



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

*We're about service, commitment, results, and accountability!*

## *Weekly Safety Tip*

*Life Is All About Choices!®*

January 9, 2017

### SCI Safety Tip: Test Your Home to Determine Risk of Radon Gas Exposure (Part 2)

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

#### **How Much is Too Much?**

No level of radon exposure is considered completely safe, however the EPA only recommends reducing radon levels in your home if your long-term exposure averages 4 picocuries per liter (pCi/L) or higher. A pCi is a measure of the rate of radioactive decay of radon gas. (These are the tiny particles that can get trapped in your lungs when you breathe.)

#### **Reducing Radon Gas in Your Home**

The American Cancer society says a variety of methods can be used to reduce radon gas levels in your home, including sealing cracks in floors and walls and increasing ventilation through sub-slab depressurization using pipes and fans.

The EPA recommends using a state or nationally certified contractor because lowering high radon levels often requires technical expertise and special skills. Two agencies have set the standard for participants seeking certification:

- The American Association of Radon Scientists and Technologists
- National Radon Safety Board

*January is National Radon Action Month*



### **SCI Safety Humor**



**James Lehrke-SCI**

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Contact Us Today!

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The U.S. Environmental Protection Agency has designated January as [National Radon Action Month](#), a time when health agencies across the country urge all Americans to have their homes tested for radon. Schools, businesses and other buildings also should be tested, according to the EPA.

Visit the EPA website for ideas on how to help spread the word about [Radon testing and mitigation](#).

#### What is Being Done to Protect Employees

The Nuclear Regulatory Commission and OSHA [set limits on exposure to radon in the workplace](#).

In mines, one of the most dangerous areas for radon exposure, features have been added to lower radon levels. For uranium miners, millers and transporters who have certain health problems as a result of exposure during atmospheric nuclear weapons tests or while employed in the uranium industry during the Cold War arsenal buildup from 1945 to 1962, the U.S. government has established the

## SCI OSHA News: OSHA Investigation of Fatal Fall Leads to Citations for Electrical Hazards

***OSHA's investigation of Jersey City Medical Center worker's fatal fall finds the facility allegedly exposed employees to dangerous electrical hazards.***

By Sandy Smith

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

Date January 5, 2017

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**SCI Commentary:** *Sadly this fatality would've been prevented by one simple act. Maintenance staff wasn't sufficiently trained in Lockout/Tagout, so the safeguards were never in place to keep workers safe from electrocution. Thus, all persons involved with this tragedy will feel the personal pain and loss of a family member and a co-worker. De-energizing equipment, machinery, and electrical cabinets protect workers from hazardous energy release. Setting up a Lockout/Tagout program, training those employees authorized and affected is the real solution to making sure everyone goes home safe.*

OSHA began an inspection of Jersey City Medical Center RWJ Barnabas Health in Jersey City, N.J. on June 28, 2016, after the employer notified the agency that a worker needed to be hospitalized after falling from a ladder as he changed an overhead ballast in a light fixture. The worker later died from his injuries on July 17, 2016.

On Dec. 21, 2016, OSHA [issued citations to the medical center](#) for one alleged willful and four alleged serious safety violations and proposed penalties of \$174,593.



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## Quick Tips for Healthy Living

### Eating Healthy on a Lean Budget

1. Buy fresh produce when it's in season and freeze it. Stick with buying what's currently in season, and consider stocking up when you find a good deal.
2. Go local such as farmers markets. Consider going at the end of the market time for additional savings.
3. Look for sales and plan meals accordingly. Take advantage of store loyalty cards, store brands, coupons and in-store specials. If your grocery store has a weekly circular, check it every week and plan meals around what's on sale.
4. Make out a grocery list. Take into consideration what you already have on hand in refrigerator, freezer and the pantry, and what is on sale at the grocery store. With a grocery list you will be less likely to buy extra items. While at the store, compare prices on different brands and different sizes of the same brands to see which has a lower unit price. The unit price is usually located on the shelf directly below the item.
5. Buy in bulk when items go on sale. Load your cart with non-perishables such as dried beans and peas, whole-grain pastas, crackers and cereals; brown rice, canned tuna and salmon, tomato products and nut butters. Look at the expiration date and decide if you can realistically consume this item before then. Plan to fill your freezer with frozen fruit, vegetables, poultry, beef and seafood. Tip: assemble your own...make your own "single serving" bags by portioning from larger, more economical bags.
6. Try canned and frozen products. Fruits and vegetables are canned at their peak of nutrition and quality, so are just as nutritious as fresh...and you don't have to worry about spoilage. Watch out for the high sodium content of canned goods. Rinsing canned vegetables will decrease the sodium content by 40%. Look for brands labeled "no added salt", or "reduced sodium".
7. Steer away from convenience foods. Homemade foods are less expensive than if you use boxes or mixes.
8. Use a slow cooker. This handy kitchen item uses a moist heat method of cooking which helps tenderize a tougher, less expensive cut of meat. You can further stretch your meat dollar by adding frozen vegetables and/or beans for a hearty and filling meal.

*Continued next week*

"This worker's tragic death was preventable. Jersey City Medical Center did not have basic lockout/tagout safeguards in place to prevent exposure to electrical hazards, and failed to train its maintenance workers on these safeguards. As a result, the worker sustained an electrical shock while changing the ballast, fell approximately 6 feet off a ladder and died from his injuries," said Kris Hoffman, director of OSHA's Parsippany Area Office.

The willful violation was issued because the facility allegedly required employees to change ballasts without the proper [lockout/tagout](#) training on practices and procedures necessary to disable machinery or equipment to prevent hazardous energy release, as well as other safety hazards and related unsafe practices.

The serious violations involved the medical center's alleged failure to ensure de-energized circuits were locked out, maintain an electrical lockout/tagout program, ensure that only qualified persons worked on live circuits, provide personal protective equipment and ensure workers did not work on live parts.

The employer has 15 business days from receipt of its citations and proposed penalties to comply, request a conference with Hoffman or contest the findings before the independent [Occupational Safety and Health Review Commission](#).



*What do you think?  
Send us an email at:  
[jlcconnections@aol.com](mailto:jlcconnections@aol.com)  
See our bold new look  
In Loving Memory  
of Jessica Lehrke*



In Loving Memory...  
Jessica, Kristin and Nick



**SAVE TOMORROW  
THINK SAFETY TODAY**