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Weekly Safety Tip

Life Is All About Choices!®

February 12, 2018

SCI Safety Tip: Recognizing hidden dangers: 25 steps to a safer office (Part 2)

By: [Lauretta Claussen](#)

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Ergonomics injuries

Perhaps the most prevalent injuries in an office setting are related to ergonomics. Because office workers spend the bulk of their day seated at a desk and working on a computer, they are prone to strains and other injuries related to posture and repetitive movement. Ergonomics hazards can be difficult to detect. “Most office conditions that can be described as hazardous from an ergonomics perspective would appear quite innocuous to the everyday observer,” said Marc Turina, principal consultant for ErgoSmart Consultants in McKees Rocks, PA.

7) Provide adjustable equipment

One size does not fit all in an office workstation. “Adjustability is the key,” Turina said. “Chairs, work surfaces, monitor stands, etc., should all be adjustable in order to accommodate the widest range of employees.” He recommended presenting a variety of options to employees. Although employers may be reluctant to pay for expensive ergonomic equipment, experts insist the equipment is a wise investment. “A good keyboard tray may retail around \$300; a good chair may retail around \$500 to \$700,” said Sonia Paquette, professional ergonomist and doctor of occupational therapy. She points out that the cost of the health claims that stem from not having these devices is much higher. “Some of these hard claims cost many tens of

SCI Safety Slogan

BETTER A
THOUSAND TIMES
CAREFUL THAN
ONCE DEAD.

Proverb
PICTUREQUOTES.COM

James Lehrke - SCI



thousands of dollars just of medical treatment, let alone cost of replacement, absenteeism, loss of work production, etc.”

8) Train workers on how to use equipment

Providing adjustable furniture and equipment is only the first step in creating an ergonomically sound workstation. “A big issue that I have encountered a lot lately is employee inability to properly adjust their own office chairs,” Turina said. “Many times, employers can invest \$500 in an excellent adjustable chair, but employees still experience a bad workstation fit.” The problem often is twofold: Workers do not know how to adjust their equipment, and they do not know the most ergonomically beneficial way to set up their workstation. Train workers on both the ideal setup and how to operate adjustable equipment accordingly.



9) Keep your feet on the floor

One of the first questions Paquette asks workers is whether their feet touch the floor when seated at their desk. “It sounds like an incredibly simple question,” she said, “but very often workers have their keyboard tray on the desktop, so in order to reach it, they need to jack up their chair so high that their feet can barely touch the floor.” She added that unless an employee’s feet are on the floor, a chair will not be able to reduce pain and discomfort. She recommended options such as adjustable keyboard trays or rolling tables adjusted to the proper height to eliminate this problem. Although footrests are a “second-best option,” their small surface may impede some of the worker’s movement.

10) Provide document holders

Frequently typing from hard copy can lead to neck strain if a worker is forced to repeatedly look down to the desk and back to the computer screen. Turina recommends providing document holders to reduce this strain. “These document holders are reasonably priced, and eliminate excessive cervical motion and help to prevent muscle imbalances,” he said. Document holders also are good for the eyes, according to the St. Louis-based American Optometric Association. Keeping reference materials close to the monitor reduces the need for your eyes to change focus as you look from the document to the monitor.

11) Correct mouse placement

Paquette often sees workstations where the computer keyboard is on a tray, but the mouse remains on the desk. “That spells disaster for the neck and shoulder on the side of that mouse,” she said. She recommends that the mouse always be placed beside the keyboard.

SCI OSHA News: Updated regulatory agenda shows fewer changes for OSHA, unveils ‘3-for-1’ deregulation plan (Part 2)

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

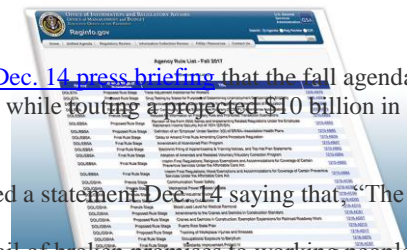
By: Alan Ferguson

Date: January 28, 2018

The Natural Resources Defense Council, fellow watchdog organization Public Citizen and the Communications Workers of America labor union filed a lawsuit on Feb. 8, claiming the Executive Order “directs federal agencies to engage in unlawful actions that will harm countless Americans.” Those organizations [had their day](#) in the U.S. District Court for the District of Columbia in August and are awaiting a decision.

