



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

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

## *Weekly Safety Tip*

*Life Is All About Choices!®*

February 22, 2016

### SCI Safety Tips: Prevent combustible dust explosions

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

Date: May 1, 2013

Combustible dusts – finely ground organic or metal particles – can be found in a number of industries, the Washington State Department of Labor and Industries states. These industries include food, tobacco, plastics, paper, rubber, textiles, pesticides, pharmaceuticals and fossil fuel power generation.

Washington L&I notes that combustible dust can accumulate inside of, or escape from, equipment and settle on work area surfaces. These accumulations, when dispersed in the air in the presence of an ignition source, can result in an explosion.

OSHA says five elements must be present for a dust explosion to occur. If any one of these elements is missing, an explosion will not occur.



***SCI Safety Slogan***

**BE CAREFUL**  
**SAFETY IS**  
**EVERYBODY'S**  
**JOB**

***James Lehrke-SCI***

The first three elements are needed for a fire:

1. Combustible dust (fuel)
2. Ignition source (heat)
3. Oxygen in air (oxidizer)
4. The other two elements that must be present for a combustible dust explosion to occur are:
5. Dispersion of dust particles in sufficient quantity and concentration
6. Confinement of the dust cloud



To prevent a dust explosion, OSHA recommends employers:

- Implement a hazardous dust inspection, testing, housekeeping and control program.
- Use proper dust collection systems.
- Regularly inspect for dust residues in open and hidden areas.
- If ignition sources are present, use cleaning methods that do not generate dust clouds.
- Control smoking, open flames and sparks, including mechanical sparks and friction.

## SCI OSHA News: National Safety Stand-Down highlights importance of preventing falls

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

Date: February 16, 2016

**WASHINGTON** - The [U.S. Department of Labor’s Occupational Safety and Health Administration](#) and other federal safety agencies announced today that they have designated May 2-6, 2016, for the third annual National Safety Stand-Down. The event is a nationwide effort to remind and educate employers and workers in the construction industry of the serious dangers of falls - the cause of the highest number of industry deaths in the construction industry.

OSHA, the [National Institute for Occupational Safety and Health](#) and the [Center for Construction Research and Training](#) are leading the effort to encourage employers to pause during their workday for topic discussions, demonstrations, and training on how to recognize hazards and prevent falls.

“Falls still kill far too many construction workers,” said [Dr. David Michaels, Assistant Secretary of Labor for Occupational Safety and Health](#). “While we regularly work with employers, industry groups and worker organizations on preventing falls and saving lives, the National Safety Stand-Down encourages all employers - from small businesses to large companies operating at many job sites - to be part of our effort to ensure every worker makes it to the end of their shift safely.”

More than four million workers participated in the National Safety Stand-Downs in 2014 and 2015, and OSHA expects thousands of employers across the nation to join the 2016 event. To guide their efforts, OSHA has developed the official [National Safety Stand-Down web site](#) with information on conducting a successful stand-





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Quick Tips for Healthy Living

**Understanding and Controlling Your Cholesterol**

What is cholesterol?

Cholesterol is a waxy substance that travels through your blood and blood vessels. The build up of cholesterol can lead to blocked arteries which increases the risk of having a heart attack or stroke.

Good and Bad Cholesterol

Bad cholesterol is known as low-density lipoprotein (LDL). It carries the cholesterol through your bloodstream and ultimately increases your risk for heart disease and stroke when it builds up in artery walls.

Good cholesterol is known as high-density lipoprotein (HDL). It collects excess cholesterol that LDLs have left behind on blood vessel walls. This type of cholesterol can actually decrease your risk of heart disease and stroke, but should still be consumed in moderation.

Controlling Your Cholesterol

While cutting back on foods that contain cholesterol is a healthy decision, sometimes it's not enough. Make sure the cholesterol you do consume is of the healthy variety. Read food labels and cut out foods with saturated and trans fats (also called hydrogenated fats). Choose lean cuts of meat and low-fat dairy products. Substitute oils, such as olive oil, in place of solid fats like butter or shortening. Increasing fish (omega-3 fatty acids) and fiber in your diet may also help lower your cholesterol.

Don't forget to schedule regular physicals and follow your doctor's orders!

down. After their events, employers are encouraged to provide feedback and will receive a personalized certificate of participation.

“In many workplaces, falls are a real and persistent hazard. Given the nature of the work, the construction industry sees the highest frequency of fall-related deaths and serious, sometimes debilitating injuries,” said Dr. John Howard, Director of NIOSH. “Since the effort began in 2014, the National Safety Stand-Down serves as an important opportunity for both employers and workers to stop and take time in the workday to identify existing fall hazards, and then offer demonstrations and training to emphasize how to stay safe on the job.”

The National Safety Stand-Down in 2016 is part of OSHA’s ongoing [Fall Prevention Campaign](#). Begun in 2012, the campaign was developed in partnership with the [NIOSH National Occupational Research Agenda](#) program. It provides employers with lifesaving information and [educational materials](#) on how to take steps to prevent falls, provide the right equipment for their workers, and train all employees in the proper use of that equipment.

OSHA has also produced a brief [video](#) with more information about the 2016 Stand-Down in English and Spanish.

For more information on the success of last year’s Stand-Down, see the [final data report](#). To learn how to partner with OSHA in this Stand-Down, visit <http://www.osha.gov/StopFallsStandDown/>. The page provides details on how to conduct a stand-down; receive a certificate of participation; and access free education and training resources, fact sheets and other outreach materials in English and Spanish. To learn more about preventing falls in construction visit <http://www.osha.gov/stopfalls/>.

*What do you think?*

*Send us an email at:*

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*See our bold new look*

*In Loving Memory of Jessica*

*Lehrke*

