



“Your Connection for Workplace Safety”
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We're about service, commitment, results, and accountability!

Weekly Safety Tip

Life Is All About Choices!®

May 15, 2017

SCI Safety Tip: Improve employee safety habits with these 3 tips

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

Date: May 11, 2017

This week is North American Occupational Safety and Health week, and the theme is *Make Safety a Habit*. Check out these ideas from the workers' compensation provider Texas Mutual Insurance Company.

1. **See something, say something.** Empower your employees to speak up and review the methods in place to report concerns or hazards. Building an environment of open communication supports a safe workplace. You want reporting to become a habit. Recognize reporting and encourage employees to speak directly with their supervisor or safety representative.
2. **Be consistent.** To keep safety top of mind, hold regular meetings and provide consistent training. Habits won't become fully formed in a quarterly meeting, however. Provide resources and enforce the safety practices employees are learning.



SCI Safety Slogan



James Lehrke-SCI

3. **Encourage wellness.** Safety and wellness go hand-in-hand. When employees hydrate, eat well, and stay active, they feel better, are happier, and likely will stay alert about safety on the job. If an injury does occur, a fit employee stands a better chance of recovering more quickly.



Source: <http://www.osha.gov>
Date May 2017

Suggestions to Prepare for a Successful Stand-Down

1. **Try to start early.** Designate a coordinator to organize the stand-down. If you have multiple work sites, identify the team that will lead the stand-down at each site.
2. **Think about asking your subcontractors, owner, architects, engineers, or others** associated with your project to participate in the stand-down.
3. **Consider reviewing your fall prevention program.** This will help provide a more effective stand-down.
 - a. *What types of falls could happen:*
 - Falls from ladders
 - Falls from a roof
 - Falls from a scaffold
 - Falls down stairs
 - Falls from a structural steel
 - Falls through a floor or roof opening
 - Falls through a fragile roof surface
 - b. *What needs improvement?* Is your program meeting its goals? Are you experiencing fatalities, injuries, or near misses? Are employees aware of the company's fall protection procedures?
 - c. *What training have you provided to your employees?* Does it need revision?
 - d. *What equipment have you provided to your employees?* Is better equipment available?





Aurora Health Care®

Quick Tips for Healthy Living

Active lifestyles pay dividends!

Physical activity is good for everyone's health! The US Department of Health and Human Services declares May as National Physical Fitness and Sports Month and it is a great time to spread the word about the benefits of getting active.

We can use this month to raise awareness about the benefits of physical activity — and spread the word about fun ways to get moving!

Worksite wellness programs have been shown to benefit the employer through enhanced employee productivity, improved health care costs, reduced employee absenteeism, and decreased rates of illness and injuries. These programs benefit employees by lowering stress levels, increasing well-being, self-image, and self-esteem, improving physical fitness, increasing stamina, increasing job satisfaction, and potentially reducing weight.

Physical activity can benefit the entire family, some benefits of physical activity:

- **Children and adolescents** – Physical activity can improve muscular fitness, bone health, and heart health.
- **Adults** – Physical activity can lower the risk of heart disease, type 2 diabetes, and some types of cancer.
- **Older adults** – Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

To register and for additional information, visit www.healthysheboygancounty.org

4. **Develop presentations or activities that will meet your needs.** Decide what information will be best for your workplace and employees. The meeting should provide information to employees about hazards, protective methods, and the company's safety policies, goals and expectations. Hands-on exercises (a worksite walkaround, equipment checks, etc.) can increase retention.
5. **Decide when to hold the stand-down and how long it will last.** Decide if the stand-down will take place over a break, a lunch period, or some other time.
6. **Promote the stand-down.** Try to make it interesting to employees. Some employers find that serving snacks increases participation.
7. **Hold your stand-down.** Try to make it positive and interactive. Let employees talk about their experiences and encourage them to make suggestions.
8. **Follow up.** If you learned something that could improve your fall prevention program, consider making changes.

If you want to share information with OSHA on your Safety Stand-Down, Fall Prevention Programs or suggestions on how we can improve future initiatives like this, please send your email to oshastanddown@dol.gov. Also share your Stand-Down story on social media, with the hashtag: **#StandDown4Safety**.

If you plan to host a free event that is open to the public, see OSHA's [Events page](#) to submit the event details and to contact your Regional Stand-Down Coordinator.

*What do you think?
Send us an email at:
jlcconnections@aol.com
See our bold new look*

In Loving Memory...
Jessica, Kristin and Nick



**SAVE TOMORROW
THINK SAFETY TODAY**