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Weekly Safety Tip

Life Is All About Choices![®]

October 19, 2015

SCI Safety Tip: Trip Hazards Do's and Don'ts

By: ckilbourne

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

Date: March 24, 2009



The national statistics on injuries and deaths from workplace slips, trips, and falls are disturbing. Today we'll give you some actionable advice on keeping your workers from adding to those statistics.



Slips, trips, and falls cannot be taken lightly. Consider:

- In one recent year, more than 800 American workers fell to their deaths. On average, falls account for about 15 percent of all occupational fatalities, second only to motor vehicle accidents.
- In addition, thousands of workers suffer nonfatal injuries from falls every year—many of them temporarily or permanently disabling.

One reason that falls are so common is that there are hazards everywhere. Employees can slip, trip, or fall in production areas, in offices, on stairwells, from ladders, off loading docks—and other places specific to your workplace. An article from our sister website Safety.BLR.com[®] offers the following advice on the topic.

SCI Safety Slogan



James Lehrke-SCI

Know What OSHA Says

In recognition of the prevalence of fall hazards and the alarming statistics of fall injuries and fatalities, OSHA has issued several standards for both general industry and construction regarding fall hazards in the workplace. These include regulations for walking and working surfaces; guarding floor and wall openings and holes; stairs; ladder design, inspection, and use; and working at heights.

Being familiar with these regulations can help you identify hazards and take steps to prevent slips, trips, and falls in your workplace

Common causes of slips, trips, and falls include:

- Messy, cluttered work areas
- Tools, materials, cords, and other items lying on the floor in places where people walk
- Poor visibility caused by inadequate lighting or burned-out bulbs
- Not watching where you're going or carrying something you can't see over
- Running or walking too fast
- Spills and wet floors
- Open drawers (a not-so-obvious trip hazard!)
- Uneven, defective flooring, worn stairs, or worn spots in carpets that nobody has reported or fixed
- Failure to use handrails when going up or down the stairs
- Not enough caution on ladders
- Wearing shoes that are not appropriate for the work space or the job

Continued next week

SCI OSHA News: OSHA further extends confined space enforcement deadline

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

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OSHA's Confined Spaces in Construction standard was published in May 2015 and took effect in August. A temporary enforcement policy was in effect for all covered employers through October 2. OSHA has now extended that temporary enforcement policy through January 8, 2016, but only for employers engaged in residential construction work. Nonresidential construction employers please note—your confined space activities are now subject to the standard.

In a memorandum on the extension, the agency explains that, before January 8, it "will not issue citations under the confined spaces in construction standard to an employer engaged in residential construction work if the employer is making good-faith efforts to comply with the standard, as long as the employer is in compliance with either the training requirements of the standard ... or the former training requirements...."

Under that provision, "All employees required to enter into confined or enclosed spaces shall be instructed as to the nature of the hazards involved, the necessary precaution to be taken, and in the use of protective equipment required. The employer shall comply with any specific regulations that apply to work in dangerous or potentially dangerous areas."





Quick Tips for Healthy Living

Here are 5 ways to start making the most of the season. And who knows? This year, you might be in great shape before that New Year's Eve party rolls around.

Take advantage of the weather. Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage, and the crunch of leaves underfoot. These months are a great time to exercise outdoors and enjoy cooler temperatures.

Think outside the box. Always wanted to learn to tap dance? Attempt to box? Master the jump rope? Ask any schoolchild: Fall is a great time to learn something new. Many classes at gyms and elsewhere get started in the fall so look around and see if something intrigues you.

Be an active TV watcher. Many people get geared up for fall premieres on their favorite TV shows. If you are going to sit down and watch TV for hours, make a date with exercise and TV. While you watch, you can walk or run in place, do standing lunges, tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups. In a one-hour show, you probably have close to 20 mins. worth of commercial interruption.

Integrate exercise into your life. You already know the obvious suggestions: park farther away from your destination; take stairs instead of elevators; take a walk during your lunch break.

Rejuvenate yourself. Fall is the time to rejuvenate body, mind and spirit. Get a massage after your run. Learn to meditate. Take an art class. Treat yourself not just with exercise but other activities that promote wellness, so you can feel good physically, mentally, emotionally, and spiritually.

What does OSHA mean by 'good-faith efforts?'

The following factors will be considered by OSHA when evaluating whether an employer is engaged in good-faith efforts to comply with the new standard.

- The employer has not trained its employees as required under the new standard and whether the employer has scheduled such training
- The employers does not have the equipment required for compliance with the new standard, including personal protective equipment, and whether the employer has ordered or arranged to obtain such equipment and is taking alternative measures to protect employees from confined space hazards
- The employer has engaged in any additional efforts to educate workers about confined space hazards and protect them from those hazards

The new Confined Spaces in Construction standard (29 CFR 1926 Subpart AA) provides construction workers with protections similar to those in place for manufacturing and general industry workers, with some differences tailored to construction work. An example is ensuring that multiple employers share vital safety information.

The rule includes detailed training requirements for workers involved in, or affected by, confined space entry operations. Before the release of Subpart AA, construction employers were required to train employees entering confined spaces “on the nature of the hazards involved, the necessary precautions to be taken, and in the use of protective and emergency equipment.”



*What do you think?
Send us an email at: jlconnections@aol.com
See our bold new look
In Loving Memory of Jessica Lehrke*

