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Weekly Safety Tip

March 26, 2018

SCI Safety Tip: April is...Distracted Driving Month

Source: <https://nationaldaycalendar.com>

Date: 2018



During the month of April, several organizations unite under the same mission encourage everyone to drive with focus and to reach their destination safely. Distracted Driving Awareness Month puts safety first and text messages, arriving on time, and friends under the influence in the back seat.

According to 2016 statistics, the National Safety Council estimates as many as 40,000 people died on U.S. roadways. That's a 6% increase over 2015 statistics and 14% over 2014. The NDC says that's the most dramatic two-year increase in 53 years.

What can you do? Turn off your phone. Designate a sober driver. Reduce your speed. Crying children can wait until you can pull over safely. Wear your seat belt.



SCI Safety Slogan

**ONE TEXT OR CALL COULD
WRECK
IT ALL**

James Lehrke - SCI



HOW TO OBSERVE

Take the pledge to stay focus and end distracted driving. The National Highway Traffic Safety Administration, National Safety Council, state, county and local law enforcement support campaigns increasing awareness to end distracted driving. Throughout the month of April, visit www.nsc.org or www.nhtsa.gov to learn more about what’s causing crashes, how to prevent them and what else you can do. Use # Distracted Driving Awareness Month to share on social media.

HISTORY

Distracted Driving Awareness Month is promoted by several safety organizations in the United States. There are over 1,200 national days. Don’t miss a single one. Celebrate Every Day with [National Day Calendar!](#)

SCI OSHA News: OSHA launches regional campaign on ‘Focus Four’ construction hazards

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

Date: March 21,2018

The construction industry throughout the country would be best to raise awareness by using the following tips. Recognizing the hazards or the “fatal four” will bring recognition to their employees with toolbox talks and communicating the importance of working safely.

Philadelphia — To help raise awareness of the four leading safety hazards in the construction industry, OSHA is launching its [Focus Four Hazards campaign](#) for [Region 3](#), the agency announced March 9.

The campaign runs from March through June. Each month, OSHA representatives will conduct toolbox talks on each hazard – electrocution, falls, struck-by, and caught-in or caught-between – with construction employers and workers in Delaware, Maryland, Pennsylvania, Virginia, West Virginia and Washington. The representatives will review hazard recognition, evaluation and control.



Also known as the “Fatal Four,” the hazards accounted for 63.7 percent of all construction-related deaths in 2016, according to the Bureau of Labor Statistics. Falls topped the list at 38.7 percent, followed by struck-by (9.4 percent), electrocution (8.3 percent) and caught-in or between (7.3 percent). In fiscal year 2017, violations related to the “Focus Four Hazards” occupied seven spots on [OSHA’s “Top 10” list of most-cited violations](#).

SCI Security News: 12 Ways to Spot a Potentially Violent Person in the Workplace (Part 1)

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

Date: August 28, 2015

How many times have you read about a workplace shooting, and the employees said something like, “I’m not surprised he did this,” or, “He always gave me the creeps, but I never thought he’d actually kill anybody”?

Related: [7 Steps to Keep Employees Safe in the Workplace](#)

Workplace violence will never disappear, as illustrated all too frighteningly by this week’s on-air shootings in Roanoke, Virginia. That’s why people have to be educated. Remember the Washington Navy Yard shootings two years ago next month? I’m a security executive who appeared on CNBC at the time to discuss that incident as well as the prevention of future ones. As I said at the time -- and still do -- unfortunately there’s no magic pill, no super-technology to prevent violence on the job. I remember how the CNBC anchor for that interview asked why the NSA, or other high-tech agency, could pick up people’s online chattering but not prevent workplace shootings?



Reducing Depression Risk through Nutrition

You may have heard the phrase “brain food.” Well, there really are foods that provide appropriate nutrition for your brain. Keep in mind that your brain is about 60 percent fat. Actually, what we call fatty acids... not the kind of fat that surrounds a cut of beef.

Your body can't make essential fatty acids, so you need to get those nutrients from the food you eat or from supplements (food is a preferred source). Just as the cells of the rest of your body thrive with good nutrition, so do the cells in your brain!

One element of brain food that has been a growing area of study is the relationship between nutrition, depression and mental illness. Nutrition may have a connection to the onset, severity and duration of depression.

Often deficiencies in multiple nutrients, rather than a single nutrient, are responsible for changes in brain functioning. The human brain is metabolically very active and uses about 20 percent to 30 percent of a person's energy intake. People with consistently low energy intake often feel sad, apathetic or hopeless.

Studies of populations in America and Asia have found diets of people affected by depression tend to be low in essential vitamins, minerals and omega-3 fatty acids. Ensuring the diet has adequate amounts of omega-3 fatty acids, proteins, carbohydrates, and leafy greens and vegetables can not only improve brain health, but also increase the longevity and quality of life.

Well, not to be snarky, but . . . just how can technology predict that Joe Schmo, having eaten his breakfast of corn puffs and bacon, will then arrive at his former employer's company, walk into his former boss's office and whip out a big steak knife before slicing up his boss?

Even that scenario assumes that the company doesn't have a metal detector. Joe won't get past security if his former boss works at the county courthouse. But what if his place of former employment is Walmart? You could walk in there with a gun anytime and nobody would ever know it.

Nevertheless, completely ignoring the issue isn't the answer. Experts on workplace violence offer a psychological profile of the typical perpetrator, and it's worth the while of businesses to know the signs:

1. A controlling nature

This person is not the industrious take-charge type, but a true freak when it comes to controlling others. Change unravels this type of person.

2. Obsession with power

This point has some overlap with number one, but the perpetrator will go as far perhaps as having a gun collection, or a subscription to some kind of ammo or paramilitary magazine or online community. He or she might also be obsessed with law enforcement.

Related: [Taking the Bite Out of a Workplace Crisis](#)

3. Violent opinions

These people tend to blame victims and revel in news about the latest school or workplace shooting, bombing, etc.

4. The inability to get along with others

This person is often rude and uncaring and blames his or her problems on coworkers.

5. An assumption that others are out to get them.

It's one thing to accuse several coworkers of gossiping about you or stealing your stapler, but true paranoiacs will believe that coworkers are poisoning their coffee, tapping their phone to listen in on conversations, etc. They might even believe that coworkers are following them around on the weekends.

6. A tendency to sue

This type of person is constantly filing lawsuits or formal grievances against not only coworkers, but neighbors and others not related to work.

We'd always like your feedback. Let us know what articles you'd like to see!

In Loving Memory...
Jessica, Kristin and Nick



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