



**“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 4, 2016

### SCI Safety News: Are your workers becoming complacent? Help them refocus on safety. (Part 1)

*By: admin*

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

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When you put an effective safety program in place--one that eliminates as many hazards as possible, substitutes safer alternatives when available, and uses engineering controls to minimize other hazards--your workers can start to think of the workplace as "safe." And when people feel safe, what happens? They might let their guard down.

In the workplace, that can be a deadly mistake. What can you do to keep workers from relaxing their guard in ways that put them and their coworkers at risk? How can you fight complacency in your workplace?

#### **Practice Tip**

Encouraging workers to help identify and report hazards and near misses is another way to keep them focused on doing the job safely.

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

**An ounce of prevention is  
worth a pound of cure.**

***James Lehrke-SCI***

## Attention and focus

Complacency is, at its heart, a failure of attention. Attention is a tricky thing to command. We can really pay attention to only one thing at a time--humans, studies show, don't actually multitask. We switch our attention from one thing to another rapidly, but we don't truly pay attention to more than one thing at a time.

A worker who has become complacent may let his or her attention wander from the most important thing, the task at hand, to some other topic. So how can you get workers to focus on the thing that is actually the most important at any given time? Help your workers fight complacency by:



*Eliminating distractions.* Some distractions are easy to identify and relatively easy to control. The distraction of texting while driving can be eliminated, at least during work hours, by implementing policies that require workers to put their phones away and just drive while behind the wheel.

Other distractions are harder to identify and harder to control. A worker who's distracted because he's in the middle of a nasty divorce may not even talk about his personal situation at work. But if that's the reason he's not paying attention to what he's doing, it could end up being the reason somebody gets hurt.

Workers need to understand that when they're at work, they need to be at work—fully present, focused on the job. Tell them that not all distractions are pocket-sized and electronic; anytime workers are distracted, they should take enough time to get their heads together before someone gets hurt.

*Attention and focus continued next week!*

## SCI OSHA Quick-card: Protecting Workers from Cold Stress

Source: <https://www.osha.gov/Publications/OSHA3156.pdf>

### Protecting Workers from Cold Stress

Cold temperatures and increased wind speed (wind chill) cause heat to leave the body more quickly, putting workers at risk of cold stress. Anyone working in the cold may be at risk, e.g. workers in freezers, outdoor agriculture and construction.

### Common Types of Cold Stress

#### Hypothermia

- Normal body temperature (98.6°F) drops to 95°F or less.
- **Mild Symptoms:** alert but shivering.
- **Moderate to Severe Symptoms:** shivering stops; confusion; slurred speech; heart rate/breathing slow; loss of consciousness; death.

#### Frostbite

- Body tissues freeze, e.g., hands and feet. Can occur at temperatures above freezing, due to wind chill. May result in amputation.
- **Symptoms:** numbness, reddened skin develops gray/ white patches, feels rm/hard, and may blister.

#### Trench Foot (also known as Immersion Foot)

- Non-freezing injury to the foot, caused by lengthy exposure to wet and cold environment. Can occur at air temperature as high as 60°F, if feet are constantly wet.
- **Symptoms:** redness, swelling, numbness, and blisters.

#### Risk Factors

- Dressing improperly, wet clothing/skin, and exhaustion.

#### For Prevention, Your Employer Should:

- Train you on cold stress hazards and prevention.
- Provide engineering controls, e.g., radiant heaters.



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## Quick Tips for Healthy Living

### Wellness

Wellness is defined as “a healthy balance of the mind, body, and spirit that results in an overall feeling of well-being.”

I know it's sometimes difficult to make changes in our lives, especially with busy work and family schedules, but I truly hope you can find some inspiration here to make your health a priority this New Year. Yes, going to the gym on a cold, winter's morning is not as easy as sleeping in your nice, warm bed, but you'll be glad you did. Here are some tips:

1. Fuel up- Eat cruciferous vegetables at least three times a week—try different varieties such as broccolini, bok choy, and watercress.
2. Get moving- Begin by committing to 30 minutes of exercise each day in the form of a brisk walk. Increase your fitness level by using 4×4 interval training. Follow four minutes of high-intensity exercise with four minutes of lower-intensity exercise; repeat three times.
3. Get in touch- Gently remind yourself to practice optimism each day. Connect with a friend at least once a month with whom you can talk about your most important concerns.
4. Smarten up- Challenge yourself by doing the weekly crossword puzzle in the weekend newspaper. Get seven to nine hours of sleep a night (yes, we know you've heard this before, but adequate sleep is essential for mental alertness, learning, and weight control, and to decrease the risk of cardiovascular disease and diabetes).
5. Connect- Eat dinner together as a family at least three times a week. Find a cause you're passionate about; commit to volunteering at least once a month.
6. Slow down- Engage in an activity that reconnects you to spiritual wellness each week such as taking a walk in the forest or by a body of water. Take time to meditate 15 minutes a day; use deep breathing techniques and enjoy the sense of relaxation.

We spend so much time and energy focused on professional and financial pursuits that we tend to overlook the importance of our own physical well-being, which then causes more health-related problems and stress.

So I'd like to leave you with one last thought from motivational speaker Jim Rohn that summarizes the main idea here pretty well:

“Take care of your body. It's the only place you have to live.”

- Gradually introduce workers to the cold; monitor workers; schedule breaks in warm areas.

**For more information:**  
**U.S. Department of Labor**

### How to Protect Yourself and Others

- Know the symptoms; monitor yourself and co-workers.
- Drink warm, sweetened fluids (no alcohol).
- Dress properly:
  - Layers of loose-fitting, insulating clothes
  - Insulated jacket, gloves, and a hat (waterproof, if necessary)
  - Insulated and waterproof boots

### What to Do When a Worker Suffers from Cold Stress For Hypothermia:

- Call 911 immediately in an emergency.
- To prevent further heat loss:
  - Move the worker to a warm place.
  - Change to dry clothes.
  - Cover the body (including the head and neck) with blankets, and with something to block the cold (e.g., tarp, garbage bag). Do **not** cover the face.
- If medical help is more than 30 minutes away:
  - Give warm, sweetened drinks if alert (no alcohol).
  - Apply heat packs to the armpits, sides of chest, neck, and groin. Call 911 for additional rewarming instructions.

### For Frostbite:

- Follow the recommendations “For Hypothermia”.
- Do not rub the frostbitten area.
- Avoid walking on frostbitten feet.
- Do not apply snow/water. Do not break blisters.
- Loosely cover and protect the area from contact.
- Do not try to rewarm the area unless directed by medical personnel.

### For Trench (Immersion) Foot:

- Remove wet shoes/socks; air dry (in warm area); keep affected feet elevated and avoid walking. Get medical attention.

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



**SAVE TOMORROW  
THINK SAFETY TODAY**