

Job site: \_\_\_\_\_  
Foreman: \_\_\_\_\_

Date: \_\_\_\_\_  
G.C. \_\_\_\_\_

## SMOHIT Safety Sense

### Toolbox Talks for the Sheet Metal Industry

#### Paint Solvents

- Paint solvents are used to dissolve paint, thin it out, or remove it from surfaces.
- Avoid inhaling solvent vapors as much as possible. Make sure that there is adequate ventilation. Take fresh-air breaks frequently and leave the work site whenever you are not actually applying or removing paint solvents.
- Always wear the appropriate personal protective equipment, such as safety goggles and chemical-resistant rubber gloves made of neoprene or butyl. Never touch solvents directly with your hands.
- Don't work in an area where there is a possibility of sparks or flames.
- Never transfer solvents into an unlabeled container, especially a food or drink container.
- Always wash your hands after using solvents and before smoking, eating, or drinking.
- Keep solvent containers tightly covered and store in a cool place when not in use.
- Never use a solvent as a hand cleaner.
- Inhalation of methylene chloride in certain paint solvents can be converted by the body to carbon monoxide, and can lower the blood's ability to carry oxygen. However, if the solvent is used properly the levels of carbon monoxide should not be hazardous.
- Health risks from exposure to paint solvents depend on the amount and duration of exposure. Symptoms of overexposure to paint solvents include eye irritation, dizziness, light-headedness, and/or headache. If you experience any of these symptoms, immediately get some fresh air and do not resume the project until you have increased the ventilation through the work area. Individuals experiencing severe symptoms such as shortness of breath or chest pains should obtain proper medical care immediately.

#### Instructor Tips

- **Remind workers to read the MSDS or the label on the solvent container to familiarize themselves with all adverse effects of solvents.**

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