



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

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

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

**Stay sober or get pulled over!
James Lehrke-SCI**

of the week

SCI Safety Tip: 6 Essential Safe Driving Behaviors

Source: www.blr.com

By: Paul Lawton

Date: May 11, 2014

Make sure your employees are safe behind the wheel whether they are driving on the job or commuting to and from work.

The Insurance Institute for Highway Safety has published an analysis of driver, vehicle, and traffic-control safety measures that significantly reduce traffic deaths. You can use the analysis to promote safe-driver behaviors with a high probability of reducing crash risk and severity and of saving lives.

Here are six safety measures that you can promote to reduce employee deaths and injuries from motor vehicle crashes both on and off the job:

- 1. Buckle up.** Seat belt use is the single most effective strategy for reducing crash deaths and injuries. The National Highway Traffic Safety Administration (NHTSA) estimates that seat belt use saved more than 12,000 lives in 2009 and could have saved almost 4,000 more—particularly back seat passengers, who are less likely to buckle up. Make buckling up a requirement for all of your employees who are drivers or passengers in motor vehicles.
- 2. Wear a helmet.** Not many workers drive a motorcycle or scooter on the job, but they might ride these fuel-efficient two-wheelers outside of work, especially in light of rising gas prices. Helmets saved nearly 1,500 lives in 2009 and could have saved 700 more, according to the NHTSA. Encourage your motorcycling (and bicycling) employees to wear helmets.
- 3. Restrict teen drivers.** Graduated licensing laws that restrict when teens can drive, and how many teen passengers they can carry, have been shown to reduce teens' crash deaths. Although labor laws forbid teens from driving as part of their job until age 18, you can still support motor vehicle safety among your teenage employees by ensuring that they do not work late into the night, when they might be at more risk for crashes after leaving work.
- 4. Slow down.** Many states are raising speed limits—some to as high as 85 mph—but slower speeds save lives, and some trucking groups advocate a national 65 mph speed limit. Whatever the speed limits are in your area, adhering to them enhances safety. Encourage your drivers to observe posted limits.
- 5. Stop.** Red-light running killed almost 700 people, and injured 130,000 more, in 2009. Encourage your drivers to observe traffic signals and stop signs.

6. Stay sober. Alcohol impairs drivers, and impaired drivers are a hazard to themselves and others. You can help by discouraging alcohol use at company functions and parties, and by making sure that workers understand how easily and quickly alcohol can affect their judgment and reaction time.

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 OSHA Quickcard: Work Zone Traffic Safety

Source: www.osha.com

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.

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.

HEALTHY BITES Quick Tips for Health



Cholesterol

Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body. Your body needs some cholesterol to work properly. But if you have too much in your blood, it can combine with other substances in the blood and stick to the walls of your arteries. This is called plaque. Plaque can narrow your arteries or even block them.

High levels of cholesterol in the blood can increase your risk of [heart disease](#). Your cholesterol levels tend to rise as you get older. There are usually no signs or symptoms that you have high blood cholesterol, but it can be detected with a blood test. You are likely to have high cholesterol if members of your family have it, if you are overweight or if you eat a lot of fatty foods.

You can lower your cholesterol by exercising more and eating more fruits and vegetables. You also may need to take medicine to lower your cholesterol.

NIH: National Heart, Lung, and Blood Institute



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*