



**“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!®*

September 21, 2015

### SCI Safety: September National Preparedness Month

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

Date: August 27, 2015

Throughout September, CDC and more than 3000 organizations—national, regional, and local governments, as well as private and public organizations—will support emergency preparedness efforts and encourage Americans to take action. For Preparedness Month 2015, the Office of Public Health Preparedness and Response plans to focus on communities of preparedness. Each week, we will focus our messaging and products on the following unique areas:

- **Week 1: Family - Disaster** preparedness starts with personal preparedness for you and your family. Each family has unique needs that must be accounted for in their preparedness plans. Children, older adults, and individuals with medical conditions and physical disabilities all have unique needs during and after disasters. We will talk about incorporating unique needs into emergency preparedness to ensure that the needs of the entire family are included in preparedness plans.
- **Week 2: Neighborhood** - Those in closest proximity to you during an emergency are most likely to be the first to offer help. Messages will encourage individuals to meet neighbors and develop emergency preparedness plans with those who live around them--taking into account individuals' unique needs. The focus will be community resilience and preparedness on a neighborhood and community level.



### **SCI Safety Slogan**



**James Lehrke-SCI**

- **Week 3: Workplace and School** - Whether you are at work or home or your child is in school it is important for individuals to know specific threats and hazards in their area, emergency signals, evacuation routes, and locations of shelters in their community. We will encourage people to maintain an emergency preparedness kit at work and discuss disaster plans with their co-workers.
- **Week 4: Global** - With the ease of air travel, infectious diseases can spread rapidly. Global health security is an ongoing priority that requires individuals to be aware of their health and safety when they are travelling abroad. Messages will focus on preparing for public health threats before, during, and after travel to protect everyone's health.
- **Final 4 Days: Online** - We will highlight the importance of sharing preparedness resources with your online social media community (social networks, apps, texting).

#### Products

For each topic in September, PHPR plans to release Public Health Matters blog posts, social media messages (including a Twitter chat), and graphics. Visit CDC's National Preparedness Month [webpage](#) for links to all of our National Preparedness Month content.

- @CDCemergency will host a Twitter Chat on Wednesday, September 16 at 2pm EST on preparedness and community resilience. Use #CDCprep to join the conversation.
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- Please support our [Thunderclap](#)! Thunderclap is a social media tool that allows supporters to sign up in advance to share a unified message at a specific time via their individual Facebook, Twitter, or Tumblr account. The collective action creates a wave of support – or “thunderclap” – across social media. Our thunderclap will go live on September 30 at 12PM EST and encourages individuals to meet their neighbors and start building a strong, healthy community.

#### PrepareAthon

Also in September, all federal agencies will come together to promote the fall PrepareAthon. The PrepareAthon is a nationwide, community-based campaign for action to increase emergency preparedness and resilience through hazard-specific drills, group discussions and national level exercises conducted each fall and spring. The month will culminate in the National Day of Action on September 30.

PrepareAthon messages will focus on specific hazards this fall: winter weather, earthquakes, hurricanes, wildfires, tornadoes, and flooding. For more information, visit [www.ready.gov/prepare](http://www.ready.gov/prepare)

#### Connect

Follow us on social media ([@CDCemergency](#) on Twitter and [CDC Emergency Preparedness and Response](#) on Facebook), bookmark our [Public Health Matters blog](#), and sign up for [GovDelivery](#) email updates.

If you would like to partner with us for Preparedness Month, or would like more information, please contact us at [phprcommunications@cdc.gov](mailto:phprcommunications@cdc.gov).

#### Partners

Throughout National Preparedness Month we will be working with multiple organizations across the country to promote our multiple communities of preparedness. To see a full list of our partners and their National Preparedness Month activities visit our [partnership resources](#).

