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Weekly Safety Tip

Life Is All About Choices![®]

May 9, 2016

SCI Safety News: Occupational hearing loss: Devastating but preventable

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

Date: May 6, 2016



Work-induced hearing loss can have devastating consequences—from relationship problems to on-the-job safety risks. Get the latest from an expert who says it doesn't have to happen.

Occupational hearing loss is the most common work-related illness. It is also permanent, says National Institute for Occupational Safety and Health (NIOSH) epidemiologist Elizabeth Masterson. “Hearing loss can have a profound impact on quality of life,” she explains. The effects begin small and progress as hearing loss worsens.

Relationships and interactions with coworkers and supervisors can suffer. Individuals lose sources of enjoyment like music or the sound of a child's voice.

Safety can be compromised as well if hearing loss makes employees less able to detect the sound of oncoming equipment or experience a general loss of situational awareness. Masterson adds, “It is also well known that workers with hearing loss are more likely to get injured on the job.” All of these challenges can affect one's mental health as well.

SCI Safety Slogan

**SAFETY
STARTS WITH
YOU!**

James Lehrke-SCI

The good news is that “no worker needs to lose years of good health because his or her hearing was damaged on the job.” Masterson emphasizes that occupational hearing loss can be entirely prevented with today’s prevention strategies and technology. For details on how to enhance your hearing program, visit the NIOSH page <http://www.cdc.gov/niosh/topics/noise>.

SCI OSHA Tip: Portable Ladder Safety

Source: www.osha.gov

- Falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries.
- Read and follow all labels/markings on the ladder.
- Avoid electrical hazards! – Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment.
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.
- Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing (see diagram).
- Only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes.
- Ladders must be free of any slippery material on the rungs, steps or feet.
- Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.
- Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.
- Use a ladder only on a stable and level surface, unless it has been secured (top or bottom) to prevent displacement.
- Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- Do not move or shift a ladder while a person or equipment is on the ladder.





How to Check and Improve Your Neck Posture

Posture is the way you hold your body. Poor posture can lead to pain and injury. Follow the tips below to help improve your posture at work and home.

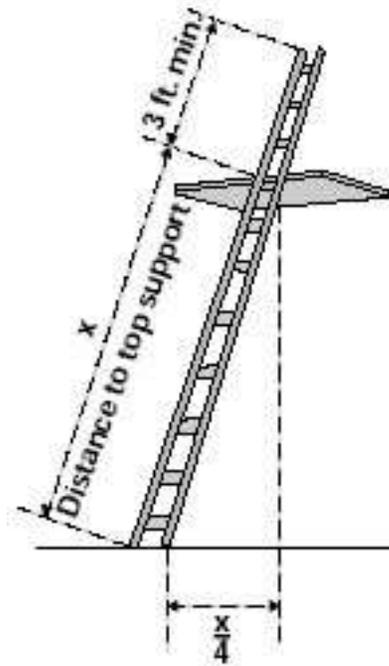
How is your posture?

Use a full-length mirror to check your posture. To begin, stand normally and slowly back up against a wall. Is there space between your head and the wall? Do you slouch your shoulders? Is your chin pointing up or down? All of these posture mistakes can cause neck pain and injury.

Follow these steps to improve your posture:

- Roll your shoulders back and squeeze your shoulder blades together.
- Think of your ears, shoulders, and hips as a series of dots. Adjust your body to connect the dots in a straight line.
- Keep your chin level.

Safe posture is not just for work. Practice the proper techniques while driving and doing tasks at home. It is impossible to have perfect posture all of the time, but it will become second nature if you work at it and keep it on your mind!



- An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support (see diagram). Do not stand on the three top rungs of a straight, single or extension ladder.
- The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or other vertical surface (see diagram).
- A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement or a barricade must be erected to keep traffic away from the ladder.
- Be sure that all locks on an extension ladder are properly engaged.
- Do not exceed the maximum load rating of a ladder. Be aware of the ladder's load rating and of the weight it is supporting, including the weight of any tools or equipment.

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 In Loving Memory

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 Jessica, Kristin and [heart icon]

