



Weekly Safety Tip

“Your Connection for Workplace Safety”
Phone: 920-208-7520

We're about service, commitment, results, and accountability!

SCI Safety Tip: Safe Bicycling Safety Facts and Tips (Part 1)

Source: <http://www.nsc.org>

Bicycling is one of the most popular ways to get around, whether for recreation, sport or transportation. An estimated 73 to 85 million Americans ride bikes ranging from high performance, 18-speed, touring models, to "dirt bikes" equipped with balloon tires—and dozens of variations in between.

With millions of cyclists on the roads—the same roads occupied by millions of motor vehicles that are larger, heavier and faster than bikes—the National Safety Council believes that defensive driving applies to people who pedal with their feet to travel, as well as to those who push on the gas pedal. Approximately 800 bicyclists were killed and more than 540,000 visited the emergency room with injuries in 2010. Taking precautions in traffic and wearing protective equipment are a cyclist's best shields against unintentional injuries.

The Council offers the following tips for safe and enjoyable bicycling:

- Obey traffic rules. Get acquainted with ordinances. Cyclists must follow the same rules as motorists.
- Know your bike's capabilities. Remember that bicycles differ from motor vehicles; they're smaller and can't move as fast. But, they can change direction more easily, stop faster and move through smaller spaces.
- Ride in single file with traffic, not against it. Bicycling two abreast can be dangerous. Bicyclists should stay as far right on the pavement as possible, watching for opening car doors, sewer gratings, soft shoulders, broken glass and other debris. Remember to keep a safe distance from the vehicle ahead.
- Make safe turns and cross intersections with care. Signal turns half a block before the intersection, using the correct hand signals (left arm straight out for left turn; forearm up for right turn). When traffic is heavy and the cyclist has to turn left, it is best to dismount and walk the bicycle across both streets at the crosswalks.
- Never hitch on cars. A sudden stop or turn could send the cyclist flying into the path of another vehicle.
- Before riding into traffic: stop, look left, right, left again, and over your shoulder.
- Always be seen. During the day, cyclists should wear bright clothing. Nighttime cycling is not advised, but if riding at night is necessary, retro reflective clothing, designed to bounce back motorists' headlight beams, will make cyclists more visible.

Our Weekly Safety Tip provides valuable and current safety information relevant for Work, Home & Play.

And, you will be kept current on the latest Safety Compliance issues.



SCI SAFETY NEWS OR TIP



SCI OSHA NEWS OR COMPLIANCE



SCI HEALTHYLIVING and WELLNESS NEWS

We want to hear from you! Send us your feedback and give us ideas for future safety topics.

Let us know how you feel about our new look!

Safety Slogan

Safety Starts with YOU!

James Lehrke-SCI

of the week

Next week more tips on safe bicycling

SCI Salutes Our Men and Women in Uniform May is National Military Appreciation Month

Source: <http://www.military.com/military-appreciation-month>

Congress designated May as National Military Appreciation Month in 1999 to ensure the nation was given the opportunity to publically demonstrate their appreciation for the sacrifices and successes made by our servicemembers - past and present. Each year the president makes a proclamation, reminding Americans of the important role the U.S. Armed Forces have played in the history and development of our country.

May was selected because it has most days set aside for celebrating and commemorating our military's achievements. These days include Loyalty Day, which was established in 1921, Victory in Europe (VE) Day commemorating the end of WWII in Europe on May 8, 1945, Armed Forces Day created in 1949, [Military Spouse Appreciation Day](#) established in 1984, and of course the best known of the May holidays, [Memorial Day](#).

Memorial Day, is the only federal holiday in May and is celebrated on the last Monday of the month. The day, dating from the Civil War era, traditionally has marked recognition of those who have died in service to the nation. Each year on Memorial Day, the White House Commission on Remembrance promotes one minute of silence at 3 p.m. local time to honor the military's fallen comrades and to pay tribute to the sacrifices by the nation's service members and veterans.



SCI Safety HazCom Compliance: Good for Your Employees—and Your Bottom Line (Part 1)

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

Date: May 8, 2014

OSHA has updated its hazard communication standard (HazCom) to align with the United Nations' Globally Harmonized System for the Classification and Labelling of Chemicals (GHS). At BLR's recent Safety Summit, consultant and toxicologist Anne Chappelle of Critical Path Services advised participants to use HazCom to encourage management to make investments that benefit worker health and the bottom line. Keep reading to learn about her insights.

OSHA's update is an effort to better classify and communicate chemical hazards. In general, Chappelle says OSHA is moving away from the "right-to-know" concept and toward the concept of "right-to-understand." The standard addresses these basic categories:

- Chemical labeling,
- Safety data sheets (SDSs) (formerly material safety data sheets (MSDSs)),
- Hazard determination,
- Written implementation program,
- Employee training, *and*
- Process changes.

Next week... *HazCom 2012 compliance basics/The benefits for the bottom line*

SCI Safety Management: OSHA's Position on Temps and Safety (Part 2)

Source: <http://www.blr.com> Two Part series on Temp Workers

By Paul Lawton

Date: April 27, 2014

Employer and Agency Roles

OSHA says that both host employers and staffing agencies have roles in complying with workplace health and safety requirements, and it could hold both the host and temporary employers responsible for workplace conditions that violate safety and health standards.

When it comes to safety training, OSHA suggests that staffing agencies might provide general safety and health training, and host employers would provide specific training tailored to the particular workplace equipment/hazards.

The key to temp worker safety, OSHA concludes, is good communication between the agency and the host to ensure that the necessary protections are provided.

Protect All Employees—Regular and Temp—All the Time

Another key to keeping temp workers, as well as all your regular workers, safe is information. And that's where *Safety.BLR.com* can help. We have information about workplace safety and health from accident prevention to workers' comp and all the key topics in between.

Whatever you need to know about complying with OSHA regulations and state safety rules, and about keeping your workforce safe and healthy, you'll be able to find it easily at your convenience at *Safety.BLR.com*. And you find it all reported and interpreted for you by our safety experts.

What's more, this one-stop safety website is a fantastic resource for safety training materials on just about any topic you can imagine.

Training responsibilities become a snap with the website's thousands of audio presentations, PowerPoints, prewritten safety meetings, toolbox talks, trainer's guides, and much, much more. You'll find training tools on more than 120 safety topics along with plain-English compliance analysis and other resources.

HEALTHY BITES

Quick Tips for Health



Toe Injuries and Disorders

Fourteen of the 26 bones in your feet are in your toes. The toes, particularly your big toe, help you move and keep your balance. Playing sports, running, and receiving a blow to the foot can damage your toes. Wearing shoes that are too loose or too tight can also cause toe problems. Certain diseases, such as severe arthritis, can cause toe problems and pain. Gout often causes pain in the big toe.

Common toe problems include

- [Corns](#) and bunions
- Ingrown [toenails](#)
- Toe joint sprains and dislocations
- Fractured toe bones

Treatments for toe injuries and disorders vary. They might include shoe inserts or special shoes, padding, taping, medicines, rest, and in severe cases, surgery.



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*