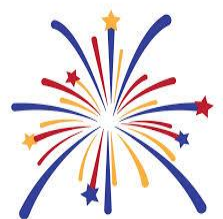




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Weekly Safety Tip

Life Is All About Choices!®

June 29, 2015

SCI Safety: Safety Tips for Lightning Safety Awareness Week

Date: June 23, 2015

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



Each year, U.S. fire departments respond to more than 22,000 fires sparked by lightning. With summer the peak time of the year for lightning strikes and fires, the Lightning Protection Institute wants to make sure your employees and their families are protected. Get essential facts and safeguards here.

To mark Lightning Safety Awareness Week, the Lightning Protection Institute (<http://www.lightning.org>) is reminding the public about the dangers of lightning and the risks of complacency regarding this serious hazard.

According to the organization, lightning associated with thunderstorms and sometimes tornadoes can pose a variety of fire hazards. Lightning's extreme electrical charge can cause destructive power surges through circuitry, burn holes in gas piping, explode brick and roofing materials, and ignite fires.

To mark Lightning Safety Awareness Week (June 21-27), the institute has unveiled an eye-opening public service announcement that emphasizes the importance of protecting people, property, and places against this deadly but underrated threat. You can view the PSA at <http://lightning.org/lsa-week>.

SCI Safety Slogan

Snap, crackle, pop!

**Don't let the
number of hand
and eye injuries
SKYROCKET**

James Lehrke-SCI

Fortunately, say the lightning experts, the threat can be addressed with installation of a lightning protection system. Such systems provide a low-resistance network to safely intercept lightning's harmful electricity and direct it to the ground without impact to a structure or building occupants.

NFPA 780, *Standard for the Installation of Lightning Protection Systems*, provides lightning protection system requirements to help safeguard structures from fire risks and associated damage.



Share these tips to protect employees at work and at home

Staying safe outdoors

- If you can hear thunder, you are within striking distance of lightning. Look for shelter inside a home, large building, or a hard-topped vehicle right away. Do not go under tall trees for shelter. There is no place outside that is safe during a thunderstorm. Wait at least 30 minutes after the last thunder before leaving your shelter.
- Stay away from windows and doors.
- If you are in or on open water, go to land and seek shelter immediately.
- If you feel your hair stand on end, that means lightning is about to strike. Squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize contact with the ground. Do not lie flat on the ground. This is a last resort when a building or hard-topped vehicle is not available.
- If a person is struck by lightning, call 911 and seek medical care immediately. Lightning strike victims carry no electrical charge; attend to them immediately. Check their breathing, heartbeat, and pulse. CPR may be needed.
- *Staying safe indoors*
- Unplug appliances and other electrical items, like computers, and turn off air conditioners. If you are unable to unplug them, turn them off.
- Stay off corded phones, computers, and other electronic equipment that puts you in direct contact with electricity or plumbing.
- Avoid washing hands, bathing, doing laundry, or washing dishes.

SCI OSHA Compliance: 11 Rules for Safe Handling of Hazardous Materials

By: *ckilbourne*

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

Date: *June 18, 2015*

Do your employees know how to handle hazardous materials safely? Here are 11 basic rules all employees who handle hazardous materials should know and follow.

These 11 rules are presented in no particular order. They are all top priorities for chemical handlers. However, feel free to rearrange them in whatever order you think is best for your workplace, your workers, and your material hazards.

You'll undoubtedly have other safety rules to add to the list. Better yet, present the list in a safety meeting and get employees involved in helping you add to the list. This will create a sense of ownership over your safe chemical handling rules. To employees, they'll be "our" rules rather than "their" rules. That way, people will be more likely to follow them.

Rule #1. Follow all established procedures and perform job duties as you've been trained.

Rule #2. Be cautious and plan ahead. Think about what could go wrong and pay close attention to what you're doing while you work.

Rule #3. Always use required PPE—and inspect it carefully before each use to make sure it's safe to use. Replace worn out or damaged PPE; it won't provide adequate protection.





Stop with Excuses and Make it Happen!

Today, for many American adults, the word “exercise” usually brings up negative thoughts. “I can’t.” “It’s too hard.” “I am too busy”. Physical fitness used to be essential to live. Hunting and gathering at first, then farming. In fact, only about one in five American adults get the recommended amount of aerobic and strength training exercise each week. We spend more time each day watching TV, going on online, eating and drinking or playing games on the computer or our phones.

There are endless benefits of physical activity. Research indicates that exercise can help reduce the risk of heart disease, stroke, type 2 diabetes, some cancers, and metabolic syndrome. Exercise allows us the ability to concentrate more, improve our mental health and help us live longer, healthier lives.

It only takes 150 minutes a week of moderate aerobic intensity like brisk walking, to get the benefits. That is 30 mins, 5 days a week! If you do not have 30 mins, you can break it up into three 10 minutes session each day. There are more 1,440 per day use 30 of those to improve your health and well-being!

Make sure to always consult your physician before starting any fitness activity.



Rule #4. Make sure all containers are properly labeled and that the material is contained in an appropriate container. Don’t use any material not contained or labeled properly. Report any damaged containers or illegible labels to your supervisor right away.

Rule #5. Read labels and the material safety data sheet (MSDS) before using any material to make sure you understand hazards and precautions.

Rule #6. Use all materials solely for their intended purpose. Don’t, for example, use solvents to clean your hands, or gasoline to wipe down equipment.

Rule #7. Never eat or drink while handling any materials, and if your hands are contaminated, don’t use cosmetics or handle contact lenses.

Rule #8. Read the labels and refer to MSDSs to identify properties and hazards of chemical products and materials.

Rule #9. Store all materials properly, separate incompatibles, and store in ventilated, dry, cool areas.

Rule #10. Keep you and your work area clean. After handling any material, wash thoroughly with soap and water. Clean work surfaces at least once a shift so that contamination risks are minimized.

Rule #11. Learn about emergency procedures and equipment. Understanding emergency procedures means knowing evacuation procedures, emergency reporting procedures, and procedures for dealing with fires and spills. It also means knowing what to do in a medical emergency if a co-worker is injured or overcome by chemicals.



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