



“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![®]

May 25, 2015

SCI Safety Tip: National Sun Safety Week 2015 is June 1st- June 8th.

Source: <http://www.sun-safetyalliance.org>



The Sun Safety Alliance is dedicated to reducing the incidence of skin cancer and creating national awareness of this important health issue in America. SSA is a Center of the Entertainment and Media Communication Institute, a division of the Entertainment Industries Council, Inc. (EIC), (www.eiconline.org).

Both SSA and EIC believe in the power of education and awareness of important health issues. The Sun Safety Alliance believes that by having a focus on skin cancer prevention, education, and awareness, there will be an improvement on the awareness and education of the importance of sun safety. This is key to help change generations' behaviors and lifestyles. EIC brings the power and influence of the entertainment industry to communicate about health and social issues. ([Learn More](#))

Monday: Insect Repellants reduce sunscreen's SPF by up to 1/3. When using a combination, use a sunscreen with a higher SPF!

Tuesday: Over exposure to the sun's harmful rays can result in sunburns which increase your risk of developing skin cancer. Therefore, check your local UV Index which provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun.

SCI Safety Slogan

**When safety is first,
you last.**

James Lehrke-SCI

The [UV Index forecast](#) is issued each afternoon by the National Weather Service and EPA.

Wednesday: Seek the shade whenever possible! The sun's UV rays are strongest between 10 a.m. and 4 p.m. so remember the shadow rule when in the sun: If your shadow is short it's time to abort and seek the shade!.

Thursday: Don't be deceived by color or cost of Sunglasses! The ability to block UV light is not dependent on the darkness of the lens or the price tag. While both plastic and glass lenses absorb some UV light, UV absorption is improved by adding certain chemicals to the lens material during manufacturing or by applying special lens coatings. Always choose sunglasses that are labeled as blocking 99-100% of UV rays. Some manufacturers' labels will say "UV absorption up to 400nm." This is the same thing as 100% UV absorption. Look before you choose!

Friday: Sunburn doesn't only happen during the summer! Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn. Protect yourself year round by using sunscreen with protection from both UVA and UVB rays, and an SPF of 15 or greater. Wear protective clothing, such as long-sleeved shirts, pants, a wide-brimmed hat, sunglasses, and sunscreen on the exposed areas of your skin whenever possible!



SCI OSHA Compliance: Is it work-related? OSHA answers common recordkeeping questions

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

By: [Emily Clark](#), Safety Editor

Date: May 20, 2015

Determining when an injury or illness is work-related for the purposes of OSHA 300 recordkeeping can be a challenge. While the distinction may seem straightforward, applying OSHA's criteria to real-world situations is often anything but. In two recent letters of interpretation (LOIs), OSHA attempts to shed light on some common questions surrounding the work-relatedness of injuries that result from motor vehicle accidents. Keep reading to learn what OSHA has to say.

Company vehicles used for commuting

In general, OSHA has never considered injuries resulting from motor vehicle accidents that occur during employees' normal commutes to be recordable. Injuries sustained by employees traveling on company business, however—such as a salesman driving to and from an appointment with a client—are considered recordable.

But in practice, many employers struggle to apply this rule. For example, if an employee drives a company vehicle, does that make an injury sustained in a motor vehicle accident during the commute work-related, and therefore recordable? OSHA says no.

In an LOI dated April 13, 2015, OSHA states that "the mode of transportation is not determinative of OSHA's definition of an employee's commute." In other words, if an employee sustains an injury during his or her normal commute to and from home, the fact that he or she was driving a company vehicle does not change the situation; the injury still is not considered work-related and is **not recordable**. Read the full LOI [here](#).

Personal activities while on travel status

Although injuries that occur while an employee is traveling on company business (outside of the normal commute) generally are considered recordable, there are a few exceptions. Namely, if an employee takes a side trip or detour for personal reasons, any injuries sustained during the detour typically are not considered work-related and are not recordable.

