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Weekly Safety Tip

Life Is All About Choices![®]

March 14, 2016

SCI Safety Tips: Billions of dollars, millions of days lost to vehicle crashes

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

Date: March 10, 2016



A new report says protecting employees from motor vehicle crashes could be a profitable investment for U.S. businesses. Keep reading for the latest on the enormous impact of highway incidents.

The study was conducted by the National Highway Traffic Safety Administration (NHTSA) and released by the Network of Employers for Traffic Safety (NETS). It found that in 2013, U.S. traffic crashes cost employers \$47.4 billion in direct expenses like medical care, lost productivity, liability, and property damage. The study showed employers could control costs by promoting safe-driving habits including seat belt use and eliminating speeding, drunk driving, and distracted driving whether or not employees are at work.

According to the new findings, more than 1.6 million workdays were lost due to traffic crashes, with 90 percent due to incidents that occurred off the job involving employees and/or their dependents. Medical costs paid by employers per employee injured in a crash were nearly double in on-the-job crashes where the employee was not wearing a seat belt, and increased by a third for off-the-job incidents.

SCI Safety Slogan



**SAFETY IS LIKE A LOCK,
BUT YOU ARE THE KEY.**

James Lehrke-SCI

“When people think of the human and financial impact of traffic crashes on the workplace, they think about company car drivers,” noted NETS executive director Jack Hanley. “This new report is an eye-opener. It shows that employers bear the crash costs of all their employees, not just their company drivers.”

NETS is introducing a free toolkit to help employers encourage employees to wear seatbelts. The kit was produced by a Coca-Cola Refreshments site in Bismarck, North Dakota where seatbelt use increased from 54 percent to 84 percent over a six-week period.

The free materials are available at 2seconds2click.org.



SCI OSHA News: You have the power to prevent lockout/tagout injuries Part 1

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

Date: February 26, 2016

As a worker reached inside the hopper of a meat mixer to remove stuck ground beef, the paddles that mix the beef rotated twice, nearly killing him. According to the California Occupational Safety and Health Administration (Cal/OSHA), which recently cited the employer and a temporary employment agency, neither business had properly trained the worker to de-energize the equipment before reaching in to unjam or clean it.

This employee was lucky to have sustained only a crushed hand, a broken arm, and nerve damage. A welder trying to remove a jammed piece of metal from the hydraulic door on a scrap metal shredder was less lucky. The system's energy had not been released and the door had not been blocked open. The welder was crushed to death as a result.

Every year, between 150 and 200 fatalities and some 50,000 injuries occur due to failure to control the release of hazardous energy. Lockout/tagout (LOTO) refers to the OSHA-required practices and procedures to protect workers from unexpected start-up of machinery or hazardous energy released during service or maintenance. LOTO consistently appears on OSHA's annual list of most-violated standards. OSHA maintains that compliance with the standard (29 CFR 1910.147) could prevent hundreds of deaths and thousands of injuries, including amputations, each year.

This article reviews the standard, hazards, and solutions offered by a world leader in automation and LOTO services.

Understanding the law and your duty under it

OSHA requires that equipment be locked or tagged out of service when there is a chance for injury. Workers may not attempt to operate switches, valves, or other controls once a device is locked or tagged. An authorized person must turn off and disconnect equipment from its energy source during service or maintenance.

Locks, tags, and other methods prevent those who are unauthorized from reenergizing equipment. Lockout devices hold energy-isolating equipment in a safe or off position. They prevent equipment from becoming energized because no one can remove them without a key or other unlocking mechanism. Tagout items are prominent warning devices fastened to energy-isolating controls to warn employees not to reenergize the equipment. Tagout devices are easier to remove and, on their own, are considered less protective than lockout equipment.

The OSHA standard does not apply to work on cord- or plug-connected electric equipment and certain hot tapping operations. (Hot tapping refers to the installation of connections to pipelines while they are in service.) Minor servicing that takes place during production is also not covered, as long as the employer provides effective alternative protection from hazardous energy, such as guards.



