



**“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!*<sup>®</sup>

July 31, 2017

### SCI Safety Tip: Fatigue – You're More Than Just Tired

Source: <http://www.nsc.org/learn/NSC-Initiatives/Pages/Fatigue.aspx>



People often make light of how little sleep they get; an over-worked, over-tired condition has become the norm for many. But a good night's sleep is not just a novelty, it's a necessity. The effects of fatigue are far-reaching and can have an adverse impact on all areas of our lives.

#### Our 24/7 Workforce

Our bodies are programmed to be tired at night and alert during the day, but work often requires us to [override those natural sleep patterns](#). More than 37% of workers are sleep-deprived, and those most at risk work the night shift, long shifts or irregular shifts. Following are a few facts for employers:

- Safety performance decreases as employees become tired
- 62% of night shift workers complain about sleep loss
- Fatigued worker productivity costs employers \$1,200 to \$3,100 per employee annually
- Employees on rotating shifts are particularly vulnerable because they cannot adapt their "body clocks" to an alternative sleep pattern

#### On the Road

We wouldn't allow a friend to drive drunk, but we rarely take the keys away from our tired friends or insist that they take a nap before heading out on the road. [Drowsy driving is impaired driving](#). NSC has gathered research that shows:

### SCI Safety Slogan

A mistake you see  
but do nothing to fix,  
becomes your  
mistake too.

**James Lehrke-SCI**

- You are three times more likely to be in a car crash if you are fatigued
- More than 5,000 people died in drowsy-driving related crashes in 2014
- Losing even two hours of sleep is similar to the effect of having three beers
- Being awake for more than 20 hours is the equivalent of being legally drunk

#### We're Getting Sick Over It

Adults need an average of seven to nine hours of sleep each night, but 30% report averaging less than six hours, according to the National Health Interview Survey. Sleep is a vital factor in overall health.

- Chronic sleep-deprivation causes depression, obesity, cardiovascular disease and other illnesses
- Fatigue is estimated to cost employers [\\$136 billion a year in health-related lost productivity](#)
- More than [70 million Americans suffer from a sleep disorder](#)

#### Time for Change

Americans receive little education on the importance of sleep, sleep disorders and the consequences of fatigue, but [industry leaders](#) recently have been drawing attention to this issue. Employers, too, are in an ideal position to educate employees on how to avoid fatigue-related safety incidents.

[Change begins with the individual.](#) The National Safety Council supports science-based fatigue risk management systems in the workplace and recently convened a panel of experts to explore fatigue and its effect on occupational safety. We look forward to sharing the results of this discussion.

## SCI OSHA News: Six steps to an effective hazard communication program

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

Date: July 25, 2017

OSHA's hazard communication standard, also known as HazCom, gives employees the right to know and understand the hazards of the chemicals they could be exposed to at work. It's a simple concept, but many employers fall short when it comes to compliance, as evidenced by hazcom's status as the most common OSHA violation in general industry year after year.

The standard includes requirements for all stages of the chemical supply chain. Chemical manufacturers, distributors, and importers must evaluate the hazards of the chemicals they sell and provide safety data sheets (SDSs) and labels for each hazardous chemical to downstream users. Employers that use hazardous chemicals in the workplace must create a written hazard communication program, provide employee training, and maintain SDSs for all chemicals in use at the facility.



Revised in 2012, the standard requires that SDSs be presented in a consistent, user-friendly, 16-section format. Sections 1 through 8 address general information about the chemical, the hazards, safe-handling practices, and emergency control measures. Sections 9 through 16 contain additional technical and scientific information like physical and chemical properties and exposure control information.

OSHA says employers can implement an effective hazard communication program by following these six steps:

- *Learn the standard and identify responsible staff* for particular activities such as training. Make sure someone has primary responsibility for coordinating implementation.



Aurora Health Care®

Quick Tips for Healthy Living

What Warm Weather Hazards Await Your Feet?

During the warm weather a lot of us look forward to enjoying the outdoors. We'll cheerfully sport bare feet when we can. But the freedom and comfort of bare feet comes with a caution for you and your family. Bare feet can leave you vulnerable to athlete's foot.

What's Athlete's Foot?

Athlete's foot is a fungus (tinea pedis) that grows on the feet. It's commonly found in the spaces between the toes, but can spread to other parts of the foot or even areas on your body.

It's important to know that anyone — including children — can get athlete's foot. You don't need to be an athlete to get this annoying fungus.

How Does Athlete's Foot Start?

It's pretty easy to get athlete's foot. Only two things need to happen to get it started:

- Expose your bare feet to the athlete's foot fungus. You can do that by being barefoot in warm, damp places such as showers, swimming pools or locker rooms. If someone in your family has athlete's foot, you can pick up the fungus from them.
- Promote the growth and spread of the fungus by giving it a good home — a warm, damp place such as sweaty sneakers.

If you touch the fungus, your fingers can transport the fungus to other body areas, such as the groin or underarms, so washing hands carefully after contacting an area affected by the fungus is important.

How Can You Avoid Athlete's Foot?

- Wear sandals or flip-flops around pools, public showers, locker rooms and gyms.
- Keep your feet clean, dry and cool.
- Wear clean, dry socks. Change socks every day or when they get damp.
- Don't share towels or footwear.
- Keep your toenails clean and clipped short.
- Avoid wearing tight or synthetic footwear that doesn't allow your feet to "breathe."
- Allow your feet to breathe by occasionally going barefoot at home.
- Keep your bathroom and shower surfaces clean.

What Are Athlete's Foot Treatments?

Treatments include over-the-counter (OTC) antifungal creams. For cases that don't respond to OTC treatments, see your health care professional or a podiatrist to discuss additional treatment options.

- *Prepare and implement a written hazard communication program.* Your program should detail how hazard communication will be addressed at your site. You'll need to prepare a list or inventory of all hazardous chemicals. The program must specify your procedures for labeling, maintaining SDSs, and providing employee information.
- *Ensure that containers are labeled.* Chemical manufacturers and importers are required to provide labels on shipped containers with a product identifier, signal word, pictograms, hazard statements, precautionary statement, and contact information for the responsible party. If you use an in-house labeling system for
- *Maintain safety data sheets.* Sheets are required for each hazardous chemical in the workplace, and they must be accessible to employees. If you do not receive an SDS from your supplier automatically, you are required to request one. If you choose to supply SDSs electronically, OSHA requires an adequate back-up system in the event of a power failure, equipment failure, or emergency.
- *Inform and train employees.* Employers must train employees on the hazardous chemicals in their work area before their initial assignment, and when new hazards are introduced. The training must be in a language and vocabulary employees can understand. Workers must be aware of protective measures available at the worksite.
- *Evaluate and reassess.* Revise your program to address changed conditions, such as new chemicals and new hazards. OSHA requires that your hazcom program remain current and relevant.

Embrace Reality

Broken heart?

Feeling like life is difficult?

We love to have you! Completely Confidential!

Where: Safety Connections Inc. Suite 220

When: August 1, 2017

Time: 5:00 pm – 6:00 pm

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