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## *Weekly Safety Tip*

*Life Is All About Choices!®*

February 23, 2015

### **SCI Safety Tip: *Working (safely) from home (Part 2)***

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

By: Tom Musick

Date: January 25, 2015

The Office of Personnel Management encourages federal agencies to use similar safety checklists for teleworkers. The checklists cover physical safety as well as safeguarding of information, said Steve Shih, deputy associate director at OPM in charge of senior executive service, performance management, awards, leadership development and work life. ([See below](#) for an example of a telework agreement.)

Although teleworkers are expected to maintain the safety of their personal worksites, Shih said, managers can support safety by using the lists as a form of communication.

“So, while the employee has primary responsibility regarding the physical and informational safety of their home, managers can certainly help employees be successful by giving them information, resources and guidance,” Shih said.

Telework in the federal government increased to 10 percent from 8 percent between September 2011 and September 2012, Shih said. He added that President Barack Obama and OPM Director Katherine Archuleta were “extremely supportive” of telework.

“Telework can be a crucial tool in terms of ensuring that the government continues to operate in times of national emergencies, crises or even in weather-related conditions like snow days,” Shih said. “We’ve seen that in recent years – when the government did shut down in Washington because of massive snowstorms, a



***SCI Safety Slogan***

**Dare to be aware.**

***James Lehrke-SCI***

significant percentage of employees were able to continue working at home.” ‘Here to stay’

Although many treatable home office injuries may go unreported, several serious injuries have led to court cases during the past 15 years.

In one case, a Utah man was working from home, waiting for a package to be delivered by his company for an upcoming business trip. A winter storm had dumped several inches of snow the night before, so the man went outside to spread salt on his driveway before the postal carrier arrived with the package. The man slipped and fell on the driveway, sustaining a neck injury that caused him to become a quadriplegic. In 2000, the Utah Labor Commission ruled that the man was entitled to workers’ compensation because his injury arose out of, and during the course of, his employment.



In 2010, an interior decorator who was working from home was injured when she tripped over her dog while walking to her garage to look at fabric samples. The Oregon Workers’ Compensation Board denied her claim, but the ruling was reversed by the state’s Court of Appeals, which argued that her injury occurred during the course of her employment.

However, telework may prevent many more injuries than it causes. The most dangerous part of a worker’s day typically is the time spent behind the wheel, regardless of the reason for the trip, according to the Network of Employers for Traffic Safety, an organization that works to improve the safety and health of employees. This past summer, Vienna, VA-based NETS launched a campaign to help employers foster a culture of safe driving. McNichol said it is easy to see how telework could improve safety and health.

“It definitely should,” McNichol said. “We’re spending a lot of hours on the road, and there are health ramifications that are tied to decreased fitness and having additional health risks when you have a long commute. Because it cuts into time when people otherwise would be active or maybe preparing a healthy dinner.”

As with most onsite jobs, Fleming said, a healthy telework program depends on trust and accountability. Employees who can be trusted to stay safe onsite likely can be trusted to stay safe in home offices. Also, employees who excel onsite likely will excel in home offices.

“It’s become institutionalized,” Fleming said. “There will always be a suspecting employer and other reasons why they would want the employees to be within sight, but the virtual work world is here to stay. It’s not going to go away.”

## SCI OSHA Compliance: When PPE is the only choice, make it the right choice

Source: <http://www.blr.com> (Part 4)

Date: January 10, 2014

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### **Welding Protection**

Heat-resistant face shields made of vulcanized rubber or fiberglass with a filter lens protect employees from injurious light radiation as well as flying sparks or metal pieces. The filter lens must have a shade number that will adequately protect the employee’s eyes from the specific light radiation faced.

### **Laser Protection**

Lasers expose employees to injuries from light radiation, so workers should use laser safety spectacles or goggles. Employers should select PPE that protects against the maximum intensity produced by the type of lasers used. OSHA requires employers to train and retrain employees on using and maintaining their eye and face protection.



## Quick Tips for Healthy Living

PREVEA

Health & Wellness

### The Flu Fight!

An adult is considered feverish if his or her oral temperature is above 100° F or rectal temperature is above 100.7° F. If the fever is 102° F or higher:

- Take an over-the-counter medicine such as acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) as directed on the label.
- Take a lukewarm sponge bath.
- Wear light clothing or use a light blanket. Overdressing can increase your temperature.
- Drink plenty of liquids.

If you are concerned about your infant or child's fever, call your pediatrician for the appropriate guidance. Contact your health care provider.

If you have flu-like symptoms and are in a high risk group or are very sick or worried about your illness, contact your health care provider. He or she can determine whether influenza testing and treatment are needed.

Seek medical help immediately if you have:

- A history of serious illness such as AIDS, heart disease, cancer, or diabetes, or if you are taking immunosuppressant drugs.
- A high fever that doesn't respond to fever-reducing medicine.
- A stiff neck, are confused or have trouble staying awake
- Severe pain in your lower abdomen
- Severe stomach pain, vomit repeatedly or have severe diarrhea
- Skin rashes, blisters or a red streak on an arm or leg
- A severe sore throat, severe swelling of the throat or a persistent earache
- Pain with urination, back pain or shaking chills.
- A severe cough, cough up blood or have trouble breathing

Stay healthy out there!

## Compliance Is Our Middle Name

When it comes to safety compliance, it's vital to stay on top of the latest trends and developments so that you can keep your organization in the forefront of workplace safety and health, whether it involves compliance on the job or off.

That's where BLR's *OSHA Compliance Advisor* comes into play. Safety professionals have depended on this twice-monthly newsletter for more than 2 decades, taking advantage of such features as:

- **Latest OSHA and NIOSH news, court rulings, and proposed rules** Avoid the cost of "not knowing"
- **"Plain-English" practical interpretations and compliance advice** Saves time, trouble, and expensive legal consultations
- **Best practice safety case studies** Learn the best ways to reduce accidents and increase management buy-in
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In Loving Memory of Jessica Lehrke

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