



“Your Connection for Workplace Safety”
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Weekly Safety Tip

Life Is All About Choices!®

July 4, 2016

SCI Safety **ALERT**: OSHA publishes interim rule for penalty increases

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

Date: July 1, 2016



SCI Comments: Ultimately this comes down to keeping workers safe in the workplace. Perform a hazard analysis and make necessary changes to prevent injury or illness. Reinforce personal responsibility and “zero” tolerance for unsafe practices. Get worker’s involved, show commitment

to safety and achieve results! Pursuant to the Federal Civil Penalties Inflation Adjustment Act Improvements of 2015, OSHA has adjusted its penalties for inflation under an interim rule published in the Federal Register on July 1. OSHA will accept public comments for 45 days. The Act requires federal agencies to adjust their penalties for inflation each year and to publish “catch up” rules this summer to make up for low penalties over the last three decades.



SCI Safety Slogan



James Lehrke-SCI

OSHA's maximum penalties, which have not been raised since 1990, will increase by 78 percent. The top penalty for serious violations will rise from \$7,000 to \$12,471. The maximum penalty for willful or repeated violations will increase from \$70,000 to \$124,709.

MSHA penalties also increased, but at a smaller amount than the OSHA penalties. MSHA fines for flagrant violations are increasing from \$242,000 to \$250,433. Fines for failure to correct are increasing from \$6,500 to \$7,500.

Link to Hazard Analysis: <https://www.osha.gov/Publications/osha3071.pdf>

Questions? Call Jim Lehrke to set up appointment for compliance audits or Mock OSHA Inspection.

SCI OSHA Tips: Protecting Workers from the Effects of Heat (Part 2)

Source: www.osha.gov

Acclimatization

Acclimatization is a physical change that allows the body to build tolerance to working in the heat. It occurs by gradually increasing workloads and exposure and taking frequent breaks for water and rest in the shade. Full acclimatization may take up to 14 days or longer depending on factors relating to the individual, such as increased risk of heat illness due to certain medications or medical conditions, or the environment.

New workers and those returning from a prolonged absence should begin with 20% of the workload on the first day, increasing incrementally by no more than 20% each subsequent day.

During a rapid change leading to excessively hot weather or conditions such as a heat wave, even experienced workers should begin on the first day of work in excessive heat with 50% of the normal workload and time spent in the hot environment, 60% on the second day, 80% on day three, and 100% on the fourth day.

Modified Work Schedules

Altering work schedules may reduce workers' exposure to heat. For instance:

- Reschedule all non-essential outdoor work for days with a reduced heat index.
- Schedule the more physically demanding work during the cooler times of day;
- Schedule less physically demanding work during warmer times of the day;
- Rotate workers and split shifts, and/or add extra workers.
- Work/Rest cycles, using established industry guidelines.
- Stop work if essential control methods are inadequate or unavailable when the risk of heat illness is very high.

Keep in mind that very early starting times may result in increased fatigue. Also, early morning hours tend to have higher humidity levels.

Training

Provide training in a language and manner workers understand, including information on health effects of heat, the symptoms of heat illness, how and when to respond to symptoms, and how to prevent heat illness.

Monitoring for Heat Illness Symptoms

Establish a system to monitor and report the signs and symptoms listed on the previous page to improve early detection and action. Using a buddy system will assist supervisors when watching for signs of heat illness.

Emergency Planning and Response

Have an emergency plan in place and communicate it to supervisors and workers. Emergency plan considerations include:

- What to do when someone is showing signs of heat illness. This can make the difference between life and death.
- How to contact emergency help.
- How long it will take for emergency help to arrive and training workers on appropriate first-aid measures until help arrives.
- Consider seeking advice from a healthcare professional in preparing a plan.



Aurora Health Care®

Quick Tips for Healthy Living

Reducing Your Risk for Osteoporosis

What is osteoporosis?

Osteoporosis is a silent disease that causes bones to become fragile and prone to fracture. Bone loss usually occurs slowly, over time, without symptoms.

Who is at risk?

All adults, but especially women during and after menopause, are at risk for developing osteoporosis. Lifestyle factors, such as a diet low in calcium, not enough vitamin D, little or no exercise, cigarette smoking and drinking too much alcohol are all risk factors for this disease.

