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Weekly Safety Tip

Life Is All About Choices!®

October 30, 2017

SCI Safety Tip: Fire safety: Every worker plays a role

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

Date: October 26, 2015



When it comes to fire safety on the job, everyone can play a role – not only by recognizing hazards but also by taking action to resolve them. The National Safety Council recommends performing regular self-inspections in the workplace and creating a comprehensive inspection checklist to follow. Common causes of workplace fires include:

- **Electrical equipment:** Electrical equipment presents a number of fire hazards, including faulty wiring and starters, improper fuses, and poorly done repairs. Also, carefully review any solvent's Safety Data Sheet before using it to clean electrical equipment, as it may be flammable.
- **Flammable liquids:** The council states that a liquid is defined as flammable if it emits enough vapors to burn at temperatures lower than 100° F, whereas liquids that produce enough vapors to support combustion when heated over 100° F are combustible liquids. Because these liquids are so volatile and are commonly found throughout various industrial settings, it is important to follow proper guidelines when handling, using and

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James Lehrke - SCI

storing them. Ensure these types of liquids are used only in ventilated areas away from ignition sources, such as open flames or sparks.

- **Friction:** Overhead transmission bearings and shafting can accumulate dust, making them ignition sources. To prevent this, keep bearings well-lubricated and maintain good housekeeping to keep dust at bay.
- **Stored gases:** If your workplace has stored cylinders on the premises, ensure the storage areas feature automatic sprinklers, ventilation and fire-resistant separations.
- **Explosive dusts:** The buildup of even a small amount of dust can result in a serious incident.
- **Plastics:** Be aware that plastics – commonly used for storage – tend to burn hotter and faster than wood, and standard sprinkler systems may not be able to adequately contain these types of fires.
- **Portable heaters:** NSC considers portable heaters to be serious fire hazards and discourages their use in the workplace.
- **Smoking hazards:** Clearly define where smoking and non-smoking areas are in your workplace and strictly enforce smoking restrictions with employees.



An effective fire protection program takes careful planning with a focus on prevention, NSC states. It is the supervisor's responsibility to ensure proper housekeeping standards are developed and followed regarding fire safety.

SCI OSHA Compliance: Protecting Temporary Workers

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

Employer Responsibilities to Protect Temporary Workers*

To ensure that there is a clear understanding of each employer's role in protecting employees, OSHA recommends that the temporary staffing agency and the host employer set out their respective responsibilities for compliance with applicable OSHA standards in their contract. Including such terms in a contract will ensure that each employer complies with all relevant regulatory requirements, thereby avoiding confusion as to the employer's obligations.



Joint Responsibility

While the extent of responsibility under the law of staffing agencies and host employers is dependent on the specific facts of each case, staffing agencies and host employers are *jointly responsible* for maintaining a safe work environment for temporary workers - including, for example, ensuring that OSHA's training, hazard communication, and recordkeeping requirements are fulfilled.

OSHA could hold both the host and temporary employers responsible for the violative condition(s) - and that can include lack of adequate training regarding workplace hazards. Temporary staffing agencies and host employers share control over the worker, and are therefore jointly responsible for temporary workers' safety and health.

OSHA has concerns that some employers may use temporary workers as a way to avoid meeting all their compliance obligations under the OSH Act and other worker protection laws; that temporary workers get placed in a variety of jobs, including the most hazardous jobs; that temporary workers are more vulnerable to workplace safety and health hazards and retaliation than workers in traditional employment relationships; that temporary workers are often not given adequate safety and health training or explanations of their duties by either the temporary staffing agency or the host employer. Therefore, it is essential that *both* employers comply with all relevant OSHA requirements.



Aurora Health Care®

Quick Tips for Healthy Living

7 Tips for Your Best Breakfast and Lunch

By Jodi Kasten, RD, March 01, 2016

Source: <https://www.aurorahealthcare.org>

Breakfast, a lot of experts say it's the most important meal of the day, but about one in 10 of us, 31 million Americans, skip it. That leaves breakfast skippers with no fuel or energy to power them through to lunch. They're also stuck with a long wait for lunch and its energy boost for the rest of the afternoon. Breakfast eaters tend to have better diets overall, consuming more fruits, vegetables, milk and whole grains compared to non-breakfast eaters.

If you have a child, a nutritious breakfast and lunch are essential. Kids need breakfast because their growing bodies and developing brains need regular refueling. Studies show that kids who eat a healthful, balanced breakfast and lunch, are more alert during the school day and get better grades. So, what should you and your child include in a healthy breakfast and lunch?

- **Balance your calories.** Want to know how many calories you should aim for? A number of [online guides](#) are available. The [Dietary Guidelines](#) are a good resource for finding what's appropriate for you and your family. When planning your meals, balance your calories within your meals.
- **Don't rush through your meals, take time to enjoy your food.** Eating too fast can lead to eating too many calories. Your body will give you cues when it's time to eat and when you've eaten enough, but if you eat fast, you'll miss those cues.
- **Control your portion sizes.** Use smaller plates, bowls and glasses. Don't eat from a package, such as a bag of chips. When you portion out foods before you eat, you'll know how much you're eating. When you eat out, choose a smaller size option, share a dish or take home part of your meal.
- **Unsweetened beverages.** Skip sugary drinks, sodas, energy and sports drinks. They're major sources of added sugar and empty calories.

Both Host Employers and Staffing Agencies Have Roles

Both host employers and staffing agencies have roles in complying with workplace health and safety requirements and they *share* responsibility for ensuring worker safety and health.

A key concept is that each employer should consider the hazards it is in a *position to prevent and correct*, and in a position to *comply* with OSHA standards. For example: staffing agencies might provide general safety and health training, and host employers provide specific training tailored to the particular workplace equipment/hazards.

- The key is *communication* between the agency and the host to ensure that the necessary protections are provided.
- Staffing agencies have a duty to inquire into the conditions of their workers' assigned workplaces. They must ensure that they are sending workers to a safe workplace.
- Ignorance of hazards is not an excuse.
- Staffing agencies need not become experts on specific workplace hazards, but they should determine what conditions exist at their client (host) agencies, what hazards may be encountered, and how best to ensure protection for the temporary workers.
- The staffing agency has the duty to inquire and *verify* that the host has fulfilled its responsibilities for a safe workplace.
- And, just as important: Host employers *must treat temporary workers like any other workers* in terms of training and safety and health protections.

We'd always like your feedback. Let us know what articles you'd like to see!

In Loving Memory...
Jessica, Kristin and Nick

