



**“Your Connection for Workplace Safety”**  
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*We're about service, commitment, results, and accountability!*

## *Weekly Safety Tip*

*Life Is All About Choices!*<sup>®</sup>

January 18, 2016

### SCI Safety News: Seven steps to fall prevention

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

Date: January 13, 2016



Falls are the leading cause of worker deaths on construction sites, and failure to take proper precautions against falls can also be catastrophic for the bottom line. “Fall-related losses can amount to millions of dollars, not only in lost productivity, but also insurance premiums and liability claims,” the insurance carrier CNA points out.

Make sure you're not exposing your company to these risks by following CNA's seven-part fall protection strategy:

- *Step 1: Conduct hazard analysis.* The idea is to take a proactive approach by identifying hazards and planning for the reduction or elimination of those hazards before a regulator's visit (or a worker's trip to the emergency room). Hazard analysis is an interactive process that engages supervisory staff and workers in gathering and analyzing information about hazards and job requirements.

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

**Don't FALL into the trap of unsafe practices!**

***James Lehrke-SCI***

- *Step 2: Engineer out the hazard.* This may include the redesign of equipment or implementation of work methods that make it unnecessary for workers to climb or be exposed to fall hazards. An example of an engineered solution is installing a remote, floor-level readout so that workers don't have to climb equipment to gather data about systems.
- *Step 3: Preplan for success.* Addressing fall protection from the early design stages is the most effective, efficient, and productive way to eliminate or control the fall exposure. Owners and contractors should partner with the designer, architect, and safety professionals to evaluate potential fall exposures during all phases of the construction project. All bidding contractors should attend prebid job meetings to understand the job-specific fall protection process and requirements.
- *Step 4: Assess all rescue contingencies.* Consider all possible emergency situations. Develop a site-specific rescue plan that addresses methods of communicating the emergency, contact information for emergency medical assistance, chain of command for notification and reporting protocol, and information on self-rescue devices like scissor lifts or man baskets.
- *Step 5: Conduct training and education for all staff members.* Conduct orientation for all employees entering the jobsite to increase awareness of unique hazards. Training programs should be delivered by a competent and qualified person.
- *Step 6: Establish a plan that includes an emphasis on accountability.* A fall protection program is more than just the purchase of safe equipment. Make sure your plan describes who is responsible for what elements.
- *Step 7: Inspect and monitor jobsites and the fall prevention program to ensure continuous improvement.* Metrics for key facets of the program permit you to continuously monitor whether the desired results are achieved.



## SCI OSHA News: OSHA pulls rug out from under slip and trip rule

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

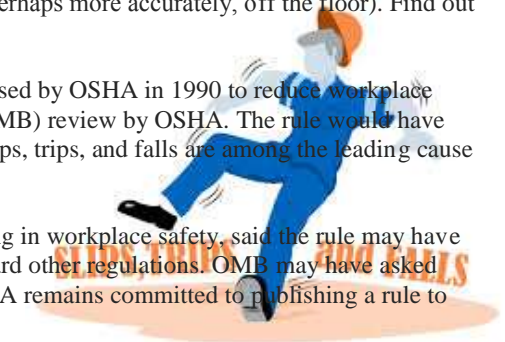
Date: January 15, 2016

A proposed OSHA rule that's been in the works for 26 years ago is off the table (or perhaps more accurately, off the floor). Find out what's going on with this standard and what it might mean for you.

The Walking Working Surfaces and Personal Fall Protection Systems rule first proposed by OSHA in 1990 to reduce workplace slips, trips, and falls has been withdrawn from Office of Management and Budget (OMB) review by OSHA. The rule would have established requirements for personal fall protection systems. According to OSHA slips, trips, and falls are among the leading cause of work-related injuries and fatalities.

So what happened? Nickole Winnett, an attorney with Jackson Lewis P.C. specializing in workplace safety, said the rule may have been withdrawn in part because OMB is redirecting its resources and manpower toward other regulations. OMB may have asked OSHA to withdraw the rule and make changes before resubmitting. Reportedly, OSHA remains committed to publishing a rule to protect workers from slips, trips, and falls.

OSHA explained that since the time of the proposal, new technologies and procedures have become available to protect employees from these hazards. The agency says it has been working to update the rules to reflect current technology. Based on comments received following a 2003 notice, OSHA determined that the rule proposed in 1990 was out of date and did not reflect current industry practice or technology. The agency published a second proposed rule in 2010, which it says reflected current information and consistency with other OSHA standards. Hearings were held in 2011.





Observers say the withdrawal may remove an employer’s defense under Subpart D, the Walking-Working Surfaces regulation. The reason is that OSHA considers a citation issued under a proposed rule a *de minimis* violation, which means it carries no penalty or required abatement. The withdrawal of the rule means employers can no longer claim compliance under the proposed rule.



**Aurora Health Care®**

**Quick Tips for Healthy Living**

**Start the New Year Fresh with Injury Prevention**

As many people are attempting to practice better exercise habits with the start of the New Year, there are several injury prevention tips to keep in mind. These tips will help you reach your goals not only physically but also mentally.

1. Changes With Moderation – Don’t try to make all of the changes at once. The more healthy changes you try to put on your plate at one time, the less likely you will be successful in completing all of them the way that you want to. Add one or two healthy changes per week.
2. Start Out Slow – Slowly increase the amount of time you exercise, the weight you lift, the miles you work or run, etc.
3. Get Adequate Sleep – Trading sleep time for exercise is not favorable to staying healthy. Make sure you plan specific time in your day to exercise. Prioritizing your time is essential.
4. Drink Plenty of Fluids – Take your body weight and divide it in half. That is how many fluid ounces of water you need in your day to function without exercise. Add more water (16-24 oz) to account for your exercise depending on how much that you sweat.
5. Exercise with a Friend – Don’t do it all on your own. Use a friend so you both have a buddy when working out. Choose someone that is potentially at your activity level.
6. Eat a Well Balanced Diet – Keep your diet filled with all nutritional food groups. Carbohydrates, proteins, and fats are all important and cutting any of these out is not healthy.
7. Use Preventative Measures – Ice the sore muscles and joints that you have as needed.
8. Take a Day Off – Your body needs rest to recover. Make sure you give your body what it needs to continue to exercise and be healthy.
9. Know You’re Limits – Comparing yourself to a friend or other person is not helpful and will only get you in trouble in the long run.
10. Ask for Help – Seek medical attention if needed when the normal soreness and pain is not going away after you have been taking care of your body.

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