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Weekly Safety Tip

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December 26, 2016

SCI Safety Tip: How Deadly Will the Holiday Highways Be This Year?

By: Sandy Smith

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Date: December 21, 2016



Between the Christmas holiday and New Year's Eve, an estimated 678 travelers are expected to die on U.S. highways this holiday season.

The upcoming Christmas holiday period may cost 314 people their lives on the roadways, according to [National Safety Council](#) estimates. Another 364 fatalities are expected during the three-day New Year's holiday period.

“Safety is the greatest gift you can give, not only to your family but to those who share the roads with you,” said Deborah A.P. Hersman, president and CEO of the National Safety Council. “Paying attention, slowing down and driving sober can ensure you and your fellow travelers make it home for the holidays.”

The National Safety Council also estimates 37,200 may be seriously injured on the roads during the Christmas holiday, and another 41,900 during the New Year's holiday.

The two holiday periods fall at the end of a particularly deadly year on the roads. Preliminary NSC estimates indicate traffic deaths are up significantly through the first 10 months of 2016 compared with the same time period in 2015.

SCI Safety Humor



James Lehrke-SCI



Quick Tips for Healthy Living

Frostbite and the Wisconsin Runner

As Wisconsin days get shorter and the temperature drops, it's important for the outdoor runner to properly prepare for changes in the environment. To avoid the threat of frostbite, proper recognition, treatment, and prevention strategies are a must.

Frostbite is the body's protective response to cold weather. To maintain core body temperature, blood flow increases to your core as it decreases to the extremities. Frostbite occurs when the body's tissue temperature drops below 28 degrees Fahrenheit. It typically starts at the nose, ears, fingertips and toes and then works its way deeper under the skin. Identified by severity, the three stages of frostbite are: frostnip, mild frostbite, and severe frostbite.

- Mild frostbite can be recognized by red, dry, waxy skin; swelling; tingling/burning sensation; white or blue-gray skin color; limited movement; and cold, firm skin.
- Severe or deep frostbite is distinguished by hard, cold, waxy immobile skin that is white, gray, black, or purple; burning, throbbing, aching, or shooting pain; decreased circulation; numbness or tingling; and blistering within 36 to 72 hours.

With any type of cold-induced injury, always rule out hypothermia first. If frostbite does occur, proper treatment and referral to a medical professional is the primary course of action. To treat mild or superficial frostbite, slowly re-warm the area at room temperature.

When re-warming severely frostbitten tissue, immerse the area in warm water (98 to 104 degrees Fahrenheit). Regardless of severity, the re-warmed tissue should always be protected from further risk of refreezing, as this will cause the tissue to die. When treating frostbite, DO NOT rub the tissue as it will cause more damage.

Holidays

By: Henry Wadsworth Longfellow

*The holiest of all holidays are those
Kept by ourselves in silence and apart;
The secret anniversaries of the heart,
When the full river of feeling overflows;--
The happy days unclouded to their close;
The sudden joys that out of darkness start
As flames from ashes; swift desires that dart
Like swallows singing down each wind that blows!
White as the gleam of a receding sail,
White as a cloud that floats and fades in air,
White as the whitest lily on a stream,
These tender memories are;--a fairy tale
Of some enchanted land we know not where,
But lovely as a landscape in a dream.*



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In Loving Memory...
Jessica, Kristin and Nick

In Loving Memory
of Jessica Lehrke

