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Weekly Safety Tip

Life Is All About Choices!®

June 8, 2015

SCI Safety Tip: Before You Hit the Road: Hit the Garage

By: Jennifer Busick

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

It's National Safety Month, and the National Safety Council is encouraging drivers to make transportation safety a priority. Every day, 100 people die on America's roads. This week, we'll look at how you can make sure your workers get there safely by taking precautions before they hit the road. Today, we'll look at how to assess vehicle hazards.

One way to make sure your drivers reach their destinations safely is to make sure that their vehicles are safe. So, before they hit the road, make sure they hit the garage! Check out a vehicle's safety with the tips below.

An Unsafe Vehicle

A poorly maintained vehicle won't get you where you're going safely, so the first thing to address before you hit the road is whether your car (or truck, or bus, or van) is up to date on its maintenance and in good working order.

Some vehicle-related factors that can contribute to unsafe driving conditions include:

- *Bad tires.* A tire that's bald or damaged may blow out at highway speed or fail to grip the road surface in bad weather.
- *Bad brakes.* Brakes that are too worn, too "soft" or malfunctioning, may not stop you when you need them.
- *Poor visibility.* A car's windows and mirrors let you see what's going on outside your vehicle both in front and behind. This is an essential safety feature we often take for granted.



SCI Safety Slogan

**Bald is bad
I mean tires!**

James Lehrke-SCI

Pretrip Inspection

No matter what type of vehicle your workers drive, it is important for them to conduct a pretrip inspection. They should make sure the basic safety equipment is in good operating condition. The items to be inspected will vary depending on the type of vehicle.

Passenger vehicles. Some basic items to check before operating the average passenger car, van, or truck, might include:

- Horn
- Lights
- Turn signals
- Windshield wipers and washer fluid
- Clean windows, mirrors, lights
- Service brakes
- Parking brakes
- Tire tread and air pressure
- Leaks of oil or other fluid under the vehicle



Commercial motor vehicles. Commercial motor vehicles (CMVs) require a more in-depth inspection.

The driver must satisfy himself or herself that the vehicle is in good working condition before driving it. The Department of Transportation (DOT) does not require the pretrip inspection to be done in writing. A thorough check would include all these elements:

- Service brakes, including trailer brake connections
- Parking (hand) brakes
- Steering mechanism
- Lighting devices and reflectors
- Tires
- Horn
- Windshield wipers
- Rear-vision mirrors
- Coupling devices
- Wheels and rims
- Emergency equipment

The commercial vehicle driver must complete a written inspection at the end of each workday that includes these items. The report must include a space for the signature of the driver who prepared the report, a space for a mechanic's signature indicating that any defects or deficiencies have been corrected, and a space for the driver to sign acknowledging that corrective actions have been completed.

If anything is found to be damaged or nonfunctional, make sure workers hit the garage before they hit the road.

SCI OSHA Compliance: Prevent injuries and OSHA citations with these warehouse safety tips (Part 1)

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

Date: June 2, 2015

Last week, OSHA cited a manufacturer for 15 violations of agency standards at its warehouse, including three repeat violations for lockout/tagout issues. Keep reading for potentially life-saving reminders about your responsibilities plus tips for protection.

Warehousing is a complex activity with many moving parts, many of them quite hazardous. More than 145,000 people work in over 7,000 warehouses in the United States. The fatality rate for the industry is higher than the national average for all industries.



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Quick Tips for Healthy Living

Fruits and Veggies!

Summer is here and the fresh fruits and vegetables will start to be in abundance. Here are 5 reasons you should be eating more fruits and veggies.

1. The nutrients you get from fresh fruits and veggies you will not find in any other food.
2. The variety is endless, so even if you say you do not like them, there are so many different kinds to try.
3. Quick, natural snack. Fruits and veggies are nature's treat and easy to grab for a snack
4. May reduce your disease Risk. Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.
5. Fruits and Veggies provide fiber that helps fill you up and keeps your digestive system happy!

These are just a few reasons you can count on these colorful healthy options. There are many places that you can find local fresh fruits and veggies. Stop by your local Farmers Markets!! Farmers markets are a great way to incorporate healthy food into your diet while supporting local farms and businesses.

There are also CSA (Community Supported Agriculture) Programs as well. In these programs, you pay a set fee to a farm which covers produce through a given period, usually 16-20 weeks over the summer and fall. It's a great way to encourage you to use more produce, a since you do not know what you'll receive each week, you end up finding creative uses for new items that you may have never tried before. Check your local farms, sign ups usually take place around this time of year.

Injuries and deaths are caused by improper use of forklifts, material handling, inadequate or improper use of personal protective equipment (PPE), and other causes. Commonly cited OSHA standards in warehouse inspections include forklifts, electrical hazards, machine guarding, respiratory protection, lockout/tagout, and portable fire extinguishers.

Serious injuries occur when forklifts run off docks or turn over and products fall on employees. In some cases, workers become caught in pinch points, are burned by chemicals, and sustain injuries due to improper lifting or issues with PPE. Warehouse workers can slip and fall, suffer eye injuries, experience burns, and sustain hand injuries from material handling.

According to OSHA, warehouses need a lockout/tagout program to prevent equipment from being accidentally energized during service and maintenance and injuring employees. A site hazard assessment must be conducted as well to determine what PPE must be worn based on the hazards and train employees on selection, use, and maintenance of protective gear.

How do these solutions stack up against your warehouse practices?

Find out next week!

Find out what's happening at SCI!



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In Loving Memory of Jessica Lehrke

