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Weekly Safety Tip

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June 1, 2015

SCI Safety Tip: Tips for safe business travel

Date: May 27, 2015

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

If you travel for work, you know that it can be a very unglamorous part of the job. Beyond crowded airports and bad road food, there's the very real risk of getting sick or injured away from home. Learn more about the risks and how to help your employees avoid them.

What used to be thought of as a desirable perk is often considered a hassle for millions who spend their time shuttling between airports, hotels and conference rooms. Staying healthy and safe should be a top priority for everyone who travels. A few simple steps can make a difference.

The following safety tips can reduce the risks associated with business travel.

Employers can:

- Establish a means for tracking employee travel and develop a communication system for emergency situations;
- Check with the company health insurance provider and consider making short-term medical insurance available for employees who travel;
- Be sure employees know how to contact the company's travel insurance or assistance provider while on business, especially if they're going outside their home country;



SCI Safety Slogan

**Never drive faster
than your guardian
angel can fly.**

James Lehrke-SCI

- Make sure employees with known health risks are fit for travel and have emergency contact information;
- Avoid sending a concentration of employees in the same plane, train, bus, or motorcar; *and*
- Conduct training programs to review travel risks and response protocols.

Employees can:

- If they find themselves near any type of disturbance, move away from, not toward the potential threat;
- Carefully review rental vehicles and confirm that everything is in good working order before leaving the rental facility;
- Become familiar with the route they will be traveling and have access to a good navigational system and map or written directions;
- In a hotel, learn the location of the nearest fire exits, elevators, and phones;
- Pack a travel health kit that includes first-aid supplies, prescription medicine, and over-the-counter diarrhea medicine;
- To reduce the chance of jet lag, stay hydrated while traveling and avoid alcohol and caffeine;
- Try to sleep on long flights; *and*
- To minimize travel-related stress, eat healthful meals, exercise, and sleep well.



Those traveling to developing countries need to be careful about what and where they eat and drink. According to the Centers for Disease Control and Prevention (CDC), bottled water and food that is cooked and served hot are generally safe. Be cautious about tap water, ice, and raw fruits and vegetables.

Get destination-specific guidance at a dedicated CDC travel website,

<http://wwwnc.cdc.gov/travel/destinations/list>.

SCI OSHA Compliance: Are you ready for OSHA's new construction confined space standard?

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

By: Abby Ferri, CSP

Date: May 29 2015

Construction safety managers are abuzz with discussion about the long-awaited confined space standard specific to the industry. There is no doubt that the standard is important and long overdue. OSHA estimates that the standard will prevent over 750 serious injuries every year. The rule was published May 4, 2015 and will become effective August 3, 2015.

Across the United States, many contractors are in their busiest season, and complying with the new standard by its effective date may be challenging. OSHA stated in its press conference releasing the standard that they are working on producing some compliance assistance materials and may conduct webinars.

New confined space classifications

In additions to the new acronyms and procedures to learn, there are now four types of confined space classifications, not just the two we have become used to from the general industry standard.

The four new classifications are listed below in ascending order from least to most hazardous.

Isolated Hazard Confined Space (IHCS). This classification represents the lowest level hazard to employees. Compare this to the familiar non-permit-required confined space (NPRCS). A space can be classified this way if all physical and atmospheric hazards are isolated.





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Summer Fun!

The summer sun can be dangerous. “It’s a time of the year when the sun’s intensity is greatest,” says Anne M. Hartman of the National Institutes for Health. “Exposure to ultraviolet (UV) radiation—invisible rays that are part of the energy that comes from the sun and artificial sources like sun lamps and tanning beds—are strongly associated with skin cancer.

“Over one million new cases of skin cancer are diagnosed in the U.S. each year, outnumbering at least the top five body system cancers combined and possibly all other cancers combined,” Hartman says. “Both UVB rays, which penetrate the skin, and UVA rays, which penetrate more deeply through the skin’s two layers and even a bit beyond, cause various types of skin and eye damage including skin cancer.”

Slip on protective clothing. Choose shirts with long sleeves and long pants to protect as much of your body from the sun as possible. Many modern fabrics are light and breathable, yet protect your skin from the sun. “A good rule is if you can see through the clothing, UV can pass through it and it will not provide you optimum protection. Some clothes are now marked with an “Ultraviolet Protection Factor” or “UPF.” UPF measures the amount of UV radiation that can penetrate the fabric. For example, a UPF of 50 means that it allows only 1/50th, or 2%, of UV to pass through.

Slop on sunscreen. It may help prevent skin cancer, although sunscreen can’t replace avoiding the sun during peak hours, staying in the shade and wearing protective clothing. Look for sunscreen with a sun protection factor (SPF) of at least 15. Those with an SPF of 30 or higher will provide the most protection. Right now, unfortunately, SPF only measures protection from UVB rays. “Since both UVA and UVB cause damage to the skin, you should use a broad spectrum sunscreen, one that contains ingredients to protect against both UVA and UVB,” Hartman says. The U.S. Food and Drug Administration have proposed a set of regulations for rating UVA protection. For now, those product labels should at least mention UVA protection. In addition, wearing lip balm with SPF protection should be part of your summer skin care routine. Look for lip-specific products that have an SPF 15 or higher. Apply it every two hours or so, based on the amount of contact with the UV rays. While in the sun, stay away from baby oil, petroleum jelly, or high-shine lip gloss. Wear lipstick with SPF, or apply a lip conditioner with SPF and antioxidants under lipstick for extra moisture and protection.

Slap on a hat. “All hats are not equally protective,” Hartman notes. “Choose hats that are broad brimmed all around to shade the ears and neck as well as the face.” And remember, baseball caps are not nearly as effective as hats with broad brims, because they leave your ears exposed.

And finally, wrap on sunglasses. The label should say that the lenses block at least 99% of UVA and UVB radiation. Now that you’ve gotten a refresher on protecting yourself from the sun, you can get outside, get active and have fun!

Controlled Atmosphere Confined Space (CACS). A space can be classified this way if ventilation alone controls atmospheric hazards to safe levels. A space cannot be classified this way if a physical hazard is present that is not isolated. This classification was included as a protective yet cost-effective solution. Documentation will be required for a CACS to note that physical hazards are isolated, ventilation alone is controlling atmospheric hazards, other identifying details of the space. The documentation should be posted at the entrance to the CACS.

Permit Required Confined Space (PRCS). A space is classified this way if ventilation alone will not reduce or maintain atmospheric hazards at a safe level. Hazards related to configuration and engulfment are other characteristics of a PRCS. Access to a PRCS must be made physically difficult by means of barriers and/or high visibility physical restrictions at entrances. A retrieval system must also be provided. Most of the familiar PRCS rules still apply.

Continuous System Permit Required Confined Space (CS-PRCS). A space classified this way is part of a larger confined space, such as a sewer system, that can't be isolated from the larger space. This means there are conditions present that are immediately dangerous to life or health (IDLH) due to potential release from the larger space that could overwhelm PPE or other controls. The CS-PRCS cannot be reclassified.

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