



**“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 19, 2015

### **SCI Safety Tip: *Black Ice:* *How to Spot This Winter* *Driving Danger***

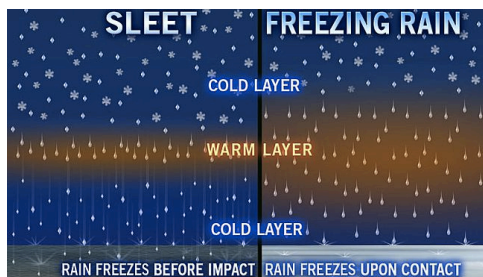
Source: <http://www.accuweather.com>

By Kristen Rodman, AccuWeather.com Staff  
Writer

Date: November 20, 2014



Winter brings many dangers for motorists, with one of the most threatening being slippery and hard-to-spot black ice. "The biggest danger [with black ice] is that you are at the mercy of your vehicle and the ice until your car passes over it," Vice President and National Director of AARP Driver Safety Julie Lee said. Black ice forms when the air is at 32 degrees or below at the surface and rain is falling, according to AccuWeather Meteorologist Andrew Mussoline. The ground temperature causes the precipitation to freeze upon impact, thus creating ice. Sleet and the refreezing of snow or water can also generate black ice.



This type of ice gets its name from its ability to blend in with its surroundings.

"It's called black ice because it tends to look like the rest of the

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

***Freezing Temps and  
Wet Roads  
Black Ice!  
Drive Safely!***

***James Lehrke-SCI***

pavement on the road, but it's actually clear," Lee said.

The complexion of black ice makes it extremely difficult to spot, but using a car thermometer as an initial gauge can be helpful in determining the road conditions.

A car thermometer, like any digital thermometer, tries to find the air's ambient temperature. So, if a vehicle's thermometer is close to freezing, the car driver should be cautious on the roads.

#### RELATED:

*You've Never Seen a Snowflake in This Much Detail* [AccuWeather Winter Weather Center The Top 5 Least Known Dangers of Winter](#)

While the sensors themselves are usually very accurate, their placement on a vehicle can make them less reliable.

Located outside the car, behind the front bumper, these sensors sometimes pick up heat from the car's engine, resulting in a higher temperature reading, according to AccuWeather Meteorologist Frank Strait.



In addition, these thermometers can also read lower if rain water hits the sensors and evaporates while the car is at a higher speed. Overall, car thermometers give relatively accurate readings, but for various reasons they can be incorrect, so they should not be used as the absolute authority, Strait said.

Due to the restrictions of a car's thermometers, the best way to know if roads are icy before heading out the door is to be aware of when, where and how black ice forms.

The prime times for the development of this ice are around dawn and in the late evening, when temperatures are typically the lowest. During the day, the best thing to do before getting in a vehicle is to take a look at the pavement.

"If the pavement is dry but you are seeing spots of pavement that look dark and glossy, that is probably going to be black ice," Lee said.

Before getting on the roads at night, drivers should be informed of the area's weather conditions, as black ice is hardest to see in the dark, according to Lee.

The most common locations for the emergence of black ice are shaded or tree-covered parts of driveways and roadways due to the lack of sunlight and bridges and overpasses because of their ability to freeze quickly.

While driving on black ice is similar in some regards to driving on snow, the biggest difference between the two is the amount of traction the vehicle retains.

"With snow there is still some traction, whereas on ice there is no traction and that's where it becomes very dangerous," Lee said.

Due to the lack of traction a car has on ice, the basic rule for driving on black ice is to stay calm and let the vehicle pass over it, according to Lee.

#### Tips to Stay Safe While Driving on Black Ice:

1. Do not hit the brakes, instead keep your steering wheel steady.
2. Lift your foot off the accelerator.
3. Do not overcorrect your steering if you feel your car sliding.

