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Weekly Safety Tip

Life Is All About Choices!®

August 3, 2015

SCI Safety: Drowning: It Can Happen in an Instant

Source: <http://www.nsc.org/learn/safety-knowledge/Pages/news-and-resources-water-safety.aspx>
Date: 2015

Most parents think water safety is first and foremost on their minds whenever they are enjoying summer activities with their kids. But when the unthinkable happens and a child drowns, parents and caregivers have been known to say, “I only looked away for a second.” **The Younger the Child, the Greater the Risk!**

Not including boating incidents, [about 10 people die from drowning every day](#) in the United States, according to the Centers for Disease Control. While drowning is a risk for every age group, National Safety Council statistics point to drowning being the [No. 1 cause of death for children ages 1 to 4](#). Deaths in this age group are mostly due to a [child falling into a pool](#) or being left alone in the bathtub. Of the 3,600 drownings in 2010, more than 14 percent were children under age 4, according to [Injury Facts 2014](#), the annual statistical report on unintentional injuries produced by NSC. These statistics are in line with

Consumer Product Safety Commission reports, which state [more than 200 children ages 1 to 14 drowned in pools and spas](#) during summer 2013. Bathtubs, toilets and even buckets also can pose a danger for very young children. **Distractions Make for Tragedies** Parents are cautioned all the time about water safety, but drownings still occur. Always be aware and be in the present moment with your children. Following are a few water safety precautions:



SCI Safety Slogan

**Always swim with a
buddy.**

James Lehrke-SCI

Never leave your child alone; if you have to leave, take your child with you. Enroll children 3 and older in swimming lessons, but remember that lessons don't make your child "drown-proof"

- Lifeguards aren't babysitters; always keep your eyes on your child
- Don't let children [play around drains and suction fittings](#)
- Never consume alcohol when operating a boat, and always make sure everyone is wearing approved life jackets
- Don't underestimate the power of water; even rivers and lakes can have undertows
- Always have a first aid kit and emergency contacts handy
- Get training in CPR
- If a child is missing, check the water first



The following rules apply to all swimmers:

- Never swim alone
- Don't dive into unknown bodies of water
- Don't push or jump on others
- Be prepared for an emergency

Every pool, every lake and every warm summer day holds the possibility of new, fun summer experiences. All you need to add is your undivided attention.

SCI OSHA Compliance: OSHA proposal clarifies recordkeeping obligations

Source: www.blr.com

Date: July 30, 2015

On July 28, OSHA issued a [Notice of Proposed Rulemaking](#) that clarifies an employer's continuing obligation to make and maintain an accurate record of each recordable injury and illness throughout the five-year period during which the employer is required to keep the records.

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"Accurate records are not simply paperwork, but have an important, in fact life-saving purpose," said Assistant Secretary of Labor for Occupational Safety and Health Dr. David Michaels. "They will enable employers, employees, researchers and the government to identify and eliminate the most serious workplace hazards—ones that have already caused injuries and illnesses to occur."

OSHA is issuing this proposed rule in light of the decision of the U.S. Court of Appeals for the D.C. Circuit in [AKM LLC v. Secretary of Labor \(Volks\)](#) to clarify its long-standing position that the duty to record an injury or illness continues for as



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Quick Tips for Healthy Living

High Blood Pressure? I feel fine!!

High blood pressure sometimes has no warning at all; this is why it is so important for you to get your blood pressure checked on a regular basis. High blood pressure puts you at a higher risk for heart disease, stroke, and other medical issues. Here are some facts

High Blood Pressure Facts

1. Having high blood pressure puts you at risk for heart disease and stroke, leading causes of death in the United States

2. High blood pressure was a primary or contributing cause of death for 360,000 Americans in 2008, or nearly 1,000 deaths a day.

3. 70 million American adults (29%) have high blood pressure—that's 1 in every 3 American adults.

4. Half of American adults with high blood pressure don't have it under control.

5. About 30 percent of American adults have prehypertension—blood pressure measurements that are higher than normal, but not yet in the high blood pressure range.

Blood pressure is written as two numbers. The first (systolic) number represents the pressure in your blood vessels when your heart beats. The second (diastolic) number represents the pressure in your vessels when your heart rests between beats.

Blood Pressure Levels

Normal systolic: less than 120 mmHg
diastolic: less than 80 mmHg

At risk (prehypertension) systolic: 120–139 mmHg
diastolic: 80–89 mmHg

High systolic: 140 mmHg or higher
diastolic: 90 mmHg or higher

Key ways to keep your blood pressure in a good range are; exercises, decrease stress in your life, watch salt (sodium) in your diet, increase your fruits and vegetables. Make sure to go out and get your blood pressure checked to not be one of these statistics.

long as the employer must keep records of the recordable injury or illness. The proposed amendments add no new compliance obligations; the proposal would not require employers to make records of any injuries or illnesses for which records are not already required.

The proposed rule will be published in the July 29, 2015, issue of the Federal Register. Members of the public can submit written comments on the proposed rule at <http://www.regulations.gov>, the Federal e-Rulemaking Portal. Comments must be submitted by Sept. 27, 2015.



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In Loving Memory of Jessica Lehrke

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