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Weekly Safety Tip

Life Is All About Choices![®]

February 13, 2017

SCI Safety Tip: Knife Safety

Avoiding the common injuries

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

Knives are one of those handy tools that everybody uses from time to time. People in all kinds of jobs use them, but they are also injured by knives—the high school student working in the supermarket produce department, the store worker who attempts to cut open a box, the butcher, even the restaurant salad chef. It's easy to take this common tool for granted. Even small knives can cause damaging and sometimes crippling cuts.

There are a few common causes of injury that, when safe practices are followed, could almost eliminate most injuries from knives:

- The most common hazardous condition in using a knife at work is your hand can slip from the handle onto the blade. That often happens when the handle—or hand—is wet or greasy.
- Another common injury is the knife striking the free hand or the body. That can be caused by a dull knife that forces you to put too much pressure on the object you're trying to cut, and the blade could slip and slice you or someone nearby.
- Another cause of this type of injury is when you are in a hurry or aren't focused 100 percent on the cutting task.

To avoid the often painful and sometimes crippling injuries when you use a knife at work—or at home—remember these important safety tips:



SCI Safety Slogan

**SAFETY ISN'T
A SLOGAN.
IT'S A WAY
OF LIFE.**

James Lehrke-SCI

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Select the right knife for the job. No single knife is suitable for every job. For example, too large a blade is awkward to handle, and too small a blade makes the job more difficult than it should be. Retractable blades are safer if you need to carry the knife around with you. Serrated edges are better for some purposes like cutting cardboard, boxes, or rope where a clean, straight cut isn't critical but it gets the job done quickly. Straight blades are preferred for most straight, clean-cutting situations. Be sure to choose the blade that's best for the job, not just the one that's the handiest.

Use your knife safely and keep it in good working condition. Even with such a simple tool, proper handling is essential. Be sure to follow these basic safe practices whenever you use a knife:

- The cutting stroke should be away from the body whenever possible.
- Practice using the knife blade on a spare piece of material. That way, you'll make a better cut without making a mistake, and make sure that you're using the right blade for the task at hand.
- Be certain that you have enough room to move your arm freely as you cut.
- Keep handles dry and free of grease or oil—this practice will help keep your hands from slipping onto the blade
- Never use a defective knife—for instance, one that has a broken handle or blade.

Check the blade often to make sure it has a sharp cutting edge. Change the blade in a utility knife as often as necessary to make sure it's sharp.

Store knives properly. Never leave an open knife blade lying loose on a work surface when you've finished with it. A toolbox or desk drawer is the best place for this type of knife. And be sure to retract the blade or keep a fixed blade in a sheath. It's easy to make a simple sheath out of heavy corrugated cardboard, which may spare someone a serious injury.

Get first aid whenever you are cut by a knife. Even the smallest cut should be cleaned and treated to help avoid infection. Injury records are full of cases in which someone neglected a small injury and blood poisoning developed, causing several weeks of lost time from the job.

Don't sacrifice safety. Respect your knife, use it safely, and make sure it's always in top shape.

KNIFE SAFETY

SCI OSHA News: Trump regulatory freeze delays OSHA, DOT rules

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

By: Emily Scace, Senior Editor, Safety

Date: February 8, 2017

Shortly after the inauguration of President Donald Trump, all executive branch departments and agencies were directed to freeze most pending regulatory actions in order to allow time for the new administration to review them. Two recent safety-related final rules are affected by the freeze.

Under the freeze, agencies may not submit regulations for publication in the *Federal Register*, must withdraw any regulations submitted for publication but not yet published, and must postpone the effective date of final rules that have already been published but have not yet taken effect for at least 60 days.



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Quick Tips for Healthy Living

Add Color to Your Diet!

No, don't reach for the food coloring! Adding healthy colors to your plate is appetizing to both your eyes and heart. The American Heart Association (AHA) is promoting an initiative called "Healthy for Good". This initiative is meant to inspire people to create a lasting change in their health and life, one small step at a time. According to the AHA, "The approach is simple: Eat Smart. Add Color. Move More. Be Well." These tips from the AHA focus on the topic of adding color.

Add color on a budget

- Many fruits and vegetables cost less than \$1 per serving. Save the most by buying produce that is in-season or by shopping the weekly sales.
- A single serving of produce is often times cheaper than a vending machine snack.

Buying fruits and vegetables in bulk and freezing the excess can also save money in the long run.

- Bring on the flavor
- Roast vegetables on high heat to caramelize and reduce bitterness.
- Grill fruits to unlock a deeper sweetness and give your color some char.
- Give your veggies a light sauté to crisp without overcooking.

Axe the added salt & sugar

- When purchasing canned, frozen, or dried produce, check the labels to choose the option with the least amount of added salt and sugars.
- Choose fruits and vegetables packed in their own juice or water and prepared without heavy syrups or sauces.
- Drain and rinse canned produce thoroughly in a colander.

The first safety rule affected by the freeze is OSHA's January 9 final rule aimed at reducing beryllium exposure in the workplace. Originally slated to take effect on March 10, 2017, the new effective date for the rule is March 21, 2017. The rule reduces the permissible exposure limit (PEL) for beryllium to 0.2 micrograms per cubic meter of air ($\mu\text{g}/\text{m}^3$) over an 8-hour time-weighted average, down from the current PEL of $2 \mu\text{g}/\text{m}^3$. The rule also includes a short-term exposure limit of $2 \mu\text{g}/\text{m}^3$ over a sampling period of 15 minutes. It also includes requirements for exposure assessment, control methods, respiratory protection, personal protective clothing and equipment, housekeeping, medical surveillance, hazard communication, and recordkeeping. ([View the final rule here.](#))

The Department of Transportation's Federal Motor Carrier Safety Administration (FMCSA) also has a rule affected by the freeze. The final rule titled "Minimum Training Requirements for Entry-Level Commercial Vehicle Operators," initially effective February 6, 2017, is postponed to March 21, 2017.

The FMCSA rule establishes new minimum training requirements for certain individuals applying for their commercial driver's license (CDL) for the first time, applying for an upgrade of an existing CDL, or seeking a hazardous materials, passenger, or school bus endorsement for the first time. The new requirements create a core curriculum for entry-level training for each class of CDL and endorsement and require training to be given by a registered provider.

Great leaders are willing to sacrifice the numbers to save the people. Poor leaders sacrifice the people to save the numbers.

~Simon Sinek~

Read more at:

https://www.brainyquote.com/quotes/authors/s/simon_sinek.html

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In Loving Memory...
Jessica, Kristin and Nick