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Quick Tips for Healthy Living

Food Safety

Most people know that part of a healthy lifestyle includes a well-balanced diet, but foods not stored or prepared properly could be a recipe for disaster. According to foodsafety.gov, one in six Americans could get sick from food poisoning this year and more than 100,000 may end up in the hospital.

Protect yourself and those you cook for by following the recommendations below.

Clean: Illness-causing bacteria can survive and be found in many places around your kitchen, including your hands, utensils, cutting boards, and counters.

- Wash your hands for 20 seconds with soap and running water.
- Wash surfaces and utensils after each use. A bleach solution may also be used to sanitize surfaces and utensils with a mix of one tablespoon unscented, liquid chlorine bleach and one gallon of water.
- Wash fruits and vegetables, but not meat, poultry, or eggs. Even if you peel fruits or vegetables, bacteria can spread from the outside if not washed first. Do not use soap or bleach when washing produce. Simply rinse under running water and dry with a paper towel or clean cloth towel. If raw meat is washed, juices may splash and contaminate other surfaces in your kitchen.

Separate: Even after cleaning your hands and surfaces, illness-causing bacteria can still spread from raw meat, seafood, poultry, and eggs to ready-to-eat foods.

- Use separate cutting boards and utensils for raw and ready-to-eat foods.
- Keep meat, poultry, seafood, and eggs separate from all other food while shopping at the grocery store. Package raw foods in a plastic bag and don't forget to disinfect those reusable shopping bags!
- Keep meat, poultry, seafood, and eggs separate from all other food in the refrigerator. Bacteria can spread inside the refrigerator if juices from raw food come in contact with other items.

Cook: Make sure all food is cooked to its correct temperature, as bacteria multiplies quickest between 40 and 140 degrees Fahrenheit.

- Use a food thermometer to ensure food is fully cooked by inserting the thermometer into the thickest part of the meat without touching the bone.
- Keep food hot in a slow cooker, chafing dish, or warming tray after cooking. Bacteria growth increases as food cools below 140 degrees.

Chill: Illness-causing bacteria can grow within two hours in perishable foods if not refrigerated, and one hour if the temperature is 90 degrees Fahrenheit or higher.

- Properly chill perishable food between 32-40 degrees Fahrenheit.
- Freezing does not eliminate harmful bacteria, but will keep your food safe until you are ready to eat it. Keep the freezer temperature at 0 degrees or below.
- Do not thaw or marinate food on the counter. Thaw food in the refrigerator, cold water, or microwave instead.
- Throw out food that has been stored too long. Reference this chart for proper freezer and refrigerator storage times:

<http://www.foodsafety.gov/keep/charts/storage.html>

In order to be exempted, minor servicing applies only to activities that are:

- Routine—part of regular procedures
- Repetitive—repeated regularly as part of the production process or cycle
- Integral—inherent to and performed as part of the production process

Experts in automation

Rockwell Automation is a global leader in industrial automation and information. With annual sales in excess of \$6 billion, the Milwaukee-based company helps customers in more than 80 countries achieve “smart, safe, sustainable operations in a wide range of industries throughout the world.” In October 2014, Rockwell Automation acquired ESC Services, Inc., a global provider of lockout/tagout services and solutions.

Experts from Rockwell Automation and ESC Services shared their knowledge about the state of the art in lockout/tagout.

Jimi Michalscheck is ESC Services director of market development; Steve Ludwig is program manager for safety at Rockwell Automation; and George Schuster is business development manager for Rockwell Automation. Michalscheck says many employers misunderstand what businesses are covered by the standard. “Lockout/tagout applies to every industry, not just manufacturing,” he explains. “That includes hospitals, banks, casinos, and hotels. Any company that has more than 10 employees is required to comply.”

LOTO is as important in a hotel or government building as it is in a production facility. That's because large nonmanufacturing buildings house dozens or even hundreds of pieces of equipment that can store energy—from air handler units on the roof to booster pumps, boilers, and other industrial equipment with high voltage and high hazards. Building owners and managers often fail to grasp the hazards and the requirements for compliance.

Article continued next week

In Loving Memory. 
Jessica, Kristin and Nick

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