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Weekly Safety Tip

Life Is All About Choices!®

December 15, 2014

SCI Safety Tip: Holiday Hazards: Highway Safety

By: Jennifer Busick

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

Date: December 8, 2014

It was the week before Thanksgiving 2014, and the Hardman family was on their way to a dream family vacation at Disney World in Orlando, when the family's 16-year-old son, who was driving, briefly nodded off at the wheel. Six of the eight passengers were not wearing seat belts; all six were ejected from the vehicle, and five died, including both parents. When your workers take to the roads this holiday season, will they be safe? Do they know to ensure that drivers are alert, and everybody wears a seat belt?



According to the U.S. Bureau of Transportation Statistics, the Thanksgiving and Christmas/New Year's holiday periods are among the busiest long-distance travel periods of the year. During the Christmas/New Year's holiday

period, the number of long-distance trips (to and from a destination 50 miles or more away) increases by 23 percent, compared to the average number for the remainder of the year. Most long-distance holiday travel, about 91 percent, is by personal vehicle, such as by car. With the uptick in motor vehicle traffic comes an accompanying uptick in motor vehicle injuries and fatalities. To stay safe, your workers need to avoid dangerous driving behaviors, and avoid driving while they're impaired.



SCI Safety Slogan

Tis the Season to Be Safe

James Lehrke-SCI

Dangerous Driving Behaviors

Motor vehicle accidents are a leading cause of accidental injury and death in the United States, and accident rates always increase with holiday travel. Make sure workers are aware of and avoid these four dangerous driving behaviors:

- **Speeding.** This includes exceeding the speed limit *and* driving too fast for conditions. Anytime visibility is reduced or road conditions are slick, workers need to slow down.
- **Aggressive driving.** Occupational Safety and Health Administration (OSHA) labels using excessive speed, tailgating, failing to signal lane changes, running red lights, and passing on the right as examples of aggressive driving. Advise drivers to pay attention to their own driving habits and not to do anything to provoke other drivers.
- **Inattention.** OSHA reports that distracted driving is a factor in more than 4,000 vehicle accidents a day. Emphasize to employees that they can't make safe decisions if their minds and eyes are not completely focused on the road when they drive.
- **Drowsiness.** OSHA reports that fatigued or drowsy driving may be a factor in more than 100,000 crashes each year. Remind workers to be especially careful during the late night, early morning, and midafternoon hours, when drowsy driving crashes are most likely to occur, and to take periodic breaks to nap, stretch, or otherwise maintain their alertness.

Driving Under the Influence

The other dangerous driving behavior, of course, is impaired driving—driving under the influence of alcohol or other substances that can alter alertness, awareness, and reaction time. According to OSHA, alcohol use is involved in 40 percent of all fatal motor vehicle crashes. It is estimated that 3 in every 10 Americans will be involved in an impaired-driving-related crash some time in their life. Alcohol involvement in vehicle crashes is highest at night, on weekends, and on holidays.

Remind your workers of these sobering facts from the National Commission Against Drunk Driving:

- Three critical skills for safe driving are judgment, vision, and reflexes. Alcohol and drugs impair all three.
- Driving skills can become impaired well before you reach the legal blood alcohol limit.
- Alcohol can have a different effect each time you drink, depending on whether you've eaten, what you've eaten, your mood, your metabolism, how tired you are, and other factors.
- A 12-ounce can of beer, a 5-ounce glass of wine, and a 1 1/2-ounce shot of liquor all have about the same amount of alcohol.
- The body eliminates alcohol at a rate of about one drink per hour.
- If you drink or take drugs and drive, you could be arrested for DWI. If convicted, you could lose your license. Worse, you could kill someone.

SCI OSHA Compliance: What to Expect from OSHA in 2015 Latest Regulatory Agenda Addresses Confined Spaces, Other Issues (Part 1)

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

Date: December 12, 2014

Depending on whom you talk to OSHA either has ambitious plans that will substantially boost worker protection in 2015, or a weak agenda that does little to address the safety and health needs of working Americans. Keep reading this review of the recently announced regulatory agenda to decide for yourself.

Immediately on the horizon is a final rule on reporting requirements set to take effect January 1, 2015. Affected employers will be required to notify OSHA when an employee is killed within eight hours of an incident, and to report any job-related hospitalization, eye loss, or amputation with 24 hours. In the past only deaths and hospitalizations involving three or more employees were required to be reported.

