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## *Weekly Safety Tip*

*Life Is All About Choices!®*

March 7, 2016

### SCI Safety Tips: Hearing conservation: Listen up Part 2

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

By: Tom Musick

Date: February 21, 2016



Some workers with tinnitus also suffer from hearing loss. A recent study from NIOSH found that workers in manufacturing face significantly higher risks for tinnitus and the co-occurrence of hearing difficulty and tinnitus. However, the conditions are not always intertwined.

Born said the majority of tinnitus cases were preventable. She encouraged safety professionals and workers to protect their ears both on and off the job.

The leading cause of tinnitus is noise exposure, followed by a head or neck injury.

“The most important thing if you’re in a noisy environment, if you’re on the floor, is to protect your ears,” Born said. “And make sure that when you’re not at work, you’re also taking care to protect your ears.”

“There are these little hair cells inside your ear that take sound in and send the sound signal to the brain. If they’re tired, they’re going to be more susceptible to falling over and essentially dying. Once they’re damaged, they don’t regenerate in humans. That causes hearing loss, and that potentially could be the cause of your tinnitus.”

#### **SCI Safety Slogan**

**SAFETY**  
*doesn't happen by*  
**ACCIDENT**

*-Author Unknown*

**James Lehrke-SCI**

Born recommended the topic as a possible toolbox talk for safety professionals. To learn more about the condition, and to listen to sample tinnitus sounds, visit [www.ata.org](http://www.ata.org).

### Success story

Vulcan began conducting audiometric tests in 1976 – years before the practice was required by OSHA and the Mine Safety and Health Administration. The tradition continues 40 years later at the organization, which supplies workers with sound-level meters and encourages them to test noise levels. The devices, which cost about \$80, empower workers to protect their hearing, Bailey said.

“We have hourly employees that are doing sound-level meter testing, and if they find a piece of equipment, immediately they can go after it themselves – before the safety and health guy may even know it’s happening,” Bailey said. “We have a lot of people contributing to reducing noise.”

New workers at Vulcan quickly learn about the importance of testing noise levels.

“When we acquire a smaller, mom-and-pop operation, they weren’t getting this kind of treatment [before the acquisition],” Bailey said. “At first, you do your audiometric testing, and everyone is a little bit apprehensive about it. But they soon learn that it’s part of the Vulcan way, the Vulcan culture. You’re not going to be in trouble for having a high noise. You’re going to be involved in the resolution of that issue.”

The mining sector has the highest prevalence of hazardous noise exposure of any industry, according to NIOSH. Hearing loss is a lagging indicator, and it could take years before experts know whether current efforts are succeeding. Another challenge: Separating occupational noise from recreational noise. Safety professionals can help by reminding workers to protect their hearing off the job as well, particularly when it comes to hobbies such as using power tools, listening to loud music and driving all-terrain vehicles.

## SCI OSHA News: OSHA answers common questions about eye protection

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

Date: March 3, 2016

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Eye protection can be complicated depending on your operation and hazards. The questions and answers below are among those most commonly asked of OSHA.

### **Q. What can I do if an employee has a very small face and has trouble being fit-tested for PPE?**

A. Manufacturers make a variety of sizes. Eye and face protection may also vary in size from one manufacturer to another. Users may be able to get a better fit by trying another brand of eye and face protection. Employers are required to help all affected employees find suitable eye and face protection.

### **Q. Can employees wear glasses while wearing eye and face protection?**

A. Yes, special care must be taken when choosing eye protectors for employees who wear glasses with corrective lenses. Among options:

Prescription spectacles with side shields and protective lenses that meet ANSI requirements and that also correct the employee’s vision.

Goggles that can fit comfortably over corrective eyeglasses without disturbing the alignment of the eyeglasses.

Goggles that incorporate corrective lenses mounted behind protective lenses.

