



**“Your Connection for Workplace Safety”**  
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## *Weekly Safety Tip*

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

November 30, 2015

### **SCI Safety: Report Shows Increase in Toy-related Injuries Treated in U.S. Emergency Rooms**

*Source: <http://www.preventblindness.org/>*

*Date: November 23, 2015*



**CHICAGO (Nov. 23, 2015)** – In 2013, the U.S. Consumer Product Safety Commission (CPSC) estimated that hospital emergency rooms across the country treated 265,700 toy-related injuries, compared to 265,000 the year before. And, 73 percent of those injuries were to children under the age of 15. In fact, approximately 83,700 were to those under 5 years of age.

As with previous years, the most commonly injured part of the body is the head and face area, with the most common injuries being lacerations, contusions, or abrasions. The top three specifically identified toys associated with the most estimated injuries for all ages in 2013 were non-motorized scooters, toy balls and toy vehicles.

Prevent Blindness, the nation's oldest non-profit eye health and safety group, is offering tips to buyers to help make sure all gifts are safe, especially those intended for children.

“According to the CPSC, there were 700 more toy-related injuries than the previous year,” said Hugh R. Parry, president and CEO of Prevent Blindness. “We must be diligent about taking the necessary precautions to avoid these types of accidents and help protect our kids.”

***SCI Safety Slogan***



***James Lehrke-SCI***

Before purchasing a toy or gift, Prevent Blindness suggests:

- Avoid toys that shoot or include parts that fly off.
- Ask yourself or the parent if the toy is right for the child's ability and age. Consider whether other smaller children may be in the home that may have access to the toy.
- Avoid purchasing toys with sharp or rigid points, spikes, rods, or dangerous edges.
- Buy toys that will withstand impact and not break into dangerous shards.
- Look for the letters "ASTM." This designation means the product meets the national safety standards set by the American Society for Testing and Materials (ASTM).
- Gifts of sports equipment should always be accompanied by protective gear (such as a basketball along with eye goggles).
- Don't give toys with small parts to young children. Young kids tend to put things in their mouths, increasing the risk of choking. If any part of a toy can fit in a toilet paper roll, the toy is not appropriate for children under the age of 3.
- Do not purchase toys with long strings or cords, especially for infants and very young children as these can become wrapped around a child's neck.
- Always dispose of uninflated or broken balloons immediately.
- Read all warnings and instructions on the box.
- Always supervise children and demonstrate to them how to use their toys safely.

In addition, stay informed of recalled products. For further information on toy and product recalls, visit the U.S. Product Safety Commission Web site at [www.cpsc.gov](http://www.cpsc.gov).

For more information on safe toys and gifts for children, visit [preventblindness.org/safe-toy-checklist](http://preventblindness.org/safe-toy-checklist), or call Prevent Blindness at (800) 331-2020.

## SCI OSHA Compliance: OSHA publishes revised safety program guidelines Part 2

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

By: Emily Clark

Date: November 20, 2015

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### Impact for employers

Although the guidelines are purely voluntary, OSHA Administrator David Michaels has on several occasions expressed that he would support a regulation requiring all businesses to implement injury and illness prevention programs (IIPPs).

The IIPP initiative is currently in the "long-term action" phase, indicating that rulemaking is unlikely to take place in the near future. However, the [abstract describing the IIPP effort](#) in OSHA's regulatory agenda is identical to some of the introductory language to the new voluntary guidelines, perhaps indicating that the new guidelines constitute OSHA's effort to persuade employers to adopt IIPPs without a formal regulatory requirement.

Some states, including California and Washington, do require employers to develop IIPPs or similar safety management programs, and others offer workers' compensation discounts as an incentive to do so.

Members of the public have until February 15, 2016, to submit comments on the proposed guidelines. OSHA provides information on the type of feedback it is seeking at [https://www.osha.gov/shpmguidelines/SHPM\\_questions.html](https://www.osha.gov/shpmguidelines/SHPM_questions.html), and comments can be submitted at <http://www.regulations.gov/#!docketDetail;D=OSHA-2015-0018>.



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**Quick Tips for Healthy Living**

**The Practice of Gratitude**

Did you know studies have shown that individuals who regularly practice gratitude exhibit increased physical and emotional health, and are more optimistic?

Obviously, it can be a real challenge to be grateful when things aren't going well. However, grateful people report 25% higher levels of happiness. This means that simply practicing gratitude can improve your overall mood.

Practicing gratitude is easy to do. Try the following.

- Identify the things in life that bring you happiness
- Write notes, put things on your computer or cell phone, write ideas on post-it notes and put them where you can see them
- Be grateful daily, schedule times to be grateful
- Acknowledge positive things when you notice them
- Practice slow deep breaths to calm yourself and become more receptive to the good you experience in life
- Perhaps most important, express your gratitude to others for what they do and how they support you.
- SMILE!

At some point we all realize that life is short and time flies by. Given that, it's never too late to be grateful.

**OSHA Facts and Tips**

Source: [www.osha.gov](http://www.osha.gov)

**Tips To Protect Workers In Cold Environments**

Prolonged exposure to freezing or cold temperatures may cause serious health problems such as trench foot, frostbite and hypothermia. In extreme cases, including cold water immersion, exposure can lead to death. Danger signs include uncontrolled shivering, slurred speech, clumsy movements, fatigue and confused behavior. If these signs are observed, call for emergency help.

OSHA's Cold Stress Card provides a reference guide and recommendations to combat and prevent many illnesses and injuries. Available in English and Spanish, this laminated fold-up card is free to employers, workers and the public. Tips include:

**How to Protect Workers**

- Recognize the environmental and workplace conditions that may be dangerous.
- Learn the signs and symptoms of cold-induced illnesses and injuries and what to do to help workers.
- Train workers about cold-induced illnesses and injuries.
- Encourage workers to wear proper clothing for cold, wet and windy conditions, including layers that can be adjusted to changing conditions.
- Be sure workers in extreme conditions take a frequent short break in warm dry shelters to allow their bodies to warm up.
- Try to schedule work for the warmest part of the day.
- Avoid exhaustion or fatigue because energy is needed to keep muscles warm.
- Use the buddy system - work in pairs so that one worker can recognize danger signs.
- Drink warm, sweet beverages (sugar water, sports-type drinks) and avoid drinks with caffeine (coffee, tea, sodas or hot chocolate) or alcohol.
- Eat warm, high-calorie foods such as hot pasta dishes.

Remember, workers face increased risks when they take certain medications, are in poor physical condition or suffer from illnesses such as diabetes, hypertension or cardiovascular disease.

*What do you think?  
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