



**“Your Connection for Workplace Safety”**  
**Phone: 920-208-7520**

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## *Weekly Safety Tip*

*Life Is All About Choices!®*

January 3, 2017

### SCI Safety Tip: Test Your Home to Determine Risk of Radon Gas Exposure

Source: <http://www.nsc.org>

#### ***January is National Radon Month***

You can't see it, smell it or touch it.

The #1 cause of lung cancer outside of smoking is a **radioactive gas that everyone breathes in every day**, usually at low levels, according to the National Cancer Institute.

Radon gas is produced from a natural breakdown of uranium in soil, rock and water. This radioactive gas can be detected in homes, offices and schools; it enters buildings through cracks in floors and walls, construction joints or gaps around service pipes, electrical wires and sump pits.

When radon gas exceeds acceptable levels, the result can be deadly.

Scientists estimate 15,000 to 22,000 lung cancer deaths in the U.S. each year are related to radon.

People who breathe in radioactive particles, swallow water with high radon levels or are exposed to radon for a long period of time are susceptible to lung damage and lung cancer. The Environmental Protection Agency says nearly **1 out of every 15 homes in America is estimated to have elevated radon levels**.

In Utah, the ratio is 1 in every 3 homes that have been tested. Dr. Wallace Akerley of the Huntsman Cancer Institute in Salt Lake



### ***SCI Safety Humor***

**2017**

**Have a Safe and  
Happy New Year!**

***James Lehrke-SCI***

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City likened living under such conditions to smoking one or two packs of cigarettes a day.

In May 2015, he was questioned for an article while treating two women diagnosed with stage-four lung cancer. Neither was a smoker.

Akerley said there was little doubt what caused damage to their lung tissue: breathing in radiation. But this is a preventable cancer.

### **How Do You Know if You're at Risk?**

The EPA reports elevated levels of radon gas have been measured in every state. Everyone is at some risk. Smokers who are exposed to elevated levels of radon gas are at higher risk of developing lung cancer.

Testing is the only way to determine how much radon is present in your home or drinking water. Short-term (3- to 4-day) and long-term (3- to 12-month) test kits are available. In some cases, manufacturers of these kits will conduct analysis and post results online. The EPA has created this web page to help you [find a radon test kit or measurement and mitigation professional near you](#). Do-it-yourself test kits also are available at many local hardware stores.

*Continued next week*

## **SCI OSHA Compliance: Reminder: Provisions call for employers to electronically submit injury and illness data that they already record**

*Source: <http://www.osha.gov>*

[Link to Fact Sheet](#)

### **Why is OSHA issuing this rule?**

This simple change in OSHA's rulemaking requirements will improve safety for workers across the country. One important reason stems from our understanding of human behavior and motivation. Behavioral economics tells us that making injury information publicly available will "nudge" employers to focus on safety. And, as we have seen in many examples, more attention to safety will save the lives and limbs of many workers, and will ultimately help the employer's bottom line as well. Finally, this regulation will improve the accuracy of this data by ensuring that workers will not fear retaliation for reporting injuries or illnesses.

What does the rule require?

The new rule, which takes effect Jan. 1, 2017, requires certain employers to electronically submit injury and illness data that they are already required to record on their onsite OSHA Injury and Illness forms. Analysis of this data will enable OSHA to use its enforcement and compliance assistance resources more efficiently. Some of the data will also be posted to the OSHA website. OSHA believes that public disclosure will encourage employers to improve workplace safety and provide valuable information to workers, job seekers, customers, researchers and the general public. The amount of data submitted will vary depending on the size of company and type of industry.



Aurora Health Care®

### Quick Tips for Healthy Living

#### Winter Tips for Healthy Living

A better diet, a little more exercise -healthy living is easy if you take it one tip at a time.

##### 1. Beat the Winter Blues

Here are a few ways to keep your spirits bright: connect with friends, go for coffee, meet for game night, take in a comedy show, volunteer in the community, bundle up and go for a walk outdoors. Studies show exposure to light, socializing, laughter and being physically active, help reduce the effects of the winter blues.

##### 2. Avoid Holiday Heartburn

*Nibble:* Enjoy your favorite foods but in moderation.

*Know Your Triggers:* Certain foods feed heartburn's flame. Typical triggers include foods full of sugar and fat. Fatty foods, large portions and late night meals are the top 3 causes. Choose low fat and watch your sugar intake.

*Get up & move:* Light exercise is a great way to help prevent heartburn.

##### 3. Start a Winter Tradition: Family Fun Workouts

Take part in a holiday run/walk.

Get out your snowpants, skis, skates and sleds. Don't just send the kids outside, join them!

Find an indoor sports complex, bounce on a trampoline, or try your skills on a rock climbing wall.

##### 4. Cultivate Coziness

Stop saying you HATE winter! Try taking a cue from folks in Norway who celebrate what they call "koselig," a state of being warm, kind and cozy. Light some scrumptious smelling candles. Put on pleasant music. Now, invite a few friends over for hot cocoa. Create your own koselig by doing things you love!

#### How will electronic submission work?

OSHA will provide a secure website that offers three options for data submission. First, users will be able to manually enter data into a webform. Second, users will be able to upload a CSV file to process single or multiple establishments at the same time. Last, users of automated recordkeeping systems will have the ability to transmit data electronically via an API (application programming interface). The site is scheduled to go live in February 2017. Anti-retaliation protections

The rule also prohibits employers from discouraging workers from reporting an injury or illness. The final rule requires employers to inform employees of their right to report work-related injuries and illnesses free from retaliation, which can be satisfied by posting the already-required [OSHA workplace poster](#). It also clarifies the existing implicit requirement that an employer's procedure for reporting work-related injuries and illnesses must be reasonable and not deter or discourage employees from reporting; and incorporates the existing statutory prohibition on retaliating against employees for reporting work-related injuries or illnesses. These provisions become effective August 10, 2016, but OSHA has [delayed their enforcement](#) until Dec. 1, 2016.

#### Compliance schedule

The new reporting requirements will be phased in over two years:

Establishments with 250 or more employees in industries covered by the recordkeeping regulation must submit information from their 2016 Form 300A by July 1, 2017. These same employers will be required to submit information from all 2017 forms (300A, 300, and 301) by July 1, 2018. Beginning in 2019 and every year thereafter, the information must be submitted by March 2.

Establishments with 20-249 employees in [certain high-risk industries](#) must submit information from their 2016 Form 300A by July 1, 2017, and their 2017 Form 300A by July 1, 2018. Beginning in 2019 and every year thereafter, the information must be submitted by March 2.

OSHA State Plan states must adopt requirements that are substantially identical to the requirements in this final rule within 6 months after publication of this final rule.

#### What do you think?

Send us an email at:  
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See our bold new look

In Loving Memory  
of Jessica Lehrke

In Loving Memory...  
Jessica, Kristin and Nick



SAVE TOMORROW  
THINK SAFETY TODAY