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Weekly Safety Tip

Life Is All About Choices!®

July 27, 2015

SCI Safety: Thunderstorm and Tornado Safety

Source: <http://www.nws.noaa.gov/os/severeweather/>

Tornadoes

A tornado is a violently rotating column of air extending from the base of a thunderstorm down to the ground. Tornadoes are capable of completely destroying well-made structures, uprooting trees and hurling objects through the air like deadly missiles. Tornadoes can occur at any time of day or night and at any time of the year. Although tornadoes are most common in the Central Plains and southeastern United States, they have been reported in all 50 states. This website is designed to teach you how to stay safe in a tornado. If you know what to do before, during, and after a tornado you can increase your chances of survival. You'll also find links to research, past events and other topics of interest. Download our free [Thunderstorms, Lightning and Tornado](#) booklet for more information.

Severe Thunderstorms

A thunderstorm is considered severe if it produces hail at least 1 inch in diameter or has wind gusts of at least 58 miles per hour. Every thunderstorm produces lightning, which kills more people some years than tornadoes or hurricanes. Heavy rain from thunderstorms can cause flash flooding. High winds can damage homes and blow down trees and utility poles, causing widespread power outages. Every year people are killed or seriously injured because they didn't hear or ignored severe thunderstorms warnings. The information in this section, combined with timely watches and warnings about severe weather, could save your life.



SCI Safety Slogan



James Lehrke-SCI

- Listen to local news or [NOAA Weather Radio](#) for emergency updates. Watch for signs of a storm, like darkening skies, lightning flashes or increasing wind.
- If you can hear thunder, you are close enough to be in danger from lightning. If thunder roars, go indoors! Don't wait for rain. Lightning can strike out of a clear blue sky. Learn more about [lightning safety](#).
- Avoid electrical equipment and corded telephones. Cordless phones, cell phones and other wireless handheld devices are safe to use.
- Keep away from windows.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends.
- If you are outside and cannot reach a safe building, avoid high ground; water; tall, isolated trees; and metal objects such as fences or bleachers. Picnic shelters, dugouts and sheds are NOT safe.



Tornado moving west of Manitou, OK, on November 7, 2011.

Lightning and Flood Threats

While much of the focus during severe weather is on tornadoes, wind and hail, there are actually more deaths caused each year by flooding and lightning, which are also commonly associated with severe weather. If you hear thunder or see lightning, head inside immediately! When Thunder Roars Go Indoors! Heavy rainfall from thunderstorms can quickly cause rivers and streams to overrun their banks and cause street flooding in cities. Remember, if you encounter a flooded roadway, do NOT drive or walk into it. Turn Around Don't Drown! Visit [weather.gov/lightningsafety](#) and [weather.gov/floodsafety](#) for more safety tips and information.

SCI OSHA Compliance: New Rules and Tools— Highlights of OSHA's Latest Regulatory Agenda

Source: [www.blr.com](#)

By: Jennifer Busick

Date: July 17th 2015

OSHA's latest regulatory agenda, released in late May, outlined the status of the agency's currently pending prerule, proposed rules, and final rules. Today, BLR® Safety Editor Emily Clark provides information on what you can expect to see from OSHA in the coming months and which developments could affect your facility.

Among the final rules, the most significant is OSHA's initiative to implement electronic injury and illness recordkeeping and reporting. Proposed in November 2013, the rule would require large employers that are currently required to keep injury and illness records to electronically submit information from these records to OSHA on a quarterly basis. Employers with 20 or more employees in certain designated industries would be required to electronically submit information from the OSHA Form 300A, Annual Summary of Work-Related Injuries and Illnesses. OSHA plans to put the information on its website as a publicly searchable establishment-specific database.

Several groups have voiced opposition to the electronic recordkeeping proposal, contending that public availability of injury and illness data could encourage both employers and employees to underreport work-related injuries and illnesses. In response to these comments, OSHA published a supplemental notice of proposed rulemaking (NPRM) and request for comments in August 2014 that proposed to make it a violation for an employer to discourage employee reporting of work-related injuries and illnesses. According to the regulatory agenda, OSHA plans to release the final rule by September 2015.

