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Weekly Safety Tip

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March 2, 2015

SCI Safety Tip: What You Think You Know About Industrial Fire Really Can Hurt You

Source: <https://www.hsb.com>

By: Dominique Dieken, P.E., CFPS

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Introduction

There are many mistaken notions about fire damage and industrial fire suppression equipment. Many of these misconceptions involve the use and operation of fire sprinkler systems. When properly designed, installed and maintained, fire sprinkler systems are an effective means of protecting people, equipment and property. The real danger, in fact, is that these fallacies about sprinklers can lead to fire damage and even deaths that might have been prevented with proper fire protection steps.

Five Common Myths About Sprinklers

In my years as a consulting engineer, I have often encountered confusion about fire damage and fire suppression equipment. What are the most common myths about fire sprinkler systems?

- Keep sprinklers away from electricity
- Don't use water on flammable liquid/oil fires
- Sprinklers do more damage than fire
- Sprinklers go off accidentally
- My plant has sprinklers, therefore I'm safe

SCI Safety Slogan

Dare to be aware.

James Lehrke-SCI

Get The Facts About Industrial Fire Protection

Most likely, you've heard one or more of these statements before. You may even believe it to be true. But you would be wrong. These statements are not based on fact. Fire sprinkler systems can be used to effectively control electrical and flammable liquid fires. Sprinklers can actually help limit damage. And there is only a very small chance that sprinklers can go off by accident. Yet, the installation of a fire sprinkler system is no excuse to relax other fire prevention efforts. Such a false sense of security can be costly — or even deadly.

Decisions about fire protection should not be based on myth or misunderstanding. Let's discuss each of these issues in more detail.

Myth #1 - Keep Sprinklers Away From Electricity

Once a fire has started, the most critical objective is early control by preventing its spread. Electrical fires produce large amounts of dense, corrosive and toxic smoke that makes the use of portable extinguishers and other manual fire fighting efforts extremely difficult. But sprinklers can control most fires.

As for damage, whatever gave off enough heat to melt a fusible sprinkler link is already on fire and will not likely be further harmed by water from sprinklers. Compare the large amounts of water damage from fire department hose streams to the relatively small volume of water discharged from sprinklers. Electrical equipment design usually incorporates protection against overload and ground faults. Electrical and electronic equipment exposed to sprinkler water can be cleaned, rinsed with deionized water and dried out.

Smoke and Flames Can Be Deadly

What about personal safety? Fire protection laymen will almost always oppose installation of sprinklers in an electrical room because of misdirected concerns about the "personnel hazard." Everyone should already have left the room long before a sprinkler actuates. After all, the hazard of the fire and its products of combustion are much greater than that of the water discharge and potential contact with a live electrical circuit.

Evacuation and the use of automatic fire protection equipment are always safer than attempting to use portable extinguishers or not having any fire suppression system and waiting until the spreading fire threatens the remaining building occupants.

What if sprinklers actuate with a person in the room? There is a risk that a person could be rendered unconscious. But a person would have a better chance of surviving the water than deadly smoke and flames.

Continued next week

SCI OSHA Compliance: 10 Tips for Power Tool Safety

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

Date: February 25, 2015

Even though your employees may use [power tools](#) regularly, a quick refresher on their hazards and safe work practices could prevent an unfortunate incident. Keep reading for valuable content you can share during an upcoming toolbox talk or safety meeting.

According to OSHA, "Power tools must be fitted with guards and safety switches; they are extremely hazardous when used improperly." The type of tool is determined by power source—electric, pneumatic, liquid fuel, hydraulic, and powder-actuated. OSHA recommends these general precautions:

1. Never carry a tool by the cord or hose.
2. Never yank the cord or hose to disconnect it.
3. Keep cords and hoses away from heat, oil, and sharp edges.
4. Disconnect tools when not in use, before servicing and cleaning, and when changing out accessories.
5. Keep those not involved at a safe distance from the work area.
6. Secure work with a clamp or vice, freeing both hands to operate the tool.
7. Avoid accidental startup. Do not hold fingers on the switch button while carrying a plugged-in tool.
8. Maintain tools with care. Keep them sharp and clean and follow manufacturer's instructions for lubricating and changing accessories.
9. Wear proper apparel for the task—loose items like ties or jewelry can become caught in moving parts.





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Quick Tips for Healthy Living

MyPlate- What is it and how can you incorporate it into your life?

March is National Nutrition Month so let's start the month off with some important information on MyPlate and why you should be following these guidelines

On June 2, 2011, First Lady Michelle Obama and USDA Secretary Tom Vilsack released the federal government's new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. MyPlate is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to ChooseMyPlate.gov. The MyPlate icon emphasizes the fruit, vegetable, grains, protein foods, and dairy groups. Later in 2011, MiPlato was launched as the Spanish-language version of MyPlate.

ChooseMyPlate.gov provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information. As Americans are experiencing epidemic rates of overweight and obesity, the online resources and tools can empower people to make healthier food choices for themselves, their families, and their children.

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image – a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.

Fruits	Vegetables	Grains	Protein Foods	Dairy
Focus on fruits.	Vary your veggies.	Make at least half your grains whole.	Go lean with protein.	Get your calcium-rich foods.



MyPlate, MiPlato, and ChooseMyPlate.gov were developed by and are maintained by the USDA Center for Nutrition Policy & Promotion (CNPP).

- Remove all damaged portable electric tools from use and tag them "Do not use."

Where do power tool operators get into trouble?

Experienced tool operators experience problems when they are careless or give in to the temptation to hurry or ignore safety rules, says the Power Tool Institute.

Accidents involving novices are typically associated with a lack of safety knowledge and/or respect for the tool. An inexperienced user may fail to identify a potentially dangerous situation. An example is not recognizing the sound of a saw that is beginning to labor because of a problem with the blade.

According to the Institute, the three major causes of power tool injuries overall are inattention or complacency, unexpected events, and inexperience or overconfidence.



Open your eyes every morning and smile, because you know that you have another day to make a difference of the life of another.

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John Di Lemme



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