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Weekly Safety Tip

Life Is All About Choices![®]

October 31, 2016

SCI Safety News: NSC 2016: Seven Common Mistakes When It Comes to Workplace Violence (Part 2)

By: Stefanie Valentic | *EHS Today*

Source: <http://ehstoday.com>

Date: October 20, 2016



2. Not handling threats properly

“Indirect warning signs may not be worrisome, but together they may say something,” Cambridge said.

A threat assessment team should be established, she said. This way, it eliminates the issue of one person making a decision. A group of people would be able to analyze a threat and assess if there is true risk involved.

3. Assuming people know what to do

Cambridge went into detail about a specific example she encountered as a consultant. An employee had been receiving graphic messages from another employee for months but did not report it until the offending worker was let go.

An employee could have three main reasons they do not report a threat; they're afraid of getting involved; they don't want to be bullied or they don't believe something could happen.

4. No relationships

A company should foster relationships with local law enforcement, security firms, psychologists and legal experts. “I think it is important that you have a list of resources,”

SCI Safety Slogan

Safety glasses: All in favor
say “Eye!”

James Lehrke-SCI

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Casteel said in the panel Q&A discussion. “You need to have these people on speed dial.”

5. Disconnect between HR, security, EHS and facilities

Both small and large companies could demonstrate a communication disconnect when it comes to workplace violence prevention. Smaller companies lack the capital to have sufficient resources, leaving one person to do the work, Cambridge said. For larger companies, multiple sites and personnel could cause a communication breakdown.

6. Minimal or no training

Employees should know the ins-and-outs of workplace violence: how to recognize a threat or abnormal behavior and what actions to take in certain situations. Simply sitting employees down and lecturing them about workplace violence over and over again won’t help, Cambridge said.

“The talking heads scenario no longer works,” she said. “You need to engage adults.”

7. Not identifying gaps and vulnerabilities

Managers should assess workplace violence policies regularly, identifying any gaps in communication or training that could cause warning signs to slip past employees.

“You need to identify what your unique situations are,” Cambridge said. “Everyone should be able to understand what the red flags are. When people are desperate and don’t know what else to do, violence is an answer to them.”

The session concluded with Kevin Foust, chief of police and director of security at Virginia Tech. Foust described the rolling hills of Virginia, the rural setting in which Virginia Tech is located. Before the Virginia Tech campus shooting happened on Apr. 16, 2007, he never expected a violent act to happen on the otherwise safe campus.

He told attendees to put one thought out of their minds, “It’ll never happen here.”

“I can’t emphasize training enough,” Foust said. “When it comes down to it, you never know when you’re going to use it.”

SCI OSHA Update: Fall protection, hazard communication top OSHA violations list again (Part 2)

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

By: [Ana Ellington](#), Legal Editor

Date: October 19, 2016

SCI’s Team is committed to assisting companies with compliance, and safety culture. We continue to search for those organizations who want our services and are looking to increase safety awareness in their workplace. As you read today about OSHA’s continued push for increased fines and enforcement, we fill a void for many who need and are looking to improve safety programs or are just starting the compliance process. Wherever you may fall, we want to help you succeed in SAFETY!



Aurora Health Care®

Quick Tips for Healthy Living

Create Your Plate

Try using the plate method, based on the USDA ChooseMyPlate to begin healthy meal planning.

1. It's a simple and effective for both managing diabetes and losing weight. Creating your plate lets you choose the foods you want, but guides you in adjusting the portion sizes. Try these **seven steps** to get started:
2. Using a 9 inch dinner plate, put a line down the middle of the plate. Then on one side, cut it again so you will have three sections on your plate.
3. Fill the largest section with non-starchy vegetables such as broccoli, carrots, green beans, cauliflower and tomatoes.
4. Now in one of the small sections, put grains and starchy foods such as brown rice, sweet potato or whole wheat bread.
5. And then in the other small section, put your lean protein such as chicken, fish or lean red meats.
6. Add a serving of fresh or lite canned fruit, a serving of low-fat or fat-free dairy or both.
7. Choose healthy fats in small amounts. For cooking, use unsaturated oils. For salads, some healthy additions are small servings of nuts, seeds, avocado and vinaigrettes.
8. To complete your meal, add a low-calorie drink like water, unsweetened tea or coffee.
9. These are healthy eating guidelines for all of us! **Everyone** benefits from healthy eating so the whole family can take part in healthy meal planning. Enjoy the bounty and benefits of healthy eating!

4. Respiratory protection: 3,585 violations

These general industry standard violations include:

- Workers have not been medically evaluated to wear respiratory protection
- Employers are not providing respiratory protection when needed
- Workers are not being properly fit-tested
- Employers have not established a respiratory protection program

3. Scaffolding: 3,906 violations

These construction rule violations include:

- Lack of safe access to scaffolding
- Not providing appropriate fall protection
- Intermixing parts to build scaffolding

2. Hazard communication: 5,677 violations

These general industry violations include:

- Lack of training for workers handling hazardous chemicals
- Not maintaining safety data sheet (SDS) for each chemical of the facility
- Not having a hazard communication program
- Temporary workers—not being trained in hazard communication specific to the host worksite

1. Fall protection: 6,929 violations

These construction rule violations include:

- Unprotected sizes and edges
- Not providing appropriate fall protection

Kapust noted that the construction standard may apply in general industry for certain activities. Employers should review the activities at their facilities to make certain they are following the correct fall protection standard.

What do you think?
Send us an email at:
jlconnections@aol.com
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In Loving Memory

In Loving Memory...
Jessica, Kristin and Nick

