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Weekly Safety Tip

Life Is All About Choices!®

November 13, 2017

SCI Safety Tip: Four Basic Rules of Firearm Safety

Source: <http://dnr.wi.gov/topic/hunt/huntsafetytips.html>

Date: November 17, 2015



As you join thousands of hunters heading into the woods, fields and marshes during the fall hunting seasons, Wisconsin DNR safety experts remind you to review and think about firearm safety each and every time you head out.

Essential to any responsible hunting trip is an ironclad adherence to the four basic rules of firearm safety that can be easily remembered using the TAB-K formula.

T = Treat every firearm as if it is loaded. Never assume a firearm is unloaded and never treat it that way, even if you watch as it is unloaded. Make it a habit to treat guns like they are loaded all the time.

A = Always point the muzzle in a safe direction. About one third of all hunting incidents are self inflicted injuries. That means the muzzle was pointed at some part of the hunter's body. A safe direction is a direction where the bullet will travel and harm no one in the event of an unwanted discharge. There are no accidental discharges with firearms, only unwanted discharges.

B = Be certain of your target and what's beyond it. Positive target identification is a must. To shoot at something you only think is a legal target is gambling. In the case of human injury, that means gambling with human life. You must be absolutely certain and correct in judgment before deciding to shoot. Otherwise, it's reckless behavior.

SCI Safety Slogan



James Lehrke - SCI

In addition to identifying the target, a hunter must know that a safe backstop for their bullet is present in every shooting situation. We don't always hit our target, and, in some cases, the bullet passes through the target. A safe backstop guarantees that no one will get hurt.

K = Keep your finger outside the trigger guard until ready to shoot. If a hunter stumbles with a firearm in one hand and nothing in the other, whatever that person does with their free hand will automatically happen with the hand holding the gun. If a finger is inside the trigger guard, that hand is likely going to close around the pistol grip of the gun and on the trigger causing an unwanted discharge.

Planning your fall hunting trip also means having your gear in proper working order. Firearms should be cleaned and closely inspected for any signs of mechanical wear that could result in a problem in the field.

Firearms aren't the only items that need to be checked well in advance of a hunting trip.

Clothing and other equipment should also be inspected for signs of wear and tear. Anything that might cause you to compromise safety should be repaired, discarded or replaced. Blaze orange clothing that has faded over time, a jacket that doesn't fit right or a scope that isn't adjusted correctly can compromise your safety and the safety of others.

Have a safe and enjoyable hunt!



SCI OSHA News: Nonfatal injury and illness rate in private sector continues to decline: BLS

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

Date: November 9, 2017

Washington – The nonfatal injury and illness rate for private-sector U.S. employees decreased slightly in 2016 – as did the rate of nonfatal occupational injuries and illnesses requiring days away from work – according to data released Nov. 9 by the Bureau of Labor Statistics.

Reported nonfatal injuries and illnesses occurred at a rate of 2.9 cases per 100 full-time workers in 2016, compared with 3.0 in 2015 and 3.2 in 2014. The rate has fallen in all but one year since 2003. (The 2012 rate remained the same as in 2011.)

Approximately 2.9 million nonfatal injuries and illnesses were reported in 2016, about 48,500 fewer than in 2015, according to [Survey of Occupational Injuries and Illnesses](#) estimates. That overall total includes 892,270 cases that resulted in days away from work. Although the DAFW number was “essentially unchanged” from 2015, a Nov. 9 press release from BLS states, the rate fell to 91.7 injury and illness cases per 10,000 full-time workers from 93.9 the year before.

The construction, manufacturing, wholesale trade and resale trade industries experienced “statistically significant” rate declines for reported nonfatal injuries and illnesses, BLS states. Although the finance and insurance industry was the lone sector to experience a rate increase, its rate of 0.6 cases per 100 full-time workers remained the lowest in the private sector.

Other 2016 data highlights:

- The median DAFW needed to recover was eight, matching the figure from 2015.
- The DAFW rate for workers in manufacturing fell to 94.9 cases per 10,000 full-time workers from 99.0 the year before. The total number of DAFW cases in manufacturing fell by 4 percent to 118,050.
- Among the four industries that reported injury rate declines, only retail trade (122,390) and manufacturing (118,050) exceeded 100,000 DAFW cases.





Quick Tips for Healthy Living

November is American Diabetes Month

Nearly 10% of the United States' population (30.3 million people) suffers from diabetes. Type 2 diabetes accounts for 90-95% of all diabetes cases, and it is estimated that 33.9% of U.S. adults (84.1 million people) have prediabetes.

Prediabetes is defined as blood glucose levels that are higher than normal, but not high enough to be diagnosed as diabetes. Before people develop type 2 diabetes, they almost always have prediabetes. Prediabetes is also a risk factor for cardiovascular disease.

There are no clear symptoms of prediabetes, but there are ways to lower your blood glucose levels if they fall within the prediabetic range. Research shows that you can lower your risk for type 2 diabetes by 58% by losing 7% of your body weight if you are over 200 pounds and exercising moderately (such as brisk walking) for 30 minutes a day, 5 days a week. Even if you don't get to your ideal body weight, losing 10-15 pounds can make a huge difference.

For more information, visit www.diabetes.org.

- Sprains, strains and tears accounted for 317,530 injuries and illnesses requiring DAFW, or about 36 percent of total cases.

The data release is the first of two annual reports from BLS. The second, scheduled for release in December, will highlight [Census of Fatal Occupational Injuries](#) findings.



Turkey Recipe

Ingredients

17 h [24 servings](#)

Hmm. It looks like these ingredients aren't on sale today. These nearby stores have ingredients on sale!

Find the closest stores
(uses your location)

- 1 (18 pound) whole turkey, neck and giblets removed
- 2 cups kosher salt
- 1/2 cup butter, melted
- 2 large onions, peeled and chopped
- 4 carrots, peeled and chopped
- 4 stalks celery, chopped
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 cup dry white wine

Directions

1. Rub the turkey inside and out with the kosher salt. Place the bird in a large stock pot, and cover with cold water. Place in the refrigerator, and allow the turkey to soak in the salt and water mixture 12 hours, or overnight.
2. Preheat oven to 350 degrees F (175 degrees C). Thoroughly rinse the turkey, and discard the brine mixture.
3. Brush the turkey with 1/2 the melted butter. Place breast side down on a roasting rack in a shallow roasting pan. Stuff the turkey cavity with 1 onion, 1/2 the carrots, 1/2 the celery, 1 sprig of thyme, and the bay leaf. Scatter the remaining vegetables and thyme around the bottom of the roasting pan, and cover with the white wine.
4. Roast uncovered 3 1/2 to 4 hours in the preheated oven, until the internal temperature of the thigh reaches 180 degrees F (85 degrees C). Carefully turn the turkey breast side up about 2/3 through the roasting time, and brush with the remaining butter. Allow the bird to stand about 30 minutes before carving.

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

In Loving Memory...
Jessica, Kristin and Nick



**SAVE TOMORROW
THINK SAFETY TODAY**