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Weekly Safety Tip

Life Is All About Choices![®]

March 20, 2017

SCI Safety Tip: Fall Prevention

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

Falls and falling objects can result from unstable working surfaces, ladders that are not safely positioned, and misuse of fall protection. Workers are also subject to falls or to the dangers of falling objects if sides and edges, floor holes, and wall openings are not protected. Any time a worker is at a height of six feet or more (construction industry) or four feet or more (general industry), the worker must be protected.

Fall Protection

Fall protection must be provided for each employee on a walking/working surface with an unprotected side or edge at the height required by the OSHA standard applicable to their work environment. Management is required to:

- Develop, implement and commit to a fall protection program
- Provide training on the fall protection program • Evaluate the program on a regular basis to insure the program's effectiveness and determine whether it needs to be changed or updated

Employers are required to assess the workplace to determine if the walking/working surfaces on which employees are to work have the strength and structural integrity to safely support workers. Once employers have determined that the surface is safe for employees to work on, the employer must select one of the options listed for the work operation if a fall hazard is present.



SCI Safety Slogan

**Step up your game with
Ladder Safety!**

James Lehrke-SCI

- Where protection is required, select fall protection systems appropriate for given situations.
- Use proper construction and installation of safety systems.
- Supervise employees properly.
- Train workers in the proper selection, use, and maintenance of fall protection systems.

Unprotected Sides, Wall Openings, and Floor Holes

Almost all sites have unprotected sides and edges, wall openings, or floor holes at some point during construction. If these sides and openings are not protected at your site, injuries from falls or falling objects may result, ranging from sprains and concussions to death. Use at least one of the following whenever employees are exposed to a fall of 6 feet or more [see comment above] above a lower level: • Guardrail Systems

- Safety Net Systems
- Fall Arrest Systems
- Cover or guard floor holes as soon as they are created.
- Guard or cover any openings or holes immediately.
- Construct all floor hole covers so they will effectively support two times the weight of employees, equipment, and materials that may be imposed on the cover at any one time.
- In general, it is better to use fall prevention systems, such as guardrails, than fall protection systems, such as safety nets or fall arrest devices.

Ladders

You risk falling if portable ladders are not safely positioned each time they are used. While you are on a ladder, it may move and slip from its supports. You can also lose your balance while getting on or off an unsteady ladder. Falls from ladders can cause injuries ranging from sprains to death.

- Position portable ladders so the side rails extend at least 3 feet above the landing
- Secure side rails at the top to a rigid support and use a grab device when 3-foot extension is not possible.
- Make sure that the weight on the ladder will not cause it to slip off its support.
- Before each use, inspect ladders for cracked, broken, or defective parts.
- Do not apply more weight on the ladder than it is designed to support.
- Use only ladders that comply with OSHA standards.

SCI OSHA: Fed Cuts: What It Could Mean for Occupational Safety, Health and the Environment (Part 1)

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

By: *Sandy Smith*

Date: *March 17, 2017*

White House Budget Director Mick Mulvaney calls “FY 2018 America First - A Budget Blueprint to Make America Great Again” – President Donald Trump’s first budget – “fairly compassionate.” But with a number of federal programs aimed at the elderly, children, workers and the environment facing deep cuts or complete elimination, environment, health and safety (EHS) professionals and others are concerned, particularly when combined with several Executive Orders signed since Trump took office.

When questioned by CNN’s Jim Acosta, Mulvaney said the budget “simply reallocates and reprioritizes spending as any family or business would do,” adding that the budget reflects Trump’s campaign promises to prioritize national defense and homeland security, including immigration reform.

But with deep cuts and even elimination proposed for a number of programs, including EPA, the Department of Labor, the Department of Transportation, Health and Human Services, the National Institutes of Health and the Chemical Safety Board, the proposed Trump budget makes a statement about the administration’s priorities.

The Department of Labor is facing a budget cut of \$2.5 billion, nearly 21 percent of its total budget. If approved, this will result in cuts to:

1. Job training/employment/re-employment services.
2. Senior Community Service Employment Program (eliminated)



Quick Tips for Healthy Living

How to Check and Improve Your Neck Posture

Posture is the way you hold your body. Poor posture can lead to pain and injury. Follow the tips below to help improve your posture at work and home.

How is your posture?

Use a full-length mirror to check your posture. To begin, stand normally and slowly back up against a wall. Is there space between your head and the wall? Do you slouch your shoulders? Is your chin pointing up or down? All of these posture mistakes can cause neck pain and injury.

Follow these steps to improve your posture:

- Roll your shoulders back and squeeze your shoulder blades together.
- Think of your ears, shoulders, and hips as a series of dots. Adjust your body to connect the dots in a straight line.
- Keep your chin level.

Safe posture is not just for work. Practice the proper techniques while driving and doing tasks at home. It is impossible to have perfect posture all of the time, but it will become second nature if you work at it and keep it on your mind!

3. Job Corps
4. Bureau of International Labor Affairs (ILAB) grants (eliminated)
5. OSHA’s Susan Harwood Training Grant Program (eliminated)

“Working people in states like Ohio, Pennsylvania, Michigan and Wisconsin didn’t vote for a budget that slashes workforce training and fails to invest in our nation’s infrastructure,” said AFL-CIO President Richard Trumka. “President Trump’s proposed budget attempts to balance the budget on the backs of working families. The \$54 billion cut to programs that benefit working families is dangerous and destructive. Huge cuts to the departments of Labor, Education and Transportation will make workplaces less safe, put more children at risk and make improving our failing infrastructure much more difficult. The administration can and should do better.”

Laura Barrett, executive director of Interfaith Worker Justice, called the proposed budget “a sellout of working people,” and took particular issue with cuts to the OSHA budget. “Proposed cuts to (OSHA) – the agency charged with ensuring workplaces are in compliance with safety regulations – are particularly galling,” said Barrett. “Currently, there is only one OSHA inspector for every 59,000 working people in the nation, making it impossible for OSHA to inspect each and every workplace in the country. Instead, the most cost-effective way to prevent workplace injuries or death is to have a workforce educated in health and safety on the job.”

She noted that since its inception in 1978, more than 2.1 million working people have completed health and safety training under OSHA’s Susan Harwood Grant Program. “In the past five years, Interfaith Worker Justice and its affiliates have trained thousands of difficult-to-reach and often vulnerable working people on occupational health and safety issues. These trainings have saved lives and prevented serious workplace injuries and illnesses,” she added. “Cutting this relatively low-cost program from OSHA’s budget will put working people across the nation at risk of serious injury or death on the job.”

The budget also proposes the elimination of the Chemical Safety Board, an independent agency whose sole mission is to investigate accidents in the chemical industry and to make recommendations to prevent future accidents and improve safety.

What do you think?

Send us an email at:
jlconnections@aol.com
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In Loving Memory...
 Jessica, Kristin and

*In Loving Memory
 of Jessica Lehrke*

