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Weekly Safety Tip

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November 16, 2015

SCI Safety Tip: Four Basic Rules of Firearm Safety

Source: <http://dnr.wi.gov/topic/hunt/huntSafetyTips.html>

Date: August 14, 2014



As you join thousands of hunters heading into the woods, fields and marshes during the fall hunting seasons, Wisconsin DNR safety experts remind you to review and think about firearm safety each and every time you head out.

Essential to any responsible hunting trip is an ironclad adherence to the four basic rules of firearm safety that can be easily remembered using the TAB-K formula.

T = Treat every firearm as if it is loaded. Never assume a firearm is unloaded and never treat it that way, even if you watch as it is unloaded. Make it a habit to treat guns like they are loaded all the time.

A = Always point the muzzle in a safe direction. About one third of all hunting incidents are self inflicted injuries. That means the muzzle was pointed at some part of the hunter's body. A safe direction is a direction where the bullet will travel and harm no one in the event of an unwanted discharge. There are no accidental discharges with firearms, only unwanted discharges.

B = Be certain of your target and what's beyond it. Positive target identification is a must. To shoot at something you only

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James Lehrke-SCI

think is a legal target is gambling. In the case of human injury, that means gambling with human life. You must be absolutely certain and correct in judgment before deciding to shoot. Otherwise, it's reckless behavior. In addition to identifying the target, a hunter must know that a safe backstop for their bullet is present in every shooting situation. We don't always hit our target, and, in some cases, the bullet passes through the target. A safe backstop guarantees that no one will get hurt.

K = Keep your finger outside the trigger guard until ready to shoot.

If a hunter stumbles with a firearm in one hand and nothing in the other, whatever that person does with their free hand will automatically happen with the hand holding the gun. If a finger is inside the trigger guard, that hand is likely going to close around the pistol grip of the gun and on the trigger causing an unwanted discharge.



SCI OSHA News: OSHA says employer left worker defenseless against fatal fall

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

Date: November 13, 2015

What caused the death of a laborer who had been on the job for just a month? Keep reading to find out why things went terribly wrong and why OSHA responded with significant penalties.

OSHA determined that a fall from a third-story balcony killed 44-year-old Jorge Carrion Torres as he worked on the exterior of a Dallas apartment complex in May 2015. Torres was applying stucco underlayment to the balcony walls when the incident occurred. According to OSHA the employer, based in Phoenix, had not installed scaffolding and had not provided Torres or his co-workers with personal fall protection.

As a result the contractor was cited for eight egregious willful and four serious violations. Previously, the Arizona state OSHA program had cited the business seven times for allowing fall-related hazards. In response to this latest breach of standards, OSHA proposed fines exceeding \$407,000.

Commented David Michaels, assistant secretary of labor for OSHA, "When an employer fails to put up a guardrail or scaffolding, or doesn't provide personal fall-arrest systems, anyone working at a height of six feet or more is defenseless against a fall. OSHA will not tolerate this kind of employer behavior."

Falls are the leading cause of death for construction workers and accounted for nearly 40 percent of construction fatalities in 2014. Texas leads the nation in construction fatalities. OSHA notes that this incident is the second egregious case involving fall protection in the Lone Star State in recent months. Earlier this year a construction worker in Houston who was denied a safety harness suffered severe injuries after falling through a roof.



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Thankfulness

Thanksgiving kick starts the most festive (and sometimes chaotic!) six weeks of the year. Every weekend is filled with parties, family, and more likely than not, shopping. It's a time of gratitude, generosity, and love, but it's important not to sacrifice your routine and lose yourself for the sake of being the best hostess (or even the best guest!). My suggestion is to get the whole family involved! When everyone is working towards a common goal, especially amidst the joy and fun of the holidays, you'll have even more to be grateful for! Try these four tips for rallying your troops and having your healthiest Thanksgiving yet.

1. Reflect together. Maybe you say grace before dinner and maybe you don't, but either way, I encourage you to include a mini-meditation before your feast. Thanksgiving day itself can be stressful, full of emotional weight (in both good ways and bad), and fast-paced in a way that makes us "Go! Go! Go!" from the second the Macy's parade begins to the second the turkey comes out of the oven. Amid the chaos, we should be taking time to appreciate that the season is less about who has the most beautiful centerpiece or most delicious appetizer and more about whom we're with and why we're with them.

2. Include a sport or group activity on Thanksgiving Day. Many of us associate Thanksgiving with football. Its fun to watch, but it's even more fun to play! Some of the most iconic moments from our favorite TV families come from them tossing a football around in the backyard. Getting active together can get every member of the family connected and having fun before your meal. It's easier to catch up and chat when you're actually playing a game, as opposed to having everyone's eyes glued to the TV watching one! And if football's not your style, maybe your family could register for a community run or make up the rules to your own new game!

3. Get the kids involved! Pie tastes better when you've earned it, so get the kids moving this Thanksgiving, and set up an exercise contest. Contests of "who can hold the longest plank," "do the most push-ups or sit ups," etc. are easy to do. If you set a good prize -- whoever wins gets to cut the first (and likely biggest) piece of pie! -- You may just get some couch potatoes doing pushups in no time! And hey, there's no real reason the adults in the room can't get in on this competition too!

4. Start a new thanking tradition. Thank you cards are wonderful things. But if you're writing multiples, it opens the possibility of getting a little repetitive. What I've noticed is that "thank you's" are more genuine and personal when they're said out loud. The most official "thank you" is directed with eye contact and, of course, sincerity

Three steps can keep your workers from a fatal fall

Fall-related deaths are preventable and OSHA has developed a three-step formula to prevent them from occurring.

PLAN ahead to get the job done safely. When working from heights, plan projects to ensure that the job is done safely. Begin by deciding how the job will be done, what tasks are involved, and what safety equipment is needed. When estimating the cost of a job, include safety equipment and plan to have all necessary equipment and tools available at the job site.

PROVIDE the right equipment. Workers who are six feet or more above lower levels are at risk for serious injury or death if they should fall. Employers must provide the right fall protection and equipment for the job, including job-appropriate ladders, scaffolds, and safety gear. If workers use personal fall arrest systems provide a harness for each person who needs to tie off to the anchor. Make sure the systems fit and regularly inspect all fall protection equipment to be sure it's still in good condition and is safe to use.

TRAIN everyone to use the equipment safely. OSHA says falls can be prevented when workers understand proper set-up and safe use of equipment, which requires equipment-specific training. Train workers in hazard recognition and in the care and safe use of ladders, scaffolds, and fall protection systems.



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