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## *Weekly Safety Tip*

*Life Is All About Choices!*<sup>®</sup>

November 23, 2015

### SCI Safety: Thanksgiving Safety Tips

Source: <https://blog.mass.gov/blog/safety/thanksgiving-home-travel-safety-tips/>

Date: 2015



Thanksgiving is almost here and across the country, Americans are gearing up for one of the most spectacular feasts of the year. Thanksgiving is a holiday that brings family and friends together to share good food, conversation, and laughter. In the midst of all this festive activity, it's important to remember that there are health hazards associated with the holiday, including an increased chance of food poisoning, kitchen fires, and travel incidents.

Taking just a few minutes to read these Thanksgiving safety tips could mean the difference between enjoying the holiday and having a turkey dinner end in disaster.

#### **Food Poisoning**

Following these food safety tips can keep any Thanksgiving meal safe from bacteria and keep your family and friends from getting sick:

- Safely cooking a turkey starts with correctly defrosting it; place your bird on a tray or pan to catch any juices and keep it refrigerated until it's ready to cook.
- A 20-pound frozen turkey can take up to five days to thaw out so plan ahead.
- Turkeys need to be cooked to an internal temperate of 165 °F.
- Leftovers need to be refrigerated within two hours after serving.

### **SCI Safety Slogan**



*Turkey's don't live long at  
Thanksgiving! Drive Safely !*

**James Lehrke-SCI**

### Fire Safety

The average number of cooking fires on Thanksgiving is triple that of a normal day. Here are a few simple ways to avoid fires:

- “Stand by your pan” when cooking. Never leave food, grease, or oils cooking on the stovetop unattended.
- Pot holders, oven mitts, food wrappers, and other things that can catch fire should be kept away from the stove.
- Children should also be kept away from hot stoves and paid particular attention to when they are in the kitchen.
- Facing pot handles towards the rear of the stove can save them from being knocked over and scalding people nearby.
- Long sleeves and loose clothing should be avoided while cooking as it can easily catch fire.



### Thanksgiving Travel Safety

The Thanksgiving holiday is one of the busiest travel times of the year, and with all the excitement travelers can become more focused on celebrations than getting to their destination as safely as possible. Following these travel tips will keep everyone safe on the road and in the air:

- [An emergency road kit](#) is important to have in case of a breakdown or accident.
- Ideally, travel outside of the heaviest days to avoid congestion – which are the Wednesday before Thanksgiving and the Sunday afterward.
- Get your car [road-ready](#) and start your trip with a full tank of gas.
- Don't be distracted. It's illegal to text and drive in Massachusetts and [drivers who text and drive are 23 times more likely to get into a crash than those who don't](#).
- Don't drink and drive.
- At airports, remember the [3-1-1 rule](#) for carry-ons.
- Food items in your carry-on luggage [must be in clear plastic bags and less than 3.4 ounces](#).
- Thanksgiving is the busiest time of the year at airports; [packing smartly](#) will help security lines move along quickly.

## SCI OSHA Compliance: OSHA publishes revised safety program guidelines

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

By: Emily Clark

Date: November 20, 2015

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OSHA recently released a draft updated version of its voluntary Safety and Health Program Management guidelines and is seeking public comment on the revisions. Keep reading to find out what's new—and what it could mean for employers.

According to OSHA, the [new guidelines](#) build on the previous version, which was published in 1989, and incorporate lessons learned from successful approaches and best practices under the agency's Voluntary Protection Program (VPP) and Safety and Health Achievement Recognition Program (SHARP). Principles from industry and international consensus standards such as ANSI Z10 and OHSAS 18001 also inform the guidance.

Key new elements of the guidelines include:

- A proactive approach to finding and fixing hazards before they cause injury, illness, or death;
- Improved safety and health information for all types of workplaces;
- Help for small and medium-sized businesses;
- An increased emphasis on worker involvement; *and*
- Strategies for better communication and coordination on multiemployer worksites.



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Quick Tips for Healthy Living

**Kick Start Thanksgiving!**

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 yous" 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

Essentials of a safety and health management program

BASICS OF A SAFETY AND HEALTH MANAGEMENT PROGRAM

- Management commitment
- Worker participation
- Hazard identification and assessment
- Hazard prevention and control
- Education and training
- Program evaluation and improvement
- Coordination and communication on multiemployer worksites



OSHA's guidelines identify seven core elements of a safety and health management program:

- **Management leadership.** Management shows a commitment to safety as a core organizational value, provides adequate resources and support for safety efforts, and communicates that commitment both formally and by example.
- **Worker participation.** Workers are involved in all aspects of the safety program, are encouraged to communicate safety concerns, and understand their roles and responsibilities for safety.
- **Hazard identification and assessment.** Procedures to continually identify workplace hazards and evaluate risks are in place and are effectively implemented.
- **Hazard prevention and control.** Employers and workers cooperate to eliminate, prevent, and control workplace hazards, and the effectiveness of hazard controls is verified.
- **Education and training.** All workers are trained on the safety and health management program and their responsibilities under the program, and all workers are trained to recognize hazards and follow safe work practices and hazard controls.
- **Program evaluation and improvement.** Control measures are periodically evaluated for effectiveness, and processes are established to monitor program effectiveness and opportunities for improvement. *Continued next week*



What do you think?  
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 See our bold new look  
*In Loving Memory of Jessica Lehrke*