Also among the final rules is an update to OSHA's Walking and Working Surfaces and Personal Fall Protection Systems standard (29 CFR 1910 subparts D and I). The new rule would address workplace slip, trip, and fall hazards and establish requirements for personal fall protection systems in keeping with current technology and procedures. The agency plans to release a final rule in August 2015.



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Quick Tips for Healthy Living

Grief Stricken

Or is it one of those oxymoron's like, "soup sandwich"? Now, I know this is an expression often used by our old friend Charlie Brown when he was exacerbated about something. Nonetheless, there is such a thing as good grief.

Grief is a response we have to a loss. Generally, grief is associated with the death of a loved one but it is not limited just to that. One could experience grief over the loss of a job, retirement, divorce, and/or identity. There are a few different types of grief such as anticipatory grief and complicated grief. Regardless of the loss or type of grief often times our reactions are the same. Sleeplessness, anger, nostalgia, feelings of emptiness, hopelessness, lack of meaning and purpose and illness are just a few of the "normal" reactions we can have to grief.

There are healthy and unhealthy ways to grieve. It has been my experience having been in spiritual care for over 20 years that the most common, and most unhealthy, way of dealing with grief is to bury it! Grief is hard work and it is painful work. Sometimes people turn to drugs and alcohol to bury grief or at least mask its effects. And yes, it does bury it for a time.

The one thing I am certain of about grief is that it is tenacious! It can lie in wait for years after being buried or forgotten but, one experience's another loss (significant or "insignificant") and the feelings of grief come back with a vengeance, stronger than ever! So now you not only have one loss to deal with, you have all the other losses you thought you buried to deal with.

There are many healthy ways to deal with grief. And yes, there is such a thing as good grief. Good grief is the grief that is expressed and worked through. Some find it helpful to express their grief through journaling. Writing their thoughts and feelings down on paper helps with naming and expressing the grief. My brother lost his wife to suicide back in 06 and being a writer, he wrote a letter to his deceased wife. It turned out to be a book entitled A Tear-Stained Letter.

Many find it helpful to express their grief to others. This is done in a group of people who have experienced similar losses. Most people think they are unique and that no one has gone through the same things. In a group, one learns they are not unique and there are others who have experienced similar losses. Through this interaction with others, people have found peace, safety, and comfort knowing others have gone through this and can endure.

Proposed rules include the following:

- **Occupational Exposure to Crystalline Silica.** OSHA plans to reduce the permissible exposure limit (PEL) for silica and implement a comprehensive silica health standard that includes exposure monitoring, medical surveillance, and worker training. The NPRM was issued in September 2013; OSHA expects to complete its analysis of the comments shortly.
- **Occupational Exposure to Beryllium.** OSHA published a request for information (RFI) in 2002 to solicit information regarding the hazards of beryllium exposure with the intent of reducing the PEL. A notice of proposed rulemaking was anticipated in May 2015 but has not yet been released.
- **Respirator Fit Testing.** The proposed rule would incorporate three new allowable fit-testing protocols for individuals assigned to use respirators. An NPRM is expected in July 2015.
- **Crane Operator Qualification in Construction.** The proposal would identify criteria for employers to follow to ensure their crane operators are completely qualified to operate cranes safely. An NPRM is expected in December 2015.

Actions in the prerule stage include an analysis of the necessity of the bloodborne pathogen standard, a combustible dust regulation, an update to OSHA's PELs, revisions to OSHA's process safety management (PSM) standard, a communication tower safety standard, and a rule aimed at developing comprehensive emergency preparedness protocols and protecting emergency responders from on-the-job hazards.

Find out more about the Spring 2015 regulatory agenda [here](#).



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In Loving Memory of Jessica Lehrke

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