### **Q. My employees work in shifts. Can I provide one pair of protective eyewear for each position instead of for each employee?**

A. Yes. If you do this, however, you must disinfect shared eyewear after each use. If the goggles or spectacles do not have to be individually designed to incorporate an employee’s corrective lenses, and you disinfect the equipment between uses by different employees, more than one employee may use the same protective eyewear.



**Making Healthy Choices While Eating Out**

Eating out is not only convenient for many families, but also a form of entertainment, especially during the colder months. Fortunately, it is possible to make healthy choices while dining away from home.

At fast food restaurants, choose grilled sandwiches instead of fried entrees and refrain from adding creamy sauces. Add vegetables to meals whenever possible, either from the menu or salad bar. Stick with regular size or kid's meals. Choose low-fat milk, water, unsweetened ice tea, or sparkling water instead of sugary drinks.

When dining at a sit-down restaurant, order meat, poultry, and fish broiled, grilled, baked, poached, or steamed. Ask for high-fat extras, like fries and dressings, to be left off the plate so you won't be tempted to eat them. Be aware of portion sizes and don't be afraid to take left-overs home to enjoy another day. If you are planning on eating a high-fat or high-calorie meal, choose healthier options the rest of the day.

Keep in mind healthy choices like some options listed below.

**Salad Bars and Buffets**

- Dark leafy greens, plain fresh vegetables, beans, fruit, and flavored gelatin
- Low-fat or fat-free salad dressing, or vinegar with a little oil
- Roast chicken or turkey breast

**Family Restaurants**

- Grilled chicken and vegetable kabobs
- Broiled or grilled fish
- Low-sodium vegetable or bean soup
- Turkey sandwich on whole wheat bread with cranberry sauce or mustard

**Mexican**

- Whole beans and rice
- Steamed corn tortillas without butter or salt
- Chicken or fish fajita
- Chicken or whole-bean burrito or soft taco without cheese, sour cream, or guacamole

**Italian**

- Pasta with tomato sauce or sautéed vegetables (pasta primavera)
- Tortellini in tomato sauce
- Pizza with vegetable toppings and little or no cheese

**Q. What are the employer's obligations when eye and face protection is not required, but employees wear protection of their own accord?**

A. The employers must implement elements of the written eye and face protection program necessary to ensure that any employee using protection voluntarily is medically able to use the PPE and that the gear is cleaned, stored, and maintained so use does not present a health hazard. Also, employers must provide those who voluntarily use eye and face protection with the information contained in 29 CFR 1910.133. Employers are not required to include in a written eye and face protection program those employees whose only use of eye and face protection involves voluntary use of PPE.

**Q. How dark do lenses on welding helmets and safety goggles need to be?**

A. The intensity of light or radiant energy produced by welding, cutting, or brazing operations varies according to factors such as the task producing the light, the electrode size, and the arc current. To protect employees who are exposed to intense radiant energy, begin by selecting a shade too dark to see the welding zone. Then try lighter shades until you find one that allows a sufficient view of the welding zone without going below the minimum protective shade.

*When a man has put a limit on what he will do, he has put a limit on what he can do.*

*A man to carry on a successful business must have imagination. He must see things as in a vision, a dream of the whole thing.*

*The man who has done his best has done everything.*

*Personality is to a man what perfume is to a flower.*

*There's no limit possible to the expansion of each one of us.*

*Lead the life that will make you kindly and friendly to everyone about you, and you will be surprised what a happy life you will lead.*

*A man who trims himself to suit everybody will soon whittle himself away.*

*All successful employers are stalking men who will do the unusual, men who think, men who attract attention by performing more than is expected of them.*

*The first essential in a boy's career is to find out what he's fitted for, what he's most capable of doing and doing with a relish.*

*I was once ask if a big business man ever reached his objective. I replied that if a man ever reached his objective he was not a big business man. ~Charles M. Schwab~*

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[ilconnections@aol.com](mailto:ilconnections@aol.com)  
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*In Loving Memory of Jessica  
Lehrke*

