



# Weekly Safety Tip

“Your Connection for Workplace Safety”  
Phone: 920-208-7520

*We're about service, commitment, results, and accountability!*

*Our Weekly Safety Tip provides valuable and current safety information relevant for Work, Home & Play.*

*And, you will be kept current on the latest Safety Compliance issues.*



**SCI SAFETY NEWS OR TIP**



**SCI OSHA NEWS OR COMPLIANCE**



**SCI HEALTHYLIVING and WELLNESS NEWS**

**We want to hear from you! Send us your feedback and give us ideas for future safety topics.**

**Let us know how you feel about our new look!**

**Safety Slogan**

**You are grand if you wash your hand**

**James Lehrke-SCI**

**of the week**

## SCI Safety Tip: National Hand Washing Awareness Week (December 1-7)

Source: <http://www.cdc.gov/features/handwashing/>

Date: March 25, 2013

*Keeping hands clean is one of the best ways to prevent the spread of infection and illness.*

Handwashing is easy to do and it's one of the most effective ways to prevent the spread of many types of infection and illness in all settings—from your [home](#) and [workplace](#) to child care facilities and [hospitals](#). Clean hands can stop germs from spreading from one person to another and throughout an entire community.

**Learn more about when and how to wash your hands.**

When should you wash your hands?

**Before**, during, and after preparing food

**Before** eating food

**Before** and after caring for someone who is sick

**Before** and after treating a cut or wound

**After** using the toilet

**After** changing diapers or cleaning up a child who has used the toilet

**After** blowing your nose, coughing, or sneezing

**After** touching an animal, animal feed, or animal waste

**After** touching garbage

**What is the right way to wash your hands?**

- Wet your hands with clean running water (warm or cold) and apply soap.
- Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry.

Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs.

**Hand sanitizers may not be as effective when hands are visibly dirty.**

How should you use hand sanitizer?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

For more information on handwashing, please visit CDC's [Handwashing website](#). You can also call 1-800-CDC-INFO, or [Contact CDC-INFO](#) for answers to specific questions.

## SCI OSHA News: How Does OSHA's New Signage Rules Affect Your Workplace? (Part 2)

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

Date: November 15, 2013

### What's New?

According to OSHA, the new ANSI Z535.1-2011 Standard for Safety Colors and ANSI Z535.2-2011 Standard for Environmental and Facility Safety Signs offer:

- Better definition for the content of a safety sign
- Improved safety sign formats
- Differentiation between varying degrees of risk/hazard severity
- Consistency leading to improved comprehension

With an emphasis on tested symbols and the ability to handle complex messages, the ANSI designs have many advantages in an increasingly complex workplace.

### Cultural Diversity a Big Issue

One of the reasons for the new signage requirements is growing cultural diversity in the United States. As the population becomes more diverse, there has been a rise in non-native English speakers, which makes communication more challenging.

Under federal law employers are required to provide information to employees about health and safety at the workplace in a manner the employee understands. a

The ANSI Z535 series signage addresses this concern with appropriate symbols and signal words identifying the potential hazard and how to avoid the hazard. These safety signs:

- Are clear and consistent
- Have standard symbols that convey the intended message
- Use simple, everyday language and signal words

## Literacy Also a Concern

Another concern is literacy. Studies show that:

- 30 million adults in the United States cannot read.
- 14 percent read at or below a 5th grade level.
- 29 percent read at the 8th grade level.

It is the illiterate workers who are most likely to work in environments with a greater risk of injury or illness. New safety sign designs make it easier for this group to recognize the symbol or the simple signal word and avoid the hazard.

## HEALTHY BITES

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PREVEA  
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## Hernia

A hernia happens when part of an internal organ or tissue bulges through a weak area of muscle. Most hernias are in the abdomen.

There are several types of hernias, including

- Inguinal, in the groin. This is the the most common type.
- Umbilical, around the belly button
- Incisional, through a scar
- Hiatal, a small opening in the diaphragm that allows the upper part of the stomach to move up into the chest.
- Congenital diaphragmatic, a birth defect that needs surgery

Hernias are common. They can affect men, women, and children. A combination of muscle weakness and straining, such as with heavy lifting, might contribute. Some people are born with weak abdominal muscles and may be more likely to get a hernia.

Treatment is usually surgery to repair the opening in the muscle wall. Untreated hernias can cause pain and health problems.



What do you think?  
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See our bold new look @  
<http://www.safetyconnections.com/>

In Loving  
Memory of Jessica Lehrke