



**“Your Connection for Workplace Safety”**  
**Phone: 920-208-7520**

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## *Weekly Safety Tip*

*Life Is All About Choices!®*

October 5, 2015

### SCI Safety Tip: Driving at night

Source: <http://www.nsc.org>

Date: 2015



*As nights become longer and winter brings darker days, here are some great tips for night driving for the National Safety Council*

- Prepare your car for night driving. Clean headlights, taillights, signal lights, mirror faces and windows once a week. (All windows should be cleaned on the inside as well as the outside.
- Have your headlights properly aimed. Misaimed headlights blind other drivers and reduce your ability to see the road.
- Don't drink and drive or consume any medications which warn about operating a motor vehicle while taking them.
- Avoid smoking when you drive. Smoke's nicotine and carbon monoxide hamper night vision.

***SCI Safety Slogan***



***James Lehrke-SCI***

- If there is any doubt, turn your headlights on. Lights will make it easier for other drivers to see you. Being seen is as important as seeing. (Daylight running lights are only 60% power. At night, you need the full strength of the headlights as well as the tail and marker lights.)
- Reduce your speed and increase your following distances.
- When following another vehicle, keep your headlights on low beam so you don't blind the driver ahead of you.
- Avoid glare from oncoming bright headlights by watching the right edge of the road and using it as a steering guide.
- Make frequent stops for light snacks and exercise.
- If you have car trouble, pull off the road as far as possible. Turn on flashers and the dome light. Stay off the roadway and get passengers away from the area.



## SCI OSHA News: OSHA training grants target small businesses, vulnerable workers

Source: [www.blr.com](http://www.blr.com)

Date: September 9, 2015

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OSHA has awarded \$10.5 million in one-year federal safety and health training grants to 80 nonprofit organizations across the nation for education and training programs to help high-risk workers and their employers recognize serious workplace hazards, implement injury prevention measures and understand their rights and responsibilities. Who were this year's recipients of the grants, and how do they plan to use the money? Keep reading to find out.

OSHA's Susan Harwood Training Grant Program funds grants to nonprofit organizations, including community/faith-based groups, employer associations, labor unions, joint labor/management associations, colleges and universities. Target trainees include small-business employers and underserved vulnerable workers in high-hazard industries.

"Susan Harwood training grants save lives," said U.S. Secretary of Labor Thomas E. Perez. "The hands-on training supported by these grants helps assure that workers and employers have the tools and skills they need to identify hazards and prevent injuries." In its 2015 award, OSHA is awarding approximately \$2.2 million in new, targeted topic training and training and educational materials development grants to 19 organizations to develop materials and programs addressing workplace hazards and prevention strategies. Both grant types require that recipients address occupational safety and health hazards designated by OSHA, including preventing construction hazards and hazardous chemical exposures.

In addition, fifteen organizations will receive approximately \$2.3 million in new capacity-building developmental grants to provide occupational safety and health training, education, and related assistance to workers and employers in the targeted populations. Organizations selected to receive these grants are expected to create organizational capacity to provide safety and health training on an ongoing basis. Two of the 15 organizations received capacity-building pilot grants designed to assist organizations in assessing their needs and formulating a capacity-building plan before launching a full-scale safety and health education program.

OSHA also awarded approximately \$3 million in follow-on grants to 20 capacity building developmental grantees and \$3 million in follow-on grants to 26 targeted topic grantees who demonstrated their ability to provide occupational safety and health training, education, and related assistance to workers and employers in high-hazard industries, small-business employers, and vulnerable workers in FY 2014.

"The Susan Harwood Training Grant Program is an essential component of OSHA's worker protection efforts. This program provides thousands of workers and small employers with hands-on training and education in some of the most dangerous industries," said



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Quick Tips for Healthy Living

### The Hidden Costs of Insufficient Sleep

Sleep is often one of the first things to go when people feel pressed for time. Many view sleep as a luxury and think that the benefits of limiting the hours they spend asleep outweigh the costs. People often overlook the potential long-term health consequences of insufficient sleep, and the impact that health problems can ultimately have on one's time and productivity. Many of the costs of poor sleep go unnoticed. Medical conditions, such as obesity, diabetes, and cardiovascular disease, develop over long periods of time and result from a number of factors, such as genetics, poor nutrition, and lack of exercise. Insufficient sleep has also been linked to these and other health problems, and is considered an important risk factor.

- **Obesity**—several studies have linked insufficient sleep and weight gain. For example, one study found that people who slept fewer than six hours per night on a regular basis were much more likely to have excess body weight, while people who slept an average of eight hours per night had the lowest relative body fat of the study group. Another study found that babies who are "short sleepers" are much more likely to develop obesity later in childhood than those who sleep the recommended amount.
- **Diabetes**—Studies have shown that people who reported sleeping fewer than five hours per night had a greatly increased risk of having or developing type 2 diabetes. Fortunately, studies have also found that improved sleep can positively influence blood sugar control and reduce the effects of type 2 diabetes.
- **Cardiovascular disease and hypertension**—A recent study found that even modestly reduced sleep (six to seven hours per night) was associated with a greatly increased risk of coronary artery calcification, a predictor of future myocardial infarction (heart attack) and death due to heart disease. There is also growing evidence of a connection between sleep loss caused by obstructive sleep apnea and an increased risk of cardiovascular diseases, including hypertension, stroke, coronary heart disease, and irregular heartbeat.
- **Immune function**—Interactions between sleep and the immune system have been well documented. Sleep deprivation increases the levels of many inflammatory mediators, and infections in turn affect the amount and patterns of sleep. While scientists are just beginning to understand these interactions, early work suggests that sleep deprivation may decrease the ability to resist infection.
- **Common Cold**—In a recent study, people who averaged less than seven hours of sleep a night were about three times more likely to develop cold symptoms than study volunteers who got eight or more hours of sleep when exposed to the cold-causing rhinovirus. In addition, those individuals who got better quality sleep were the least likely to come down with a cold.

Assistant Secretary of Labor for Occupational Safety and Health Dr. David Michaels.

Among this year's grant recipients:

- **Western North Carolina Workers' Center** to provide 4-hour training to workers in the poultry industry
- **Boat People SOS, Inc.**, to provide 2-hour chemical hazard training to workers in the nail salon industry
- **Migrant Clinicians Network, Inc.**, to provide training to workers in agriculture, janitorial, and nail salon industries on topics including heat stress, chemical safety, work-related asthma, and hazard communication
- **Workers Defense Project** to provide training to workers in the construction industry, particularly targeted to workers with limited English proficiency, low literacy, and small businesses
- **Lake-Sumter State College** to provide training on safe patient handling to healthcare professionals, nursing students, and healthcare employers in Florida
- **American Road and Transportation Builders Association** to provide training to employers and workers in the road construction industry
- **National Association of Tower Erectors** to provide training to employers and employees in the communication tower industry
- **Center for Human Services** to provide workplace violence training for agricultural workers with a focus on those with limited English proficiency, low literacy, and other hard-to-reach workers



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