## SCI OSHA Compliance: OSHA rolls out new process for resolving whistleblower complaints

Source: [www.blr.com](http://www.blr.com)

Date: September 3, 2015

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OSHA is out with new policies and procedures for resolving whistleblower disputes. Find out what's involved, and take steps to make sure your employees don't blow the whistle on you.

OSHA, which oversees the whistleblower provisions of a number of laws in addition to the Occupational Safety and Health (OSH) Act, has implemented a new early resolution process for resolving whistleblower disputes. The voluntary process is expected to save time and money required for investigation and litigation.

The idea is to offer parties in a whistleblower case the opportunity to negotiate a settlement with the assistance of a neutral, confidential OSHA representative who has subject-matter expertise in whistleblower investigations. All federal agencies are now



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## Quick Tips for Healthy Living

### Get Movin'

Help you and your family move more each day and have fun with it. Think about what your family can do to be active together. Here are some ideas.

#### Make Time

- Identify free times. Keep track of your daily activities for one week. Pick two 30-minute time slots you could use for family activity time.
- Add physical activity to your daily routine. For example, walk or ride your bike to work or a friend's house, walk the dog with your children, exercise while you watch TV, or park farther away from your destination.
- Try to walk, jog, or swim during your lunch hour, or take fitness breaks instead of coffee breaks. Try doing something active after dinner with your family, or on weekends.
- Check out activities requiring little time. Try walking, jogging, or stair climbing.

#### Bring Others into It

- Ask friends and family to support your efforts.
- Invite them to be active with you.
- Set up a party or other social event with activities that get people moving, like dancing or having a jump rope contest.
- Exercise with friends.
- Play with your kids or ask them to join you for an exercise video or fitness game.
- Develop new friendships with physically active people. Join a group, such as the YMCA or a hiking club.

#### Energize Yourself

- Plan to be active at times in the day or week when you feel you have a lot of energy.
- Convince yourself that if you give it a chance, physical activity will increase your energy level.

#### Stay Motivated

- Plan ahead. Make physical activity a regular part of your or your family's schedule. Write it on a family activity calendar.
- Join an exercise group or class. Sign your children up for community sports teams or lessons.
- Pick activities requiring no new skills, such as walking or climbing stairs.
- Exercise with friends who are at the same skill level as you are. Create opportunities for your children to be active with friends.

#### Build New Skills

- Find a friend who can teach you new skills.
- Take a class to develop new skills and enroll your children in classes too, such as swimming, dancing, or tennis.

required to adopt policies that address the use of alternative means of dispute resolutions (ADR).

An OSHA regional pilot program demonstrated that the early resolutions approach is a successful way to help parties reach a mutual and voluntary outcome in whistleblower cases. The success of the effort led to a nationwide rollout of the program.

According to the law firm Ballard Spahr, "The process is an alternative to the statutorily required investigation of each complaint..." Although the agency encourages use of the early resolution method before beginning an investigation, parties may choose ADR at any time. The process is separate from the investigation and information disclosed will not be shared with an OSHA investigator if the matter is not resolved and investigation continues. The ADR coordinator is expected to offer an "objective perspective" on the matter without judgement.

### Tips for keeping your company out of whistleblower complaints

When it comes to safety-related whistleblower cases, the following can help ensure that you and your business are not charged:

- Take all employee complaints and concerns seriously, and thoroughly investigate them.
- Make sure your managers are fully aware of the law and never threaten an employee with discrimination or punishment for voicing a safety complaint.
- Establish written procedures for reporting hazards, and share them with everyone in the organization.
- Stay in full compliance with the OSH Act and other federal and state regulations.

Establish ways to get regular input from your employees about their perceptions of your workplace safety program. Examples are management walkabouts, safety committee reports, all-hands safety meetings, and a suggestion box or online equivalent.



LinkedIn

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*Send us an email at: [jlconnections@aol.com](mailto:jlconnections@aol.com)*

*See our bold new look*

*In Loving Memory of Jessica Lehrke*

**SAVE TOMORROW  
THINK SAFETY TODAY**