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Weekly Safety Tip

Life Is All About Choices!®

March 28, 2016

SCI Safety Tips:

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

Date:



Milder days offer a prime opportunity for spring cleaning and home maintenance. After a long winter, be sure to spend some time on preventive measures that will help maintain your home and property all year long. From cleaning out your gutters and checking for dead trees and branches, to cleaning and inspecting your home mechanical systems such as your heating and air conditioning equipment, we offer ways to help make spring a season of safety.

[Download Our Spring Home Maintenance Checklist >](#)

Inside Your Home

- Check your electrical outlets for potential fire hazards, such as frayed wires or loose-fitting plugs. Make sure outlets, fuse boxes and extension cords are not overloaded.
- Move your multi-purpose fire extinguisher to an accessible place, and make sure it is filled and ready for operation.
- Have your air-conditioning system inspected by a professional as recommended by the manufacturer.
- Check your water heater for leaks and corrosion.
- Clean or replace your furnace filter.
- Clean the clothes dryer exhaust duct and space under the dryer. Remove all lint, dust, and pieces of material.

SCI Safety Slogan

**Dare
To Be
Aware.**

James Lehrke-SCI

- Inspect your smoke detectors. Make sure there is one on each floor of your home. Test them monthly, and change the batteries annually or as needed.
- Check the light bulbs in all your fixtures. Be sure they are the correct wattage as recommended by the manufacturer.
- Replace all high-intensity bulbs with fluorescent bulbs. Other types of bulbs, like incandescent, produce more heat than fluorescent bulbs.

Outside Your Home

- Check for damage to your roof.
- Clean gutters and downspouts to keep debris from accumulating.
- Remove dead trees in your yard.
- Keep healthy trees and bushes trimmed and away from utility wires.
- Safely store oil and gas for lawn equipment and tools in a vented, locked area.
- Repair cracked, broken or uneven driveways and walkways to provide a level walking surface.

SCI OSHA News: You have the power to prevent lockout/tagout injuries Part 3

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

Date: February 26, 2016

A better, more-efficient mousetrap

A printing company found that replacing antiquated, text-based procedures with new graphical procedures considerably cut the time required for authorized employees to identify breakers for remote disconnects. Lockouts for even simple equipment like conveyors that did not previously have written procedures were reduced from 1 hour to 5 minutes with the new system. For more complex equipment, like a printing press, a 4.5-hour lockout procedure was shortened to 30 minutes and employees had more confidence that it was performed correctly.

Using downloadable Excel files made it easier and quicker to identify and make changes to procedures. And an iPad® application that syncs with the employer's secure website portal substantially reduced the time needed to audit hundreds of procedures over a 12-month period.

Taking it to the next level

George Schuster explains that LOTO can actually boost rather than diminish productivity. He points to the long tradition of optimizing manufacturing tasks to make them faster, easier, and more productive. Until fairly recently, however, that same approach had not been applied to equipment maintenance.

"There's a growing recognition that lockout tagout and other processes to make machinery safer are all part of the overall productivity of a plant," says Schuster. Applying the same keen eye to maintenance reflects a more holistic view of manufacturing. If a machine is down due to a jam, failure, or other reason, getting the maintenance performed quickly and safely presents another opportunity for optimizing productivity. The key is to ensure that the equipment can be shut down and LOTO performed and verified in an efficient and orderly fashion. Strategies like making sure carts are supplied with needed tools and parts contribute to more expeditious restarting and less lost productivity. "Downtime events are being broken down into smaller slices, and each slice is being scrutinized for optimization," Schuster adds.

Why do LOTO incidents persist?

Despite new approaches and improved systems, lockout/tagout-related incidents are not diminishing, and in recent years have risen. According to Schuster, "LOTO is sometimes so poorly engineered and so poorly integrated into the rest of the machine function that it is bypassed."

Michalscheck concurs and also notes the many "incentives" for bypassing LOTO procedures. For example, a worker in a hospital setting might take a shortcut because he is concerned about being able to complete a maintenance task in the time allowed on the work order. Michalscheck warns that such "false finish lines" can contribute to incidents and inefficiency and offers the following example:

A work order allows 35 minutes for changing a belt on an exhaust fan, and the maintenance employee feels pressure to stay on schedule. If the employee has the parts and knows how to lock out the fan, 35 minutes may be sufficient, says Michalscheck. But if



Quick Tips for Healthy Living

Choosing a Weight Loss Plan and Weight Control Guidelines

We're already a few months into 2016 and many people have already given up their New Year's resolutions. If that includes you, the good news is you don't have to wait until 2017 to make positive changes in your life!

This is the time of year that many people turn to quick weight loss plans to prepare for spring break or (hopefully) warmer weather. Before committing to a program that may not be safe for your health, consider the following questions.

1. **Is this plan nutritionally adequate?**
Are you able to consume foods from all of the major and necessary food groups? The plan should contain dairy products, protein-rich foods, vegetables, fruits, and grain products.
2. **Does this plan include adequate calories?**
A weight-loss plan under 1200 calories is not recommended without care from a physician.
3. **What are the "gimmicks" being used to "sell" the plan?**
Are the marketing strategies harmless or potentially dangerous? A plan needs to have some advertising to be profitable and often includes marketing that makes the plan look new and different. Look for red flags such as plans based on only one type of food or those that rely on drugs or pills.
4. **Is the plan practical?**
Make sure you are not only able to maintain the plan year-round, but that the recommended foods are easy to obtain. The foods should be affordable, generally liked, and available at the grocery store where you typically shop. You should also be allowed to eat your favorite foods occasionally.
5. **Does the plan promise realistic weight loss goals?**
Weight may come off quickly during the first two weeks of a new diet due to changes in the body's water balance. Although it depends on body size and activity levels, women should lose about one to two pounds per week while men should lose between two and four pounds. Weight loss that occurs faster may be dangerous.
6. **Does the plan include behavior modification tips?**
Besides hunger, people may eat due to stress or boredom, to be sociable, or in response to cues such as smell or sight. Learning what triggers eating and finding ways to control those triggers should be part of the plan.
7. **Is there a plan for maintaining weight loss?**
If the plan is short-term, being able to maintain the weight loss when the diet is complete should be a goal of the plan.

This information is for educational purposes only and should not replace the advice of your health care provider. Please consult your provider if you believe you have a health problem.

the employee approaches the task and realizes he or she does not know the procedure, the temptation might be to bypass lockout altogether rather than conduct the necessary research to do it properly.

In a different type of work environment, such as a manufacturing plant, production pressures may be the reason the employee fails to lock or tag out the equipment before performing service or maintenance.

Consider a case packer that jams repeatedly. An employee knows how to lock out the equipment but might be unaware that lockout may not be the most efficient safe procedure for unjamming this particular machine. If the packer jams three times in an hour and cutting all energy sources takes 7 or 8 minutes each time, an alternative and compliant method (such as remotely operated tools or guarding with redundancy and verification) could cut that down time to 30 seconds per jam.

Ludwig says one reason incidents occur is because employers fail to understand alternative protective measures and the requirement that they not add risk to the procedure. "Understanding the procedures and technologies you are working with is a vital skill set," he adds. "You can't assume that because you unjam something multiple times you can do it without LOTO and call it an alternative method."

Next week training and why it matters!



In Loving Memory... 
Jessica, Kristin and Nick

What do you think?
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