Neomi Rao, administrator of the Office of Information and Regulatory Affairs, said in a [Dec. 14 press briefing](#) that the fall agenda – with its 3-for-1 mandate – contains 448 deregulatory actions and 131 regulatory actions while [fouting a projected \\$10 billion](#) in “present-value cost savings.”

Meanwhile, National Employment Law Project Executive Director Christine Owens issued a statement [Dec. 14](#) saying that, “The Trump administration is approaching a new low in terms of its attack on workers.” Owens continued: “The regulatory road map ... promises to extend its almost yearlong trail of broken promises to working people.”





Quick Tips for Healthy Living

February Is Heart Health Month

February is heart health month. Heart disease is the leading cause of death for men and women, according to the Centers for Disease Control and Prevention. Keeping our heart healthy is so much more than what we eat and how much we exercise. Both of these are very important, but did you know LAUGHTER can also reduce your risk of developing cardiovascular disease. It turns out that giggles are just what the doctor ordered. The Mayo Clinic states, “Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.”

Find a friend to Laugh with!

Friendships foster a healthy social life which also reduce stress and boost your immune system - especially important during cold and flu season. Laughter can also lower your risk for heart disease. Stanford University reports, “one minute of laughter equals ten minutes on a rowing machine.”



Strawberries are one of the top antioxidant-rich fruits! And their shape is a perfect reminder of heart health. Strawberries have tons of heart-healthy benefits. They are full of fiber, potassium, and naturally free of fat, sodium, and cholesterol. Spinach is a green leafy vegetable that is also high in vitamins, minerals and antioxidants. All of which are known to reduce the risk of heart disease. It's full of vitamin C, beta-carotene which work together to prevent oxidized cholesterol from building up in the blood vessels.

HeartHealthyStrawberrySpinachSaladRecipeCourtesyofwww.perfectbar.com

Ingredients:

- 2TbspSesameSeeds
- 1TbspPoppoSeeds
- 1/2cupWhiteSugar
- 1/2cupOliveOil
- 1/4cupDistilledWhiteVinegar
- 1/4tspPaprika
- 1/4tspWorcestershireSauce
- 1tablespoonMincedOnion
- 10lbzFreshSpinach,Insired,DrinedandTornIntobite-sizepieces
- 1quartStrawberries,Cleaned,Hubbedandsliced
- 1/4cupAlmonds,Blanchedandsliced



Instructions: In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover and chill for one hour. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 30 to 15 minutes before serving.

The Labor Department’s Fall Regulatory Agenda is a plan to cut pay for working people, endanger their health and safety in workplaces across numerous industries, and take away vital safeguards that enable consumers to make informed investments to build and protect their retirement savings.”

Changes for MSHA

MSHA had two changes to the regulatory agenda, both designed for public input on future rules changes.

The agency issued a press release Oct. 23 asking for stakeholder assistance in identifying regulations that could be repealed, replaced or modified without reducing miners’ safety or health. The regulations could include “existing standards and regulations that could be improved or made more effective or less burdensome by accommodating advances in technology, innovative techniques or less costly methods, including the requirements that could be streamlined or replaced in frequency,” the agenda states.

The agency’s retrospective study of its [coal dust rule](#) is listed as part of that. MSHA issued its [final rule](#) in 2014 to change the standards for coal dust exposure and establish requirements for sampling with continuous personal dust monitors, among other alterations.

That same year, a [NIOSH study](#) reported that progressive massive fibrosis among coal workers was at its highest level in 40 years.

MSHA also is seeking recommendations on “alternatives to safety standards, which MSHA typically approves in [Petitions for Modification](#) submitted by mine operators.” The agency states that incorporating those alternatives into its current regulations would provide cost savings for mine operators that submit petitions.

THINK *Deeply,*
SPEAK *Gently,*
LOVE *Much,*
LAUGH *Often,*
WORK *Hard,*
GIVE *Freely,*
AND BE KIND

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!