



**“Your Connection for Workplace Safety”**  
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## *Weekly Safety Tip*

*Life Is All About Choices!*<sup>®</sup>

March 23, 2015

### **SCI Safety Tip: OSHA To Sponsor Work Zone Safety Stand-Down**

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

*Date: March 20, 2015*



The Federal Highway Administration, the state of Georgia, and local government organizations are partnering with the OSHA to sponsor a one-hour Safety Stand-Down at construction sites in Georgia in conjunction with National Highway Work Zone Awareness Week from March 23-27.

Employers will voluntarily stop work on one designated day at construction sites that week from 7 a.m. to 8 a.m. EDT to provide work zone safety training to road workers so they can protect themselves from the dangers of distracted drivers and injuries caused by passing vehicles, flying debris and other objects. Objects and vehicles striking workers are leading causes of road construction-related deaths.

“This alliance is about the mothers, fathers, sisters and brothers who died on-the-job because a driver was distracted by a text message, a phone call or other activity,” said Kurt Petermeyer, OSHA’s regional administrator for the Southeast. “This event will help employers identify hazards and how employees can avoid them and remind the industry of the importance of safety in these work zones.”

***SCI Safety Slogan***

**SLOW-down in Work Zones**

***James Lehrke-SCI***

The Stand-Down is being organized by the [Georgia Struck-By Alliance](#), which includes OSHA; the [Associated General Contractors of Georgia Inc.](#); [3M Visibility & Insulation Solutions](#); [Georgia Department of Transportation](#); the [Federal Highway Administration's Georgia Division](#); and the [Georgia Highway Contractors Association](#). It also includes the [Georgia Utility Contractors Association Inc.](#); the [Association County Commissioners of Georgia](#); [Georgia Tech Research Institute](#); [Lamar Advertising](#); [Georgia Power](#); [Pike Corporation](#); [Ansco & Associates LLC](#); and the [National Safety Council, Georgia Chapter](#).

### Work zone safety basics

If you supervise employees who perform roadwork on public highways, follow these tips to keep them safe:

1. Develop and implement a traffic control plan to direct motorists around work zones.
2. Use clear signage, signals, and message boards to communicate instructions to drivers traveling near work zones.
3. Provide high-visibility clothing and hard hats to flaggers, and make sure they stand in a safe, well-lighted location where they can be easily seen by motorists.
4. Whenever possible, use physical barriers to separate workers from traffic.
5. Consider using alternative traffic management systems instead of flaggers, such as portable traffic signals or remote signaling devices, particularly in hazardous conditions like inclement weather, night work, and high traffic speeds.
6. Refer to the Manual on Uniform Traffic Control Devices (MUTCD) for standards on traffic control devices, signs, flagging garments, barricades, and other protective measures for workers in road construction zones. OSHA has incorporated the MUTCD by reference into its construction standards for signs, signals, and barricades, found at 29 CFR 1926.200-203.
7. Establish safe routes for workers traveling on foot, both within the work zone to protect them from construction vehicles and equipment, and in and out of the work zone to protect them from traffic hazards.
8. Train all workers in highway construction zones on the hazards they are exposed to and applicable safe work practices. This should include:
  - Specific training for flaggers on signaling methods;
  - Training for all workers on construction vehicle routes, visibility limits, and blind spots;
  - Training for equipment operators and signal persons on hand signals used on the worksite; *and*

Training for all workers in the ways in which shiftwork and night work may affect their performance.

**Fact:** In 2010, there were 514 fatal motor vehicle crashes in work zones, resulting in 576 fatalities.

- These 576 fatalities equate to one work zone fatality every 15 hours (1.6 a day). The number of fatalities is a 13.6% decrease from 2009 (667 fatalities), a 20% decrease from 2008 (720 fatalities), a 31% decrease from 2007 (831 fatalities), a 43% decrease from 2006 (1,004 fatalities), and a 46% decrease from 2005 (1,058 fatalities). Source: <http://www.ops.fhwa.dot.gov>

**Touching Story: Dennis lost his life.** Dennis Roeseler, was hit and killed by a minivan while he was working within a properly signed and set up work zone in Fond Du Lac County on US Highway 41.

Source: <http://www.dot.wisconsin.gov/safety/motorist/workzones/zone-transcript.htm>

*Slow down so know one needs to frown... losing a loved one.*

## SCI OSHA Compliance: OSHA is paying attention to safety whistleblowers—*are you?* (Part 2)

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

Date: March 12, 2015

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### Here's what you should know about whistleblowing and retaliation

Under the law, an employer cannot retaliate by taking adverse action against workers who report injuries, safety concerns, or other protected activity.



**Aurora Health Care®**

**Quick Tips for Healthy Living**

*Simple Tips for Healthy Eyes*

Your eyes are an important part of your health. There are many things you can do to keep them healthy and make sure you are seeing your best. Follow these simple steps for maintaining healthy eyes well into your golden years.

**Have a comprehensive dilated eye exam.** You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for a comprehensive dilated eye exam is the only way to really be sure.

**Know your family’s eye health history.** Talk to your family members about their eye health history. It’s important to know if anyone has been diagnosed with a disease or condition since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease or condition.

**Eat right to protect your sight.** You’ve heard carrots are good for your eyes. But eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens is important for keeping your eyes healthy, too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

**Maintain a healthy weight.** Being overweight or obese increases your risk of developing diabetes and other systemic conditions, this can lead to vision loss, such as diabetic eye disease or glaucoma.

**Wear protective eyewear.** Wear protective eyewear when playing sports or doing activities around the home. Protective eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide the correct protection for a certain activity.

**Quit smoking or never start.** Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.

**Be cool and wear your shades.** Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun’s ultraviolet rays.

**Give your eyes a rest.** If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.

**Practice workplace eye safety.** Employers are required to provide a safe work environment. When protective eyewear is required as a part of your job, make a habit of wearing the appropriate type at all times and encourage your coworkers to do the same.

Age-Related Eye Disease Study Research Group. The relationship of dietary carotenoid with vitamin A, E, and C intake with age-related macular degeneration in a case-control study. *Archives of Ophthalmology*; 2007; 125(9): 1225-1232.

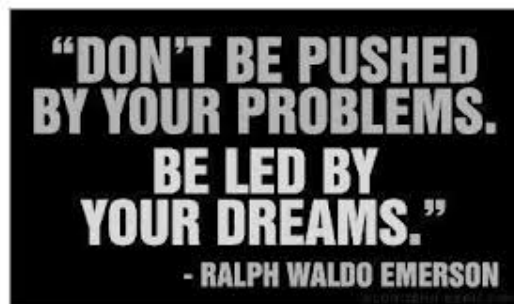
The OSH Act prohibits employees from discrimination against rights such as filing an OSHA complaint, participating in an inspection, or talking to an employer and raising a safety or health complaint. If workers have been retaliated or discriminated against for exercising their rights, they must file a complaint with OSHA within 30 days of the alleged adverse action.



Employees have a limited right under the OSH Act to refuse to do a job because conditions are hazardous. They may do this when:

- They believe they face death or serious injury;
- They have tried, where possible, to get the employer to correct the condition and have been unable to obtain a correction, and the job cannot be done another way; *or*
- The situation is so urgent that there is no time to eliminate the hazards through regulatory means such as calling OSHA.

Learn more at <http://www.whistleblowers.gov>.



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 Send us an email at: [jlconnections@aol.com](mailto:jlconnections@aol.com)  
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*In Loving Memory of Jessica Lehrke*