## SCI OSHA Compliance: *Confused about the new reporting requirements? OSHA's new LOI offers clarification.*

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

Date: January 16, 2015

On January 1, OSHA's new injury reporting requirements took effect. Now, any work-related fatality, inpatient hospitalization, amputation, or loss of an eye must now be reported to OSHA. Previously, only fatalities and inpatient hospitalizations of 3 or more employees were considered reportable. In a new letter of interpretation (LOI), OSHA offers clarification on its definitions of amputation and eye loss incidents. Keep reading for the highlights.

According to OSHA, an **amputation** is defined as "the traumatic loss of a limb or other external body part." The entire limb does not have to be severed in order to fall under this definition. An amputation of a fingertip, with or without bone loss, is still considered a reportable event, as are "medical amputations resulting from irreparable damage" and "amputations of body parts that have since been reattached."



## Quick Tips for Healthy Living

PREVEA

Health & Wellness

### Portion Control

Many of us tend to underestimate the amount of food we eat each day, and we often misjudge the recommended portion sizes for several foods.

Chances are, at times you're eating two, three, or even four times the serving on the label. Learn these simple tricks you'll have no trouble managing your portion sizes.

#### Why It's Important

- If your food portions are too large, your blood glucose level will be higher than your goal and you may gain weight
- If your food portions are too small, you may lose an unhealthy amount of weight
- If you take diabetes medicine or insulin, your blood glucose level may drop too low with portions too small, or too high with portions too large

#### How to Keep Your Eye on Portion Size

Read food labels and compare serving sizes with your meal plan. Relating those serving sizes to everyday items is an easy way to visualize what a true portion size looks like.

- Woman's fist or baseball — a serving of vegetables or fruit
- Rounded handful — a snack serving, such as chips or pretzels; about one half-cup cooked or raw veggies, cut fruit, cooked rice or pasta
- Deck of cards or palm of your hand — a serving size of meat, fish or poultry should equal the size of your hand (not counting your fingers)
- Golf ball or large egg — one quarter-cup of dried fruit or nuts
- Tennis ball — about one half-cup of ice cream
- Computer mouse — about the size of a small baked potato
- Compact disc — about the size of one serving of pancake or small waffle
- Tip of thumb — about one teaspoon of peanut butter
- Six dice — a serving of cheese
- Checkbook — a serving of fish (about 3 oz.)

See more at: <http://www.prevea.com/Your-Wellness/Resources/Portion-Control/-sthsh.s9g83Zbi.dpuf>

Not included under the definition of "amputation" are avulsions (the tearing away of a body part); enucleations; degloving; scalpings; severed ears; losses of fingernails or toenails; eyelid removal; and broken, chipped, or lost teeth. A medical professional can make the distinction between an amputation and an avulsion.

OSHA defines the **loss of an eye** as "the physical removal of the eye, including enucleation and evisceration." The LOI emphasizes that the requirement for employers to report eye loss incidents is contingent on the type of injury that occurs, not on the end result or medical treatment the injury requires. For example, the loss of sight without the physical removal of the eye is not reportable (unless it results in inpatient hospitalization).

Injuries that fit the definition of an amputation or eye loss must be reported to OSHA within 24 hours of the employer learning about the event. Inpatient hospitalizations, defined at 29 CFR 1904.39(b)(9) as "a formal admission to the inpatient service of a hospital or clinic for care or treatment," must also be reported within 24 hours. Fatalities must be reported within 8 hours. Read the full LOI [here](#).

#### What information does OSHA need?

If one of the events described above occurs at your facility, OSHA requires the following information to be reported:

- Establishment name;
- Location of the incident;
- Time of the incident;
- Type of incident (fatality, inpatient hospitalization, amputation, or eye loss);
- Number of employees affected;
- Names of affected employees;
- Your contact person and his or her phone number; *and*
- A brief description of the incident.

You can report incidents to OSHA by calling or visiting the local [OSHA Area Office](#) closest to the site of the incident or calling OSHA's central number at 1-800-321-OSHA. An [electronic reporting form](#) is also expected to be available soon



What do you think?

Send us an email at: [jlconnections@aol.com](mailto:jlconnections@aol.com)

See our bold new look

@ <http://www.safetyconnections.com/>

In Loving Memory of Jessica Lehrke

SAVE TOMORROW  
THINK SAFETY TODAY