



**“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>

May 9, 2016

### SCI Safety Tips: TORNADO SAFETY RULES

Source: <http://www.srh.noaa.gov>

Date: April 5, 2014



Here are some definitions and guidelines to follow to help keep you and your family safe:

**Tornado Watch** - issued when conditions are favorable for tornado development. People located in and around the watch area should keep an eye to the sky and listen to their NOAA weather radio all hazards or tune to local broadcast media for further weather information. The watch is intended to give you time to prepare and time to review your safety rules.

**Tornado Warning** - issued when a developing tornado has been detected by National Weather Service doppler radar or a reliable report of a tornado has been reported. A tornado warning is usually issued for portions of one or two counties, for an hour or less. The storm could also produce large hail and destructive straight line winds. If the tornado warning includes your neighborhood or work place, you should seek safe shelter immediately.

#### ***SCI Safety Slogan***

**WORK ZONE SAFETY  
IS IN YOUR HANDS**



***James Lehrke-SCI***

In the event of a tornado, here are some tornado safety rules to keep you and your family safe:

- In general, get as low as you can. A basement below ground level or the lowest floor of a building offers the greatest safety. Put as many walls between yourself and the outside as possible. Avoid windows at all cost!
- Tornadoes could be obscured by rainfall or come at nighttime. Do not wait until you see or hear the tornado, it may be too late.
- Do not waste time opening or closing windows and doors. It will not protect the structure. You will only waste time and put yourself and others in greater risk. Use those valuable seconds to find a place of safety.
- In homes or public buildings: go to the basement or a small interior room, such as a closet, bathroom or an interior hall on the lowest level. Close all doors to the hallway for greater protection. If possible, get under something sturdy like a heavy table. Protect yourself from flying debris with pillows, heavy coats, blankets or quilts. Use bicycle or motorcycle helmets to protect your head.
- In mobile homes: leave well in advance of the approaching severe weather and go to a strong building. If there is no shelter nearby, get into the nearest ditch, low spot or underground culvert. Lie flat, covering your head with your hands for protection.
- In vehicles or outdoors: when tornadoes are possible, limit your outdoor plans or finish them early. Stay close to a sturdy shelter. If caught outside, find shelter in a ditch or remain in your vehicle and cover your head for protection. Do not take shelter under a highway overpass, where wind speeds can increase due to a tunneling effect. It is best to not put yourself or others in a situation where no sturdy shelter is available.
- Remember, stay away from doors, windows, outside walls and protect your head!



For more information on bring prepared in the face of severe weather, check out our 3 part series "[Being Prepared for the Worst in a Time of Disaster.](#)"

## SCI OSHA Tip: Work Zone Traffic Safety

Source: [www.osha.gov](http://www.osha.gov)

Employees being struck by vehicles or mobile equipment lead to many work zone fatalities or injuries. Work zones need traffic controls identified by signs, cones, barrels and barriers.

Drivers, employees on foot, and pedestrians must be able to see and understand the proper routes. Construction project managers determine traffic control plans within construction/demolition worksites.

- Traffic control devices, signals, and message boards instruct drivers to follow paths away from where work is being done.
- Approved traffic control devices, including cones, barrels, barricades, and delineator posts are also used inside work zones.

**Work Zone Protections:** Various concrete, water, sand, collapsible barriers, crash cushions, and truck-mounted attenuators can help limit motorist intrusions into construction work zones.





Quick Tips for Healthy Living

Body Mechanics and Safety

We all know to use our legs when we lift and keep our backs straight while sitting, but there are many more ways we could be putting ourselves at risk for injury using improper body mechanics. Below are some tips that don't take any money to implement, but can save money in workers' compensation claims and lost time due to pain or injury.

1. Avoid Twisting. If you need to turn around, whether or not you are lifting an object, take an extra step instead of turning at the waist or knees. Pivoting on the knees or rotating the back can cause extra stress on the joints whether it is done repetitively or just once.
2. Bend at the hips and knees when picking something off the ground. Avoid keeping your knees straight while bending over to reduce stress on your back.
3. Work as close as possible to the task at hand. Of course you don't want to be confined to a small space while working, but refraining from reaching to perform tasks is easier on both the upper extremities and back.
4. Carry your load as close to your body as possible. The further an object is away from the body, the more stress is applied to the back. Typically, holding a load in front of you at arm's reach increases the stress on your back 10 times.
5. Never use your hand (or any body part) as a hammer. Sometimes it is much more convenient to manipulate an object with your hand instead of the proper tool, but this is very dangerous and can lead to traumatic injury.
6. Early intervention is key. If you notice pain from an unknown cause while working, or have pain that has not been improving, inform your safety professional. Catching ergonomic problems or improper body mechanics early can reduce the likelihood of further pain or injury.

Remember, your body is your most important tool!

**Flagging:** Flaggers should wear high visibility clothing with a fluorescent background and made of retroreflective material. This makes employees visible for at least 1,000 feet in any direction. Check the label or packaging to ensure that the garments are performance class 2 or 3. Drivers should be warned with signs that there will be flaggers ahead. Flaggers should use STOP/SLOW paddles, paddles with lights, or flags (only in emergencies).

**Lighting:** Flagger stations should be illuminated. Lighting for employees on foot and for equipment operators should be at least 5 foot-candles or greater. Where available lighting is not sufficient, flares or chemical lighting should be used. Glare should be controlled or eliminated.

**Training:** Flaggers must be trained/certified and use authorized signaling methods.

**Driving:** Seat belts and rollover protection should be used on equipment and vehicles as the manufacturer recommends.



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Jessica, Kristin and Nick

