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Weekly Safety Tip

Life Is All About Choices!®

January 25, 2016

SCI Safety News: Wheels in Winter Weather—Keep Your Workers Safe

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

By Justin Scace

Date: January 22, 2016



Beyond keeping your spirit and body in shape during the colder months of the year, it's also important to pay attention to the safety of your vehicle. If any of your employees spend time on the road in the course of their jobs (or even if their time on the road is just commuting to the office), safety training needs to be a priority. Ice and snow have already made an appearance in many parts of the country.

According to the National Weather Service, most injuries during winter storms are a result of vehicle accidents. And, about one-quarter result from being caught out in a storm.

SCI Safety Slogan



James Lehrke-SCI

If your employees have to work outdoors, make sure they're aware of cold-weather hazards like frostbite and hypothermia. Frostbite symptoms include a loss of feeling and a wax-white or pale appearance in the fingers, toes, nose, or earlobes. Signs of hypothermia include uncontrollable shivering, slow speech, memory lapses, stumbling, and exhaustion.

According to the Occupational Safety and Health Administration (OSHA), "Winter driving can be hazardous and scary, especially in northern regions that get a lot of snow and ice." The agency recommends the three P's of safe winter driving—prepare for the trip, protect yourself, and prevent crashes.

- **Preparation** refers to maintaining the vehicle and having supplies on hand like jumper cables, a flashlight, sand or kitty litter, a shovel, a snow brush/ice scraper, flares, blankets, and food and water.
- **Protection measures** include using seatbelts and child safety seats properly, e.g., never placing a rear-facing child seat in front of an air bag and keeping kids under the age of 12 in the back seat.
- **Prevent crashes** by avoiding drugs and alcohol, slowing down, staying vigilant of pedestrians, avoiding fatigue, and eliminating distractions, especially cell phones.



Enjoy the wintry months (as best you can!) while helping your employees stay focused, healthy, and uninjured.

SCI OSHA News: OSHA schedules public hearing on proposed rule on occupational exposure to beryllium

Source: <http://www.osha.gov>

Date: January 14, 2016

WASHINGTON - The Occupational Safety and Health Administration has scheduled a [public hearing](#) on the agency's proposed rule to amend its existing exposure limits for occupational exposure in general industry to beryllium and beryllium compounds. The hearing will be held Feb. 29, 2016, in Washington, D.C.

The proposed rule, published on Aug. 7, 2015, would dramatically lower workplace exposure to beryllium, a widely used material that can cause devastating lung disease. This hearing will provide the public an opportunity to testify or provide evidence on issues raised by the proposal.



The hearing will begin at 2 p.m. ET in Room N-4437 A-D, U.S. Department of Labor, 200 Constitution Ave., N.W., Washington, DC. If necessary, the hearing will continue from 9:30 a.m. to 5 p.m. ET on subsequent days in Washington, D.C.

Individuals who intend to present testimony or question witnesses must submit the full text of their testimony and all documentary evidence by Jan. 29, 2016. Submissions may be sent electronically to www.regulations.gov, the Federal eRulemaking Portal. Additionally, submissions may be mailed or delivered; see the [Federal Register notice](#) for details.



YOU DESERVE IT!

Each year millions of Americans set New Year's resolutions and each year millions of Americans also break those resolutions. Every year the three main New Year's resolution are to lose weight, exercise more and quit smoking, which all are great resolutions to accomplish. A goal for all of you in 2016 is to make the most of life and find balance.

Whether that is taking a little more time for you, going on your dream vacation, checking off an exciting thing off your bucket list or just simply spending more time with your family or friends. If you are a person who sets goals, remember to set small goals, something you will be able to achieve. Most people set a weight loss goal: for ex: if you want to lose 50 lbs. this year, instead of 50 try for 5 or 10 to start, once you have met that goal then you are able to set the next one.

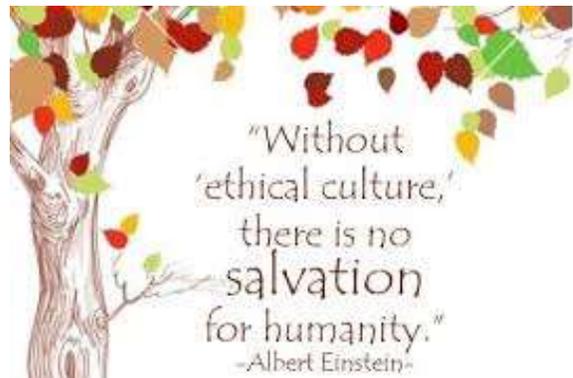
Its all about balance and learning what balance means in your life. Through balance we are able to be less stressed, less chronic headaches, backaches and able to enjoy all of what life has to offer us.

I challenge you to look at each day and learn ways to be more balanced in your life. Through a healthy diet, exercise and a good sleep pattern our bodies will fall into that balance for us. As you move through this new year and our life of constant change occurs, do what brings you to balance and what makes you happy because YOU DESERVE IT!

Currently, OSHA's eight-hour permissible exposure limit for beryllium is 2.0 micrograms per cubic meter of air. Above that level, employers must take steps to reduce the airborne concentration of beryllium.

That standard was originally established in 1948 by the Atomic Energy Commission and adopted by OSHA in 1971. OSHA's proposed standard would reduce the eight-hour permissible exposure limit to 0.2 micrograms per cubic meter. The proposed rule would also require additional protections, including personal protective equipment, medical exams, and training.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to ensure these conditions for America's working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit www.osha.gov.



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In Loving Memory of Jessica

