



**“Your Connection for Workplace Safety”**  
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*We're about service, commitment, results, and accountability!*

## *Weekly Safety Tip*

*Life Is All About Choices!®*

September 18, 2017

### SCI Safety News: 2018 edition of NFPA electrical safety standard available next month

Source: <http://www.blr.com>  
Date: September 8, 2017



National Fire Protection Association (NFPA) officials say print and electronic versions of its latest electrical safety code, NFPA 70E 2018, will be published in October. The standard, which is updated every three years, contains requirements for safe work practices to protect personnel by reducing exposure to major electrical hazards.

Originally developed at OSHA's request in the 1970s, NFPA 70E helps employers and employees avoid workplace injuries and fatalities due to shock, electrocution, arc flash, and arc blast. NFPA says it also assists in complying with OSHA electrical safety standards.

Bill Burke, NFPA's division manager of electrical engineering explains, "OSHA says that you need to protect yourself, and NFPA says how." In fact, OSHA standards regularly refer to the NFPA standards, but not to the specific edition, as it changes regularly.

As for what's new in the 2018 edition, Burke says most of the changes are clarification of terms and modification of definitions, such as

### ***SCI Safety Slogan***

**REMEMBER**  
**SAFETY IS GAINFUL,**  
**ACCIDENT IS PAINFUL.**

***James Lehrke-SCI***

amended definitions of arc flash boundary and fault currents. In an effort to align with current OSHA standards and usage, the new NFPA code replaces the term “accidentally contacted” with “unintentionally contacted.”

As NFPA 70E becomes increasingly accepted, the wording needs to reflect language used by safety professionals, not necessarily by electrical professionals, adds Burke.

Beyond language, a key message of the document, and one especially important for lay people to understand, is that “everybody has responsibilities” when it comes to electrical safety. Burke says both NFPA and OSHA are clear that project or building owners are responsible for the safety of personnel working on the site, as well as facility or project managers.



Also significant in the 2018 version of 70E is a reduction of the minimum threshold for protection when working on direct current (DC). “Twenty years ago, DC was basically dead, but it’s making a comeback with cell phones and photovoltaic power and wind power.” Burke explains that DC has different physical characteristics and shock hazards than alternating current (AC) does. Learn more about the new code at [www.nfpa.org](http://www.nfpa.org).

## OSHA Compliance: Florida bakery facing six-figure fines

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

Date: September 14, 2017

A commercial bakery faces \$129,145 in proposed penalties from OSHA after investigators found workers at its facility exposed to amputation, fire, and noise hazards.

OSHA cited the employer for 16 serious and other-than-serious safety and health violations after receiving a complaint alleging machine-guarding, forklift, and noise hazards.

“Our inspection identified hazards that pose a serious threat to employees’ safety and health if not immediately corrected,” said OSHA Area Director Condell Eastmond. “[The employer] needs to establish and implement an effective safety and health management system to protect its workers.”

The agency issued serious citations due to the company’s failure to:

- Ensure proper machine guarding on several pieces of equipment;
- Develop and implement an emergency action plan;
- Provide personal protective equipment such as thermal protection and safety glasses to each employee as required;
- Develop and implement a hazardous energy control program to prevent machines from starting up during maintenance and service;
- Ensure all safety devices on the ovens were inspected at least twice a month; *and*
- Develop and implement a hearing conservation program for employees exposed to 85 decibels or more.





Aurora Health Care®

Quick Tips for Healthy Living

September Is Fruits & Veggies—More Matters Month

Fruits and vegetables are high in vitamins, minerals and fiber and they're low in calories. Eating fruits and vegetables may reduce your risk of many diseases, including heart disease, obesity, type 2 diabetes, and certain types of cancers.

The Fruits and Vegetables – More Matters Organization point out 2 key tips:

1. Fill half your plate with fruits & veggies at every eating occasion (including snacks)
2. All forms - fresh, frozen, canned, dried and 100% juice count toward your daily intake!

How Nutrients in Fruits and Vegetables Help You

- Calcium: Essential for healthy bones and teeth. It is also needed for normal functioning of muscles, nerves and some glands.
- Fiber: Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.
- Potassium: Diets rich in potassium may help to maintain a healthy blood pressure.
- Vitamin A: Keeps eyes and skin healthy and helps protect against infections.
- Vitamin C: Helps heal cuts and wounds and keeps teeth and gums healthy.
- Magnesium: Necessary for healthy bones and is involved with more than 300 enzymes in your body. Inadequate levels may result in muscle cramps and high blood pressure.
- Folate: Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.
- Iron: Needed for healthy blood and normal functioning of all cells.
- Sodium: Needed for normal cell function throughout the body. Most diets contain too much sodium which is associated with high blood pressure.

The company also was cited for not providing employees' formal training on operating a powered industrial truck, failing to inspect powered industrial trucks for defects prior to putting them into service, and improper use of electrical cables.

Based in Miami, the company provides private label and branded bagels and cakes to in-store bakeries, club stores, and foodservice distributors and operators.

Top 10 Most Frequently Cited Standards

for Fiscal 2015 (Oct. 1, 2014, to Sept. 30, 2015)

The following is a list of the top 10 most frequently cited standards\* following inspections of worksites by federal OSHA. OSHA publishes this list to alert employers about these commonly cited standards so they can take steps to find and fix recognized hazards addressed in these and other standards before OSHA shows up. Far too many preventable injuries and illnesses occur in the workplace.

1. [1926.501 - Fall Protection](#)
2. [1910.1200 - Hazard Communication](#)
3. [1926.451 - Scaffolding](#)
4. [1910.134 - Respiratory Protection](#)
5. [1910.147 - Lockout/Tagout](#)
6. [1910.178 - Powered Industrial Trucks](#)
7. [1926.1053 - Ladders](#)
8. [1910.305 - Electrical, Wiring Methods](#)
9. [1910.212 - Machine Guarding](#)
10. [1910.303 - Electrical, General Requirements](#)

\*As of 01/05/16

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

In Loving Memory...  
Jessica, Kristin a k



SAVE TOMORROW  
THINK SAFETY TODAY