



**“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!®*

October 12, 2015

### SCI Safety Tip: Fall Season Safety Tips

*By: Morgan Searles*

*Source: <http://patch.com/>*

*Date: October 9, 2015*



As the air turns cooler and leaves drop from the trees, it's important to keep a few important fall safety tips in mind.

With proper precautions and safety awareness, your family can enjoy that crisp autumn weather while avoiding some of the dangers that come with the season.

#### **Fire Safety Tips for Fall**

When the weather turns cold most people spend more time inside their homes using fireplaces, furnaces, and heaters to keep warm. There's nothing quite as cozy as a fire, but it presents some safety hazards. Keep these tips in mind.

**1. Service Your Furnace** Before the cold autumn and winter weather sets in, be sure to call your heating and cooling company to service your furnace. A specialist should inspect the furnace to make sure everything is in working order and that there are no leaks.

**2. Use Fireplaces Safely** Keep that fire in its proper place by using a fireplace screen to keep sparks from flying out of the fireplace. Never leave a burning fire unattended, and make sure a fire in a fireplace is completely out before going to bed.

***SCI Safety Slogan***



***James Lehrke-SCI***

3. **Use Caution with Space Heaters** A space heater can be an effective way to warm up a chilly room, but it's essential that you read the instructions on the unit before you use it. If your space heater requires venting, make sure you have vented it to the outdoors. Never use your stove or oven to heat your home; only use space heaters that are approved for this purpose. Always allow at least three feet of empty area around space heaters.

4. **No Leaf Burning** The Air Defenders reports that burning leaves produces dangerous and cancer-causing chemicals and urges homeowners to avoid disposing of leaves this way. In addition, the Village of LaGrange Park Municipal Code prohibits this act within corporate limits of the village (Chapter #90.34).

5. **Exercise Candle Caution** Candles are a great way to give a room that warm glow, but they can also cause fires. According to the National Candle Association, almost 10,000 home fires start with improper candle use. Never leave candles burning if you go out or go to sleep, and keep your candles away from pets and kids.

6. **Change Smoke Alarm Batteries** Change the batteries in your smoke alarms and carbon monoxide detectors when you turn back your clocks for Daylight Saving Time. Make sure to check the alarms with the new batteries installed. Check and replace any home fire extinguishers that have expired.

### Safety Tips for Fall Driving

There's nothing more beautiful than a fall drive, but this season brings some unique hazards for drivers. Being aware of these potential dangers can help keep you and your family safe and prevent accidents.

1. **Be Aware of Poor Visibility** Falling leaves, while beautiful, can obscure your vision, as can rain and fog. Shorter days are part of the fall season, making it more difficult to see children playing or people walking and riding bicycles. Be aware of limitations in your visibility, and slow down if you can't see well. Use your dimmed headlights in bad weather with decreased visibility. If possible, try not to be on the roads when it's hard to see.

2. **Watch for Children** Children love to play in piles of leaves, so use extra caution where leaves are piled at curbside. In addition, the School bus will be making its rounds now that school is back in session. In addition to educating children about back-to-school safety, it's important to stay vigilant as a driver.

3. **Slow Down on Wet Pavement** In many areas of the country, rain is common during the autumn. If it's raining, keep a safe distance from the car in front of you. Wet roads make it more difficult to stop. When wet leaves are on roadways, they make the pavement slippery, and it can be difficult for drivers to get good traction.

## SCI OSHA News: OSHA revises publication to protect the safety of firefighters

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

Date: September 17, 2015

---

**WASHINGTON** - Firefighting is urgent and stressful work, and decisions are often made without vital information on the hazards that exist. To better protect emergency responders in these situations, the Occupational Safety and Health Administration has revised its manual, [Fire Service Features of Buildings and Fire Protection Systems](#)\*.

The revised manual explains how fire personnel can resolve an incident sooner and in a safer manner if a building design is tailored to meet their needs during an emergency. The manual includes: new chapters on water supply and integrating design elements to protect fire personnel during a building's construction, occupancy and demolition phases; new sections on energy conservation, emergency power, and room and floor numbering; and additional photos to help explain concepts. The manual is aimed at helping emergency responders during fires and other emergencies such as hazardous material releases, emergency medical care, non-fire rescues and terrorist attacks.

Recently, a Denver firefighter died after falling 25 feet through a skylight. OSHA's manual addresses this and many other types of building-related hazards for emergency responders.



**Aurora Health Care®**

## Quick Tips for Healthy Living

**You can reduce your risk for heart disease. Start with these 7 tips for better health:**

**1. Aim for a healthy weight — and shape.** Your body's shape and weight tell a lot about your health. Larger waistlines have been linked to heart disease because you may be carrying the kind of fat in your abdomen that affects heart health. General guidelines say that a healthy waist size is less than 40 inches for men and less than 35 inches for women.

Another clue to how healthy you are is your body mass index (BMI), a number that's calculated from your weight and height. A healthy BMI is between 18.5 and 24.9. Find out yours with our [BMI calculator](#).

Concerned about your weight? Talk with your doctor. Better eating habits and more exercise can help you get in shape.

**2. Trim extra calories.** Here's an easy way to improve your diet: Cut down the size of your portions and don't go back for seconds. You can also avoid extra calories by choosing water instead of sodas or sports drinks. Opt for black coffee instead of calorie-rich coffee drinks.

**3. Choose nutrient-rich foods.** Fill your diet with vegetables and fruits, unprocessed grains and legumes, and a small amount of meat. Try to limit milk, dairy products and foods high in saturated fat, as well as refined sugar, sweets and soft drinks containing sugar or high-fructose corn syrup.

**4. Get plenty of physical activity.** If you're new to exercising, try walking about 30 minutes a day at least 3 days – preferably 5 days – a week. Remember, getting active doesn't have to mean going to a gym. Physical activity includes walking your dog, raking the yard, shoveling snow or walking a little farther from your car to the store.

**5. Get a good amount of restful sleep.** Most adults need 7 to 9 hours of sleep. If you struggle with getting a good night's sleep, Aurora can help. [Request a sleep consultation appointment.](#)

**6. Manage your stress in healthy ways.** Make time for relaxation, recreation and time with loved ones. Get involved in the community and, if it suits you, faith-based activities.

**7. Quit bad habits.** If you smoke, quit. Even if you don't, try to avoid being around secondhand smoke. Limit alcohol intake.

Another important way to prevent heart troubles is to manage any conditions you already have, such as high blood pressure, high cholesterol (defined as low HDL and high LDL numbers) and diabetes.

"Structural fires present hazards that can result in serious injury or death for emergency personnel who respond to them," said Assistant Secretary of Labor for Occupational Safety and Health Dr. David Michaels. "This revised manual offers practical and relevant information to help emergency responders stay safe while doing their jobs."

OSHA's [Fire Safety](#) webpage contains additional training resources on fire hazards in the workplace, planning for workplace emergencies and evacuations, and preventing fire-related injuries.

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](http://www.osha.gov).



LinkedIn

*What do you think?*

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

*See our bold new look*

*In Loving Memory of Jessica Lehrke*

**SAVE TOMORROW  
THINK SAFETY TODAY**