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Weekly Safety Tip

Life Is All About Choices!®

April 18, 2016

SCI Safety News: Keep safe lifting a priority

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

Date: March 27, 2016

Lifting and carrying objects is common for many workers across the country. But training is important. If performed improperly, lifting and carrying items can lead to injuries. The National Safety Council notes that manual handling of objects accounts for an estimated 25 percent of all occupational injuries. Common materials-handling injuries include strains and sprains (specifically to the back), cuts, fractures, and bruises.

NSC states that no “sure-fire” rules exist for safe lifting: “Manual materials handling is a very complex combination of moving body segments, changing joint angles, tightening muscles and loading the spinal column.” However, NSC does recommend following a number of do’s and don’ts pertaining to lifting.

Do:

- Eliminate manual lifting whenever possible to help reduce injuries.
- Stay in good physical shape if lifting items is part of your job.
- Keep materials within easy reach and have handling aids around in case you need them.
- Make sure you have a good grip on any item you attempt to lift. Test the weight and balance of items before moving them. Too heavy? Get a mechanical lifting aid or ask a co-worker for assistance.
- Keep the item you are lifting close to your body. Ensure your feet are close to the load, stand in a stable position with your feet pointed in the direction you’re moving, and lift mostly by straightening your legs.



SCI Safety Slogan

**SAFETY ISN'T
A SLOGAN.
IT'S A WAY
OF LIFE.**

James Lehrke-SCI

Don't:

- Twist your back or bend in a sideways direction.
- Attempt to lift or lower an object if you're in an awkward position.
- Feel compelled to lift an item that is too heavy – get help instead.
- Lift or lower an object if your arms are extended.
- Continue to lift an item if you realize it's too heavy.
- Lift above your shoulders or below your knees.

Training for safe lifting can take time. NSC says that regular reinforcement of proper lifting techniques is critical, as people tend to revert back to previous lifting habits.

“Safe work practices must be enforced and any unapproved deviation must be corrected immediately,” the council states.

SCI OSHA News: The Form 300 shows your most frequent injuries—but what's most costly? Part 2

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

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3. *Contact with objects and equipment.* This is the third leading category of nonfatal, work-related injuries, accounting for 23.1 percent of such injuries in 2013, the BLS reports. Liberty Mutual broke the category into three subcategories. “Struck by object or equipment” is the fourth leading cost driver, costing employers \$5.31 billion in 2013 (8.6 percent of total injury costs). Two other subcategories, “caught in/compressed by equipment or objects” and “struck against objects or equipment,” also fall into the top 10, accounting for \$1.97 billion (3.2 percent of injury costs) and \$1.85 billion (3.0 percent of injury costs), respectively.

In all, injuries in this category cost employers \$9.1 billion in 2013, or about 15 percent of total injury costs.

4. *Transportation incidents.* “Roadway incidents involving motorized land vehicle”—a subcategory of BLS’s fifth leading cause of injury, “transportation incidents”—were the sixth most costly category of injuries overall. Roadway incidents cost employers \$2.96 billion in 2013, or 4.8 percent of employers’ total costs for injuries.

Setting priorities

You never have enough money in the safety budget to fix every problem, but when you're looking at safety's potential contribution to corporate survival and the bottom line, it makes sense to put your resources toward preventing the most costly types of injuries.

According to Liberty Mutual's analysis, that would be:

- *Overexertion injuries involving an outside source.* Back injuries caused by patient handling in a healthcare environment are one example.
- *Falls on the same level.* These falls are caused by poor housekeeping and failure to keep aisles and walkways clear, including outdoor walkways.
- *Falls to a lower level.* If you have workers at elevation, even if they're just using stepladders, provide them with appropriate protection.

Together, these three injury categories accounted for about half of all injury costs incurred by employers (49.5 percent). Once you have these three categories under control, you may find you have additional resources available to address the remaining common causes of injury.

SCI Bonus Safety Tip: Work Zone Safety

Source: <http://www.blr.com> (Continued on next page)

Date: April 13, 2016



Quick Tips for Healthy Living

The Practice of Gratitude

Did you know studies have shown that individuals who regularly practice gratitude exhibit increased physical and emotional health, and are more optimistic?

Obviously, it can be a real challenge to be grateful when things aren't going well. However, grateful people report 25% higher levels of happiness. This means that simply practicing gratitude can improve your overall mood.

Practicing gratitude is easy to do. Try the following.

- Identify the things in life that bring you happiness
- Write notes, put things on your computer or cell phone, write ideas on post-it notes and put them where you can see them
- Be grateful daily, schedule times to be grateful
- Acknowledge positive things when you notice them
- Practice slow deep breaths to calm yourself and become more receptive to the good you experience in life
- Perhaps most important, express your gratitude to others for what they do and how they support you.
- SMILE!

At some point we all realize that life is short and time flies by. Given that, it's never too late to be grateful.

The improving weather has brought an increase in the number of crews out building and improving the nation's roads. April 11-15 is *National Work Zone Awareness Week*, so it's a good time to remind your employees to slow down near road construction. Keep reading for details.

Highway safety organizations are urging motorists to slow down to posted speed limits, eliminate distractions, and be extremely vigilant for roadway workers and their equipment. National Work Zone Awareness Week was created in 1999 to raise public awareness. According to the American Traffic Safety Services Association (ATSSA), there were 669 deaths in roadway work zones in 2014, and the numbers are going down. Most of the deaths involved motorists.

ATSSA's James Baron explains, "Work zones crashes happen when motorists ignore workers or signage, drive carelessly and speed, are impaired, or are distracted." He says many of the crashes could be avoided by exercising care and patience.

6 steps to keep road builders safe

If your employees build or repair roads and highways, make sure you're doing all you can to keep them working safely. Follow these steps:

1. Develop and implement a traffic control plan to direct motorists around work zones, allowing sufficient time and advance notice for merges and lane changes.
2. Use clear signage, signals, and messaging 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-lit location where they can be easily seen by motorists.
4. Whenever possible, use physical barriers to separate workers from traffic.
5. Consider using alternatives to flaggers, such as portable traffic signals or remote signaling devices, particularly in bad weather, during night work, and when traffic speeds are high.
6. Train employees in road work zones on the hazards they are exposed to and applicable safe work practices.

In Loving Memory...
Jessica, Kristin and N



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