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## *Weekly Safety Tip*

*Life Is All About Choices!®*

December 12, 2016

### SCI Safety Tip: The 2016 Holiday Home Safety Roundup

*By: Stefanie Valentic (Part 1)*  
*Source: <http://www.ehstoday>*  
*Date: December 6, 2016*

As temperatures drop and holiday cheer rises, national, state and local organizations are reminding the public about dangers related to fires, batteries and toys.

In 2015, there were an estimated 185,500 toy-related, emergency department-treated injuries, according to the Consumer Product Safety Commission.

Likewise, holiday decorations cause 860 home fires each year with an additional 210 home fires are caused by Christmas trees per year, according to the National Fire Protection Association. *EHS Today* has gathered the latest recommendations that will ensure your home and family are safe for the holidays.

Click the arrows to read a roundup of safety tips and precautions in the following categories: fire, electrical, battery, toy and eye.

#### **Fire Safety**

The National Fire Protection Association (NFPA) and Electrical Safety Foundation International (ESFI) have released precautionary measures and steps the public can take to make sure the winter season is

According to the NFPA, 30 percent of all home fires and 38 percent of home fire deaths occur during the months of December, January, and February.



#### **SCI Safety Slogan**



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Candles cause two out every five home decoration fires, and half of decoration fires happen because items are placed too close to a heat source.

Holiday decoration and Christmas tree fires, in particular, substantially are more damaging than other fires. These fires result in twice the injuries and five times the fatalities per fire as the average winter holiday home fire, according to ESFI.



The NFPA provided the following decorating tips to ensure a fire-safe holiday season:

- Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Use lights for their designated purpose. Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer’s instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.

In addition the NFPA reminds the public to blow out lit candles when you leave the room or go to bed as well as turn off all light strings and decorations before leaving home or going to bed. Lastly, remember to water your Christmas tree daily.

*Continued next week*

## SCI OSHA Compliance: OSHA Releases Recommended Practices for Construction Safety Programs

*By: Stefanie Valentic EHS Today*

*Source: <http://www.ehstoday>*

*Date: December 5, 2016*

OSHA’s has released its Recommended Practices for Safety and Health Programs in Construction to help industry employers develop proactive programs to keep their workplaces safe.

"The recommendations outlined in this document will help contractors prevent injuries and illnesses on their construction sites and make their companies more profitable," said Dr. David Michaels, OSHA assistant secretary of labor, in a statement.

OSHA’s simple steps to create a safety and health program include training workers on how to identify and control hazards, inspecting the jobsite with workers to identify problems with equipment and materials and developing responses to possible emergency scenarios in advance.





**Quick Tips for Healthy Living**

**12 Days of Holiday Health**

This year, make a promise to avoid the stress and anxiety that can be a significant part of the holiday season. Welcome a little holiday harmony into your life with these 12 healthy choices — in the spirit of the classic carol.

**One Thanks-a-Giving.**

Practicing gratitude is one of the simplest and easiest ways to access happiness. Think about an individual for whom you're grateful, then call that special someone.

**Two Legs Walking.**

The American Heart Association recommends 30 minutes of daily exercise to kick-start a healthier heart, but finding time to fit it in can be a challenge. Make movement a priority by beginning with just 15 to 20 minutes of walking per day. Then, map out your days and weeks to dig up a half-hour or so of free time, wherever you can, gradually working your way up to five days a week.

**Three Guilt-Free "No's"**

If the only reason you're attending a party, making a dish or giving a gift is because you feel you should, think again. Aim to say at least three guilt-free no's this holiday season.

**Four Friends-a-Calling.**

Don't forget everyday buddies can boost happiness, especially when your calendar gets hectic. According to a 2012 study, a sizable network of friends significantly influences your psychological well-being — in some cases, even more so than your family. Connect with people important to you, not just people you're obligated to spend time with.

**Five Minutes of Meditation.**

It only takes five minutes a day to realize the benefits of meditation. A 2012 study showed that those who practice meditation have lower stress while multitasking, an increasingly necessary skill during the holidays.

*Continued next week*

The recommended procedures can be adjusted based on the size of the company or whether the contractor is handling short-term or multi-year projects.

The current state of the construction industry was taking into consideration for the practices, including new construction techniques, materials, and equipment; greater diversity in the construction workforce; an aging workforce and the rise of sedentary lifestyle and increased temporary and contract employment.

The guidelines place emphasis on involving workers and stress the need for communication and coordination on worksites involving more than one employer.

Working with employees to implement a program can offer other benefits including improvements in production and quality; greater employee morale; improved employee recruiting and retention; and a more favorable image and reputation among customers, suppliers and the community, according to OSHA.

The provided guidelines are advisory only and do not create any legal obligations, according to the agency



*What do you think?*

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