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Weekly Safety Tip

Life Is All About Choices![®]

September 28, 2015

SCI Safety Tip: Seven tips to improve ventilation in your workplace

Source: <http://fspbusiness.co.za>

Date: June 14, 2014



If your employees are experiencing headaches, dizziness, sinus congestion, itchy or watery eyes, scratchy throats and an inability to concentrate at work, poor ventilation in your office can be the source of all these symptoms. And if you fail to provide proper ventilation, you run the risk of your business facing hefty penalties or even being shut down. Don't take that risk! Use these seven tips to improve ventilation in your workplace.

Office ventilation removes unpleasant smells and excessive moisture, introduces outside air to keep interior building air circulated and prevents stagnation of the indoor air. Ventilation includes both the exchange of air to the outside, as well as circulation of air within the building. And since you're responsible to provide and maintain a safe work environment for your employees, it's crucial that you recognise that poor ventilation is a hazard you need to eliminate.

If you don't, it'll slow down productivity in your workplace and result in increased [sick leave](#), not to mention fines for non compliance. Are you prepared to take that risk?

SCI Safety Slogan



James Lehrke-SCI

Use these tips to improve ventilation or face penalties

The *Health and Safety Advisor* recommends you use these common and easy ways to help improve the ventilation in your work environment:

Tip#1: Don't block air vents in window bays with furniture or other objects like books, files and even handbags. You'll cut off the airflow and prevent proper heating and cooling. This reduces the supply of fresh air and produces condensation on the glass. Condensation could eventually cause water damage and even promote mould growth. This could pose health problems for employees with allergies or environmental sensitivities.

Tip#2: Personal habits often affect the quality of air in the workplace. While many minor problems are insignificant by themselves, every bit of pollution adds up. To help promote a clean, odor free, pleasant place to work:

- Keep your lunch room or break area clean so odors don't develop.
- Avoid using air fresheners. They only mask odors. Using one odor to mask another simply adds pollutants to the air.
- Take care of plants, wipe leaves with a damp cloth to remove dust and make sure there's a tray under them to catch any leaks.

Tip#3: Open windows and doors in the office when possible to allow fresh air into the office.

Tip#4: Install kitchen and bathroom fans to extract odor and moisture.

Tip#5: Clean the work environment regularly to keep bacteria, viruses, fungi, mites, pollen and other allergens under control.

Tip#6: Review any potential sources of chemical pollutants including building materials, office equipment, furniture and chemical products. Take care to alleviate their effects and manage their use responsibly to reduce exposure.

Tip#7: Complete a monthly self-assessment on your workspace. This'll help you further eliminate poor ventilate problems if they arise in your assessment.

Use these tips to improve ventilation in your workplace and reduce the health and safety risks of your employees

SCI OSHA News: BLS: Latest stats show an increase in total fatalities

Source: www.blr.com

Date: September 22, 2015

The latest fatality statistics from the Bureau of Labor Statistics (BLS) are out. Keep reading to find out what sectors are seeing an increase in workplace deaths.

Preliminary results from the BLS Census of Fatal Occupational Injuries show the rate of workplace fatalities in 2014 was 3.3 per 100,000 full-time employees. While the overall rate is the same as the final rate for 2013, there was a considerable rise in fatalities in the construction sector, which OSHA notes was accompanied by an increase in construction employment.

And while the number of Hispanic workers who died in 2014 (789) was below the 2013 figure of 817, Labor Secretary Thomas E. Perez called the number "still unacceptably high." Perez added that far too many people—13 per day—are still losing their lives at work.

Highlights from the latest workplace fatality data

According to the BLS findings:

- The preliminary fatality total for 2014 was 4,679.
- Fatalities were up in mining, agriculture, manufacturing, construction, and among police officers and police supervisors.
- Rates were down for government workers and for women.
- Deaths from slips, trips, and falls increased 10 percent from 2013, making them account for 17 percent of all fatal injuries in 2014.
- After a sharp decline in 2013, fatalities among self-employed workers increased 10 percent—from 950 in 2013 to 1,047 in 2014.



Quick Tips for Healthy Living

Healthy Benefits

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, type 2 diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure. However, many people don't eat enough fruits and vegetables.

- Fewer than 1 in 7 adults eat the recommended amount of fruits every day.
- Fewer than 1 in 10 adults eat the recommended amount of vegetables every day.

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- Fewer than 1 in 7 adults eat the recommended amount of fruits every day.
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Eat a variety of vegetables and fruits, to save money, buy vegetables and fruits that are in season or frozen. Incorporating vegetables into pasta dishes, casseroles, side dishes etc. will help you to increase your vegetable intake! Keep these simple steps in mind when changing your eating habits!

- Fresh vegetables such as tomatoes, cabbage, and broccoli
- Leafy greens for salads, like spinach and kale
- Canned vegetables low in sodium (salt)
- Frozen vegetables without added butter or sauces
- Fresh fruits such as apples, oranges, bananas, pears, and peaches
- Canned fruit in 100% juice, not syrup
- Frozen or dried fruit (unsweetened)

Take action to encourage employees, coworker, family and friends to eat more fruits and vegetables.

- Host a brown-bag seminar for your employees. Invite a nutritionist to discuss easy ways to get the recommended daily servings of vegetables and fruits.
- Post information about a different vegetable or fruit every week on your employee bulletin board. Include a quick and easy recipe.
- Partner with your local farmers market or community garden to offer vegetables and fruits at discounted prices.
- Ask a local grocery store representative to present tips on how to buy affordable, high-quality fruits and vegetables.
- Conduct a cooking demonstration using recipes full of vegetables and fruits.

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- Workers who were contracted at the time of a fatal injury accounted for 17 percent of all fatalities in 2014.

Here's what you can do to reduce the chance of fatality
According to OSHA, injury and illness prevention programs (sometimes called I2P2s) can be an effective way to reduce injuries, illnesses, and fatalities.

Some states, such as California and Washington, require employers to implement such programs, while many others offer incentives in the form of reduced workers' compensation premiums. Common elements of I2P2s include management leadership, worker participation, hazard identification and assessment, hazard prevention and control, education and training, and program evaluation and improvement.

OSHA cites numerous studies that demonstrate a variety of benefits of I2P2s, including:

- Transforming workplace culture;
- Reducing incidents;
- Lowering workers' compensation and other costs;
- Improving morale and communication;
- Enhancing business image and reputation; *and*
- Improving processes, products, and services.

In its examination of fatality rates, OSHA has found that California, Hawaii, and Washington, which require I2P2s, had fatality rates as much as 31 percent below the national average. As for cost, the agency says that injury and illness prevention programs do not have to be resource-intensive and can be adapted to meet the needs of any size organization.



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