



Weekly Safety Tip

“Your Connection for Workplace Safety”
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We're about service, commitment, results, and accountability!

Our Weekly Safety Tip provides valuable and current safety information relevant for Work, Home & Play.

And, you will be kept current on the latest Safety Compliance issues.



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SCI OSHA NEWS OR COMPLIANCE



SCI HEALTHYLIVING and WELLNESS NEWS

We want to hear from you! Send us your feedback and give us ideas for future safety topics.

Let us know how you feel about our new look!

Safety Slogan

A clean floor everyday keeps lost days away.

James Lehrke-SCI

of the week

SCI Safety Tip: OSHA's Top 10 Violations for 2013—and How to Avoid Them (Part 1)

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

Date: October 9, 2013

Editor's Note: This article is Part 1 of a series. Check out [Part 2](#), where we discuss the three top construction violations and best practices for avoiding them.

Fall protection in construction is again at the top of OSHA's list of most-cited workplace safety violations. The fiscal year 2013 list, announced at the recent National Safety Council

Congress and Expo, is relatively unchanged from recent years, with the top offenders shifting position but remaining in the top 10.

Here are the preliminary figures for fiscal year 2013, along with frequently cited areas of each standard and tips for compliance.

	Standard	Number of violations
1.	Fall protection in construction (1926.501)	8,241
<p><i>Frequently violated requirements include failure to use guardrails, safety nets, or personal fall arrest systems in residential construction; failure to protect open sides and edges; failure to prevent falls from roofs; and failure to cover holes.</i></p> <p>Tip: Employers have many options for protecting workers from falls, including guardrail systems, safety net systems, personal fall arrest systems, and the adoption of safe work practices. Choose the best protection method for your particular worksite.</p>		
2.	Hazard communication (1910.1200)	6,156
<p><i>The most commonly violated requirements include failure to have a written program, inadequate employee education and training, improper or no labels on containers, and lack of, or lack of access to, material safety data sheets (MSDSs) and/or safety data sheets (SDSs).</i></p> <p>Tip: The first deadline for OSHA's revised hazard communication standard is December 1, 2013. Make sure your employees are trained on reading and interpreting the new chemical labels and 16-section SDSs by that date.</p>		

“Saving Green by Going Green” Tip of the Week

Did you know that you can save money by updating your mailing lists and switching to electronic correspondences? Ditch the fax, Switch to emailing or calling clients instead of using snail mail. Save the paper and invest in your electronic storefront. Think of the staff time saved needed to stuff envelopes. For more help saving green by going green email Laura@safetyconnections.com

<i>Top 10 Continued</i>		
3.	Scaffolding in construction (1926.451)	5,423
<p><i>Not providing safe access to scaffolding surfaces, lack of fall and/or falling object protection, and lack of guardrails are some frequently cited issues.</i></p> <p>Tip: Make sure your scaffolds and scaffold components are inspected for visible defects by a competent person before each work shift.</p>		
4.	Respiratory protection (1910.134)	3,879
<p><i>Frequent violations include lack of a written respiratory protection program, improper respirator selection for hazards present, improper respirator storage and fit, and lack of medical evaluations for employees required to wear respirators.</i></p> <p>Tip: Adequate respiratory protection depends on two equally important factors: The actual protective equipment, along with its proper fit and maintenance, and training your employees to use the equipment properly.</p>		
5	Electrical, wiring methods (1910.305)	3,452
<p><i>Common violations include problems with flexible cords and cables, boxes, and temporary wiring; poor use of extension cords; and using temporary wiring as permanent wiring.</i></p> <p>Tip: Extension cords are not a substitute for permanent wiring. Make sure your workers are using them properly.</p>		
6.	Powered industrial trucks (1910.78)	3,340
<p><i>Inadequate operator training and refresher training and poor condition of powered industrial trucks (PITs) when returned to service after repair are two of the most violated areas.</i></p> <p>Tip: Inspect powered industrial trucks at least daily and before each work shift, and remove any trucks that need repairs from service promptly.</p>		
7.	Ladders in construction (1926.1053)	3,311
<p><i>Common violations include damaged side rails, use of the top ladder step, using an inappropriate ladder for a job, and excessive loads on ladders.</i></p> <p>Tip: Inspect ladders regularly to make sure all rungs and steps are in good condition, that steps are clean and free of grease or oil, and that ladders are free of splinters or sharp edges.</p>		
8.	Lockout/tagout (1910.147)	3,254
<p><i>Frequent violations include poor or no energy control procedures, inadequate worker training, and incomplete inspections.</i></p> <p>Tip: Make sure you understand the difference between authorized employees, affected employees, and all other employees, and provide appropriate lockout/tagout training to each group.</p>		
9.	Electrical, general (1910.303)	2,745
<p><i>Exposure to electric shock and electrocution are two of the most commonly cited hazards.</i></p> <p>Tip: Make sure you understand the duties and responsibilities for qualified and unqualified workers and train each group accordingly.</p>		
10.	Machine guarding (1910.212)	2,701
<p><i>Point of operation exposures, inadequate or no anchoring of fixed machinery, and exposure to blades are some of the top violations.</i></p> <p>Tip: Make sure to guard machines at exposed points of entry, ingoing nip points, blades, rotating parts, and any operating parts that send chips or sparks.</p>		

