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Weekly Safety Tip

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January 16, 2017

SCI Safety News: Workplace safety: Looking forward to 2017

Source: <http://www.blr.com>

By: *Ana Ellington, Legal Editor*

Date: *January 11, 2017*



The new Trump administration taking over this year will likely affect the Occupational Safety and Health Administration's (OSHA) rulemaking and enforcement in the coming years. We know that Trump campaigned on creating jobs and reducing the regulatory burden on business—but we don't know how this will impact workplace safety and health regulations.

Standards that may be affected include the walking-working surfaces and fall protection standards, the respirable crystalline silica rule, and the electronic recordkeeping rule—all were finalized in 2016—and the beryllium rule released this month.

We're not sure of President Trump's position on these regulations. Because of the number of violations pertaining to falls in general industry from ladders and scaffolds, it is not surprising that OSHA decided to finalize the walking-working surfaces and fall protection standards. But the fact that falls in the workplace result in fatalities and this rule could save lives, may save this rule from the chopping block.

Some believe that Trump may seek to withdraw or modify the electronic recordkeeping rule particularly because of the uncertainty among industries regarding what constitutes a violation of the anti-retaliation provisions. These provisions require employers to inform

SCI Safety Humor



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discourage employees from reporting by an unreasonable procedure; and incorporates the existing statutory prohibition on retaliation against employees for reporting a work-related injury or illness. But there is concern because certain disciplinary, drug-testing, and safety incentive programs or policies could potentially violate the anti-retaliation provisions. OSHA's stance on this is unclear.

Now, the silica rule could likely be in the cross-hairs. The rule creates a significant financial burden on the construction industry to comply with the permissible exposure limit (PEL) of 50 micrograms of respirable crystalline silica per cubic meter ($\mu\text{g}/\text{m}^3$) of air as an 8-hour time-weighted average (TWA). Currently the PEL is 250 $\mu\text{g}/\text{m}^3$. Compliance for the construction industry begins June 23, 2017.

The new occupational exposure to beryllium rule may also be targeted by the administration considering it was published in January before President Trump's inauguration.

However, withdrawing or amending a regulation is time-consuming. Some experts suggest that Congress may seek to overrule on an OSHA standard using the Congressional Review Act (CRA). But this is a risky action because it can only be used to repeal a regulation in its entirety—it cannot amend the regulation. The only time Congress used the CRA was to overrule the ergonomics standard at the end of the Clinton administration.

Although we don't know the direction OSHA will take with the Trump administration, it's wise for employers to meet all the upcoming deadlines and comply with the OSHA requirements. Employers should address deficiencies in all of their safety and health areas. The safety and health of employees should be a priority regardless of what happens with OSHA's rulemaking and enforcement with the new administration.

SCI OSHA News: The Future of Lockout/Tagout: Is Zero Risk an Outdated Approach? (Part 1)

The ANSI/ASSE Z244.1 Standard is considered the defining document for addressing the complex issues of lockout/tagout and methods for the control of hazardous energy, and the Z244 Committee is moving in a new direction.

By: Sandy Smith

Source: <http://ehstoday.com>

Date: January 13, 2017

The control of hazardous energy in the workplace continues to be a challenge for many employers. According to OSHA, failure to control hazardous energy accounts for nearly 10 percent of the serious accidents in many industries.

Workers servicing or maintaining machines or equipment can be seriously injured or killed if hazardous energy is not properly controlled. Injuries – sometimes fatal – resulting from the failure to control hazardous energy during maintenance activities can include



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Quick Tips for Healthy Living

Prevent New Year's Injury

As many people are attempting to practice better exercise habits with the start of the New Year, there are several injury prevention tips to keep in mind. These tips will help you reach your goals not only physically but also mentally.

1. Changes With Moderation – Don't try to make all of the changes at once. The more healthy changes you try to put on your plate at one time, the less likely you will be successful in completing all of them the way that you want to. Add one or two healthy changes per week.
2. Start Out Slow – Slowly increase the amount of time you exercise, the weight you lift, the miles you work or run, etc.
3. Get Adequate Sleep – Trading sleep time for exercise is not favorable to staying healthy. Make sure you plan specific time in your day to exercise. Prioritizing your time is essential.
4. Drink Plenty of Fluids – Take your body weight and divide it in half. That is how many fluid ounces of water you need in your day to function without exercise. Add more water (16-24 oz) to account for your exercise depending on how much that you sweat.
5. Exercise with a Friend – Don't do it all on your own. Use a friend so you both have a buddy when working out. Choose someone that is potentially at your activity level.
6. Eat a Well Balanced Diet – Keep your diet filled with all nutritional food groups. Carbohydrates, proteins, and fats are all important and cutting any of these out is not healthy.
7. Use Preventative Measures – Ice the sore muscles and joints that you have as needed.
8. Take a Day Off – Your body needs rest to recover. Make sure you give your body what it needs to continue to exercise and be healthy.
9. Know Your Limits – Comparing yourself to a friend or other person is not helpful and will only get you in trouble in the long run.
10. Ask for Help – Seek medical attention if needed when the normal soreness and pain is not going away after you have been taking care of your body.

electrocution, burns, crush injuries, cuts, lacerations, amputations or fractures. Craft workers, electricians, machine operators and laborers are among the 3 million workers who service equipment routinely and face the greatest risk of injury. Workers injured on the job from exposure to hazardous energy lose an average of 24 workdays for recuperation.

OSHA currently has a policy – adopted by many employers and organizations – that a zero risk blanket approach is necessary to prevent injuries. The ANSI/ASSE Z244.1 Committee is moving in a new direction, according to Todd Grover, global senior manager for applied safety Solutions at Master Lock, and a member of the committee. The new standard, he says, “Is not an effort to comply one-on-one with the OSHA standard.” Instead, he adds, “The committee addresses what’s really going on in the workplace. When power must be present, there are responsible ways to protect people and the standard brings greater awareness to that.”

Grover says that the OSHA standard – Control of Hazardous Energy (Lockout/Tagout) (29 CFR 1910.147) for general industry – has remained static (with multiple letters of interpretation), while the technology found in the machines being manufactured today has advanced. The traditional approach to lockout/tagout – completely shutting down machinery – might not be the best option for some of today’s equipment or for some of the operations maintenance personnel and operators need to perform.

The new ANSI standard takes into consideration the fact that there might be situations in the workplace where unique applications of energy control are both necessary and risk acceptable. Grover said that approximately one-third of the new standard addresses alternative methods of control and machine design. *Continued next week*

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