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Weekly Safety Tip

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July 13, 2015

SCI Safety: Mayors seek truck safety changes, plus tips for safe driving around big rigs

Date: July 7, 2015

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

The U.S. Conference of Mayors is calling on the trucking industry to put the pedal to the metal on several safety improvements. Keep reading for details and best practices to keep employees safe around semis and other large vehicles.

The mayors' group adopted a resolution calling for collision avoidance requirements for heavy commercial vehicles (HCVs). Examples of collision avoidance technology include auto brakes, collision warnings, and lane departure prevention systems. Advocates say use of collision avoidance technology has been shown to help avoid the most violent type of truck crashes—when trucks drive into the back of passenger vehicles.

The mayors' resolution also seeks to ban driver use of Schedule II opioid drugs. The group cited a DOT study that found the most common factor when a truck driver contributed to a crash was prescription drug use. As well, the resolution called for an immediate deadline for raising the minimum insurance requirement for the trucking industry. According to the conference, approximately 1,000 HCV crashes occur daily in the United States. Annually, 4,000 motorists die in HCV-involved crashes, and over 100,000 accidents occur.



SCI Safety Slogan

**An ounce of
prevention is worth a
pound of cure**

James Lehrke-SCI

The safety resolution was applauded by Road Safety America president Steve Owings, who commented, “It’s a tragedy when people are hurt or killed in needless crashes with heavy big rigs. Support by the U.S. Conference of Mayors is helping to raise awareness of this important issue and helps gain additional national support.”

Response from the American Trucking Associations (ATA) was less enthusiastic. ATA executive vice president David Osiecki noted, “Recommendations that have little or no link to safety divert time, energy, and resources of regulators and industry personnel alike. Aligning crash countermeasures with crash causes is critical. We’re hopeful federal regulators will evaluate these recommendations through that lens.”



4 tips to drive safely around big trucks

Whether your employees drive company vehicles or commute in their own cars, it’s wise to remind them about safely sharing the road with 18-wheelers. The insurance provider Esurance recommends the following best practices:

- **Take no chances, even when it’s inconvenient.** When a truck is about to move into your lane, you might be tempted to speed up and cut the vehicle off so you won’t get stuck behind it. Don’t do it.
- **Pass with care.** Give a truck even more space than you would give other vehicles. Make sure the front of the rig is visible in your rear-view mirror before returning to the truck’s lane.
- **Watch out for turns.** Assume that the truck driver does not see you. Drivers may need to swing wide to the left in order to make a right turn. So trying to squeeze directly behind or beside them could cause a collision. Wait to see where a truck intends to turn before making a move.
- **Remember how huge they are.** Because of their weight, big trucks take longer, sometimes twice as long, to stop compared to other vehicles. Drivers can run into trouble if they forget that trucks cannot stop on a dime.

SCI OSHA News: OSHA announces increased enforcement at hospitals

Source: <http://www.blr.com> (Part 2)

Date: July 1, 2015

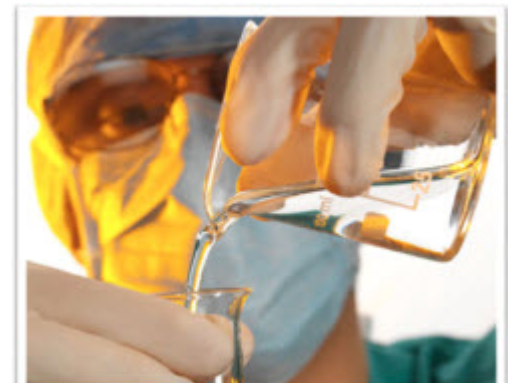
The rate of work-related injuries and illnesses at U.S. hospitals is nearly twice as high as the overall rate for private industry. OSHA has asked inspectors to focus on five key hazards at hospitals and other inpatient care sites including nursing homes. Get details on the hazards and find out why OSHA is so concerned about this vulnerable worker population.

What questions do OSHA inspectors ask?

OSHA wants inspectors to ask questions like these

The new guidance document spells out the types of questions the agency wants inspectors to ask. Among them are the following:

- Is there a system for hazard identification and analysis?
- Is there a system for development of strategies to address identified hazards?
- Who has responsibility and authority for administering this system?
- What input have employees provided in the development of employee lifting and transfer procedures?
- Are there records of recent changes in policies/procedures and an evaluation of their effect on resident handling injuries and illnesses?
- Is there a recognized process to ensure that work-related disorders are identified and treated early?





Aurora Health Care®
Quick Tips for Healthy Living

Keep Your Food Safe This Summer

As the summer temperatures heat up, so does the grill and the excitement of picnics with family and friends. However, this is also the time of year that cases of foodborne illness rise. But keeping some of these planning and food preparation tips handy may help keep you and your food safe this summer.

1. Keep hot foods hot and cold foods cold. Illness-causing bacteria can grow in perishable foods at room temperature if not consumed or refrigerated within two hours. If the outside serving temperature is 90° F or higher, you'll want to cut the time down to only 1 hour. The temperature danger zone, where food can rapidly grow bacteria, is between 41° F and 135° F. Try serving cold food over ice to keep your food less than 41° F.

2. "When in doubt, throw it out." If you suspect that a food was sitting too long in the danger zone, don't hesitate to throw it away. It might seem tempting to save the food and prevent waste, but it's much safer than you, your friends, or your family getting ill with a foodborne illness.

3. When planning or prepping for a grill out, keep raw meats separated from other foods like fruits, vegetables or grains that have already been cooked or will be eaten raw. This will help prevent cross contamination between uncooked meats and ready-to-eat foods.

4. Pack a full cooler! Full coolers stay cold longer than ones that are partially-filled. Also consider separating your drink cooler from your storage food cooler. That way, if the drinks cooler is opened more frequently, it will not affect the food in the other cooler, allowing it to stay cold for a longer period of time.

5. Going camping or on a multi-day hike? Food safety can be a challenge with perishable foods, so consider packing more shelf-stable food items. Some examples include:

- Peanut butter
- Whole grain crackers
- Juice boxes
- Canned tuna, chicken or other meats
- Dried noodles and soups
- Beef jerky
- Dried fruits and nuts
- Powdered milk and fruit drinks

Don't forget to always wash your hands before, during, and after preparing food. Keeping these tips in mind can help assure a safe and fun time at your gatherings this summer.

- Have employees been trained in recognition of ergonomic hazards associated with manual lifting or transferring, early reporting of injuries, and a process for abating those hazards?
- Are there appropriate quantities and types of assistive devices such as mechanical lifts available within close proximity and properly maintained?

Learn more about OSHA's plans for healthcare enforcement at

https://www.osha.gov/dep/enforcement/inpatient_insp_06252015.html.

Not everyone gets it
right the first time,
Success is unfortunately
a wicked difficult climb.
However for those who
just won't lose hope,
Success will throw
down a lifesaving rope.
Work hard, work smart,
and you will succeed,
Don't follow the rest
of the world, take lead!
All my best wishes I send
to you my dear friend,
I hope you keep getting
successful till the end.

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**SAVE TOMORROW
THINK SAFETY TODAY**