



“Your Connection for Workplace Safety”
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Weekly Safety Tip

Life Is All About Choices!®

October 2, 2017

SCI Safety Tips: 8 tips for shift work safety

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

Date: September 29, 2017



You may find it tough to climb out of bed some days, especially on dark, early-fall mornings. But for shift workers, sleep disruption can be a daily challenge. Working while your body wants to sleep has been linked to a variety of physical and psychological health issues, especially for those who change shifts. Shift workers typically sleep less than others, and the resulting drowsiness on the job can pose major safety risks. Reduced concentration, decreased motivation and slower reactions times can increase the risk of accidents and injuries and decrease productivity.

If you've got shift workers on the payroll, make sure you're doing these things to keep them healthy and safe:

- Allow employees to take scheduled breaks to walk around and stretch to keep their energy up.
- Make sure employees take extra safety precautions while working irregular shifts to compensate for less alertness.
- Don't allow employees to operate heavy machinery, drive, or handle hazardous materials if they feel drowsy. Make sure they feel comfortable letting a supervisor know if they don't feel alert enough to take on a task.
- Supervisors should assign a variety of changing tasks to keep shift workers alert and attentive.

SCI Safety Slogan



James Lehrke-SCI

- Pay attention to the environment. Provide good lighting, a comfortable temperature, and proper ventilation.
- Make sure employees aren't relying on caffeine to stay alert. Coffee and other caffeinated drinks can increase alertness temporarily, but they're not a substitute for sleep.
- Encourage workers to eat a balanced, nutritious diet. Consider offering free, fresh fruit or other healthy snacks during the evening and overnight shifts.
- Train employees on sleep hygiene, including how to make the most of daytime sleeping hours (keep the room dark, go to sleep at the same time every day, etc.).



You may leave the building at 5 p.m. But be sure to address the risks to those who continue to work into the evening and overnight.

OSHA Compliance: **Breaking:** OSHA announces top 10 violations for FY 2017

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

Date: September 26, 2017

At the National Safety Council (NSC) Congress & Expo 2017 in Indianapolis, Patrick Kapust, Deputy Director of OSHA's Directorate of Enforcement Programs, announced OSHA's top 10 most cited violated for fiscal year (FY) 2017 in a packed NSC Learning Lab on the expo floor.

The top 10 list is preliminary in that not all violations have been added to OSHA's reporting system, but the list order is not expected to change.

OSHA's top 10 violations are:

1. **Fall Protection in construction** (29 CFR 1926.501) 6,072 violations
Frequently violated requirements include unprotected edges and open sides in residential construction and failure to provide fall protection on low-slope roofs.
2. **Hazard Communication** (29 CFR 1910.1200) 4,176 violations
Not having a hazard communication program topped the violations, followed by not having or not providing access to safety data sheets.
3. **Scaffolding** (29 CFR 1926.451) 3,288 violations
Frequent violations include improper access to surfaces and lack of guardrails.
4. **Respiratory Protection** (29 CFR 1910.134) 3,097 violations
Failure to establish a respiratory protection program topped these violations, followed by failure to provide medical evaluations.
5. **Lockout/Tagout** (29 CFR 1910.147) 2,877 violations
Frequent violations were inadequate worker training and inspections not completed.
6. **Ladders in construction** (29 CFR 1926.1053) 2,241 violations
Frequent violations include improper use of ladders, damaged ladders, and using the top step.



Quick Tips for Healthy Living

5 Secrets: How to Start and Sustain Fitness Habits

We've all heard it, and most health care providers have said it... regular exercise is an important part of maintaining wellness throughout your life.

About 52 percent of adults in the U.S. meet the guidelines for aerobic activity. And 21 percent meet the guidelines for aerobic *and* muscle-strengthening activities. If you're in these groups, congratulations. Give yourself a pat on the back. If you'd like to boost your fitness, here are some secrets we'll share for being more consistent about fitness activities.

1. Be Flexible About Defining Exercise

Exercise doesn't have to mean a trip to the gym or getting hot and sweaty running or pumping weights. You can count a number of activities:

- Park at the edge of the lot and walk in.
- Take the stairs when in larger buildings.
- Take a brisk walk around the park during a family picnic.
- Paddle your kayak around a favorite lake.
- Take a bike ride around the neighborhood.
- Walk during a casual work meeting.
- Mow the yard. Yes, this is a good workout, too!
- Find activities you like and do them.

2. Have Fun with Your Activities

To learn more about how having fun with fitness activities affects duration of the activities, researchers recruited folks at a gym. When given instructions for doing some weight workouts, the folks who were able to choose the exercise they liked did more repetitions than the folks who were instructed to do the exercise that would help them reach their health goals. Reaching health goals may motivate someone to exercise, but you're more likely to be more active if you like your activity.

Come back next week for tips 3-5!

7. **Powered Industrial Trucks** (29 CFR 1910.178) 2,162 violations
Violations included inadequate worker training and refresher training.
8. **Machine Guarding** (29 CFR 1910.212) 1,933 violations
Exposure to points of operation topped these violations.
9. **Fall Protection—training requirements** (29 CFR 1926.503) 1,523 violations
Common violations include failure to train workers in identifying fall hazards and proper use of fall protection equipment.
10. **Electrical—wiring methods** (29 CFR 1910.305) 1,405 violations
Violations of this standard were found in most general industry sectors, including food and beverage, retail, and manufacturing.



*Embrace Reality Support Group
Where: Safety Connections Inc.*

When: October 3, 2017

Time: 5:00 pm to 6:00 pm

This group is there to help people through times of grief, anger, and despair. We lend an ear to those who need and are give our undivided attention at all times. Confidentiality is a must. If you would like to support our friends and community, or you need support with issues in life then come and join us.

We'd always like your feedback. Let us know what articles you'd like to see!

In Loving Memory...
Jessica, Kristin and Nick

