

OSHA / GHS HAZCOM

QUICK REFERENCE CHART

Minimum Requirements for a Safety Data Sheet

- Section 1, Identification** includes: product identifier; manufacturer or distributor name, address, phone number; emergency phone number; recommended use; restrictions on use.
- Section 2, Hazard(s) identification** includes all hazards regarding the chemical; required label elements.
- Section 3, Composition/information on ingredients** includes information on chemical ingredients; trade secret claims.
- Section 4, First-aid measures** includes important symptoms/effects, acute, delayed; required treatment.
- Section 5, Fire-fighting measures** lists suitable extinguishing techniques, equipment; chemical hazards from fire.
- Section 6, Accidental release measures** lists emergency procedures; protective equipment; proper methods of containment and cleanup.
- Section 7, Handling and storage** lists precautions for safe handling and storage, including incompatibilities.
- Section 8, Exposure controls/personal protection** lists OSHA's Permissible Exposure Limits (PELs); Threshold Limit Values (TLVs); appropriate engineering controls; personal protective equipment (PPE).
- Section 9, Physical and chemical properties** lists the chemical's characteristics.
- Section 10, Stability and reactivity** lists chemical stability and possibility of hazardous reactions.
- Section 11, Toxicological information** includes routes of exposure; related symptoms, acute and chronic effects; numerical measures of toxicity.
- Section 12, Ecological information (Non-mandatory)** includes ecotoxicity (aquatic and terrestrial, where available); persistence and degradability; mobility in soil and other ecological information.
- Section 13, Disposal considerations (Non-mandatory)** description of waste residues and information on their safe handling and methods of disposal, including the disposal of any contaminated packaging.
- Section 14, Transport information (Non-mandatory)** includes UN number; transport hazard class(es); environmental hazards (e.g., Marine pollutant (Yes/No)); and other transport information.
- Section 15, Regulatory information (Non-mandatory)** safety, health and environmental regulations specific for the product in question.
- Section 16, Other information**, includes the date of preparation or last revision.

Employers must ensure that SDSs are readily accessible to employees. See Appendix D of 29 CFR 1910.1200 for a detailed description of SDS contents.

Precautionary Statements

There are four types of Precautionary Statements used on labels:

Prevention – Statements meant to keep you from harm.
Example: "Wear protective gloves."

Response – Statements providing steps to take if you have been exposed to a chemical hazard.
Example: "Immediately call a poison center or doctor/physician."

Storage – Explains the safe way to store the chemical.
Example: "Keep container tightly closed."

Disposal – The last statement explains to the employer/employee how to dispose of the chemical safely.
Example: "Dispose of contents/container in accordance with local regulations."

Hazard Pictograms



Flammable, Over-Exposed

- Corrosives



Explosive

- Permeation
- Corrosive Permeable Gas
- Pyrophoric
- Self-Heating
- Organic Peroxides



Corrosive, Acute

- Explosives
- Self-Heating
- Organic Peroxides



Acute Toxicity

- Acute Toxicity (Oral or Inhalation)



Health Hazard

- Mutagenicity
- Reproductive Toxicity
- Respiratory Sensitizer
- Target Organ Toxicity
- Aspiration Toxicity



Gas Cylinder

- Gases Under Pressure



Corrosion

- Skin Corrosion/Burns
- Eye Damage
- Corrosive to Metals



Explosive Hazard

- Inert (skin and eye)
- Skin Sensitizer
- Acute Toxicity
- Respiratory Effects
- Respiratory Irritation
- Hazardous to Ozone (environmental)



Environmental Hazard

- Aquatic Toxicity

Minimum Requirements for a Chemical Label

- Product Identifier** – This is the unique name or number used to identify a hazardous chemical. The same Product Identifier must be used for the label, SDS and required company chemical files for each chemical.
- Signal Word** – A word used to alert employees of a potential hazard and its relative level of severity. The two signal words used are:
Danger – Used for more severe hazards
Warning – Used for less severe hazards
- Supplier Identification** – The name, address, and telephone number of the supplier.
- Hazard Statements** – Information describing the nature of the chemical hazard and the degree of the hazard. Example: "Fatal if swallowed."
- Precautionary Statements** – A phrase describing recommended measures to be taken to minimize or prevent adverse effects resulting from exposure to the hazardous chemical or improper storage or handling. See additional information to the left.
- Hazard Pictograms** – A symbol which is intended to convey specific information about the hazards of a chemical. See additional information above.
- Supplemental Information** – Manufacturers, importers or distributors may choose to add supplementary information to the label when it provides further detail, and does not contradict or cast doubt on the validity of the standardized hazard information.

1 Product Identifier

2 Signal Word

3 Supplier Identification

4 Hazard Statements

5 Precautionary Statements

7 Supplemental Information



Osha Quick Reference Guide

AN Whitehead



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apr 1 2018 kopfschmerz ist nicht gleich kopfschmerz und in deutschland leiden 12 millionen menschen an migräne und kopfschmerzen mit physiotherapie lassen sich die beschwerden lindern so der ratgeber von autor benjamin schäfer alle muskeln und strukturen die auf die halswirbelsäule einwirken können somit indirekt an kopfschmerzen beteiligt

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hierbei werden kleine botox mengen mit feiner nadel in die muskulatur an stirn kopf und nacken injiziert meist sind es insgesamt 30 40 injektionpunkte details zur migräne behandlung behandlungsdauer 15 25 minuten für wem ist eine migränen behandlung geeignet für personen die unter dauerhafter starker migräne leiden

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handbuch kopfschmerzen und migräne apr 05 2021 kopfschmerzen im kindes und jugendalter feb 03 2021 studienarbeit aus dem jahr 2006 im fachbereich psychologie klinische u gesundheitspsychologie

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objective the relation between migraine and vascular risk factors is an unclear issue furthermore the reasons for chronification are still unknown probably the age related risk and other factors leading to migraine progression will also change in the future under these questions we aimed to investigate whether or not there is a specific

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may 12 2015 eine reihe von techniken steht zur verfügung je nach ursache der kopfschmerzen und der erfahrungen und präferenzen vergangener behandlungen weichteil therapie für die muskeln und faszien der hws zielt auf das loslassen der verspannten muskeln und faszien in der folge hat sich eine mobilisierung bzw

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erfolgreich gegen kopfschmerzen und migräne kopfschmerzen und migräne das Übungsbuch physiotherapie bei chronischen schmerzen eine studie zur multimodalen schmerztherapie handbuch der psychoedukation evidenzbasierte therapie leitlinien dynamische und energetische techniken in physiotherapie und manueller medizin Übungen

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physiotherapie bei kopfschmerzen und migräne autor kerstin lüdtke benjamin schäfer verlag thieme auflage 1 auflage 2019 sofort verfügbar die autoren haben jahrelange erfahrung in der behandlung von patienten mit kopfschmerzen und therapieren auf basis der aktuellen evidenz

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jan 19 2022 bei patienten mit migräne werden zur bestimmung der indikation für physiotherapie lediglich fünf dieser elf tests empfohlen die untersuchung von myofaszialen triggerpunkten die kopfposition nach anterior das zervikale bewegungsausmaß die untersuchung von segmentalen hws hypomobilitäten und der flexions rotations test 4