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Weekly Safety Tip

Life Is All About Choices![®]

July 3, 2017

SCI Safety Tip: Best to Leave Fireworks to the Experts

Source: <http://www.nsc.org>

Date: 2017

Summer is synonymous with barbecues, parades and fireworks displays. But along with all the festivities are plenty of visits to emergency rooms – especially during July. In 2016, **at least four people died and about 11,100 were injured** badly enough to require medical treatment after fireworks-related incidents, according to the U.S. Consumer Product Safety Commission. And while the majority of these incidents were due to amateurs attempting to use professional-grade, homemade or other illegal fireworks or explosives, thousands were from less powerful devices like small firecrackers and sparklers. More fires are reported on July 4 than any other day of the year. On a typical Fourth of July, fireworks account for two out of five of all reported fires, according to the [National Fire Protection Association](#). Each year, fireworks cause on average 1,300 structure fires, 300 vehicle fires and nearly 17,000 other fires resulting in thousands of injuries. The National Safety Council advises everyone to stay away from all consumer fireworks and to only enjoy fireworks at a public display conducted by professionals. Following are some fireworks that are legal for consumers to purchase and use in some states. But just because they are legal doesn't mean they're safe. [Check out this video by the NFPA.](#)

Sparklers Every year, young children can be found along parade routes and at festivals with sparklers in hand, but they are a lot more dangerous than most people think. Parents don't realize they burn at about 2,000 degrees – hot enough to melt some metals.



SCI Safety Slogan



James Lehrke-SCI

Sparklers can quickly ignite clothing, and many children have received severe burns from dropping sparklers on their feet.

Bottle Rockets These small rockets are attached to a stick, lit by a fuse and typically fired from a bottle. Teens have been known to have bottle rocket wars, firing them at one another and causing chest, head and eye injuries. Physicians at Vanderbilt Eye Institute at Vanderbilt University Medical Center have seen so many eye injuries caused by bottle rockets [they conducted a study they hope will lead to better education and "legislative enhancements" on fireworks safety](#). "The majority of the children (in the study) ended up with reduced vision, and probably half of those were deemed legally blind," said Dr. Franco Recchia, associate professor of ophthalmology and visual sciences at Vanderbilt.



Firecrackers Firecrackers are designed to explode on the ground. They are often linked together by one long fuse and explode in a series. They are designed to be very noisy, but they also can cause burns and other serious injuries. **Roman Candles** Roman candles eject multiple exploding shells from a tube the user holds in his or her hand. There have been numerous reports of [children losing fingers](#), severe burns and other injuries, which are sometimes caused when the device gets jammed.

Two Words About M-class Fireworks Just don't. You hear them go off every year: M-80s, M-100s, even M-250s. The unmistakable explosions associated with these devices can rattle the windows of homes for blocks. They are produced illegally and without quality control, have short fuses and cause hundreds of extremely severe injuries each year. The U.S. Bureau of Alcohol, Tobacco, Firearms and Explosives [outlines the risks](#) of these explosive devices.

If They're Legal If fireworks are legal to buy where you live and you choose to use them, be sure to follow the following safety tips:

- Never use fireworks while impaired by drugs or alcohol
- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never light them indoors
- Only use them away from people, houses and flammable material
- Only light one device at a time and maintain a safe distance after lighting
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire

Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the show.

SCI OSHA News: OSHA comes down hard on contractor for trench violations

Source: osha.gov

Date: June 30, 2017

Just a month after a worker died while working in an unprotected trench, OSHA inspectors found another employee of the same Missouri plumbing contractor working in an unprotected trench at another jobsite. OSHA inspectors found that, in both cases, the contractor failed to provide basic safeguards to prevent trench collapse and did not train employees to recognize and avoid cave-ins and other risks.



Aurora Health Care®

Quick Tips for Healthy Living

10 Reasons to Visit a Farmers Market

1. Freshly picked, in season produce is at its peak in flavor and nutrition.
2. Support your local famers and economy.
3. Fresh fruit and vegetables are full of antioxidants and phytonutrients.
4. It's a great way to get your kids involved.
5. Supporting your local farmers market strengthens your community.
6. Farmers markets offer foods that align with MyPlate guidelines.
7. Farmers often have recommendations for preparing their products.
8. You can try a new fruit or vegetable!
9. SNAP and WIC benefits are accepted at some farmers markets.
10. Farmers markets are easy to find.

To find a farmers market in Wisconsin, visit www.wifarmersmarkets.org

You can also visit <http://sheboygancountyinterfaith.org/market-fresh-meals.html> for market fresh recipes and also view cooking shows that feature local food from area vendors. Here is a recipe from Episode 1:

Sautéed Tilapia

- 1 lb fresh tilapia filets
- 2/3 c. unbleached flour
- ¼ tsp. pepper
- ½ tsp. salt
- ½ tsp. paprika
- Lemon juice
- Olive oil

Combine flour and spices. Dredge fish in flour mixture. Preheat olive oil in frying pan over medium heat. Cook fish 3-5 min. per side, until golden brown. Squeeze lemon juice over fish and serve.

Trench collapses are among the most dangerous hazards in the construction industry. In 2016, OSHA received reports of 23 deaths and 12 injuries nationwide in trench and excavation operations. In the first 5 months of 2017, 15 deaths and 19 injuries were reported nationwide.

In response to this recent case, OSHA Regional Administrator Kimberly Stille stated, “We call on all employers involved in excavation work to review their safety procedures, and to ensure that all workers are properly protected and trained on the job.”

OSHA first opened an investigation into the contractor’s work practices after a 33-year-old employee died in December 2016 when a 12-foot-trench collapsed. A second investigation began about 1 month later at a Kansas City site where inspectors found employees of the same contractor working in an unprotected trench. No employees were injured in that incident. Overall, OSHA cited the company for six willful violations and eight serious violations, and proposed \$714,142 in penalties.



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

