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## *Weekly Safety Tip*

*Life Is All About Choices!®*

March 27, 2017

### **SCI Safety Tip: National Work Zone Awareness Week April 3-7 2017**

Source: <https://www.perryhallinsurance.com/>

Date January 24, 2017



- 1 **Slow down.** Speeding and aggressive driving are major contributors to work zone crashes.
- 2 **Expect the unexpected.** Normal speed limits are often reduced, traffic lanes are often changed, and people are often working on or near the road.
- 3 **Don't tailgate.** Keep a safe distance between you and the car ahead of you (use the 3-second following rule). The most common crash in a highway work zone is the rear-end collision.
- 4 **Obey road crew flaggers.** The flagger knows what is best for moving traffic safely through the work zone. A flagger has the same authority as a regulatory sign, so you can be cited for disobeying his or her directions.
- 5 **Keep a safe distance** between you and the construction workers and their equipment.
- 6 **Pay attention to the signs.** The warning signs are there to help you and other drivers move safely through the work zone. Observe the posted signs until you see the one that says you've left the work zone.

***SCI Safety Slogan***



***James Lehrke-SCI***

- 7 **Stay alert and minimize distractions.** Dedicate your full attention to the roadway, avoid changing radio stations, and do not use your cell phone while driving.
- 8 **Schedule enough time to drive** safely to and from your destination. Check radio, TV or online for traffic information before you leave. Expect delays when road-work is ongoing, and leave early so you can reach your destination safely and on time.
- 9 **Keep up with the flow of traffic.** Motorists can help maintain the traffic flow and posted speeds by merging as soon as possible. Don't drive right up to the lane closure and then try to cut in line.
- 10 **Be patient and stay calm.** Work zones aren't in place to inconvenience you. Remember that the work zone crews are working to improve road conditions for you and make your future drive time safer and easier.



Facts and Statistics: [https://ops.fhwa.dot.gov/wz/resources/facts\\_stats/safety.htm](https://ops.fhwa.dot.gov/wz/resources/facts_stats/safety.htm)

## SCI OSHA: Fed Cuts: What It Could Mean for Occupational Safety, Health and the Environment (Part 2)

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

By: Sandy Smith

Date: March 17, 2017

CSB's Chairperson Vanessa Allen Sutherland said the agency is "disappointed" to see the president's budget proposal to eliminate the agency. "For over 20 years, the CSB has conducted hundreds of investigations of high consequence chemical incidents, such as the Deepwater Horizon and West Fertilizer disasters," said Sutherland. "Our investigations and recommendations have had an enormous effect on improving public safety. Our recommendations have resulted in banned natural gas blows in Connecticut, an improved fire code in New York City and increased public safety at oil and gas sites across the State of Mississippi."

According to Sutherland, the CSB has been able to accomplish all of this with a small and limited budget. "As this process moves forward, we hope that the important mission of this agency will be preserved," she added.

EPA, headed by Scott Pruitt, a former Oklahoma Attorney General who sued the agency multiple times in that role, is facing a drastic 25-30 percent budget cut, according to reports. If the proposed budget cuts occur, agency staffing, projects headed by contractors and several grant programs aimed at state environmental issues likely will be heavily impacted.

The proposed budget essentially eliminates the Great Lakes Restoration Initiative (GLRI), which was authorized for \$300 million under the Obama administration but has been reduced to \$10 million under Trump's proposed budget.

That deep cut has drawn a rebuke from Sen. Rob Portman, a Republican from Ohio, who said: "The Great Lakes are an invaluable resource to Ohio, and the Great Lakes Restoration Initiative has been a successful public-private partnership that helps protect both our environment and our economy."

Portman quoted a recent study, which found that the GLRI's work generates a total of more than \$80 billion in benefits in health, tourism, fishing and recreation. The study also states that GLRI saves communities like Toledo, Ohio \$50 million in costs, and increases property values across the region by a total of \$12 billion.

"The Great Lakes Restoration Initiative has been a critical tool in our efforts to help protect and restore Lake Erie, and when the Obama administration proposed cuts to the program, I helped lead the effort to restore full funding," said Portman. "I have long championed this program, and I'm committed to continuing to do everything I can to protect and preserve Lake Erie, including preserving this critical program and its funding."



**Quick Tips for Healthy Living**

**Emergency Stress Stoppers**

People experience stress in many different ways. While we can't avoid everything that triggers stress, we can manage our reactions and prevent a small problem from building into a bigger one.

- Call a “time out” or walk away. Stop whatever triggered the stress until you feel calmer.
- Walk! Exercise is the best natural tranquilizer there is.
- If you find yourself thinking a negative thought (“I can’t do this”), try to replace it right away with a positive one (“I can learn to do this if I just take it one step at a time”).
- Break up a big problem into smaller steps. Set small goals for each day to tackle the problem.
- Don’t let others lay their stress on you. Listen to their problems- but don’t feel that you have to solve them.
- Talk it out with someone you trust- a family member, friend, clergy member, or health care professional. These people are your built-in support system. The worst thing you can do is to keep all your stress inside. The people you know and trust can help you!

President Trump already has signed Executive Orders that reduce the likelihood that additional OSHA or EPA regulations will be promulgated in the foreseeable future and that start the process of rolling back regulations already in place. Eliminating existing regulations takes more time, but it can be done. In addition, regulations that were under development when Trump took office were frozen by an Executive Order and are unlikely to go anywhere, say experts.

“We all know that pollution-induced disease, contaminated food, unsafe workplaces and dangerous consumer products inflict real economic and human tolls...” says a letter sent to the president about the Jan. 30 Executive Order required two existing regulations to be eliminated for each new proposed regulation that was signed by more than 130 environmental, public interest, worker advocacy and consumer watchdog groups. “Americans did not vote to be exposed to more health, safety, environmental and financial dangers.”

Many business organizations and associations are staying quiet about the budget. David F. Melcher, president and CEO of the Aerospace Industries Association, said that organization “welcomes the president’s proposal as the vital first step in determining national priorities for the coming years and looks forward to working with him and Congress as these proposals become law.”

He said that AIA embraces the increase in defense spending as a good first step but said that the \$603 billion defense budget proposed by the president “will not go far enough toward restoring the lost buying power and delayed modernization imposed by Budget Control Act caps.” AIA supports raising the base defense budget to at least \$640 billion in FY2018, he added.

He said AIA also is encouraged by Trump’s “continued commitment to reduce burdensome regulations,” but adds, “While we support much of the president’s plan, we are concerned about cuts in domestic spending in several government enterprises. For example, the FAA, under the Department of Transportation budget, provides critical certification and safety oversight functions that not only ensure the safety of our aircraft but ensure a continuing pipeline of technologically advanced new U.S.-built aircraft, engines and

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Jessica, Kristin and Nick

