



**“Your Connection for Workplace Safety”**  
**Phone: 920-208-7520**

*We're about service, commitment, results, and accountability!*

## *Weekly Safety Tip*

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

April 24, 2017

### SCI Safety Tip: 'Other recordable cases' or simple first aid? How to tell (Part 2)

By: Ana Ellington, Legal Editor

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

Date: April 11, 2017



#### **Making the case**

- A worker cuts her hand and goes to the emergency room. A nurse cleans and covers the wound with a Band-Aid and sends her back to work. Is this recordable?
  - This is *not* a recordable case; only first aid was administered.
- An employee suffers cumulative trauma injuries due to poor ergonomics of his workstation, requiring extensive physical therapy. If he “sucks it up” and is able to continue his normal work duties, is this recordable?
  - Yes, this *is* a recordable case. Physical therapy is medical treatment beyond first aid, so the case is recordable in Column J (other recordable cases).
- An employee steps on a rusty nail and gets a tetanus shot at the walk-in clinic. Is this an OSHA recordable case?
  - No this is *not* a recordable case. A tetanus shot is defined as first aid.

***SCI Safety Slogan***



***James Lehrke-SCI***

- While at work, a worker goes into diabetic shock and loses consciousness. She stays home for 3 days. Is this recordable?
  - This is *not* a recordable case. Her loss of consciousness was 100 percent related to a personal medical condition, and not work-related.



29 CFR 1904.7 You must consider an injury or illness to meet the general recording criteria, and therefore to be **recordable**, if it results in any of the following: death, days away from work, restricted work or transfer to another job, medical treatment beyond **first aid**, or loss of consciousness.

## SCI OSHA: OSHA to hold fourth annual fall prevention stand-down (Part 2)

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

By [Emily Scace](#), Senior Editor, Safety

Date: April 11, 2017

### Tips for a successful Stand-Down

Any employer, large or small, can participate in the stand down. The goal is to stop work to hold a toolbox talk or make time for another type of safety activity such as inspecting fall protection equipment, developing rescue plans, or discussing job-specific fall hazards, in order to raise awareness and prevent falls from roofs, ladders, and scaffolds. Employers that participate can provide feedback about their experience and [download a participation certificate](#) following the Stand-Down.

OSHA offers the following suggestions to make your Stand-Down a success:

- Start preparing early and designate personnel to organize and lead the Stand-Down.
- Consider asking subcontractors, architects, engineers, or other groups to join the Stand-Down.
- Review your fall prevention program to identify fall risks at your site, determine opportunities for improvement, and examine the training and/or equipment you've provided to employees.
- Develop relevant activities for your workplace, and consider including hands-on exercises to increase employee engagement.
- Decide when and where to hold the Stand-Down.
- Promote the Stand-Down to your employees and encourage them to attend and participate.
- Hold your Stand-Down. Try to make it positive and interactive, and involve employees as much as possible.
- Follow up after the Stand-Down to address any hazards you identified or make any necessary improvements to your fall prevention program.
- If you would like to participate in the Stand-Down, the following BLR Toolbox Talks can help:
  - [Personal Fall Arrest Systems for General Industry](#)
  - [Fall Arrest: Do's and Don'ts](#)
  - [Using Guardrails](#)



As an alternative to planning and executing their own Stand-Down activities, employers can also have employees attend one of the many free events taking place across the country that are open to the public. Events include seminars, training courses, presentations, equipment demonstrations, and more. To find a local event, visit <https://www.osha.gov/StopFallsStandDown/calendar.html>. Learn more about the Stand-Down at <https://www.osha.gov/StopFallsStandDown/index.html>.



**Quick Tips for Healthy Living**

**Find Your Motivation!**

1. Do you have a role model you can look up to to keep you motivated to continue your workout/exercise journey?
  - Find a person you know who is always motivated to better their health through exercise or healthy eating and use them as an example for your own practices
2. Set Goals!
  - Set a larger outcome goal with small process goals to meet each week. As you reach each small goal it will help you to be more motivated to reach the next small goal.
3. Reward yourself!
  - Set up some kind of incentive to reach the small goals. Reward yourself with something small.
4. Get a Buddy!
  - Find someone with similar goals to yourself. This is a fun way to keep each other motivated and to remain accountable throughout your journey.
5. Keep it fun!
  - Exercise should not be torture! Find the exercise you most love to do and vary your exercises within that. As you become comfortable with that exercise and its variations expand to other things. Get excited to exercise!

**SCI Safety Culture: Remember the Seven Principals**

Seven principals:

- |                     |                   |
|---------------------|-------------------|
| 1.) Commitment      | 4.) Process       |
| 2.) Lead by Example | 5.) Communication |
| 3.) Goal Setting    | 6.) Celebration   |
|                     | 7.) Audit         |

The “buy in” must come from ALL within an organization. It is a very simple piece of the safety puzzle, but tough without leadership. It starts with a commitment from management to drive the process to hold every person accountable to the goals. Goals must be obtainable and measured.

A management team must be committed to change and lead by example. It’s vital for EVERYONE to be a leader to achieve results! Motivating and inspiring the team every day!

The process is always critiqued for changes to continuously improve. Allow supervisors, lead persons to actively seek out those on the frontline to engage (operators, general labor) in the assessment of their work areas.

Remember always to communicate the goal set forth. Example: Reduce near misses, how can we achieve this goal? A part of communication is to listen without interruption. Employees appreciate giving feedback.

Don’t forget to celebrate! Once a goal is achieved, recognition for a job well done is in order for ALL!

Train employees and audit all processes making any necessary adjustments. EHS policies and procedures, JHA (job hazard analysis), SOP (standard operating procedures) will set the course for safety compliance and a safer workplace!

*Choosing Success! By Jim Lehrke  
Remember it’s about building relationships!*

*What do you think?  
Send us an email at:  
[jlconnections@aol.com](mailto:jlconnections@aol.com)  
See our bold new look  
In Loving Memory  
of Jessica Lehrke*

In Loving Memory...  
Jessica, Kristin and ❤️

