



GOALS

This safety session should teach employees to:

- Understand the health hazards associated with paint.
- Follow all safety precautions for working with paint.

Applicable Regulations: 29 CFR 1910.94, .132, .134, .1000, .1200



1. Many people take paint safety for granted.

- Paint is a common, everyday material, so it's easy to forget that there are health and safety hazards associated with its use.
- Although the Occupational Safety and Health Administration (OSHA) does not have a specific standard for paint, many of the chemical ingredients in paint are covered under OSHA's Hazard Communication, Air Contaminants, Ventilation, and Respiratory Protection Standards.
- Some paints are flammable, and inhaling paint vapors or spray mists can result in health effects, so you should never take paint safety for granted.

2. Read the label and SDS for paint products.

- Before beginning any paint job, always read the label on the paint can and consult the safety data sheet (SDS).
- The label and SDS will tell you everything you need to know to use the product safely, including the physical and health hazards, what personal protective equipment (PPE) to wear, what safety precautions to take, what to do if someone is overexposed to the product, and how to dispose of it safely.

3. Stay alert to the physical hazards associated with paint.

- Paints can pose a number of physical hazards:
 - **Fire hazard**—from inadequate ventilation or exposure to a heat source
 - **Explosion hazard**—especially when stored at high temperatures in closed containers
 - **Reactivity hazard**—when mixed with other substances, including water

4. Know the health hazards of paint.

- Overexposure to some of the ingredients in paints can cause the following health effects:
 - Rashes and swelling from short-term skin contact
 - Headache, dizziness, and nausea as well as eye, skin, nose, and throat irritation from short-term inhalation exposure
 - Liver, kidney, digestive, or central nervous system damage from long-term or massive exposure
 - Skin or respiratory sensitization to all future exposures

5. Follow these paint-handling precautions.

- Check container labels and SDSs.
- Avoid contact with eyes, skin, and clothing.
- Wear the required PPE, including goggles, gloves, and respirator, if necessary.



- Use protective skin cream when appropriate to prevent drying of skin.
- Ventilate the paint area.
- Use water-based paints whenever possible.
- Keep paints away from ignition sources such as heat, sparks, and flame.
- Use grounded equipment and nonsparking tools.
- Keep containers tightly closed and sealed when not in use.
- Store paint away from incompatible materials.
- Wash thoroughly before eating or smoking.
- Contain and clean up any spills quickly and completely.

6. Avoid these paint-handling mistakes.

- Don't smoke in paint areas.
- Don't paint from an unlabeled container.
- Don't mix paints with other substances without prior approval.
- Don't use solvents or thinners to remove paint from your skin—follow the manufacturer's recommendations for paint removal.

7. Know emergency first-aid procedures for overexposure.

It's important to know what to do if someone is overexposed to paint. The proper response depends on the route of exposure.

- **Inhalation:** Move inhalation victims to fresh air immediately. Give oxygen or artificial respiration, if necessary. If breathing difficulty continues, get medical help right away.
- **Eye contact:** Flush eyes with warm water for a minimum of 15 minutes. Get medical attention immediately.
- **Skin contact:** Remove the affected clothing and wash skin thoroughly with soap and water.
- **Ingestion:** Follow the instructions on the label and call a poison control center.

8. Follow safe disposal guidelines.

- Solvent-based paints and oil-based paints should never be thrown out with the regular trash.
- Follow company guidelines when disposing of hazardous wastes.



DISCUSSION POINTS:

Read a paint container label and the matching SDS. Review the recommended PPE and safety precautions. Discuss emergency first-aid procedures for overexposure to paint fumes.



CONCLUSION:

- Don't take paint safety for granted.
- Always read the label on the can and consult the SDS. You need to know the physical and health hazards and what steps to take to protect yourself when working with paint.



TEST YOUR KNOWLEDGE:

Have your employees take the Paint Safety quiz. By testing their knowledge, you can assess their ability to understand these health hazards as well as the precautions they should take and determine whether they need to review this important topic again soon.



PAINT SAFETY QUIZ

- Paint is a common product, so there's no reason to worry about safety.**
 - True
 - False
- The first thing you should do before starting to paint is:**
 - Clean and prime the surface you are about to paint.
 - Decide which tools and equipment you'll need.
 - Read the label on the paint can and the safety data sheet (SDS).
- The label and SDS will tell you:**
 - The physical safety hazards
 - The health hazards
 - What to do in case of overexposure
 - All of these
- One physical hazard associated with some paints is:**
 - Fire
 - Explosion
 - Reactivity
 - All of these
- The safest paints are:**
 - Water-based paints
 - Solvent-based paints
 - Both a and b
- If you were suffering from inhalation exposure to paint, which of the following symptoms would you experience?**
 - A rash and swelling
 - Headache, dizziness, and nausea
 - Both a and b
- As a rule, you should avoid getting paint in your eyes, on your skin, and on your clothing.**
 - True
 - False
- It's very important to ventilate the area where you are painting to avoid inhalation overexposure.**
 - True
 - False
- If a coworker has inhaled paint fumes, you should:**
 - Call the poison control center.
 - Flush the individual's eyes with water.
 - Take the person outside for some fresh air.
- Solvent-based paints can be disposed of with the regular trash.**
 - True
 - False

When you have completed this quiz, turn it in to your supervisor.

Name: _____

Date: _____



ANSWERS TO PAINT SAFETY QUIZ

1. b. False. Paint poses both physical safety hazards and health hazards.
2. c. You should always read the label on the can and the SDS before you do anything else.
3. d. All of these.
4. d. All of these.
5. a. Water-based paints.
6. b. Symptoms of inhalation exposure typically include headache, dizziness, and nausea—but they can also include eye, skin, nose, and throat irritation. A rash and swelling indicate skin contact.
7. a. True.
8. a. True.
9. c. Take the inhalation victim outside for some fresh air—and seek medical help if symptoms continue.
10. b. False. Solvent-based paints and oil-based paints are hazardous wastes that must be disposed of according to company rules and environmental regulations.