What can I do to decrease my risk?

- Make sure you are getting enough calcium. Women over the age of 50 need 1,200 mg of calcium per day while men need 1,000 mg, however the typical American diet only provides 600 mg per day.
- Make sure you are getting enough vitamin D. Vitamin D plays an important role in calcium absorption and bone health.
- Do regular weight-bearing exercise. Weight-bearing and muscle-strengthening exercises can improve strength and balance, and reduce the risk of falls. Exercise can also promote a modest increase in bone density.
- Avoid smoking and overuse of alcohol. Not only is smoking bad for your heart and lungs, but is also bad for your bones. People who drink heavily are more prone to bone loss and fracture because of poor nutrition and an increased risk of falling.

What are the best sources of calcium?

- Milk and dairy products: yogurt, non-fat milk powder, skim milk, and non-fat Ricotta cheese. Other varieties of milk and cheeses are also quality sources of calcium.
- Fruits and vegetables: cooked collards and turnip greens, kale, spinach, broccoli, chard, oranges, carrots, dates, and raisins.
- Meat and protein: sardines, salmon, tofu, almonds, soybeans, dried beans, eggs, and peanut butter.

How to Choose Sunscreen

With so many sunscreen options available on the market today, choosing the one best for you and your family can seem like a daunting task.

The American Academy of Dermatology recommends looking for three key pieces of information on labels to get the best protection.

- Broad Spectrum. This ensures the sunscreen is made to protect against both UVA and UVB rays. UVA rays can pass through glass and cause premature aging while UVB rays are the primary cause of sunburn.
- SPF 30 or higher. An SPF of 30 blocks 97% of the sun's rays.
- Water Resistant. No sunscreen is sweat or waterproof, but it should be water resistant for 40-80 minutes.

The only difference in lotions, sprays, gels, ointments, creams, or wax sticks is personal preference. All types of sunscreen provide protection, but some are easier to apply to specific parts of the body.

- Creams are best for dry skin and for the face.
- Gels are good for hairy areas.
- Sticks are nice to use around the eyes.
- Sprays are sometimes preferred by parents when fighting with their children to apply sunscreen or by those who don't want to take time to rub in lotion.

Whatever sunscreen you choose, remember to reapply every one to two hours and after swimming or sweating. Enjoy the outdoors!

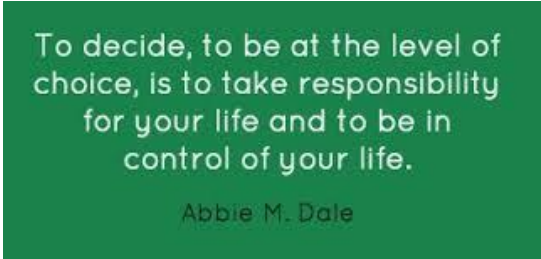
Engineering Controls Specific to Indoor Workplaces
 Indoor workplaces may be cooled by using air conditioning or increased ventilation, assuming that cooler air is available from the outside. Other methods to reduce indoor temperature include: providing reflective shields to redirect radiant heat, insulating hot surfaces, and decreasing water vapor pressure, e.g., by sealing steam leaks and keeping floors dry. The use of fans to increase the air speed over the worker will improve heat exchange between the skin surface and the air, unless the air temperature is higher than the skin temperature. However, increasing air speeds above 300 ft. per min. may actually have a warming effect. Industrial hygiene personnel can assess the degree of heat stress caused by the work environment and make recommendations for reducing heat exposure.

Additional information

For more information on this and other issues affecting workers or heat stress, visit: www.osha.gov/heat; www.cdc.gov/niosh/topics/heatstress; and www.noaa.gov/features/earthobs_0508/heat.html.

Workers have the right to working conditions that do not pose a risk of serious harm, to receive information and training about workplace hazards and how to prevent them, and to file a complaint with OSHA to inspect their workplace without fear of retaliation.

For more information about workers' rights, see OSHA's workers page at www.osha.gov/workers.html.



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 In Loving Memory

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 Jessica, Kristin and 