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Weekly Safety Tip

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December 19, 2016

SCI Safety Tip: The 2016 Holiday Home Safety Roundup

By: Stefanie Valentic (Part 2)

Source: <http://www.ehstoday>

Date: December 6, 2016

Electrical Safety

To prevent fires caused by electrical wiring or cords, the ESFI reminds consumers to inspect all lights, decorations, and extension cords for damage before using and to make sure all extension cords and electrical decorations are marked for proper use. In addition, the organization says:

- Plug outdoor lights and decorations into circuits protected by Ground Fault Circuit Interrupters (GFCIs).
- Exercise caution when decorating near power lines. Keep yourself and your equipment at least ten feet from power lines.
- Turn off all indoor and outdoor electrical decorations before leaving home or going to sleep.
- Avoid overloading electrical outlets with too many decorations or electrical devices.
- Purchase electrical decorations from reputable retailers and that are approved by a national recognized testing lab such as UL, Intertek, or CSA.
- Never connect more than three strings of incandescent lights together.
- Water your Christmas tree daily.
- Keep all decorations at least 3 feet away from heating equipment or an open flame.



SCI Safety Humor



James Lehrke-SCI

Battery Safety

An ongoing, national campaign is aimed at educating manufacturers and the public about the dangers of battery ingestion.

The campaign, a collaboration between manufacturers such as Panasonic, regulators, pediatricians and the National Capitol Poison Center, urges the public to keep any 3-Volt lithium coin batteries out of the reach of children.

Household items that can pose a danger and are most reported to be issues with loose batteries include games and toys, watches, flameless candles, scales, remote controls, key fobs, lights and hearing aids, according to Panasonic.

About 2,314 individuals reported battery ingestion between July 2014 and June 2016. Of those reported cases, 33 were reported to have major or fatal effects.

Battery ingestion typically occurs in individuals younger than 6 years and individuals over 60 years old. The majority of batteries ingested are lithium coin batteries, which typically are loose or discarded, removed from packaging or mistaken for medication at the time of consumption.

The National Capitol Poison Center maintains a Battery Ingestion Hotline that is open seven days a week and 24 hours a day. They can be reached at 202-625-3333.

Toy Safety

The U.S. Consumer Product Safety Commission (CPSC) and U.S. Customs and Border Protection (CBP) team up each year to stop shipments of defective toys from overseas as well as train manufacturers about safety requirements.

Stopped shipments have included lead, small parts, sharp points and labeling requirement violations, according to the CPSC. The organization indicates that there were an estimated 185,500 toy-related, emergency department-treated injuries and 11 deaths in 2015 to children younger than 15 years old.

Most of the toy-related injuries involved cuts and bruises, with the head and face being the most commonly-affected areas.

The CPSC provides the following safety tips for children's toys:

- Magnets – Children's magnetic toys are covered by a strong safety standard that aims to prevent magnets from being swallowed. High-powered magnet sets that do not meet CPSC's lifesaving standard are not permitted.
- Balloons - Children can choke or suffocate on deflated or broken balloons. Keep deflated balloons away from children younger than 8 years old. Discard torn balloons immediately.
- Small balls and other toys with small parts - For children younger than age 3, avoid toys with small parts, which can cause choking.
- Scooters and other riding toys – Forty-five percent of toy-related deaths in 2015 were attributed to riding toys. Helmets and safety gear should be worn properly at all times, and they should be sized to fit.

Toys for older children should be kept away from younger siblings. Finally, battery chargers and adapters can pose thermal burn hazards to young children, and any charging should be left to adults.



SCI OSHA News: OSHA Requests Information on Prevention of Workplace Violence in Healthcare and Social Assistance (Part 1)

By: *Tressi L. Cordaro*

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

Date: *December 14, 2016*

In the face of mounting evidence of the widespread extent of workplace violence in the healthcare and social assistance sector, OSHA announced in the Federal Register on December 7th, 2016, that it is assessing the need for “a standard aimed at preventing workplace violence in healthcare and social assistance workplaces perpetrated by patients or clients.” The workplaces and professions affected are numerous – examples include: psychiatric facilities, pharmacies, ERs, and residential facilities; physicians, nurses, aides, social and welfare workers, home healthcare workers, security and maintenance workers. The Agency has scheduled a public meeting for January 10th in Washington, DC. and has issued a Request for Information (RFI) with comments due on or before April 26, 2017.

