



“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 8, 2016

SCI Safety Tip: Catching fire ... early enough to put it out with an extinguisher, that is!

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

Date: August 5, 2016



Almost every California workplace is required to have a fire extinguisher on-site. Unfortunately, fire extinguishers are a safety tool that can become a hazard. Untrained workers might make deadly mistakes like forgetting to pull the extinguisher's pin, aiming at the peak of the fire, trying to fight a fire that has already spread, or failing to leave themselves an escape route.

Background on fire extinguisher safety

Who needs to be trained? If you provide fire extinguishers in the workplace, and you expect workers to use them, you must train your workers under General Industry Safety Orders Section 6151(g).

Why train workers in fire extinguisher safety? A fire extinguisher is a specialized piece of equipment that's effective only under limited conditions. Make sure that your workers know both when and how to use a fire extinguisher.

Practice Tip

Emphasize to workers that no one is required to fight a fire with an extinguisher. It is perfectly acceptable to get out and call the fire department.

SCI Safety Slogan

**Safety First
because
Injuries Last**

James Lehrke-SCI

Fire extinguishers: The basics

Instructions to Trainer: It's important to give workers a chance to handle a fire extinguisher and put out a real fire. Your local fire department may be able to provide live-fire extinguisher training (letting workers use a fire extinguisher to extinguish a real fire under controlled conditions) or put you in touch with a local agency that provides it.

Have you ever used a fire extinguisher? Most people haven't. It may sound simple enough—pick up the extinguisher, point it at the fire, and pull the trigger—but you need to know some information that will dramatically affect your chances of success when using one. Some of it involves sizing up the fire, while some explains how to properly use the extinguisher itself.

When to use a fire extinguisher

Fire extinguishers should be used *only* to fight small fires that haven't yet spread. A fire in a trash can, a single piece of electrical equipment, and a lone fryer are good examples of the types of fires you could fight with an extinguisher—they are *small* and *contained*.

You can fight a small, contained fire with an extinguisher if you make sure that:

- *Others are safe.* Activate the alarm so everyone else can get out of the building safely.
- *The smoke isn't excessive.* If it's difficult to see the fire because of smoke, or if you could be overcome by smoke, get out.
- *You have a way out.* Don't put the fire between you and your exit. If it spreads, you could be trapped.
- *You know when to leave.* If you empty your extinguisher and the fire's not out, leave. If the fire spreads, leave. If the smoke starts making it hard for you to stay, leave.

How to use a fire extinguisher

If you're going to try to put out a fire with an extinguisher, remember the acronym PASS:

- **Pull** the pin. This allows you to squeeze the trigger and release the extinguisher's contents. If you forget to pull the pin, you may bend it when you squeeze the trigger, making your extinguisher useless.
- **Aim** the nozzle at the base of the fire. You need to separate the fuel source from the oxygen and flame, and the base of the fire is your best chance to do that. Aiming at the top of the flames is useless.
- **Squeeze** the trigger. Remember that fire extinguishers contain a limited amount of fire suppressant—don't waste it by pulling the trigger before you've aimed your nozzle.
- **Sweep** the nozzle back and forth across the base of the fire until the fire is out. Keep applying suppressant until the extinguisher is empty.
- Once you've extinguished the fire, watch the area to make sure that it doesn't reignite. Even if you've put out the fire, it's wise to have the fire department inspect the area to make sure the hazard is completely controlled.

Conclusion

Fire extinguishers can save lives and property but only if they're used safely and correctly. Make sure you know how to size up a fire and how to PASS a real live-fire extinguisher test.

SCI OSHA News: OSHA kicks off 'Hear and Now - Noise Safety Challenge'

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

Date: June 16, 2016

WASHINGTON - The Department of Labor is challenging inventors and entrepreneurs to help develop a technological solution to workplace noise exposure and related hearing loss.

The DOL's Occupational Safety and Health Administration and Mine Safety and Health Administration, in partnership with the National Institute for Occupational Safety and Health, have launched the 'Hear and Now - Noise Safety Challenge' with the dual goals of inspiring creative ideas and raising business awareness of the market for workplace safety innovation.

Every year, 22 million workers risk losing their hearing from workplace noise hazards. Hearing loss disability costs businesses an estimated \$242 million annually in workers' compensation.



Aurora Health Care®

Quick Tips for Healthy Living

Water Workouts

Whether you have always been an aquatic enthusiast, have access to a pool on summer vacation, or are looking for a change, water workouts may be right for you (and I'm not just talking about water aerobics!).

Aquatic workouts combine both strength and aerobic activities and are great for people who are dealing with chronic pain or are trying to get back into exercising following an injury.

Understanding some of the effects that water has on your body will help to make your sessions more productive. The ideal temperature to workout in is 79 to 81 degrees Fahrenheit (competitive pool temperature). With the entire body immersed, the water temperature will assist in cooling the body, decreasing the demand on the body's cooling mechanisms, which in turn will decrease heart rate. Water activity can result in about 17 beats per minute less for the same intensity of work; consequently, you'll need to adjust your target heart rate appropriately.

Making up a pool workout is one of the best things about exercising in water. Most anything you do on land can be adapted to the water. If you need some help getting those creative juices flowing, check out some exercise ideas below.

Body weight exercises in shallow water

- Squats and squat jumps
- Lunges and jumping lunges
- Side to side leg swings or side stepping
- Bicep curls and tricep pushdowns using your flat hand as resistance
- Rows with a kickboard or other equipment to provide resistance

Running or jogging in the water

- Go barefoot or wear aqua shoes to run across the shallow end of the pool
- Use a floatation device for less impact in deep water
- Try sprinting and jogging intervals or make it a goal to get your knees up and out of the water with every step

Don't forget to practice proper water safety and swim with a buddy if no lifeguards are present!

Idea submissions are due by September 30. Ten finalists will be invited to pitch their ideas to a panel of judges on October 27 in Washington D.C. The event will feature investors, representatives of the NIOSH Research to Practice Program and representatives of the U.S. Patent and Trademark Office.

The competition is open to all ideas related to occupational hearing protection. Suggested topics include:

- Technology that will enhance employer training and improve effective use of hearing protection.
- Technology that alerts workers when hearing protection is not blocking enough noise to prevent hearing loss.
- Technology that allows workers to hear important alerts or human voices while remaining protected from harmful noise.

More information and a link to submit ideas can be found at <https://www.dol.gov/featured/hearing>.

The competition is open to the general public, including OSHA contractors and special government employees. However, employees of federal OSHA, "state plan" states and on-site consultation programs are not eligible.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to ensure these conditions for America's working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit www.osha.gov.



*Together we can hold each other responsible...
Together we lift each other up and achieve!
Together we can celebrate the win!*

*What do you think?
Send us an email at:
jlconnections@aol.com
See our bold new look
In Loving Memory*

In Loving Memory... Jessica, Kristin and Nick

