



**“Your Connection for Workplace Safety”**  
**Phone: 920-208-7520**

*We're about service, commitment, results, and accountability!*

## *Weekly Safety Tip*

*Life Is All About Choices!®*

August 28, 2017

### SCI Safety Tip: Back to School Safety Tips From NSC (Part 2)

Source: [www.nsc.org](http://www.nsc.org)

Date: 2017

School days bring congestion: Yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

#### If You're Dropping Off

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. [More children are hit by cars near schools than at any other location](#), according to the National Safe Routes to School program. The following apply to all school zones:

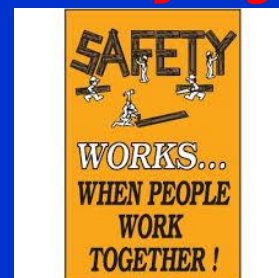
- Don't double park; it blocks visibility for other children and vehicles
- Don't load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school

#### Sharing the Road with Young Pedestrians

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:



### **SCI Safety Slogan**



**James Lehrke-SCI**

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way



### Sharing the Road with School Buses

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks

### Sharing the Road with Bicyclists

On most roads, bicyclists have the same rights and responsibilities as vehicles, but bikes can be hard to see. Children riding bikes create special problems for drivers because usually they are not able to properly determine traffic conditions. The most common cause of collision is a driver turning left in front of a bicyclist.

- When passing a bicyclist, proceed in the same direction slowly, and leave 3 feet between your car and the cyclist
- When turning left and a bicyclist is approaching in the opposite direction, wait for the rider to pass
- If you're turning right and a bicyclist is approaching from behind on the right, let the rider go through the intersection first, and always use your turn signals
- Watch for bike riders turning in front of you without looking or signaling; children especially have a tendency to do this
- Be extra vigilant in school zones and residential neighborhoods
- Watch for bikes coming from driveways or behind parked cars
- Check side mirrors before opening your door

## OSHA Compliance: OSHA Fines New York Paperboard Mill for Machine Safety Hazards

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

By: [Stefanie.Valentic](#)

Date: 8/17/2017

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Inspectors find machines at Carthage Specialty Paperboard Inc. that lacked safety guards, exposing workers to amputation risks.

More than 60 safety and health hazards were discovered at a Carthage, New York paperboard mill after a complaint spurred an OSHA inspection.



**Quick Tips for Healthy Living**

**Why Do We Really Need to Stretch Correctly?**

We've all been told that runners need to stretch. Not only is it important for *injury prevention*, it's also critical for performance. Some of us may not consistently stretch.

Why? We may skip stretching because we don't know how important it is in injury prevention. The more we understand, the more likely we are to incorporate stretching into our everyday routine.

**Stretching is a vital part of performance enhancement.** All day, our routines usually center around sitting at a desk, sitting in a car, lying on the couch — all passive activities that place your muscles in a shortened position. Over time, that shortened position becomes the resting state of our muscles. When it's time for a run, we then ask these "shortened" muscles to lengthen. However, we neglect to even give them a "heads up." This abrupt change is extremely hard for our muscles to react to. In fact, sometimes they even fight back and you can end up with a strain. Stretching allows for that "heads up." When we stretch, we're actually deforming the muscle tissue into a lengthened position. Over time, stretching will increase the range of motion at our joints and ultimately lead to overall improved performance.

Did you know that static stretching performed once a day can improve your performance by 2 to 5 percent? Warm muscles stretch better than cold muscles. When you stretch a cold muscle, you risk tearing the muscle fibers that you're trying to protect. So, before you stretch, perform a short five-minute warm-up. You'll be surprised how well you feel in about six weeks.

Carthage Specialty Paperboard Inc. racked up \$357,445 in proposed penalties after agency investigators found workers were exposed to various hazards including lack of inspections as well as machinery without safety guards.

“The violations found during this investigation put employees at serious risk of injury or even worse,” said OSHA Area Director Christopher Adams in a statement. “This is a significant number of hazards for a single workplace. Carthage Specialty Paperboard must implement corrective measures to protect their employees’ safety and health.”

On Dec. 27, 2016, in response to a complaint alleging unsafe working conditions, OSHA inspectors found than 20 instances of machinery lacking safety guards to prevent amputations.

According to the agency, the machinery in the mill did not have safety locks to prevent the accidental start-up of machinery during maintenance, and workers did not receive required training or personal protective equipment (PPE) to work on electrical systems with up to 2,300 volts.

In addition, the agency also issued citations for exposing workers to struck-by hazards when the company failed to inspect cranes and hoists. Metal catwalks did not have restraints to help protect employees from falls, some as high as 13 feet.

Employees also entered confined spaces without prior atmospheric testing, or means to rescue persons overcome by fumes.

As a result of the inspection, 61 total health and safety violations were noted. Carthage Specialty Paperboard Inc. notified OSHA of their intent to contest the findings before the independent Occupational Safety and Health Review Commission.

*We'd always like your feedback. Let us know what articles you'd like to see!*

In Loving Memory...  
Jessica, Kristin and Nick