Data from the Bureau of Labor and Statistics (BLS) Survey of Occupational Injuries and Illnesses shows that in 2014 workers in the Health Care and Social Assistance sector (NAICS 62) suffered workplace-violence-related injuries over 4 times higher than



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Quick Tips for Healthy Living

12 Days of Holiday Health

Six Hours of Shopping.

One of the most self-nurturing things you can do is to take a vacation day and go shopping. Avoiding lines and parking lot frustrations, finding plentiful choices and receiving good customer service keeps your stress in check as you check items off your list, she says. Plan for a midweek shopping trip and arrive at the mall when the doors swing open.

Seven Dishes for Dining.

Making your holiday party a potluck means you don't have to do everything yourself. You can assign every part of the meal: beverage, appetizer, main dish, salad, dessert, and a couple of sides. Make things as easy as you can, even if that means putting out paper plates and napkins rather than the good china and silverware. Of all the traditions, keep ones most important for you. You don't have to follow them all.

Eight Hours-a-Sleeping.

Not enough sleep increases stress hormones. Sleep debt may also put you at risk for obesity, diabetes and other metabolic disorders. Gift yourself with eight hours of rest. Start your bedtime ritual a half-hour before you'd like to be asleep — turn off all electronics, put on cozy PJs and get ready for dreamland.

Nine-ty Minutes Dancing.

A little rockin' around the Christmas tree counts as cardiovascular exercise, and it may even help your gait and balance later in life. In a 2014 study at St. Louis University, older adults walked faster and reported less pain when they danced for 45 minutes two times a week. Replace family movie night with a Wii family dance party or make your next date night a dancing one!

Ten Plans for Laughing.

Laughing is as good for your abs as it is for your soul. Oh and your heart, too! Heart disease research shows that watching funny films has a positive effect on vascular function. Make time for your favorite holiday comedies or play games with the family.

Eleven Areas Organizing.

Before the holidays, take a few minutes to put that pile of mail in order or clean out the closet. Donate items you don't wear anymore. Break up tasks by focusing on one section of one room at a time. You will feel less overwhelmed and feel a sense of accomplishment after each task is complete.

Twelve Songs-a-Singing.

Singing improves both mood and immunity. Join your church choir, or ask neighbors if they'd like to join you on a caroling adventure. If your more of a "shower singer" and prefer to sing in private, fire up a playlist of your favorite seasonal songs, and sing along!

workers in the private sector. Other statistics for this sector mentioned in the Federal Register include:

- Psychiatric hospitals have incidence rates over 64 times higher than private industry
- Nursing and residential care facilities have rates 11 times higher than private industry
- Verbal abuse was reported by 42.8 % of respondents in a survey (Jayaratne *et al.*, 1996)
- In 2014, 79% of serious violent incidents reported by employers in healthcare and social assistance settings were caused by interactions with patients (BLS, 2015, Table R3, p 40)
- 14 fatalities in 2014 and 10 fatalities in 2013 were homicides

The Agency believes these numbers are probably low for various reasons, such as a reluctance to report incidents of workplace violence, intentional/unintentional underreporting by employers, and questions about whether or not the types of injuries experienced meet OSHA's criteria for reporting.

OSHA has provided guidelines aimed at protecting healthcare and social assistance workers since 1996. In 2015 it released its most recent version. Although the guidelines are comprehensive and detailed, they are guidelines and therefore not mandatory or enforceable. Currently, OSHA has to rely on the General Duty Clause of the OSH Act to cite an employer.

The RFI is restricted to workplace violence occurring in the healthcare and social assistance sector where "workplace violence is recognized as an occupational hazard" and which "can be avoided or minimized." The Agency recognizes that there is a unique relationship between care providers and their patients/clients which would seem to contradict the notion that healthcare and social assistance workers experience such high levels of workplace violence. OSHA also points to the job growth in this sector which BLS predicted would "account for almost a third of the projected job growth from 2012 to 2022."

Continued next week

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In Loving Memory of Jessica Lehrke



In Loving Memory...
Jessica, Kristin and Nick

