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Weekly Safety Tip

Life Is All About Choices!®

August 22, 2016

SCI School Safety Tip:

Source: <http://www.redcross.org/news/article/Keep-it-Safe-When-You-Head-Back-to-School>

Date: August 2015



Summer vacation is drawing to a close and pretty soon the bells will be ringing to mark a new school year. The American Red Cross has steps that everyone can take to make the trip back to the classroom safer.

Keeping children safe is the top priority, especially for younger children and those heading to school for the first time. Parents should take the following steps:

Make sure the child knows their phone number, address, how to get in touch with their parents at work, how to get in touch with another trusted adult and how to dial 9-1-1.

Teach children not to talk to strangers or accept rides from someone they don't know.

SCHOOL BUS SAFETY If children ride a bus to school, they should plan to get to their bus stop early and stand away from the curb while waiting for the bus to arrive. Other safety steps for students include:

Board the bus only after it has come to a complete stop and the

SCI Safety Slogan

*Put safety at the
top of the list
when getting kids
ready for school.*

James Lehrke-SCI

driver or attendant has instructed you to get on.
 Only board your bus and never an alternate one.
 Always stay in clear view of the bus driver and never walk behind the bus.
 Cross the street at the corner, obeying traffic signals and staying in the crosswalk.
 Never dart out into the street, or cross between parked cars.

WHAT DRIVERS SHOULD KNOW Drivers should be aware that children are out walking or biking to school and slow down, especially in residential areas and school zones. Motorists should know what the yellow and red bus signals mean. Yellow flashing lights indicate the bus is getting ready to stop and motorists should slow down and be prepared to stop. Red flashing lights and an extended stop sign indicate the bus is stopped and children are getting on or off. Drivers in both directions must stop their vehicles and wait until the lights go off, the stop sign is back in place and the bus is moving before they can start driving again.



GET TO SCHOOL SAFELY If children ride in a car to get to school, they should always wear a seat belt. Younger children should use car seats or booster seats until the lap-shoulder belt fits properly (typically for children ages 8-12 and over 4'9"), and ride in the back seat until they are at least 13 years old.

If a teenager is going to drive to school, parents should mandate that they use seat belts. Drivers should not use their cell phone to text or make calls, and should avoid eating or drinking while driving.

Some students ride their bike to school. They should always wear a helmet and ride on the right in the same direction as the traffic is going.

When children are walking to school, they should only cross the street at an intersection, and use a route along which the school has placed crossing guards. Parents should walk young children to school, along with children taking new routes or attending new schools, at least for the first week to ensure they know how to get there safely. Arrange for the kids to walk to school with a friend or classmate.

SCI OSHA News: Amputation at Tyson Foods also exposes chemical, fall, fire hazards at Texas plant

Source: <http://www.osha.gov>

Date: August 16, 2016

Do you need assistance with compliance? SCI wants to help! On August 1st fines increased by 78%! Will-full violations, fines increased to maximum \$124M+! SCI can provide mock OSHA inspections and full reports with a variety of services to suit your organization's needs!

DALLAS - A gruesome employee injury led federal workplace safety inspectors to discover the nation's largest meat and poultry processor endangered workers by exposing them to amputation hazards, high levels of [carbon dioxide](#) and [peracetic acid](#) without providing personal protective equipment.

Responding to a report of a finger amputation at the Tyson Foods Inc. chicken processing facility in Center, Texas, U.S. Department of Labor [Occupational Safety and Health Administration](#) inspectors identified two repeated and 15 [serious violations](#). The company faces \$263,498 in proposed fines.

The investigation determined the employee suffered an amputation when his finger became stuck in an unguarded conveyor belt as he worked in the debone area and tried to remove chicken parts jammed in the belt.



Choosing the Right Working Shoe

What's the most important piece of equipment that walkers own...their shoes! Wearing the correct shoe can actually help to prevent many overuse or impact-related injuries. When determining which shoe is right for you, the specific sport or activity, history of injury, and foot type are all important factors that need to be considered.

So many shoes! How do I choose?

So, how do you choose the right pair of walking shoes? First, if you are going to walk as a regular activity – multiple times per week – it's important to get a pair of shoes dedicated to walking. This means a good walking or running shoe specifically, rather than using your street shoes or those used for other activities.

You also need to take your foot type into consideration.

Determining your foot type

Individuals with low arches/flat feet or arches that drop too much when walking are called *pronators*. Those with high arches are *supinators*. As a general rule, pronators should look for a shoe with good heel control, while supinators need a shoe with good shock absorption. Information on the web can help you determine a good heel or motion control shoe or high shock absorption shoe.

Time to go to the store!

If you have a hard to fit foot or frequently have pain, go to a store that specializes in athletic shoes so their staff can assist you. To ensure the best fit, it is best to go to the store at the end of the day after you have been on your feet a while: Your feet will be at their largest, which will aid in purchasing the correct size shoe.

Next, bring the same socks that you'd wear if you were going walking. Your shoes should fit snugly but not tightly, and your big toe should be about a finger width from the end of the shoe. Walk around the store for a while to determine comfort.

Once you purchase shoes, use them as indoor shoes for a couple days. This will let you test out if you really enjoy the fit before taking them outside.

Last but not least...

Make sure to check with your physician if you have any health concerns that may have an impact on starting a walking program. Remember to start slow and gradually increase your distance and time. If you have pain in your feet, legs or back from walking, you may wish to call the Aurora Sports Medicine Institute site near you to schedule a free injury evaluation.

Finally, remember: Have fun!

Information source: www.caregiverconnect.aurora.org

OSHA inspectors also found more than a dozen serious violations including failing to ensure proper [safety guards](#) on moving machine parts, allowing carbon dioxide levels above the permissible exposure limit, failing to provide [personal protective equipment](#) and not training employees on hazards associated with peracetic acid. Used as a disinfectant, the acid can cause burns and respiratory illness if not handled safely.

"Tyson Foods must do much more to prevent disfiguring injuries like this one from happening," said [Dr. David Michaels](#), Assistant Secretary of Labor for Occupational Safety and Health. "As one of the nation's largest food suppliers, it should set an example for workplace safety rather than drawing multiple citations from OSHA for ongoing safety failures."

Inspectors also found employees exposed to slip-and-fall hazards due to a lack of proper drainage, trip-and-fall hazards caused by recessed drains and fire hazards resulting from improper stored compressed gas cylinders. The inspection falls under OSHA's [Regional Emphasis Program for Poultry Processing Facilities](#).

OSHA cited the company for [repeated violations](#) for not making sure employees used appropriate eye or face protection when exposed to eye or face hazards. The agency cited Tyson for a similar violation in a 2012 investigation at its Carthage facility. The company also failed to separate compressed gas cylinders of oxygen and acetylene while in storage - a violation for which

OSHA cited the company in 2013 at its Albertville, Alabama, facility.

The citations are available [here](#) and [here](#).

Headquartered in Springdale, Arkansas, Tyson is the world's largest meat and poultry processing company. With more than \$40 billion in annual sales, the company produces more than 68 million pounds of meat per week. It has 15 business days from receipt of its citations to comply, request an informal conference with OSHA's area director, or contest the citations and penalties before the independent [Occupational Safety and Health Review Commission](#).

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In Loving Memory

In Loving Memory...
Jessica, Kristin and Nick

