



**“Your Connection for Workplace Safety”**  
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## *Weekly Safety Tip*

*Life Is All About Choices!®*

December 7, 2015

### SCI Safety: Christmas Trees and Fire Safety

Source: <http://www.christmastreeassociation.org/Article/Pages/christmas-trees-and-fire-safety>

Date: 2009

No one wants to spoil the holiday season, but Christmas trees in the home can present a fire safety issue. A primary concern with a Christmas tree is fire danger, often brought on by the combination of electrical malfunctions and, in the case of a real tree, a drying tree.

According to a National Fire Protection Association (NFPA) report, U.S. fire departments responded to more than 200 home structure fires annually from 2002 to 2005 that began with Christmas trees. Each year fires occurring during the holiday season injure 2,600 individuals and cause over \$930 million in damage, according to the United States Fire Administration.

Electrical failures or malfunctions were involved in nearly half of the fires, while nearly a quarter occurred because a heat source was located too close to the tree. Decorative lights with live voltage were involved in more than 20 percent of the instances.

Electrical malfunctions can also ignite artificial trees and homeowners should take the same precautions in terms of tree placement and decorations as they would with a real tree.



### **SCI Safety Slogan**



**James Lehrke-SCI**

Additionally, in the same three-year period, an annual average of 90 outside and other non-structure fires on home properties occurred because of Christmas trees stored on the property, the report indicates. Two-thirds of these fires occurred in January, with 64 percent of them being set intentionally. This suggests that discarded Christmas trees may be an attractive target for arsonists.

According to the NFPA even a well-watered tree should be taken down after four weeks. If you decorated your real tree right after Thanksgiving, it should be discarded the week after Christmas, not New Year's Day.

*Christmas Tree Safety PDF located on page 3*



## SCI OSHA News: OSHA issues tools to help prevent workplace violence in healthcare settings

Source: <http://www.osha.gov>

Date: December 1, 2015

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**WASHINGTON** - The Occupational Safety and Health Administration today unveiled a [new webpage](#) developed to provide employers and workers with strategies and tools for preventing workplace violence in healthcare settings.

The webpage, part of OSHA's [Worker Safety in Hospitals](#) website, complements the updated [Guidelines for Preventing Workplace Violence for Healthcare and Social Service Workers\\*](#), published earlier this year. The new webpage includes real-life examples from healthcare organizations that have incorporated successful workplace violence prevention programs, and models of how a workplace violence prevention program can complement and enhance an organization's strategies for compliance and a culture of safety.

Similar to the guidelines, the new strategies and tools focus on workplace violence prevention programs that include elements such as management commitment and worker participation; worksite analysis and hazard identification; hazard prevention and control; safety and health training; and recordkeeping and program evaluation.

"Too many healthcare workers face threats and physical violence on the job while caring for our loved ones," said Assistant Secretary of Labor for Occupational Safety and Health Dr. David Michaels. "It is not right that these valuable workers continue to be injured and sometimes killed on the job. Most of these injuries are preventable and OSHA is providing these resources to help combat these incidents and raise awareness that violence does not need to be part of the job."

From 2002 to 2013, incidents of serious workplace violence were four times more common in healthcare than in private industry on average, according to Bureau of Labor Statistics data. Healthcare accounts for nearly as many serious violent injuries as all other industries combined. The webpage addresses this issue by providing hospital administrators with information on the risk factors, associated costs and actions that can be taken to manage the problem.

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).



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Quick Tips for Healthy Living

## Treating Soreness with Activities Changes

As the seasons change, so do many of the activities we enjoy. Many may hang up their bike or store away their baseball glove and dust off their snowshoes or wax their downhill skis. Whatever activities you enjoy, chances are they change with the seasons.

Unfortunately, the start of any new activity often brings aches and pains. It is very common to experience muscle soreness when using muscle groups that are not used to the new activity. This muscle soreness is often referred to as delayed onset muscle soreness, or DOMS. It typically is noticed 24-48 hours after activity.

Treatment for DOMS:

- Ice for 20 minutes. Remember to put a towel between the ice and skin if using a chemical ice pack.
- Stretch the sore or tight muscles and all major muscle groups if able.
- Take an over-the-counter pain reliever as needed according to the directions on the bottle.
- Keep moving! Don't give up on your workout or activity. Typically soreness from DOMS will fade as the body is active. If pain persists or increases with activity, you may need to treat it as an injury.

How to tell if the soreness is an actual injury:

- Pain does not subside, or lasts for more than 5-7 days.
- Pain was present immediately following activity, or there was one specific instance when you felt pain.
- You notice swelling or bruising.

Injury treatment options:

- Rest. If pain gets worse with activity, it is your body's way of telling you to take a break.
- Ice. Icing can help reduce pain and swelling.
- Compression. Using an elastic wrap around an injured joint can help prevent or reduce swelling.
- Elevation. Raising the injured body part above the level of the heart can help reduce swelling.
- Schedule a free injury evaluation with the Aurora Sports Medicine Institute athletic trainers. The athletic trainers located in the rehab department at ASMMC offer free injury evaluations year-round. Call 920-451-5559 to schedule an appointment.

Just because animals hibernate during the colder months doesn't mean you have to! Stay active and have fun exploring new activities

## Fast Facts on Christmas Tree Safety...

<http://www.dps.state.ia.us/fm/main/pdf/2010/ChristmasTreeSafety.pdf>

### Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



#### PICKING THE TREE

- ❗ If you have an artificial tree, be sure it is labeled, certified, or identified by the manufacturer as fire-retardant.
- ❗ Choose a tree with fresh, green needles that do not fall off when touched.



#### PLACING THE TREE

- ❗ Before placing the tree in the stand, cut 1-2" from the base of the trunk.
- ❗ Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- ❗ Make sure the tree is not blocking an exit.
- ❗ Add water to the tree stand. Be sure to add water daily.



#### LIGHTING THE TREE

- ❗ Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use.
- ❗ Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini string sets and a maximum of 50 bulbs for screw-in bulbs.
- ❗ Never use lit candles to decorate the tree.
- ❗ Always turn off Christmas tree lights before leaving home or going to bed.

#### AFTER CHRISTMAS

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home. Check with your local community to find a recycling program. Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

#### FACTS

- ① Each year, fire departments respond to roughly 200 structure fires caused by Christmas trees.
- ① Two out of five home Christmas tree fires are caused by electrical problems.
- ① A heat source too close to the tree causes one-quarter of the fires.



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[www.nfpa.org/education](http://www.nfpa.org/education)

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