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## *Weekly Safety Tip*

*Life Is All About Choices!®*

August 17, 2015

### SCI Safety: As student's head back to school, remind employees about distracted driving hazards

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

Date: August 11, 2015



August isn't yet half over, but students in some parts of the country are already back in school. Take time to remind your employees of the critical importance of avoiding driving distractions, especially this time of year. Learn more here; sharing this information could save a life.



Each day in the United States, nine people are killed and more than 1,100 are injured in crashes reported to involve a distracted driver. In 2013, more than 3,100 people lost their lives in such incidents. While that number was down from the previous year, the number of injuries was up.

The Centers for Disease Control and Prevention (CDC) describes three types of distraction:

### **SCI Safety Slogan**

**NO  
PHONE  
ZONE**



**James Lehrke-SCI**

- Visual—taking your eyes off the road.
- Manual—taking your hands off the wheel.
- Cognitive—taking your mind off of driving.

Because text messaging requires visual, manual, and cognitive attention from the driver simultaneously, it is the most alarming distraction.

Despite state and municipal laws and company policies that prohibit texting behind the wheel, the practice persists. At any given daylight moment in America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving, according to the U.S. Department of Transportation (DOT).

Distractions include everything from cell phone use and texting to eating and drinking, using in-vehicle navigation systems, adjusting the radio, watching a video, reading, grooming and talking to passengers. The National Safety Council emphasizes, “There is no safe way to use a cell phone while driving.”



### Essentials for a cell phone safety policy

The DOT recommends that organizations create a cell phone policy and suggests language such as the following:

- Company employees may not use a handheld cell phone while operating a vehicle—whether the vehicle is in motion or stopped at a traffic light. This includes, but is not limited to, answering or making phone calls, engaging in phone conversations, and reading or responding to emails, instant messages, and text messages.
- If employees need to use their phones, they must pull over safely to the side of the road or another safe location.
- As well, employees should:
- Turn off phones or put them on silent or vibrate before starting the vehicle;
- Consider modifying voicemail greetings to indicate you are unavailable while driving;
- Inform customers, co-workers, and others of the policy as an explanation for why calls may not be returned immediately; *and*
- Know company consequences for failing to follow the policy.

The policy should explain why it is being implemented and include a statement, to be signed by the employee, that acknowledges he or she has received a written copy of the policy, fully understands it, agrees to comply, and is willing to accept the consequences of failing to do so.

Take steps to make sure your employees are paying full attention to driving as student's head back to the classroom and throughout the year.

## SCI OSHA Compliance: *Understanding OSHA's Enforcement Policy for the GHS Phase-In Period*

Source: [www.blr.com](http://www.blr.com)

By Jennifer Busick

Date: August 10, 2015

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The Occupational Safety and Health Administration (OSHA) has released new instructions for its inspectors to ensure the consistent enforcement of its revised Hazard Communication Standard (HCS). So what will inspectors be looking for in your hazard communication (HazCom) program if your facility is inspected? Keep reading to find out.

OSHA revised the HCS in March 2012 to align with the United Nations Globally Harmonized System of Classification and Labelling of Chemicals (GHS). The intention of the revisions was to improve the quality, consistency, and clarity of chemical hazard information that workers receive. Among the revisions, chemicals must now be classified according to specified hazard criteria, chemical container labels must contain hazard pictograms and other key information, and safety data sheets (SDSs), formerly material safety data sheets (MSDSs), must be written in a specified 16-section format.

### OSHA's Enforcement Instruction

The instruction, which was issued on July 20, outlines the revisions to the HCS, such as the revised classification of chemicals, label elements for containers of hazardous chemicals, and the required format and content for SDSs. It also explains how the revised HCS is to be enforced during its phase-in period and after the standard is fully implemented on June 1, 2016.



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Quick Tips for Healthy Living

**Mental Health**

In any given year, only 60% of people with a mental illness get mental health care. As a result, family members and caregivers often play a large role in helping and supporting them.

To be able to care for the people you love, you must first take care of yourself. Here are

**6 tips for taking care of yourself.**

1. Reduce stress by exercising daily. Even a 20 min. walk can do wonders.
2. Stabilize your own mood by eating healthy, unprocessed foods.
3. Avoid drugs and alcohol since they often worsen the stress of caring for someone else.
4. Aim to get 7-9 hours of uninterrupted sleep every night.
5. Practice deep breathing and meditation to promote relaxation.
6. Reach out to others. There are many supportive groups and on-line communities that can help, including apps like NAMI Air

Taking care of yourself will allow you to be fully there for those that need you such as family, friends, coworkers etc. You will be able to do your job better and be a healthier person.

The revised HCS includes these key compliance dates as part of its phase-in period:

- Employers were required to train workers on the new label elements and SDSs by December 1, 2013.
- Chemical manufacturers, importers, and distributors had to comply with revised SDS requirements by June 1, 2015.
- Manufacturers and importers had to comply with new labeling provisions by June 1, 2015.
- Distributors have until December 1, 2015 to comply with labeling provisions as long as they are not relabeling materials or creating SDSs, in which case they must comply with the June 1 deadline.
- All employers that use, handle, or store hazardous chemicals must update alternative workplace labeling and HazCom programs, as necessary, and provide additional employee training for newly identified physical or health hazards by June 1, 2016, when the rule is fully implemented.
- If a section of the HCS was updated and does not fall into any of the designated effective dates (for example, a definition change), the change was effective as of May 25, 2012, and manufacturers, importers, distributors, and employers must comply with the revised section.

In the directive, OSHA states that the administration will typically not cite chemical manufacturers, importers, or distributors that lack a GHS-compliant SDS or label if these companies can show that they “have exercised ‘reasonable diligence’ and ‘good faith’ to obtain HCS 2012-compliant SDSs from upstream suppliers but have not received them.” It falls to the employer or manufacturer to provide “persuasive documentation” showing that it made reasonable efforts to obtain the necessary information from upstream suppliers and attempted to find hazard information from alternative sources (such as chemical registries).

During the transition period, when OSHA determines that a violation exists either under HCS 1994 or HCS 2012, citations to manufacturers or importers will be issued for both versions of the standard.



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