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Weekly Safety Tip

Life Is All About Choices!®

January 30, 2017

SCI Safety News: Preventing Cancer: NIOSH Eliminates Recommended Exposure Limits for Carcinogens

By: Jennifer Busick

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According to the American Cancer Society, about 40 percent of Americans will develop cancer during their lifetime, and about 20 percent will die of cancer. An unknown percentage of these cancers are caused by workplace exposure to carcinogens. To aid in the prevention of occupational cancer, the National Institute for Occupational Safety and Health (NIOSH) develops guidance to protect workers from occupational exposure to carcinogens.

NIOSH issues a policy document, its Chemical Carcinogen Policy that governs how NIOSH classifies chemicals as occupational carcinogens, sets risk management limits for workers exposed to carcinogens, and incorporates information on the analytical limit of quantification (LOQ). In December 2016, NIOSH updated its [Chemical Carcinogen Policy](#) for the first time since 1995—and the agency has made some significant changes.

SCI Safety Slogan

*A spill, a slip,
a hospital trip*

James Lehrke-SCI



Aurora Health Care®

Quick Tips for Healthy Living

How to Make the Most of Winter Workouts

5. Try something new. There's nothing like signing up for a new class or joining an indoor sports league to get you up and moving during chilly months. By trying something new, you reignite your motivation for fitness, cold weather and all! Whether it's indoor volleyball, a dodgeball league, a bootcamp class or even tennis lessons at a local indoor racquet club, participating in a regular activity that you've paid for (or have teammates counting on you to play in) is a fantastic way to stay active in the wintertime. You might even make some new friends or learn some new skills.

6. Set a big goal—and some little goals. If winter weather leaves your motivation to exercise colder than an icicle, heat things up with a challenging, new goal. It can be anything from losing those last 10 pounds, to running a 5K (yes, you can still run outside in the cold) or even doing a full pull-up, but choose a goal that you really want and that will stretch you beyond your comfort zone to reach it. Setting a smart goal that you then break down into smaller, achievable action steps is a great way to start. Instead of focusing on simply working out this winter, this type of goal-setting allows you to focus on the bigger picture—your dreams.

7. Get excited. If you've never been a winter fan, start focusing on what you do love about it and how this time of year provides new opportunities for your fitness and health. From eating delicious in-season produce (oranges, kale, and chestnuts, oh my!), to curling up with a big mug of sugar-free hot cocoa in front of the fireplace after a long workout, there is much to love about winter when you embrace and appreciate it.

While there are many great workout options this winter, be sure you always stay safe no matter what you do—especially if you decide to enjoy the winter weather outdoors. But most of all, have fun out there. It's a wonderful time of year—ENJOY IT!

On July 30, 2016, another worker suffered the partial amputation of his left middle finger. In this instance, investigators found the molding machine cycled and caught his finger in an unguarded pinch point. They determined the machine was not locked out as required.

"The fact that two workers suffered debilitating injuries is tragic. The reality is that the company failed to re-evaluate its machine safety procedures and continued to expose other workers to the same hazards even after these injuries," said Robert Bonack, OSHA's area director in Appleton. "Adequate and properly installed machine safety guards and lockout/tag out procedures must be in place to prevent workers from coming in contact with operating parts." OSHA also found the company:

- Failed to guard operating parts on various machines in the facility.
- Improperly installed safety guards on machines that created a hazard for employees.
- Failed to record work related injury on the illness and injury logs.

View current citations [here](#).

Based in Green Bay, the Bay Family of Companies operates 40 corporations that produce a variety of insulation products used in the industrial and automotive industries. The employer has 15 business days from receipt of its citations and penalties to comply, request an informal conference with OSHA's area director, or contest the findings before the independent [Occupational Safety and Health Review Commission](#).

To ask questions, obtain compliance assistance, file a complaint, or report amputations, eye loss, workplace hospitalizations, fatalities or situations posing imminent danger to workers, the public should call OSHA's toll-free hotline at 800-321-OSHA (6742) or the agency's Appleton Area Office at 920-734-4521.

Under the [Occupational Safety and Health Act of 1970](#), employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to ensure these conditions for America's working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit <http://www.osha.gov>.

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In Loving Memory
of Jessica Lehrke

In Loving Memory...
Jessica, Kristin and Nick



**SAVE TOMORROW
THINK SAFETY TODAY**