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Weekly Safety Tip

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November 9, 2015

SCI Safety Tip: Back Safety in the Workplace

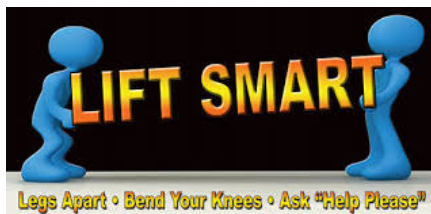
Source: <http://www.blr.com>

Date: 2015

Back Safety—What You Don't Know CAN Hurt You!

Back injuries can be extremely painful and long-lasting. According to the federal Bureau of Labor Statistics, the back injuries of more than 1 million workers account for nearly 20 percent of all injuries and illnesses in the workplace. Only the common cold accounts for more lost days of work.

OSHA, or the Occupational Safety and Health Administration, does not have a specific regulation for back safety, but training employees to lift safely is implied by the General Duty Clause of the federal workplace safety statute. The law requires employers to provide employees with a workplace that is “free of recognized hazards.” OSHA has stated that it will not focus its enforcement efforts on employers that have implemented effective ergonomic programs or that are



SCI Safety Slogan

Teamwork Improves



James Lehrke-SCI

making good-faith efforts to reduce hazards that cause worker strains and sprains. “Ergonomics” is the science of designing the job, equipment, and workplace to fit the worker. Back safety is a cornerstone of an effective ergonomics program.

Lifting Safety Procedures Prevent Major Injuries

Safe lifting procedures and load-carrying techniques are crucial to preventing painful and expensive injuries in the workplace.

Unfortunately, most workers do not consistently use back safety practices, at great risk to their personal well-being. Back injuries are often caused by unsafe lifting and carrying of heavy or awkward objects, but are easily prevented. The most common types of job-related back injuries are:

- Strain—overused or overstretched muscles
- Sprain—torn ligaments from sudden movement
- Herniated disk—loss of the spine’s cushioning ability from strain or age

A back safety program is key to dramatically reducing debilitating back injuries on the job.

Although improper lifting, carrying, and moving techniques are the primary cause of back injuries, significant contributing factors are workers who are in poor physical condition and overweight. Encourage your employees to maintain a healthy weight and good muscle tone through stretching exercises and other wellness programs.



SCI OSHA Compliance: Understanding OSHA’s procedures when reporting severe injuries and RRI

Source: <http://www.blr.com> Part 2

By: *Ana Ellington, Legal Editor*

Date: *October 29, 2015*

RRI and root cause analysis

If you receive a letter from your local OSHA office initiating an RRI, you must respond within 5 working days to “confirm abatement and steps that have been taken for abatement” so that the incident will not happen again—an extension can be requested for complicated events.

OSHA’s written letter requires that you provide it with the results of an investigation into the incident, documenting findings and corrective actions taken. The goal of the investigation is to identify the immediate or contributing causes (known as surface causes) and the underlying causes (or root causes) of the incident. According to OSHA, you can usually trace surface causes to inadequate or weak safety systems (policies, programs, plans, processes, procedures, or practices)—the root causes—which always preexist surface causes.

Surface causes are hazardous conditions and unsafe or inappropriate behaviors that are the direct cause of the incident.

Hazardous conditions include defective or unsafe equipment; defects in processes or procedures, such as unguarded machines, a ladder in disrepair, or slippery roads; or “states of being” such as employee fatigue. Unsafe and inappropriate employee and/or manager behavior includes failing to comply with the rules, taking shortcuts, horseplay, failing to train, or failing to report hazards. Root causes can include inadequate training, an outdated hazard communication program, no inspection policy, or less-than-adequate tools or equipment.

How do you find the root cause(s) of an accident? By repeatedly asking the question “Why” (four or five whys is a good rule of thumb), you can peel away the layers of symptoms that can lead to the root cause of an incident.

For example:

A worker is struck in the eye by a flying object.

- Why? The machine had no guards (surface cause).



Aurora Health Care®

Quick Tips for Healthy Living

A Few Fall Produce Favorites

Cooler weather and shorter days let us know that fall is almost here. Farmer's markets and home gardens are starting to produce some favorite fall varieties. As we try to fill half our plate with fruits and/or vegetables, fall produce can make some economical, hearty, and delicious meals. Some top produce picks for this time of year include squash, pumpkin, kale, apples, pears, cranberries, and many others. Let's take a closer look at a few favorites.

Squash: Numerous varieties picked during the fall are winter squash. Some of the most common include acorn, butternut, and spaghetti. Winter squash mature on the vine and have a thick, inedible skin. Choose squash that is heavy for its size. It can be stored for up to 3-6 months in a cool, dark place depending on the variety. Most varieties are good to excellent sources of vitamin C and vitamin A, fiber, potassium, and magnesium. Due to its thick skin, squash can be baked or steamed after cutting in half, then scoop the flesh when cooked. It can also be stuffed, peeled and diced, roasted, pureed into soups, and used in both savory and sweet dishes. The seeds of squash can be roasted just like pumpkin seeds.

Kale: Gaining in popularity in recent years, kale is a hearty grower in colder weather. Kale is a member of the cabbage family and is packed with nutrients including fiber, vitamins A, C, and K, folate, calcium, potassium, phosphorus, and various antioxidants. Choose dark colored branches with small to medium leaves. It can be stored in a plastic bag in the coldest part of the refrigerator for 3-5 days. When ready to cook, remove the thick stalk from the center. It can be eaten raw in salads, sautéed, added to pasta dishes, braised with meats, steamed with spices, stir fried, added to soups, and baked into crispy chips.

Cranberries: According to the Wisconsin Cranberry Growers Association, Wisconsin is the number one cranberry producer in the country supplying more than 60% of the nation's cranberries. They grow on low running vines. When ready for harvest, the marshes are flooded with water, making the berries float which aids in harvesting. They are high in antioxidants, vitamin C, and fiber. Fresh berries can be stored in the refrigerator up to 2 months, or they can be frozen for future use. They can be added to baked goods, smoothies, baked with apples into sauces, and used in various savory dishes as well.

For more information on seasonal fruits and vegetables, recipes, shopping and cooking tips, and fun information for kids, check out www.fruitsandveggiesmorematters.org

- Why? The guards were removed (surface cause).
 - Why? To work faster (surface cause).
 - Why? Less-than-adequate training, procedures, and/or policies (root causes).
- Use our [incident analysis tool](#) to help complete a root cause analysis of an incident.

Just the facts

When completing the RRI report for OSHA, state the known facts, not opinion or speculation. Understand that root causes identified in an employer's report can amount to an admission of a violation, such as failure to conduct required training or repair a faulty safety device. Be careful because your responses can be used against you by OSHA. As such, simply respond with conclusions to your investigation and corrective actions that have been taken to ensure that no future incidents will occur



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In Loving Memory of Jessica Lehrke

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