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## *Weekly Safety Tip*

*Life Is All About Choices!®*

November 28, 2016

### SCI Safety Tip: Skin Exposures & Effects (Part 3)

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

Date: July 2, 2013



#### **Figure 1: Intercellular lipid pathway**

As shown in Figure 1, the stratum corneum consists of cells known as corneocytes. The spaces between the corneocytes are filled with substances such as fats, oils, or waxes known as lipids. Some chemicals can penetrate through these lipid-filled intercellular spaces through diffusion.

#### **Figure 2: Transcellular permeation**

As shown in Figure 2, another pathway for chemicals to be absorbed into and through the skin is transcellular, or cell-to-cell, permeation whereby molecules diffuse directly through the corneocytes.

#### **Figure 3: Through the appendages (hair follicles, glands)**

As shown in Figure 3, the third pathway for diffusion of chemicals into and through the skin is skin appendages (i.e., hair follicles and glands). This pathway is usually insignificant because the surface area of the appendages is very small compared to the total skin area. However, very slowly permeating chemicals may employ this pathway during the initial stage of absorption.

Contact Dermatitis

Contact dermatitis, also called eczema, is defined as an inflammation of the skin resulting from exposure to a hazardous

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Charles M. Hayes

www.TheSilverPen.com

***James Lehrke-SCI***

Safety Culture and Compliance Specialists

Contact Us Today!

Jim Lehrke 920.912.7233 jim@safetyconnection.com

Dan Goosen: 920.627.6235 dan@safetyconnection.com

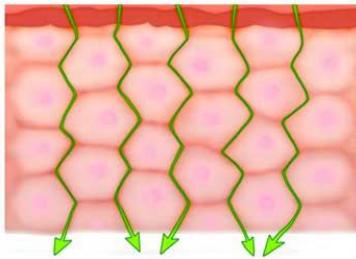
Tina Reiss: 920.627.2205 tina@safetyconnections.com



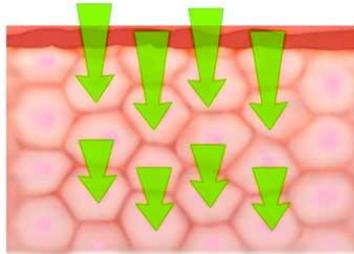
agent. It is the most common form of reported OSD, and represents an overwhelming burden for workers in developed nations. Epidemiological data indicate that contact dermatitis constitutes approximately 90-95% of all cases of OSD in the United States. Common symptoms of dermatitis include:

- Itching
- Pain
- Redness
- Swelling
- The formation of small blisters or wheals (itchy, red circles with a white centre) on the skin
- Dry, flaking, scaly skin that may develop cracks.

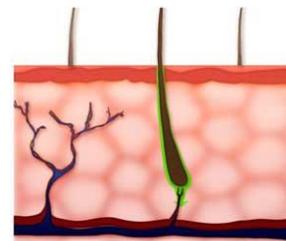
Intercellular lipid pathway (Figure 1)



Transcellular permeation (Figure 2)



Through the appendages (Figure 3)



Continued next week

## SCI OSHA Compliance: OSHA publishes final walking/working surfaces rule (Part 1)

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

Date: November 17, 2016

On November 17, OSHA announced the publication of its long-awaited final rule updating its general industry walking and working surfaces and establishing requirements for personal fall protection systems in general industry. Keep reading to learn the details of this major regulatory development.

The rule affects a wide range of workers, from window washers to chimney sweeps. Basically, any job task where slips, trips, or falls may result in serious injury or fatality is subject to the rule. It does not change construction or agricultural standards.

According to OSHA, the rule incorporates advances in technology, industry best practices, and national consensus standards to provide effective and cost-efficient worker protection. Specifically, the rule updates general industry standards addressing slip, trip, and fall hazards (subpart D), and adds a new section specifying requirements for personal fall protection systems (subpart I).



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Quick Tips for Healthy Living

Holiday Stress: Loneliness Revealed

In a recent survey, 33% of people reported that their primary cause of holiday stress was loneliness. Unfortunately, the holidays can intensify feelings of loneliness and despair, particularly for those who will be spending the holidays, well, ALONE.

Put your day on hold for a moment and think about your coworkers, family, friends, and neighbors. Even if you don't know them personally, try to think about them individually and answer these questions: Has anyone struggled through a major life change? Has anyone lost a loved one? Has anyone ended a relationship? Has anyone seemed sad or withdrawn?

Most of us can think of someone, especially when we pause and actually think about others in our community. Perhaps this awareness will turn into an opportunity for you to reach out or lend support in some way. Although small to you, a simple gesture or genuine acknowledgement might just mean the world to someone else.

Many of us think of gift giving in the material sense. But we have the opportunity to give a gift that money can't buy. This year, consider giving the gift of emotional support to someone in need.

And if you find yourself lonely or struggling during the holidays, don't suffer in silence. Ask for help, confide in a friend, or seek out support. The National Suicide Prevention Hotline is 800-273-8255.

"The final rule will increase workplace protection from those hazards, especially fall hazards, which are a leading cause of worker deaths and injuries," said Assistant Secretary of Labor for Occupational Safety and Health David Michaels, PhD.

"OSHA believes advances in technology and greater flexibility will reduce worker deaths and injuries from falls." The agency estimates this rule will prevent 29 fatalities and 5,842 lost-workday injuries every year. Most provisions of the rule take effect on January 17, 2017.

OSHA claims the rule benefits employers by providing greater flexibility in choosing a fall protection system. For example, it eliminates the existing mandate to use guardrails as a primary fall protection method and allows employers to choose from accepted fall protection systems they believe will work best in a particular situation. In addition, the new rule increases consistency between general industry and construction, potentially benefitting employers that work in both industries.

Continued next week highlights of the rule and final rule.



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