Final rules on the horizon

The *Unified Regulatory Agenda for Fall 2014* (at <http://www.reginfo.gov>) details the plans of OSHA and other federal regulatory agencies. OSHA is anticipating three final rules for 2015 that address illness and injury reporting; slips, trips, and falls; and confined spaces in construction.



Quick Tips for Healthy Living

PREVEA

Health & Wellness

Eat, Drink and Be Merry

The holidays are here and it goes without saying that there will be big meals and delicious treats. This can be a time of temptation for someone trying to change their game.

On average, people gain one pound during the holidays. An overweight or obese person gains an average of 5 pounds.

Over a span of 30 years, people gain an average of 30 to 150 pounds just from holiday eating. The good news is there are ways to avoid the holiday bulge. Follow these tips to eat, drink and be merry, but to also maintain your weight from November to January.

Prepare Your Mind and Body

- Remind yourself how good you feel when you don't over-eat or drink too much.
- Make the decision to be satisfied with small portions of fattening foods.
- Look at your holiday schedule; decide which foods you will eat at each party.
- Make your goal to maintain the same weight and then resume your weight loss goal after the season. You won't be as stressed out and will be much more likely to succeed.
- Make sure you leave time for daily exercise.
- Don't eat to get an energy boost, take a nap.

Be Aware of Liquid Calories

- Alcohol is the second most fattening food; it provides empty calories and stimulates hunger.
- If necessary, have excuses ready to turn down drinks.
- Use club soda, seltzer or mineral water to mix drinks to save calories and sugar.
- Try to avoid salty snacks; they can make you thirsty causing you to drink more.
- Avoid sweet and creamy holiday drinks; they are loaded with calories and fat.

Eating With Discretion, Not Deprivation

- When you're planning a large meal, eat a little less for breakfast and lunch.
- Never go to a party on an empty stomach. Have a small salad, soup, fresh fruit or veggies to curb your appetite until dinner.
- Limit yourself to one serving, even if the host insists on more.
- If cocktails are served, arrive "fashionably late." You'll drink and eat less at the party.
- If you're hosting, plan a brunch or lunch. There are usually fewer calories and less work.
- If you receive a food gift, serve it right away or bring it to another party.

Overall Party Strategies

- Sit or stand far away from the food table.
- Be sociable and engage in conversations, it's hard to talk with food in your mouth.
- Limit or avoid the high calorie snacks like cake, chips, dips and cheeses.
- Bring your own low calorie option to serve.

- A final rule to improve tracking of workplace injuries and illness, expected in August, will mean changes to OSHA's reporting system for occupational injuries and illnesses. Large employers who are currently required to keep injury and illness records would be required to electronically submit certain information from the OSHA 300 log, incident report (Form 301), and annual summary (Form 300A). OSHA says the new system will result in a "more efficient and timely collection of data, and improve the accuracy and availability of information."
- The anticipated **final rule for confined spaces in construction**, due out in March, represents a significant change. Currently, confined space regulations apply only to general industry.
- A **final rule on preventing slips, trips, and falls** in expected in June. This long-awaited standard has been on the drawing board since 1990. It will also establish standards for personal fall protection systems.

Other anticipated final rules address OSHA access to medical records, state plans, and procedures for handling retaliation complaints. OSHA administers whistleblower provisions for a number of other agencies.

Also attracting attention is OSHA's decision to move a combustible dust rule from "pre-rule" to "long-term actions" category. The U.S. Chemical Safety Board has been especially vocal in its desire for regulatory action on dust. The board says combustible dust incidents were the cause of 119 deaths and 718 injuries from 1980 to 2005.

Proposed rules

- Proposed rules expected this year include continuation of a project to update OSHA standards. Others include:
- *Occupational exposure to crystalline silica*. This much-debated action will remain in the proposal stage for now. The regulatory agenda lists a date of June 2015 for analyzing comments to its proposal, but does not offer a date for a final rule. A standard to limit exposure to silica dust was first proposed in September 2013.



What do you think?

Send us an email at: jlconnections@aol.com

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@ <http://www.safetyconnections.com/>

In Loving Memory of Jessica Lehrke

**SAVE TOMORROW
THINK SAFETY TODAY**