



"Your Connection for Workplace Safety"
Phone: 920-208-7520

Weekly Safety Tip

We're about service, commitment, results, and accountability!

Our Weekly Safety Tip provides valuable and current safety information relevant for Work, Home & Play.

And, you will be kept current on the latest Safety Compliance issues.



SCI SAFETY NEWS OR TIP



SCI OSHA NEWS OR COMPLIANCE



SCI HEALTHYLIVING and WELLNESS NEWS

We want to hear from you! Send us your feedback and give us ideas for future safety topics.

Let us know how you feel about our new look!

Safety Slogan

**Don't be a Turkey
Stay Safe!
James Lehrke-SCI
of the week**

SCI Safety Tip: Snow Removal Safety Tips

Source: <http://orthoinfo.aaos.org/topic.cfm?topic=A00060>

Date: December 2011

Snow removal is more than just another necessary household chore. All that bending and heavy lifting can put you at serious risk for injury. Snow removal can be especially dangerous if you do not exercise regularly.

According to the 2009 US Consumer Product Safety Commission:

- Approximately 16,500 people were treated in hospital emergency rooms for injuries that happened while shoveling or removing ice and snow manually
- More than 6,000 people were injured using snowblowers

The most common injuries associated with snow removal include sprains and strains, particularly in the back and shoulders, as well as lacerations and finger amputations.

General Tips for Safe Snow Clearing

- **Check with your doctor.** Because this activity places high stress on the heart, you should always speak with your doctor before shoveling or snow blowing. If you have a medical condition or do not exercise regularly, consider hiring someone to remove the snow.
- **Dress appropriately.** Light, layered, water-repellent clothing provides both ventilation and insulation. It is also important to wear the appropriate head coverings, as well as mittens or gloves and thick, warm socks. Avoid falls by wearing shoes or boots that have slip-resistant soles.
- **Start early.** Try to clear snow early and often. Begin shoveling/snowblowing when a light covering of snow is on the ground to avoid dealing with packed, heavy snow.
- **Clear vision.** Be sure you can see what you are shoveling/snowblowing. Do not let a hat or scarf block your vision. Watch for ice patches and uneven surfaces.

Tips for Snow Shoveling

- **Warm-up your muscles.** Shoveling can be a vigorous activity. Before you begin this physical workout, warm-up your muscles for 10 minutes with light exercise.
- **Pace yourself.** Snow shoveling and snow blowing are aerobic activities. Take frequent breaks and prevent dehydration by drinking plenty of fluids. If you experience chest pain, shortness of breath, or other signs of a heart attack, stop the activity and seek emergency care.

- **Proper equipment.** Use a shovel that is comfortable for your height and strength. Do not use a shovel that is too heavy or too long for you. Space your hands on the tool grip to increase your leverage.
- **Proper lifting.** Try to push the snow instead of lifting it. If you must lift, do it properly. Squat with your legs apart, knees bent, and back straight. Lift with your legs. Do not bend at the waist. Scoop small amounts of snow into the shovel and walk to where you want to dump it. Holding a shovelful of snow with your arms outstretched puts too much weight on your spine. Never remove deep snow all at once. Do it in pieces.
- **Safe technique.** Do not throw the snow over your shoulder or to the side. This requires a twisting motion that stresses your back.

Tips for Snowblowing

- **Never stick your hands in the snowblower!** If snow jams the snowblower, stop the engine and wait more than 5 seconds. Use a solid object to clear wet snow or debris from the chute. Beware of the recoil of the motor and blades after the machine has been turned off.
- **Proper supervision.** Do not leave the snow blower unattended when it is running. Shut off the engine if you must walk away from the machine.
- **Safe fueling.** Add fuel before starting the snow blower. Never add fuel when the engine is running or hot. Do not operate the machine in an enclosed area.
- **Avoid the engine.** Stay away from the engine. It can become very hot and burn unprotected flesh.
- **Watch the snowblower cord.** If you are operating an electric snow blower, be aware of where the power cord is at all times.
- **No tampering.** Do not remove safety devices, shields, or guards on switches, and keep hands and feet away from moving parts.
- **Watch for motor recoil.** Beware of the brief recoil of motor and blades that occurs after the machine has been turned off.
- **Keep children away.** Never let children operate snowblowers. Keep children 15 years of age and younger away when snowblowers are in use.
- **Understand your machine.** Read the instruction manual prior to using a snowblower. Be familiar with the specific safety hazards and unfamiliar features. Do not attempt to repair or maintain the snowblower without reading the instruction manual.

Source: US Consumer Product Safety Commission's National Electronic Injury Surveillance System (NEISS 2009 data and estimates) based on injuries treated in hospital emergency rooms.

SCI OSHA News: How Does OSHA's New Signage Rules Affect Your Workplace? (Part 1)

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

Date: November 15, 2013

In September, OSHA issued a direct final rule revising requirements for workplace safety signs. Find out what the changes mean to you.

The goal of the new rule is to create a single, national uniform system of hazard recognition. OSHA believes that such consistency will create more effective communication, which in turn, should help achieve the objective of fewer workplace accidents.

The new signage rule incorporates into OSHA's general industry and constructions standards the latest versions of the American National Standards Institute (ANSI) standards on specifications for accident prevention signs and tags, ANSI Z535.1-2006 (R2011), Z535.2-2011 and Z535.5-2011.

The purpose of OSHA's update is to advance workplace safety by allowing employers to use the latest ANSI Z535 standards for signage and tags. Signs and tags designed to meet the new standards:

- Provide the information employees need to make safe decisions
- Emphasize legibility, hazard avoidance, and hazard consequences
- Make use of research on effective warnings and modern risk assessment methodologies
- Communicate safety to non-English speaking workers with multiple languages and graphical symbol panels
- Meet current legal criteria for "adequate warnings"

Part 2 Continued next week

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Bone Density

Strong bones are important for your health. A bone mineral density (BMD) test is the best way to measure your bone health. It can show

- Whether you have [osteoporosis](#), a disease that makes your bones weak
- Your risk for breaking bones
- Your response to osteoporosis treatment

Low bone mass that is not low enough to be osteoporosis is sometimes called osteopenia. Causes of low bone mass include family history, not developing good bone mass when you are young, and certain conditions or medicines. Not everyone who has low bone mass gets osteoporosis. But everyone with low bone mass is at higher risk for getting it.

If you have low bone mass, there are things you can do to help slow down bone loss. These include eating foods rich in calcium and vitamin D and doing weight-bearing exercise such as walking, bowling or dancing. In some cases, your doctor may prescribe medicines to prevent osteoporosis.

NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases



What do you think?
Send us an email at:
jlconnections@aol.com
See our bold new look @
<http://www.safetyconnections.com/>

*In Loving
Memory of Jessica Lehrke*