An employer recently wrote to OSHA for clarification regarding this "personal activities" exemption. In the employer's scenario, an employee returning home from the airport following a business trip took a slight detour from his normal route home to visit a convenience store to purchase gas, food for himself, and a flower for his wife. After leaving the store, the employee took a surface street toward a highway that would take him home and was injured in an automobile accident.

OSHA determined that this scenario did not fit the "personal activities" exemption. According to a February 12, 2015, LOI, that exemption is meant to apply to true side trips such as vacations, sight-seeing excursions, or visits to relatives. The visit to the



Week of May 25th – Healthy Grilling Tips

Summer is a time to enjoy the weather and spend time with family and friends outside. This goes hand in hand with outdoor cooking such as grilling and picnics. Often times these can be meals filled with excess calories and fats. However there are many opportunities to turn these meals in healthy, flavorful meals the whole family will enjoy. Here are some tips to makeover grilled meals:

1. Safety first! Before getting into any food suggestions, it's important to discuss food safety. Bacteria multiply faster in warm weather, so here are some tips to keep your meals safe:
 - Scrub the grill with hot soapy water prior to use, try to remove any old charred bits of food debris.
 - Wash your hands before, during, and after food preparation. If there is no sink, pack moist towelettes or hand sanitizer to use instead.
 - Use separate utensils, cutting boards, and plates for raw and ready to eat foods.
2. Pick your protein. Instead of using only the traditional higher fat sausages, burgers, or hot dogs; try including or substituting lean options instead.
 - Try fish, chicken or turkey breast, lean ground beef for burgers, lean cuts of pork, or veggie burgers made of chick peas, pinto beans, or other legumes.
 - For foods that kids love, try putting it on a stick. Make marinated skewers of shrimp or chicken.
 - Use marinades made out of healthy oils, fresh squeezed citrus, flavorful vinegars such as balsamic and fresh herbs and spices to add flavor.
3. Include vegetables. Take advantage of the abundance of fresh vegetables this time of year, and grilling them is fast and easy! Use marinades or baste while cooking to boost flavors.
 - Add to skewers as kabobs, try bell peppers, onions, zucchini slices, cherry tomatoes, or mushrooms
 - Use grilled marinated Portobello caps as burgers
 - Use larger firm vegetables such as thick cut zucchini, eggplant, asparagus, carrots, large slices of cauliflower, or thick sliced fennel put directly on the grill and baste as needed.
 - Make foil packets out of smaller pieces, add a little water and herbs for flavoring while they cook.

With all these suggestions it should be easy to fill half of your plate with fruits and vegetables, which as part of an overall healthy diet can help reduce the risk of certain chronic diseases, in addition to tasting great. Enjoy!

convenience store, OSHA concluded, did not fit into this category because the employee was traveling on a “reasonably direct route of travel to his home,” and “stopping for gas and food are normal activities involved in business travel.” Therefore, the incident described would be considered work-related, and the injuries the employee sustained **would be recordable**. Read the full LOI [here](#).

OSHA recordkeeping refresher

OSHA has a four-part test to determine whether an injury or illness must be recorded in the OSHA 300 Log. In order for an injury or illness to be considered recordable, employers must answer ‘yes’ to all four of the following questions:

1. Did an injury or illness occur?
2. Was the injury or illness work-related?
3. Is the injury or illness a new case?
4. Does the injury or illness meet OSHA’s general recording criteria?

In addition, employers must report all work-related fatalities to OSHA within 8 hours and must report all inpatient hospitalizations, amputations, and eye-loss incidents to OSHA within 24 hours. Employers can report by calling or visiting their local area office during normal business hours or by calling (800) 321-OSHA. An [online reporting option](#) is also expected to be available soon. For more detail on OSHA’s test for recordable cases, refer



*What do you think?
Send us an email at: jlconnections@aol.com
See our bold new look
@ <http://www.safetyconnections.com/>
In Loving Memory of Jessica Lehrke*

