



“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!®

February 27, 2017

SCI Safety Tip: Permit-Required Confined Spaces in General Industry

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



A confined space has limited openings for entry or exit, is large enough for entering and working, and is not designed for continuous worker occupancy. Confined spaces include underground vaults, tanks, storage bins, manholes, pits, silos, underground utility vaults and pipelines. See 29 CFR 1910.146.

Permit-required confined spaces are confined spaces that:

1. May contain a hazardous or potentially hazardous atmosphere.
2. May contain a material which can engulf an entrant.
3. May contain walls that converge inward or floors that slope downward and taper into a smaller area which could trap or asphyxiate an entrant.
4. May contain other serious physical hazards such as unguarded machines or exposed live wires.
5. Must be identified by the employer who must inform exposed employees of the existence and location of such spaces and their hazards.

SCI Safety Slogan

ZERO 
IN ON SAFETY

James Lehrke-SCI

Safety Culture and Compliance Specialists

Contact Us Today!

Jim Lehrke 920.912.7233 jim@safetyconnection.com

Dan Goosen: 920.627.6235 dan@safetyconnection.com



CPR AND
FIRST AID
CLASSES



What to Do

- Do not enter permit-required confined spaces without being trained and without having a permit to enter.
- Review, understand and follow employer's procedures before entering permit-required confined spaces and know how and when to exit.
- Before entry, identify any physical hazards.
- Before and during entry, test and monitor for oxygen content, flammability, toxicity or explosive hazards as necessary.
- Use employer's fall protection, rescue, air-monitoring, ventilation, lighting and communication equipment according to entry procedures.
- Maintain contact at all times with a trained attendant either visually, via phone, or by two-way radio. This monitoring system enables the attendant and entry supervisor to order you to evacuate and to alert appropriately trained rescue personnel to rescue entrants when needed.



SCI OSHA: Final Rule Issued to Improve Tracking of Workplace Injuries and Illnesses (*Reminder*)

Source: www.osha.gov

Recordkeeping Requirements

Many employers with more than 10 employees are required to keep a record of serious work-related injuries and illnesses. ([Certain low-risk industries are exempted.](#)) Minor injuries requiring first aid only do not need to be recorded.

1 [How does OSHA define a recordable injury or illness?](#)

2 BEGIN Recordable Definition end modal end hidden-print END Recordable Definition

3 [How does OSHA define first aid?](#)

4 BEGIN Recordable Definition end modal end hidden-print END Recordable Definition

This information helps employers, workers and OSHA evaluate the safety of a workplace, understand industry hazards, and implement worker protections to reduce and eliminate hazards –preventing future workplace injuries and illnesses.



Aurora Health Care®

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

Maintaining and Posting Records

The records must be maintained at the worksite for at least five years. Each February through April, employers must post a summary of the injuries and illnesses recorded the previous year. Also, if requested, copies of the records must be provided to current and former employees, or their representatives.

- [Get recordkeeping forms 300, 300A, 301, and additional instructions.](#)
- [Read the full OSHA Recordkeeping regulation \(29 CFR 1904\).](#)

Electronic Submission of Records

Starting in 2017, many employers will be required to electronically submit the summary of injuries and illnesses to OSHA.

- [Learn more about OSHA's rule on submitting injury and illness records electronically.](#)
- [Injury Tracking Application](#)

Severe Injury Reporting

Employers must report any worker fatality within 8 hours and any amputation, loss of an eye, or hospitalization of a worker within 24 hours.

[Learn details and how to report online or by phone.](#)



Embrace Reality

Next Meeting: March 7th
 Time: 5:00pm - 6:00pm
Everyone's is welcomed!

What do you think?
 Send us an email at:
jlconnections@aol.com
 See our bold new look



In Loving Memory...
 Jessica, Kristin and Nick