Don't wait for OSHA—take inspection into your own hands

One of the best ways to prevent citations is to keep a sharp eye on compliance. Employment lawyer Tiffani Hiudt Casey of Fisher and Phillips recommends conducting self-audits and reviews on a regular basis. She urges employers to always correct identified hazards immediately and document the entire process, even if informally.

When you identify problems, assign responsibility for getting them fixed. And if you find that someone has broken the rules, discipline accordingly. Casey says this shows you're taking the matter as seriously as you would an external audit or OSHA inspection.

Make sure your audits are conducted completely and that you correct any hazards found. An identified hazard that has not been addressed can be proof for OSHA that you were aware of a problem but did not do anything to correct it.

SCI OSHA News: Top OSHA Construction Violations for 2013: Best Practices for Fall Protection and More (Part 2)

Source: www.blr.com

Date: October 11, 2013

Editor's Note: This article is Part 2 in a series. [Part 1](#) gave an overview of OSHA's top 10 violations for fiscal year 2013; upcoming articles will focus on top general-industry violations and best practices for avoiding them.

Fall protection in construction (29 CFR 1926.501) was OSHA's top violation once again in fiscal year (FY) 2013, with 8,241 violations cited. In addition, falls are consistently the most common source of injuries and fatalities in construction. So what can employers do to protect workers from falls and stay in compliance? Keep reading to find out.

Frequent citations under this standard include failure to use guardrails, safety nets, or personal fall arrest systems in residential construction; failure to protect open sides and edges; failure to prevent falls from roofs; and failure to cover holes.

What does the standard require?

- Employers must evaluate worksites to identify [fall hazards](#), including leading edges, roof lines, holes, excavations, openings in walls (including large windows), and skylights.
- If employees are exposed to a fall of 6 feet or greater, [fall protection](#) must be provided.
- Employees who are working below other employees must also be protected from [falling objects](#), debris, tools, etc.
- Employers must select and implement fall protection systems appropriate for each potential fall hazard. Examples include [guardrails](#), [hole covers](#), [safety net systems](#), fences, and [harnesses](#).
- Workers must be trained on proper selection, use, and maintenance of fall protection systems.
- Safe work practices to protect against fall hazards must be implemented and followed.
- If conventional fall protection strategies are not feasible for a particular jobsite, employers may develop a [fall protection plan](#) written by a qualified person that documents the reasons conventional fall protection systems are not feasible and the alternate measures that will be taken to prevent falls.

Best practices:

- Use guardrails, hole covers, and other systems designed to *prevent* falls whenever possible, or redesign a work area or task to eliminate fall hazards altogether. These methods are preferred to fall protection systems such as safety nets and harnesses as a first means of defense.
- Keep the work area clean and free from clutter to prevent trips and other incidents that can lead to falls.
- If workers must use [personal fall arrest systems](#), make sure they are properly fitted, inspected regularly, and used according to the manufacturer's specifications. Provide training to ensure that workers know how to use their PPE correctly.

HEALTHY BITES

Quick Tips for Healthy Living



Pain

Pain is a feeling triggered in the nervous system. Pain may be sharp or dull. It may come and go, or it may be constant. You may feel pain in one area of your body, such as your [back](#), [abdomen](#) or [chest](#) or you may feel pain all over, such as when your muscles ache from the flu. Pain can be helpful in diagnosing a problem. Without pain, you might seriously hurt yourself without knowing it, or you might not realize you have a medical problem that needs treatment. Once you take care of the problem, pain usually goes away. However, sometimes pain goes on for weeks, months or even years. This is called [chronic pain](#). Sometimes chronic pain is due to an ongoing cause, such as cancer or arthritis. Sometimes the cause is unknown.



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In Loving
Memory of Jessica
Lehrke