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Weekly Safety Tip

Life Is All About Choices!®

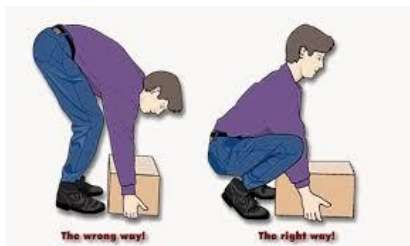
April 13, 2015

SCI Safety Tip: Proper Lifting

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



Introduction: Most of us forget the importance of our backs for the enjoyment of a normal, happy and successful life. However, the back contains one of the most critical muscle groups in the body, as well as the spinal cord and associated vertebrae and discs.



Everyone working in the building industry must lift materials to either put them into place or to expedite from one location to another. Back injuries are cumulative; a lot of small injuries lead up to the big one. Therefore, it is important to remember the key elements of proper lifting.

Guide for Discussion

Preparing to Lift

- Do you need help? Get help if needed (more people, lift equipment).
- Do you need to stretch before preparing to lift?
- Determine the load capacity.
- Determine your ability to handle the load.
- Wear safe shoes.

SCI Safety Slogan

***When in doubt get
some help!***

James Lehrke-SCI

- Wear gloves to protect your hands if the surface is rough.
- Make sure you have a clear walkway.

Making the Lift

- Center the load between your legs or shoulders
- Always bend with your legs
- Keep your back straight
- Lift with your legs (You can feel your leg muscles doing the work)
- Keep the load close to your body. (Hug the object you are lifting.)

Moving the Load

- Keep your back as vertical as possible.
- Keep the load close to you.
- Don't twist your body – move your feet.
- When lowering your load, bend with the knees and keep the back straight.
- Remember to follow these rules of lifting and you will give your back a break rather than breaking your back.



Additional Discussion Notes:

Remember: The only thing you'll prove by lifting more than you should is that your back is a poor substitute for a forklift. Think before you lift—every time.

NOTE: Always promote a discussion on any of the topics covered in the Tool Box Talks. Should any question arise that you cannot answer, don't hesitate to contact your Employer or SafetyWorks!.

SCI OSHA News: Temporary Workers and I2P2 Programs: A Critical Program for a Critical Group

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

Date: March 30, 2015

Sometimes, two heads are better than one. It ought to be that way with temporary workers, who have essentially two employers, both of whom are supposed to be looking out for their safety. But in practice, miscommunication and poorly defined responsibilities lead to gaps in worker training, hazard identification, and supervision that have served to make temporary workers one of the most at-risk groups for workplace injuries—and a group whose safety OSHA is focusing on.

An injury and illness prevention program (I2P2) can help both leasing agencies and host employers ensure that there are no gaps in coverage.

I2P2 in the Rule Books

- There is no federal I2P2 standard, although federal OSHA has an I2P2 rule on its long-term regulatory agenda. But there are some rules on the books that require either an I2P2 program or something very much like it:
- Construction contractors are covered by a federal OSHA standard (29 CFR 1926, Subpart C, General Safety and Health Provisions) that includes some requirements that could easily be fulfilled through a compliant I2P2 program. That standard requires each contractor/employer to initiate and maintain accident prevention programs, provide for a competent person to conduct frequent and regular inspections, and instruct each employee to recognize and avoid unsafe conditions and know what regulations are applicable to the work environment.
- Many states have I2P2 requirements. Some require a written I2P2 program for certain industries, mostly as a requirement for workers' compensation insurance coverage. Other states require them only for "high hazard" industries like those conducting a lot of electrical or hazardous chemical handling work, or for employers with high workers' compensation experience modification rates (EMR). California and Washington require most workplaces to have a written plan regardless of workers' compensation coverage.



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Quick Tips for Healthy Living

April is Stress Awareness Month. Managing Stress - Five Points to Remember

Control what you can

- Once you perceive a stressor as out of your control, it has the potential of having a more significant impact on you.
- Signs and symptoms of stress may become more pronounced and there may be more adverse effects on your health.
- Thus, it is important to take control of what you can and to do so in positive ways.
- A good place to start is to manage your own response to the stressor by calming yourself down (see #4 below).

2. Choose the positive actions you will take

- The simple act of consciously choosing what you will do in response to the stressor can help you begin to take control in the stressful situation.
- Choose actions and coping strategies that are helpful and life affirming (see #'s 3, 4 & 5 below).

3. Change your negative thinking

- Catching and stopping your negative thinking is essential to stress management and overall emotional health.
- Once you've caught yourself thinking negatively, take a deep breath and replace the negative thought with more realistic thinking.

4. Practice deep breathing

- Deep breathing is possibly the single most important component of a stress management plan.

5. Increase your activity level

- Increasing physical activity is an excellent way to manage stress and improve your overall health. You may want to discuss this with your physician before beginning to exercise.
- There are many different ways to increase one's activity level, from aerobic exercise to yoga to simply doing household chores.
- It's important to choose something that is good for your body and fits your lifestyle.
- If you have any medical issues or health problems please consult with a physician before beginning an exercise program.

Each state calls them something different; common names are Injury and Illness Prevention Program, Accident Prevention Program, and Loss Control Program.

I2P2 and Temporary Employees

OSHA recommends, in its [Recommended Practices for Protecting Temporary Workers](#), that staffing agencies and host employers each have a safety and health program in place. Both the staffing agency's and the host employer's plans should cover:

1. Hazard identification and assessment. Staffing agencies should have access to the worksite in order to conduct hazard assessments.
2. Hazard prevention and control. Host employers are largely responsible for hazard control at the worksite. For staffing agencies, the priority should be on ensuring that the host employer is, in fact, adequately controlling hazards.
3. Education and training. OSHA has identified training as an area in which both staffing agencies and host employers often fail temporary workers, so it's an area that the agency will pay close attention to during an inspection.
4. Program evaluation and improvement. Reviewing the program and determining how and where to improve it is a critical part of the I2P2 process.

Tomorrow, we'll look more closely at hazard prevention, training, and program evaluation under an I2P2 program.



What do you think?

Send us an email at: jlconnections@aol.com

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@ <http://www.safetyconnections.com/>

In Loving Memory of Jessica Lehrke

