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Weekly Safety Tip

Life Is All About Choices!®

May 23, 2016

SCI Safety Tips May is Motorcycle Safety Month

By: Jennifer Busick

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

Date: 5/20/2016



Rick was a maintenance man at the plant, dependable and gregarious, with a healthy sense of humor; he was well-liked by co-workers. Outside work, Rick loved his three-year-old daughter, and building his own racing motorcycles. Rick took off, showing off his bike's amazing speed. The driver pulling out of a parking lot just a few hundred feet ahead never saw him, and at the speed Rick was traveling when they collided, his helmet wasn't enough to save him.

As health and safety professionals, we think in terms of sending workers home safe and well—not about going to their co-workers at the beginning of a shift and saying, “Rick's not going to make it in today... there's been an accident...” That doesn't make it any less devastating when it happens.

SCI Safety Slogan

BE ALERT!!

**EXPECT THE
UNEXPECTED**

James Lehrke-SCI

May is Motorcycle Safety Month, sponsored by the National Highway Traffic Safety Administration (NHTSA). Take a moment this month to refresh the safety awareness of all of your drivers, and of your workers who commute by motorcycle.

Reminder for All Motorists

NHTSA reminds all motorists to safely “share the road” with motorcycles, and to be extra alert to help keep motorcyclists safe.

Reminders for Motorcyclists

NHTSA reminds motorcyclists to stay safe by:

- *Being visible.* Motorcyclists have a responsibility to make themselves visible to other motorists. Riders should use headlights day and night, and wear light-colored or reflective clothing on the upper body. In particular, riders should avoid riding in the “blind spots” to the left and right rear of passenger and commercial vehicles.
- *Being aware.* Most collisions occur at intersections, so riders must be especially careful when approaching road crossings. They should be aware of shrubbery, buildings, parked vehicles and other obstacles that can prevent approaching motorists from seeing them.
- *Being sober.* According to NHTSA, research shows that the percentage of intoxicated motorcycle riders in fatal crashes is greater than the overall percentage of intoxicated drivers on the road.
- *Being licensed.* One-quarter of motorcyclists who are killed in crashes do not have a valid motorcycle operator’s license. The licensing process helps ensure that riders, especially new operators, are familiar with the specific operating characteristics of motorcycles. All motorcyclists should hold a valid motorcycle operator’s license.
- *Being properly dressed.* Riders should always wear a helmet and eye protection. In addition, in minor crashes the most likely injuries are skin abrasions, so riders should wear long fitted pants, long sleeved jackets and gloves made from leather or protective synthetic materials to protect the skin. Leather boots or shoes with ankle protection are best for protecting the feet; shoes with laces are a poor choice, because the laces can become entangled in the bike.



SCI OSHA Tip: OSHA delivers package of citations to Virginia post office

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

Date: May 19, 2016

OSHA says a Virginia postal center continues to expose workers to hazards related to powered industrial equipment. Why hasn’t the facility gotten the message? Read more here.

OSHA opened an inspection in late 2015 after a complaint alleged hazards involving powered industrial equipment (forklifts) at a Virginia processing and distribution center. Recently, investigators issued citations for one other-than-serious and four repeat citations. The agency says the facility:

- Allowed employees to operate equipment even though it had not been inspected or examined for defects after each shift;
- Permitted employees to operate powered industrial vehicles without use of a





Aurora Health Care®

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
7. Mechanics early can reduce the likelihood of further pain or injury.

Remember, your body is your most important tool!

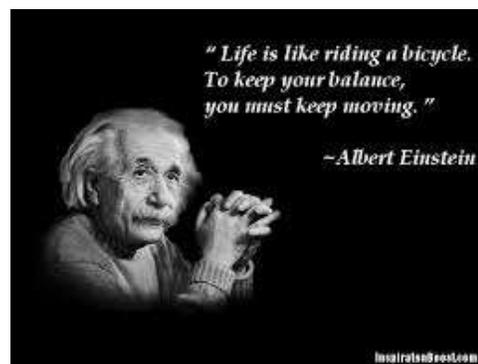
seatbelt;
 Allowed employees to operate fork trucks in aisles clearly marked for wheeled mail carts, exposing workers to struck-by or caught-between hazards;
 Failed to provide employees with training to ensure they were competent to operate the equipment; and
 Let employees improperly tow wheeled carts using powered pallet jacks.
 Commented OSHA area director Stan Dutko, "Every year, thousands of workers are injured—some fatally—while operating powered industrial equipment. It is every employer's responsibility to provide its employees with safe and healthful workplaces. Prompt and effective corrective action must be taken."

Tens of thousands of forklift accidents every year

According to the Industrial Truck Association there are more than 850,000 forklifts in the United States, and about 85 fatal incidents take place each year. Most of the injuries are the result of three causes:

- Insufficient or inadequate forklift training.
- Failure to follow safe forklift operating procedures, including speed.
- Lack of enforcement of safety rules, for example not using a forklift to elevate workers standing on the forks.

OSHA requires employers to develop and implement a training program based on the general principles of safe truck operation, the type of vehicle being used, the hazards created by use of the vehicle, and general safety requirements of the OSHA standards.



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