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## *Weekly Safety Tip*

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

December 28, 2015

### SCI Safety News: New Years Eve Safety Tips

*Source: <https://metrofire.ca.gov>*

*Date: 2012*



**Drinking:** While this goes under the “common sense” rule, it still must be said, DON’T SIT YOUR DRINK DOWN ANYWHERE! A lot of times people are trusting within their surrounding and tend to put their drink down where anyone can get to it, keep your drink with you. Even if you have to go to the bathroom, either take it with you or give it to a close friend of yours. Whatever you do, don’t leave your drink at a table and then come back to it. While New Year’s Eve is super fun it’s also super dangerous when it comes to someone spiking your drink while it’s unattended. When you are popping champagne bottles, aim the cork away from people. This may sound funny, however, it’s a serious issue, it’s all fun and games until someone loses an eye!

**Driving:** Whatever you do this New Year’s Eve, DON’T DRINK AND DRIVE! Even if you’ve had only a couple of drinks, have a designated driver to drive you around. You may think that you’re not that “buzzed up”, however you’re wrong! To avoid problems with accidents and the law, have someone “sober” drive for you. This doesn’t count if your designated driver had drinks along with you; make sure your driver is alcohol free for the night.

**SCI Safety Slogan**



**James Lehrke-SCI**

**Public Events:** Being that it's New Year's Eve I'm sure you're going to want to attend all of the parties and New Year's festivities. When attending these events, beware of your surroundings at all times! This is extremely important since you may be drinking around tons of people you don't know in a place you've probably never been. Never go to these types of places by yourself. This doesn't just go for women it also goes for men! When at public events make sure you have a communication device such as cell phone or laptop just in case anything negative occurs. Be prepared!

**No Fireworks or Guns:** This will be enforced to the fullest by law enforcement when it comes to New Year's Eve festivities. If you are going to engage in fireworks, leave it up to the professionals. If you are caught with fireworks this New Year's Eve, it may be more than just a fine; it may possibly lead to jail time!

**Friends:** If you plan on going anywhere for the New Year's Eve holiday, take friends with you! When going to any type of party or function, don't go alone! This is really important when it comes to females going out, always stay in groups!

**Pet Safety:** Nothing frightens pet's more than sudden loud noises. Extra attention must be given so your pets won't run away in a panic. Scared, running pets can be hit by cars, cause accidents, and become lost...not to mention, frequently bite people.

Other tips for your New Year's Celebration include:

- Make sure all fences and gates are secure.
- Make sure your pet has its ID or dog license, come down and microchip NOW, if you already have a microchip make sure it is current.
- Ask your veterinarian for tranquilizers if your animal has shown signs of extreme uneasiness in the past.
- Keep your pets INSIDE, in a comfortable room, with comforting music playing to drown out scary noises.



## SCI OSHA News: OSHA renews alliance to protect roadway construction workers

Source: [www.osha.gov](http://www.osha.gov)

Date: December 17, 2015

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**WASHINGTON** - The Occupational Safety and Health Administration today renewed its alliance with the National Institute for Occupational Safety and Health and [Roadway Work Zone Safety and Health Partners](#) to protect workers in roadway construction work zones from injuries, illnesses and fatalities. The renewed alliance will continue for five years.

The alliance promotes a culture of safety in the roadway construction industry, especially among non- and limited-English speaking workers. Members collaborate to reduce workplace incidents, especially preventing worker exposures to run-over and back-over hazards, excessive noise, sprains and strains, and illnesses related to silica exposure.

"Employees who work in highway construction work zones face serious dangers, not only from construction equipment but from motorists as well," said Assistant Secretary of Labor for Occupational Safety and Health Dr. David Michaels. "I am confident that the information and resources generated from this renewed alliance will prove beneficial in reducing worker injuries and fatalities."

Created in 2007, the alliance has developed [case studies](#) on worker fatalities in roadway work zones, produced an [Infographic\\*](#) on the causes of the fatalities, and contributed to the development of documents and training courses to prevent falls and other construction safety hazards. The Roadway Work Zone Safety and Health Partners have distributed information on OSHA's campaigns to prevent falls in construction and reduce the risks of heat illness.

Signatories include the American Road and Transportation Builders Association; National Asphalt Pavement Association; Laborers' International Union of North America [LIUNA]; Laborers' Health and Safety Fund of North America; LIUNA Training and



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**Money and Stress**

Are you stressed out about money? Does a discussion about money in your home cause a fight? Apparently we are still stressed out in this country and mostly over money. In an article in the Los Angeles Times Melissa Healy reports that more than one in four Americans feel stressed over money most or all of the time. Most people said that their stress over money was about the same as last year or gotten worse.

In a survey by the American Psychological Association, Americans ranked their stress factors in the following order: money, work, family responsibilities and health concerns. Lower income respondents reported they lived a less healthful lifestyle. Included in their answers were skipping or considered skipping a needed trip to the doctor out of financial concerns.

Over the years I have met with many clients who suffer from anxiety, depression and stress because of their financial situation. So what are the answers to stress and money? Because most of us are secretive about how much we make and how much we owe, there isn't a lot of conversation about options that may be available to help someone struggling financially each month. Money management is a skill and like any skill it has to be learned and practiced to build sufficiency.

Since 1972 Aurora Family Service has been home to Consumer Credit Counseling Service. This service is available to anyone in Wisconsin who needs help with their budget, improving their credit or getting out of debt. Counselors do a confidential, thorough financial assessment with the client and together they develop action steps and goals. When appropriate we can make new arrangements with many credit card companies to lower interest rates and payments to help our clients get out of debt faster. If you don't live in Wisconsin, you can contact the National Foundation for Consumer Credit (NFCC) for a nonprofit credit counseling agency near you.

The important thing is to take steps to evaluate your spending and develop a plan that works for your family and can alleviate stress.

Education Fund; International Union of Operating Engineers; Associated General Contractors of America; International Safety Equipment Association; and American Association of State Highway and Transportation Officials.

Through its [Alliance Program](#), OSHA works with unions, consulates, trade and professional organizations, faith- and community-based organizations, businesses and educational institutions to prevent workplace fatalities, injuries and illnesses. The purpose of each alliance is to develop compliance assistance tools and resources and to educate workers and employers about their rights and responsibilities.

Alliance Program participants do not receive exemptions from OSHA inspections or any other enforcement benefits. Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to ensure these conditions for America's working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit [www.osha.gov](http://www.osha.gov).

**HAPPY NEW YEAR!**  
**&**  
**PROSPEROUS 2016**



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 Send us an email at:  
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