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## *Weekly Safety Tip*

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

March 30, 2015

### **SCI Safety Tip: Spring Cleaning Safety Tips**

Source: <http://clayton.delaware.gov>

#### **Cleaning For Safety**

- Nature is undergoing a fresh start and so are homeowners who are ready to clean up the debris that has been accumulating in basements, storage sheds and garages over the winter.
- Household and pool chemicals, paints and poisons should be properly marked and stored under lock and key, away from children's reach. Dispose of any that are leaking, expired, or that look bad.
- When cleaning up hazardous chemicals, wear rubber gloves and follow the safety directions on the packaging. Never mix chemicals in the same container. If you don't know how to dispose of them, seek outside advice. Never put them in the trash or pour them down the drain.
- Make sure gasoline and cleaning fluids are well-marked and stored in a cool, dry place away from the house and



#### ***SCI Safety Slogan***

***Use Your Head Not  
Your Back  
Spring into Safety***

***James Lehrke-SCI***

- out of reach of children and pets. Use only approved containers for gasoline storage.
- Never use gasoline to clean skin, clothes, auto parts or floors.
- Clean up work areas. Put dangerous tools, adhesives, matches or other work items away from children's reach.
- Remove all fire hazards, including stacks of rags, newspapers and magazines. Pay special attention to the spaces around your furnace, hot water tank, fireplace, space heaters and dryer, as well as under your stairs.

**Yard Work Safety**

**Itching to get the yard into shape for the summer? Here are ways to help ensure your spring spruce-up is disaster-free.**

- Always wear protective clothing when you handle pesticides and fertilizers.
- More than 60,000 people are treated in emergency rooms each year for lawn-mower injuries:
- Rake before you mow to prevent any stones and loose debris from launching into the air
- Never operate a mower in your bare feet and avoid wearing loose clothing.
- Never start a mower indoors.
- Refueling your mower, make sure the engine is off and cool. Don't spill gasoline on a hot engine - and DON'T SMOKE while pouring gasoline.
- Never leave your mower unattended.
- Don't use electrical mowers on wet grass.
- At least 55,000 people each year sustain injuries from trimmers, lawn edgers, pruners and power saws:
- Read the manufacturer's instructions carefully before using the tools.
- Inspect the product for damage and don't use it if there are problems.
- Use proper eye protection.
- Make sure blade guards are in place on all cutting equipment.
- Don't let tools get wet unless they are labeled "immersible."
- Unplug all tools when not in use.
- Make sure the tool is in the "off" position before you plug it in.
- Store gasoline-powered equipment away from anything that uses a pilot light.
- Make sure you use the right saw for the task, and always wait for the saw blade to stop before pulling away from a cut to avoid kickback.
- When pruning trees, be careful not to let metal ladders or trimmers contact overhead wires.
- Before you do any "hands on" weed removal, be sure you know how to identify poison ivy, sumac, oak and similar toxic plants. Find out ahead of time how to treat the rashes they cause to reduce the irritation.



# SCI OSHA Compliance: Hazard Communication Safety Data Sheets

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

The Hazard Communication Standard (HCS) requires chemical manufacturers, distributors, or importers to provide Safety Data Sheets (SDSs) (formerly known as Material Safety Data Sheets or MSDSs) to communicate the hazards of hazardous chemical products. As of June 1, 2015, the HCS will require new SDSs to be in a uniform format, and include the section numbers, the headings, and associated information under the headings below:

**Section 1, Identification** includes product identifier; manufacturer or distributor name, address, phone number; emergency phone number;





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**The Hidden Costs of Insufficient Sleep**

Sleep is often one of the first things to go when people feel pressed for time. Many view sleep as a luxury and think that the benefits of limiting the hours they spend asleep outweigh the costs. People often overlook the potential long-term health consequences of insufficient sleep, and the impact that health problems can ultimately have on one's time and productivity.

Many of the costs of poor sleep go unnoticed. Medical conditions, such as obesity, diabetes, and cardiovascular disease, develop over long periods of time and result from a number of factors, such as genetics, poor nutrition, and lack of exercise. Insufficient sleep has also been linked to these and other health problems, and is considered an important risk factor.

- **Obesity**—several studies have linked insufficient sleep and weight gain. For example, one study found that people who slept fewer than six hours per night on a regular basis were much more likely to have excess body weight, while people who slept an average of eight hours per night had the lowest relative body fat of the study group. Another study found that babies who are "short sleepers" are much more likely to develop obesity later in childhood than those who sleep the recommended amount.
- **Diabetes**—Studies have shown that people who reported sleeping fewer than five hours per night had a greatly increased risk of having or developing type 2 diabetes. Fortunately, studies have also found that improved sleep can positively influence blood sugar control and reduce the effects of type 2 diabetes.
- **Cardiovascular disease and hypertension**—A recent study found that even modestly reduced sleep (six to seven hours per night) was associated with a greatly increased risk of coronary artery calcification, a predictor of future myocardial infarction (heart attack) and death due to heart disease. There is also growing evidence of a connection between sleep loss caused by obstructive sleep apnea and an increased risk of cardiovascular diseases, including hypertension, stroke, coronary heart disease, and irregular heartbeat.
- **Immune function**—Interactions between sleep and the immune system have been well documented. Sleep deprivation increases the levels of many inflammatory mediators, and infections in turn affect the amount and patterns of sleep. While scientists are just beginning to understand these interactions, early work suggests that sleep deprivation may decrease the ability to resist infection.
- **Common Cold** – In a recent study, people who averaged less than seven hours of sleep a night were about three times more likely to develop cold symptoms than study volunteers who got eight or more hours of sleep when exposed to the cold-causing rhinovirus. In addition, those individuals who got better quality sleep were the least likely to come down with a cold.

recommended use; restrictions on use.

**Section 2, Hazard(s) identification** includes all hazards regarding the chemical; required label elements.

**Section 3, Composition/information on ingredients** includes information on chemical ingredients; trade secret claims.

**Section 4, First-aid measures** includes important symptoms/ effects, acute, delayed; required treatment.

**Section 5, Fire-fighting measures** lists suitable extinguishing techniques, equipment; chemical hazards from fire.

**Section 6, Accidental release measures** lists emergency procedures; protective equipment; proper methods of containment and cleanup.

**Section 7, Handling and storage** lists precautions for safe handling and storage, including incompatibilities.

**Section 8, Exposure controls/personal protection** lists OSHA's Permissible Exposure Limits (PELs); Threshold Limit Values (TLVs); appropriate engineering controls; personal protective equipment (PPE).

**Section 9, Physical and chemical properties** lists the chemical's characteristics.

**Section 10, Stability and reactivity** lists chemical stability and possibility of hazardous reactions.

**Section 11, Toxicological information** includes routes of exposure; related symptoms, acute and chronic effects; numerical measures of toxicity.

Section 12, Ecological information\*

Section 13, Disposal considerations\*

Section 14, Transport information\*

Section 15, Regulatory information\*

**Section 16, Other information**, includes the date of preparation or last revision.

\*Note: Since other Agencies regulate this information, OSHA will not be enforcing Sections 12 through 15(29 CFR 1910.1200(g)(2)).

**Employers must ensure that SDSs are readily accessible to employees.**

See Appendix D of 1910.1200 for a detailed description of SDS contents.

For more information: [www.osha.gov](http://www.osha.gov)



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Send us an email at: [jlconnections@aol.com](mailto:jlconnections@aol.com)  
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@ <http://www.safetyconnections.com/>  
In Loving Memory of Jessica Lehrke*

