



**“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!®*

January 11, 2016

### SCI Safety News: Are your workers becoming complacent? Help them refocus on safety. (Part 2)

By: admin

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

Date: December 30<sup>th</sup> 2015



*Taking your safety program to the next level.* How many days have you gone without a lost-time accident? That number may be impressive, but how many days have you gone without a recordable accident, property-damage incident, or a near miss? Don't rest on your laurels--and don't let workers rest on theirs. If you've met one goal, celebrate! And then set a new goal, before workers begin to think there's no more work to do and they can relax.

*Managing change with care.* If you're changing or upgrading your processes and procedures, keep workers in the loop. A worker who thinks he or she knows how to do a job safely may--if not paying close attention--miss changes. If the worker keeps doing things the old way, it could cause problems.

### ***SCI Safety Slogan***

Safety Blindness:  
Walking pass a unsafe act  
Open eyes save lives!

***James Lehrke-SCI***

When you're making improvements in how you do things, keep lines of communication open with your workers. Let them know that doing things the way they did before won't work anymore.

*Maintaining an awareness of variables.* A job that's safe in December might end in a case of heat illness in July. A job that's no problem outdoors could turn toxic indoors, where hazardous vapors can accumulate.

Make sure workers pay attention not only to the parts of a job task that don't change but also to the hazards that change depending on location, season, staffing, and other variables. If something's different from how they learned it or when they last did it, they may need to stop and do a new hazard evaluation.

*Finding a new angle.* How's your training program? Are you still running everybody through the same program that worked so well when you first implemented it? If workers get nothing new out of your training program, they may decide they "know it all already" and let down their guard.

Make sure your training program is up to date with respect to your facility, your personnel, regulatory requirements, and current technology, and highlight any changes for workers. The new angle that catches their interest and shows them they don't already know everything there is to know about a topic might keep them focused and safe.



## SCI OSHA News: OSHA renews alliance with electrical contractor group

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

Date: January 6, 2016

OSHA recently renewed its alliance with the Independent Electrical Contractors, Inc. During the five-year agreement, the alliance will primarily focus on providing agency staff with 70E and arc-flash training and preventing worker exposures to electric shock and arc flash hazards.

Through the alliance, participants will also promote awareness of OSHA campaigns on preventing falls and heat illness, as well as promote a culture of safety through outreach, particularly to small businesses and workers with limited- and non-English speaking skills.

“For more than a decade, OSHA and IEC have had a productive partnership developing resources to protect thousands of workers in the electrical industry,” said Assistant Secretary of Labor for Occupational Safety and Health David Michaels, PhD. “Our continued alliance will help ensure that employers and workers in this industry receive information and training that are essential to keeping their workplaces safe and healthful.”

The alliance has developed fact sheets, toolbox talks and guidance documents on updates to OSHA electrical standards; hazards involved in working on or near energized electrical conductors and circuit parts; general safety guidance to help prevent fall-related injuries; and safety considerations when using ladders.





**Aurora Health Care®**

## Quick Tips for Healthy Living

### Eating Healthy on a Lean Budget

1. Buy fresh produce when it's in season and freeze it. Stick with buying what's currently in season, and consider stocking up when you find a good deal.
2. Go local such as farmers markets. Consider going at the end of the market time for additional savings.
3. Look for sales and plan meals accordingly. Take advantage of store loyalty cards, store brands, coupons and in-store specials. If your grocery store has a weekly circular, check it every week and plan meals around what's on sale.
4. Make out a grocery list. Take into consideration what you already have on hand in refrigerator, freezer and the pantry, and what is on sale at the grocery store. With a grocery list you will be less likely to buy extra items. While at the store, compare prices on different brands and different sizes of the same brands to see which has a lower unit price. The unit price is usually located on the shelf directly below the item.
5. Buy in bulk when items go on sale. Load your cart with non-perishables such as dried beans and peas, whole-grain pastas, crackers and cereals; brown rice, canned tuna and salmon, tomato products and nut butters. Look at the expiration date and decide if you can realistically consume this item before then. Plan to fill your freezer with frozen fruit, vegetables, poultry, beef and seafood. Tip: assemble your own...make your own "single serving" bags by portioning from larger, more economical bags.
6. Try canned and frozen products. Fruits and vegetables are canned at their peak of nutrition and quality, so are just as nutritious as fresh...and you don't have to worry about spoilage. Watch out for the high sodium content of canned goods. Rinsing canned vegetables will decrease the sodium content by 40%. Look for brands labeled "no added salt", or "reduced sodium".
7. Steer away from convenience foods. Homemade foods are less expensive than if you use boxes or mixes.
8. Use a slow cooker. This handy kitchen item uses a moist heat method of cooking which helps tenderize a tougher, less expensive cut of meat. You can further stretch your meat dollar by adding frozen vegetables and/or beans for a hearty and filling meal.
9. Cook meals in large batches, then freeze for later. Batch cook and freeze on the weekends when you have more time. Double or triple a recipe so you don't have to cook during the week. Use leftovers from a chicken or roast to make tacos, quesadillas, casseroles, stir fry, chef salads or soup other days during the week. The more meals you make and eat at home, the more money you will save.
10. Plan to pack your lunch. While preparing or cleaning up from your evening meal, pack your lunch for the next day. This will insure you are using foods you already have on hand, and will decrease the likelihood that you'll end up buying your lunch from a convenience store, vending machine or fast food restaurant. This can also work for breakfasts and dinners, depending on what shift you work.
11. Consider meat as a "side". Fill up your plate with whole grains and in-season fresh or canned or frozen vegetables. Whole grains, such as quinoa and brown rice, along with legumes such as black beans or pinto beans, are an inexpensive and tasty way to bulk up meals and can even be a meal in itself. Smaller servings of meat will help save money. Tip: start to include "Meatless Monday" in your weekly meal planning.

IEC is a national trade association for electrical and systems contractors. Founded in 1957, the association has 56 chapters nationwide that provide management, safety, and worker developmental training each year to more than 3,000 contracting businesses, comprising more than 100,000 employees and electrician apprentices.

Through its Alliance Program, OSHA works with unions, consulates, trade and professional organizations, faith- and community-based organizations, businesses and educational institutions to prevent workplace fatalities, injuries and illnesses. The purpose of each alliance is to develop compliance assistance tools and resources and to educate workers and employers about their rights and responsibilities. Alliance Program participants do not receive exemptions from OSHA inspections or any other enforcement benefits.



*What do you think?  
Send us an email at:  
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See our bold new look*



**SAVE TOMORROW  
THINK SAFETY TODAY**