific chemicals you are working with.



Picking out gloves can be a daunting process, so it should be done after evaluation of the hazards and glove protection characteristics. ■



Send your comments to:

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