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Weekly Safety Tip

Life Is All About Choices!®

February 15, 2016

SCI Safety Tips: 9 tips for winter parking lot safety

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

Date: February 13, 2014



Parking lots can be dangerous places, especially this winter with so much ice and snow in so many places across the country. A nurse at an Illinois hospital was recently killed by a snowplow in the hospital parking lot. How can you avoid tragedies like this and other parking lot accidents? Keep reading to find out.

One problem with parking lots is that drivers feel they can let their guard down because they're no longer on the road. But according to a study by the Independent Insurance Agents and Brokers Association, 20 percent of insurance claims were related to parking lot accidents. The problem is twofold—limited visibility and distraction. A full lot makes it hard for drivers to see hazards. As well, drivers entering or leaving parking spaces have severely constrained visibility.

Distractions are a major issue. When people get into their cars, they do all kinds of things, such as fiddling with the radio, checking their phones, or starting up the GPS. Unfortunately, many of these activities take place as they are backing up or driving in the parking lot. As a result, they may not see pedestrians, who may also be distracted—especially by their phones—as they walk. All of these hazards are made considerably worse in inclement weather.

SCI Safety Slogan

We
Believe in
Keeping
You Safe

James Lehrke-SCI

Avoid causing a parking lot accident or becoming a victim

Share these parking lot safety tips with employees:

1. Do everything you need to do (adjusting seat, mirrors, etc.) before you exit the parking space.
2. When walking in a parking lot, stay to the sides of the aisle and watch for cars.
3. Do not talk on the phone or use headphones in a parking lot.
4. Obey parking lot speed limits and lane designations; don't cut diagonally across the lot.
5. When walking in an icy lot (or any lot for that matter) make eye contact with an approaching driver. Stop if you don't think the driver has seen you.
6. Wear boots or shoes with nonslip soles and good ankle support. If necessary, carry your work shoes with you and change inside.
7. Snow muffles engine sounds; don't rely solely on hearing to know if a vehicle is coming. Electric and hybrid vehicles are especially quiet.
8. Look out for snowplows and snowblowers. If possible, these should operate when the lot is empty or as empty as possible.
9. Snowdrifts can prevent drivers from seeing traffic signs and crosswalks. Don't take shortcuts over snowdrifts or plowed snow.



SCI OSHA News: Tips for avoiding OSHA citations for lockout/tagout

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

Date: February 11, 2016

What gets employers into LOTO trouble with OSHA? Attorney Nickole Winnett, shareholder in the Washington, D.C., office of Jackson Lewis, points to a number of culprits, including failing to ensure that energy control procedures have been developed, documented, and are in use for each piece of equipment where servicing and maintenance occur. Exceptions are situations in which the following are all in place:

- The equipment has no potential for stored or residual energy or reaccumulation of stored energy after shutdown, which poses a risk for employees.
- The equipment has a single energy source, which can be readily identified and isolated.
- Isolating and locking out the energy source will completely de-energize the equipment.
- The machine or equipment is isolated from the energy source and locked out during service or maintenance.
- A single lockout device will achieve a lockout condition.
- The lockout device is under the exclusive control of the authorized employee.



The servicing or maintenance does not create hazards for other employees. Winnett explains that in order to apply this exception, the employer has to have had no accidents involving unexpected activation or reenergizing of the equipment during service or maintenance. If the above conditions are not met, written procedures must be developed for *each* piece of equipment.



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Quick Tips for Healthy Living

Healthy Balance

Wellness is defined as “a healthy balance of the mind, body, and spirit that results in an overall feeling of well-being.”

I know it’s sometimes difficult to make changes in our lives, especially with busy work and family schedules, but I truly hope you can find some inspiration here to make your health a priority this New Year. Yes, going to the gym on a cold, winter’s morning is not as easy as sleeping in your nice, warm bed, but you’ll be glad you did. Here are some tips:

1. Fuel up- Eat cruciferous vegetables at least three times a week—try different varieties such as broccolini, bok choy, and watercress.
2. Get moving- Begin by committing to 30 minutes of exercise each day in the form of a brisk walk. Increase your fitness level by using 4x4 interval training. Follow four minutes of high-intensity exercise with four minutes of lower-intensity exercise; repeat three times.
3. Get in touch- Gently remind yourself to practice optimism each day. Connect with a friend at least once a month with whom you can talk about your most important concerns.
4. Smarten up- Challenge yourself by doing the weekly crossword puzzle in the weekend newspaper. Get seven to nine hours of sleep a night (yes, we know you’ve heard this before, but adequate sleep is essential for mental alertness, learning, and weight control, and to decrease the risk of cardiovascular disease and diabetes).
5. Connect- Eat dinner together as a family at least three times a week. Find a cause you’re passionate about; commit to volunteering at least once a month.
6. Slow down- Engage in an activity that reconnects you to spiritual wellness each week such as taking a walk in the forest or by a body of water. Take time to meditate 15 minutes a day; use deep breathing techniques and enjoy the sense of relaxation.

We spend so much time and energy focused on professional and financial pursuits that we tend to overlook the importance of our own physical well-being, which then causes more health-related problems and stress.

So I’d like to leave you with one last thought from motivational speaker Jim Rohn that summarizes the main idea here pretty well:

“Take care of your body. It’s the only place you have to live.”

Another potential red flag for regulators is businesses that operate out of more than one location. “If you have multiple worksites, OSHA looks at the history of the company to determine whether to issue serious, repeat, or willful violations,” says Winnett.

If an employer has received a LOTO citation at a plant in one city, but has not made and verified the fixes, OSHA could issue a repeat violation with penalties up to \$70,000 (and higher after August 2016) for the same problem at another location. For that reason, employers should communicate OSHA citations received at one location to other sites so they can review their practices and make any necessary changes.

As well, Winnett urges employers to be mindful of the federal government’s practice of issuing contracts to employers with a strong record in safety and other compliance areas. “If you’ve received a citation, the government is going to weigh that in determining who gets contracts.” Employers need to provide equipment- and program-specific training to employees and not rely solely on off-the-shelf LOTO safety videos.



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