



“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 6, 2017

SCI Safety Tip: When & How to Wash Your Hands

Source: www.cdc.gov

Date: September 4, 2015

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

When should you wash your?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How should you wash your hands?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



SCI Safety Slogan

**At work at play, let
safety lead the way.**

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

Tina Reiss: 920.627.2205 tina@safetyconnections.com



CPR AND
FIRST AID
CLASSES



- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

What should you do if you don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs and might not remove harmful chemicals.

Hand sanitizers are not as effective when hands are visibly dirty or greasy.

How do you use hand sanitizers?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

SCI OSHA News: Final Rule to Update General Industry Walking-Working Surfaces and Fall Protection Standards

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

Falls from heights and on the same level (a working surface) are among the leading causes of serious work-related injuries and deaths. OSHA has issued a final rule on Walking-Working Surfaces and Personal Fall Protection Systems to better protect workers in general industry from these hazards by updating and clarifying standards and adding training and inspection requirements.

The rule affects a wide range of workers, from painters to warehouse workers. It does not change construction or agricultural standards. The rule incorporates advances in technology, industry best practices, and national consensus standards to provide effective and cost-efficient worker protection. Specifically, it updates general industry standards addressing slip, trip, and fall hazards (subpart D), and adds requirements for personal fall protection systems (subpart I).

OSHA estimates that these changes will prevent 29 fatalities and 5,842 lost-workday injuries every year.

Benefits to Employers

The rule benefits employers by providing greater flexibility in choosing a fall protection system. For example, it eliminates the existing mandate to use guardrails as a primary fall protection method and allows employers to choose from accepted fall protection systems they believe will work best in a particular situation - an approach that has been successful in the construction industry since 1994. In



Aurora Health Care®

Quick Tips for Healthy Living

Resilience: Tap into resilience to achieve health goals

It's the time of year when many people make resolutions to improve health. Many of us have tried to accomplish something important to us. We've worked hard at it, perhaps become discouraged and maybe even stopped altogether.

When you take a deeper look at achieving any goal, there are some simple things you can do to create success.

Set realistic goals

As we embark on this goals journey, the following questions may occur to you. How do I set up a good plan that leads to success? What happens if motivation dips? How will I keep going even if I get bored? How will I deal with things that get me off track? To answer these questions, let's review goal science.

When goals are realistic, challenging and energizing, they are more likely to be achieved.

1. **Realistic** — With your best effort, the goal is achievable, you can do it
2. **Challenging** — Inspires you to do your best, uses your skills and talents, and challenges you to learn new ones
3. **Energizing** — It's interesting to you, thinking about it energizes you, when you work on it you feel good
4. **Everyday creativity** — Hobbies, interests, make something, cook, clean, fashion, DIY projects, etc.

Let's think of achieving your goal as a journey to a healthier happier you. Here's what we'll do to make that happen.

- Harness the power of resilience
- Learn about motivation and willpower
- Set a realistic goal
- Identify and use positive personal qualities that inspire and motivate you
- Identify why you're working on the goal and what your higher purpose might be
- Create smaller goals that support your ultimate goal
- Energize yourself and build willpower through created positive emotions
- Connect with people that support your success

Types of resilience

On your journey we'll utilize the five components of resilience. Practicing these increases motivation, willpower, health and happiness. Below are the components with some suggestions for each one.

- **Physical resilience** — Move, get up and move at least three times today
- **Mental resilience** — Exercise your mind, learn something about your goal
- **Emotional resilience** — Identify ways to generate three positive emotions each day
- **Social resilience** — Connect with one supportive person per day
- **Everyday creativity** — Hobbies, interests, make something, cook, clean, fashion, DIY projects, etc.

addition, employers will be able to use non-conventional fall protection in certain situations, such as designated areas on low-slope roofs.

As much as possible, OSHA aligned fall protection requirements for general industry with those for construction, easing compliance for employers who perform both types of activities. For example, the final rule replaces the outdated general industry scaffold standards with a requirement that employers comply with OSHA's construction scaffold standards.

Timeline

Most of the rule will become effective 60 days after publication in the Federal Register, but some provisions have delayed effective dates, including:

- Ensuring exposed workers are trained on fall hazards (6 months),
- Ensuring workers who use equipment covered by the final rule are trained (6 months),
- Inspecting and certifying permanent anchorages for rope descent systems (1 year),
- Installing personal fall arrest or ladder safety systems on new fixed ladders over 24 feet and on replacement ladders/ladder sections, including fixed ladders on outdoor advertising structures (2 years),
- Ensuring existing fixed ladders over 24 feet, including those on outdoor advertising structures, are equipped with a cage, well, personal fall arrest system, or ladder safety system (2 years), and
- Replacing cages and wells (used as fall protection) with ladder safety or personal fall arrest systems on all fixed ladders over 24 feet (20 years).



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

In Loving Memory...
Jessica, Kristin and Nick

