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## *Weekly Safety Tip*

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

December 1, 2014

### *SCI Safety Tip: Have Your Workers Take Safety Home for the Holidays*

*By: Jennifer Busick*

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

*Date: November 19, 2014*

**Off-the-job injuries and fatalities cost the country more than \$500 billion, and cost employers more than 200 million lost workdays each year, according to the National Safety Council. And the holidays can be especially damaging, with the upswing in holiday travel and other holiday-related activities.**



Make sure that when the holidays are over, you get your workers back healthy, rested, and ready to go back to work. Remind them of these holiday hazards and how they can keep themselves safe.

#### **Safety Off-the-Job**

Employers want their employees to be safe at work, of course, but statistics show that they're far more likely to be



#### ***SCI Safety Slogan***

**Stay safe,  
someone at  
home is waiting  
for you.**

***James Lehrke-SCI***

injured or killed on their own time. Before they start hanging holiday lights and hitting the road for holiday travel, make sure they have a safe holiday season by being mindful of these common hazards:

**Motor vehicles.** Motor vehicle accidents are a leading cause of accidental injury and death in the United States, and accident rates always increase with holiday travel. Take these precautions when you hit the road:

- *Make sure your car is in good repair.* Be especially aware of safety-critical devices like headlights and taillights, turn signals, brakes, tires, and the horn.
- *Drive carefully.* The four most dangerous driving behaviors: speeding, aggressive driving, inattention, and drowsiness.

**Prescription drugs.** Prescription drugs are killing far more Americans than illegal drugs these days. Be sure to:

- *Ask about alcohol.* You shouldn't drink at holiday parties if you take certain medications. Ask your pharmacist about alcohol consumption.
- *Read labels.* Prescription medication should be used only as your doctor indicates; don't take more medication, or take it more often, than prescribed.

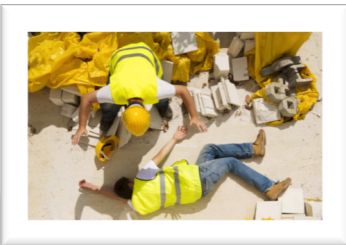
## SCI OSHA Compliance: Are Your Workers Making These Deadly Lockout/Tagout Mistakes?

By: Jennifer Busick

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

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**A 52-year-old welder was removing a jammed piece of metal from the hydraulic door of a scrap metal shredder but did not de-energize and lock out the shredder first. He also failed to release the residual hydraulic energy in the system and block the door open.**



When the welder cut away the jammed metal with his torch, the door closed on him—and killed him. Of the five preventable mistakes discussed below, this welder committed at least two. And either one could have killed him.

Lockout/tagout is intended to prevent hazardous energy from hurting or killing workers, but the process is complex and workers often miss one or more important steps. Read on to learn about common lockout/tagout mistakes and how to help your workers prevent them.

### **Deadly Mistakes**

These deadly mistakes can maim or kill. Make sure your workers are aware of them and take precautions to avoid them.

#### ***Mistaking 'off' for 'safe'***

It makes perfect sense to shut down a potentially deadly machine before you put yourself at risk of injury by inserting your hands, your head, or some other part of your body into it, and many workers do so willingly enough.

Unless they take the next, vital step of locking out the power source, though, workers are still at risk, and they may not even realize it. More than one worker has died when a well-meaning coworker came along who was unaware that a machine was being serviced—and turned it back on.

**Workers need to know:** If someone else could turn the machine on while they're in the zone of danger, they're not safe. The worker who is in danger must lock out the machine for safety and keep the key.



Quick Tips for Healthy Living



**Signs of Hearing Loss**

- Do you wonder if you have hearing loss? If you have any of the symptoms below, you should have your hearing tested.
- Difficulty hearing people talk in noisy environments such as a restaurant, shopping mall, in a car or at the movie theater.
- People seem to “mumble” all the time.
- Family, friends or colleagues often have to repeat themselves when speaking with you.
- You have trouble hearing people when they are not facing you or are in another room.
- You have trouble following trouble following conversations.
- You have ringing, buzzing or hissing sounds in your ears.
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**Mistaking ‘locked out’ for safe**

Wait... didn't we just say "lock out the machine for safety"? Unfortunately, machines may also have parts that can move after the power source is locked out. Locking out the power to a power press may stop it cycling, but a press that is raised and not supported could fall unexpectedly. Any part that could move freely after the power is locked out—whether it could slide, fall, rotate, or shift—needs to be blocked or restrained against unexpected motion.

*Workers need to know:* Train your workers to secure any parts that could shift, fall, or otherwise move in a way that might endanger them.

**Failing to account for residual energy**

Not all machines stop moving immediately when the power is disengaged. Workers must wait until all parts stop moving—for example, a saw blade must be allowed to coast to a stop once turned off.

Machines may also shift or move while the worker is still inside the zone of danger—for example, after a jam is cleared. Any residual energy that could cause a machine to move must be bled off—for example, pneumatic or hydraulic pressure behind a ram that could cause the ram to continue moving once a jam is removed.

*Workers need to know:* Workers must determine which parts of the machine will continue to move once power is disengaged, as well as the residual energy source present in the machine, and proceed accordingly.

Did you identify the mistakes the unfortunate worker in our example made? What about mistakes your workers are making every day? Tomorrow, we'll talk about more lockout/tagout mistakes workers make.



What do you think?  
 Send us an email at: [jlconnections@aol.com](mailto:jlconnections@aol.com)  
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 In Loving Memory of Jessica Lehrke