



“Your Connection for Workplace Safety”
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We're about service, commitment, results, and accountability!

Weekly Safety Tip

Life Is All About Choices!®

February 8, 2016

SCI Safety Tips: Home Fire Safety

Source: <http://www.redcross.org/prepare/disaster/home-fire>
Date: 2016



Preparing and Preventing a Home Fire – Steps You Can Take Now

- Keep items that can catch on fire at least three feet away from anything that gets hot, such as space heaters.
- Never smoke in bed.
- Talk to your children regularly about the dangers of fire, matches and lighters and keep them out of reach.
- Turn portable heaters off when you leave the room or go to sleep.

Smoke Alarms

- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- Teach your children what smoke alarms sound like and what to do when they hear one.
- Test smoke alarms once a month, if they're not working, change the batteries.
- Smoke alarms should be replaced every 10 years. Never disable smoke or carbon monoxide alarms.

SCI Safety Slogan

**SAFETY
NEVER HURTS**

James Lehrke-SCI

- Carbon monoxide alarms are not substitutes for smoke alarms. Know the difference between the sound of smoke alarms and carbon monoxide alarms.

Fire Escape Planning

- Ensure that all household members know two ways to [escape](#) from every room of your home.
- Make sure everyone knows where to meet outside in case of fire.
- Practice escaping from your home at least twice a year and at different times of the day. Practice waking up to smoke alarms, low crawling and meeting outside. Make sure everyone knows how to call 9-1-1.
- Teach household members to STOP, DROP and ROLL if their clothes should catch on fire.

Cooking Safely

- Stay in the kitchen when frying, grilling or broiling food. If you leave the kitchen, even for a short period of time, turn off the stove.
- Stay in the home while simmering, baking, roasting or boiling food. Check it regularly and use a timer to remind you that food is cooking.
- Keep anything that can catch fire—like pot holders, towels, plastic and clothing— away from the stove.
- Keep pets off cooking surfaces and countertops to prevent them from knocking things onto the burner.

Caution: Carbon Monoxide Kills

- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas.
- If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area.

Home Fire Safety Checklist: <https://p.widencdn.net/g6knqh>

SCI OSHA News: OSHA launches new regional emphasis program for manufacturing hazards

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

Date: February 3, 2016

A new Regional Emphasis Program (REP) in Kansas, Nebraska, and Missouri will focus on high-hazard manufacturing industries. Will your business be targeted in this latest enforcement effort? Keep reading to find out.

The REP focuses on manufacturing industries where injury and illness rates exceed the average for the private sector. The following industries are included:

- Food manufacturing,
- Furniture manufacturing,
- Fabricated metal manufacturing,
- Nonmetallic mineral manufacturing,
- Machinery manufacturing,
- Computer products manufacturing, *and*
- Printing and related support activities





Wellness Defined!

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.

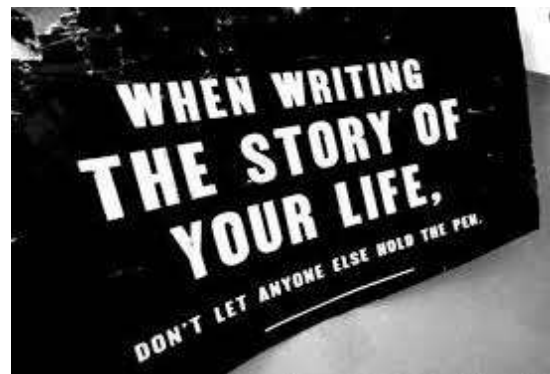
So I’d like to leave you with one last thought from motivational speaker Jim Rohn that summarizes the main idea here pretty well:

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

According to Marcia Drumm, the regional administrator for OSHA Region VII, the new REP will “increase the probability of inspections at establishments in high-hazard industries that have not had a comprehensive inspection since 2011.” Inspection priority will be based on the most recent Bureau of Labor Statistics (BLS) Days Away, Restricted, or Transferred (DART) and Days Away From Work Injury and Illness (DAFWII) rates. Hazards related to lifting and other ergonomic stressors will also be evaluated.

The emphasis program will begin with a 3-month period of education and prevention outreach activities to share safety and health information with employers, associations, and workers. Enforcement efforts will begin after that period. Unless extended, the emphasis program ends on September 30, 2016.

“Workplace injuries, illnesses, and deaths are preventable when employers train workers and provide a safe and healthy work environment. This region-wide emphasis program provides 90 days of outreach and education to assist employers in high-hazard industries to eliminate hazards that can cause worker injuries and illnesses,” said Drumm.



*What do you think?
Send us an email at:
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In Loving Memory of Jessica*

