



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

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

Weekly Safety Tip

Life Is All About Choices!®

July 10, 2017

SCI Safety Tip: Do your employees know what to do in a cardiac emergency?

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

Date: July 5, 2017



The American Heart Association (AHA) has launched a new campaign to promote first aid, cardiopulmonary resuscitation (CPR), and automatic external defibrillator (AED) training. The association says it was motivated by research that finds most U.S. employees are not prepared to handle a workplace cardiac emergency because they lack training in CPR and first aid. Half of the employees questioned could not locate an automated external defibrillator at work.

Cardiac arrest happens when the heart suddenly stops beating. Survival chances outside the hospital can double or triple when CPR is immediately performed by a bystander. Said Michael Kurz, MD, an AHA committee chair and associate professor at the University of Alabama at Birmingham, “Such training has the potential to save thousands of lives, considering there are 10,000 cardiac arrests in the workplace annually.”

Kurz says the survey data suggests that untrained employees may be relying on their untrained peers in an emergency. That leaves employees with a false sense of security that someone in the workplace is qualified and able to respond, when in fact that is not the case. Of safety managers surveyed, a third said lives had been saved at home

SCI Safety Slogan



James Lehrke-SCI

and at work as a result of first aid, CPR, and AED training provided on the job. Interestingly, younger generations were less likely to participate in the training. The AHA says this could be due to a sense of invincibility among younger employees.

Safety Connections Inc. **T-E-A-M First Aid/CPR/AED/Bloodborne Training Class - Includes but not limited to:** patient assessment (ABC's), choking, one-man CPR. This class affords the student the opportunity for plenty of hands-on practice. This class teaches the rescuer either compression only or compressions with breaths.

Instructor facilitates hands-on participation and incorporates the use of videotaped segments. Participants receive a "Successful Completion" card at the end of the course. SCI provides all equipment and supplies. This program follows OSHA guidelines and comes with a two-year certification.



Date: Saturday July 22nd, 2017

Location: Safety Connections, Inc.

2108 Kohler Memorial Drive

Sheboygan, WI 53081

(Second Floor)

Time: 7:30 A.M. to 11:30 A.M.

Cost: \$30

To Register: Calling Jim at [920-912-7233](tel:920-912-7233) or e-mail jim@safetyconnections.com

SCI OSHA News: OSHA announces policy change on monorail hoists in construction

Source: <http://www.osha.gov>

Date: July 3, 2017

WASHINGTON – The U.S. Department of Labor’s Occupational Safety and Health Administration has announced a [new enforcement policy](#) that excludes monorail hoists from the requirements of Subpart CC – Cranes and Derricks in Construction, as long as employers meet other OSHA requirements.

The policy change was made in response to comments from stakeholders and in recognition that a monorail hoist – which is attached to a fixed monorail mounted on equipment such as trucks, trailers, or scaffolding systems – is significantly different from other cranes and derricks in construction.

Some monorail hoists can be extended and contracted in only a fixed horizontal direction. They do not rotate, swing on a hinge, or boom out much farther than the equipment on which they are mounted. They are often used in construction to hoist precast concrete components, storage tanks, and mechanical equipment.

Under the new policy, the agency will not cite employers for failing to meet the requirements of Subpart CC if they meet the requirements of the overhead hoists and general training standards.

The general industry requirements for monorail hoists remain intact.

“This enforcement policy is a commonsense approach to addressing industry concerns while also ensuring workers are protected,” said Dean McKenzie, director of OSHA’s Directorate of Construction.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA’s role is to ensure these conditions for America’s working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit www.osha.gov.



Aurora Health Care®

Quick Tips for Healthy Living

Benefits of Yoga

Looking for a new way to exercise? Yoga may be the right fit for you! In addition to the physical benefits listed below, yoga can also reduce physical and emotional stress, provide relief for tension headaches, decrease worry and anxiety, boost the immune system, and reduce pain throughout the body.

Yoga Benefits: Flexibility

The series of yoga poses called asanas work by safely, but only when done properly [stretching](#) your muscles. This releases the lactic acid that builds up with muscle use and causes stiffness, tension, pain, and [fatigue](#). In addition, yoga increases the range of motion in joints. It may also increase lubrication in the joints. The outcome is a sense of ease and fluidity throughout your body.

Yoga Benefits: Strength

Many of the poses, such as Downward Dog, Upward Dog, and Plank pose build upper-body strength. This becomes crucial as people age. The standing poses, especially if you hold them for several long breaths, build strength in your hamstrings, quadriceps and abdominal muscles. Poses that strengthen the lower back include Upward Dog and Chair pose. When practiced correctly nearly all yoga poses build core strength in the deep abdominal muscles.

Yoga Benefits: Heart benefits

Perhaps one of the most studied areas of the health benefits of yoga is its effect on [heart disease](#). Yoga has long been known to lower blood pressure and slow the heart rate. A slower heart rate can benefit people with [hypertension](#) and heart disease and it can also help to prevent having a [stroke](#).

Safety in Numbers

By: Dan Goosen SCI Senior Executive Advisor

Safety programs are successful when there is participation for all within an organization. One or few cannot accomplish the necessary work needed to achieve great results!

Leadership from the top within the company must drive the culture. “Zero Accidents” should remain the ultimate goal!

Many want the results, but few want to participate. The proactive approach involving all can make the difference in safety. Team up for safety!

Simple right? But why are so many companies still struggling with their safety programs? Why so many injuries?

Too busy? No time? No support? Safety should always should be a priority! Great safety programs drive efficiencies, quality, productivity, and attitudes. So why not take the time?



Embrace Reality Support Group
Where: Safety Connections Inc.
2108 Kohler Memorial Dr. Suite 220
When: July 11, 2017
Time: 5 pm – 6pm

Do you want to talk? Are you battling addiction? Are you grieving over a loved one? Do you have a heavy heart? Our support group meets every month. Come and join us! Confidently is a must.

What do you think?
Send us an email at:
jlconnections@aol.com
See our bold new look

In Loving Memory...
Jessica, Kristin and Nick



SAVE TOMORROW
THINK SAFETY TODAY