



Weekly Safety Tip

"Your Connection for Workplace Safety"

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SCI Safety Tip: Fall Proofing Your Home

Source: <http://www.nsc.org>

Date: 2014

Your home may be filled with fall hazards, so take a look around every room. There are easy preventative measures you can take to prevent falls and eliminate hazards.

Bedroom

- Place a lamp and telephone close to your bed where they are easy to reach.
- Sleep on a bed that is easy to get in and out of. q Arrange clothes in your closet so they are easy to reach.
- Put in a night-light so you can see where you're walking after dark.

Living areas

- Arrange furniture so you have clear pathways. q Remove area or throw rugs or use non-slip backing tape so the rugs will not slip.
- Keep electrical and telephone cords out of walkways.
- Do not sit on a chair or sofa that is too low and makes it difficult for you to stand up.
- Install light switches at the entrances to rooms so you do not have to walk into a dark room to turn on a light.
- Remove papers, boxes, books, clothes, shoes and all clutter from pathways. *In 2009, 16,900 individuals died due to fall-related injuries in their homes.*

Bathroom

- Place a slip-resistant rug adjacent to the bathtub for safe exit and entry.
- Use a non-slip rubber mat or non-skid adhesive textured strips on the floor of your tub or shower.
- Install grab bars for support inside the tub and next to the toilet.
- Replace glass shower enclosures with non-shattering material.

Kitchen

- Never stand on chairs or boxes to reach upper cabinets or shelves. If you must use a step stool, use one with a bar to hold on to.

Our Weekly Safety Tip provides valuable and current safety information relevant for Work, Home & Play.

And, you will be kept current on the latest Safety Compliance issues.



SCI SAFETY NEWS OR TIP



SCI OSHA NEWS OR COMPLIANCE



SCI HEALTHYLIVING and WELLNESS NEWS

We want to hear from you! Send us your feedback and give us ideas for future safety topics.

Let us know how you feel about our new look!

Safety Slogan

This Fall, Let's not fall. Keep areas clean of clutter!

of the week

- Store food, dishes and cooking equipment within easy reach. Move items on high shelves to cabinets, lower shelves or countertops.
- Immediately clean up any liquids or food spilled on the floor.

Stairs and steps

- Always keep all objects off stairs.
- Fix any loose, uneven or broken steps.
- Provide enough light to see each stair and the top and bottom landings.
- Make sure all carpeting is firmly attached to every step or remove the carpet and attach non-slip rubber treads.
- Make sure handrails are on both sides of the stairs and fix them if they become loose.

SCI OSHA News: Latest BLS Numbers: Fatalities on the Decline, But Some Concerning Trends

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

By: Emily Clark

Date: September 25, 2014

Preliminary numbers from the Bureau of Labor Statistics (BLS) show a decline in fatal work-related injuries in 2013, but a few groups didn't share in the downward trend. Keep reading to learn out what the deadliest hazards were—and who they affected—in 2013.

According to the preliminary National Census of Fatal Occupational Injuries (CFOI) for 2013, there were 4,405 fatal work-related injuries in the United States in 2013. This represents a 5 percent decline from 2012, though the total may increase when the final 2013 numbers are released in the spring of 2015.

Transportation incidents still deadliest

[Transportation incidents](#) were still the leading cause of occupational deaths, responsible for 2 out of 5 fatal work-related injuries in 2013, with roadway incidents accounting for nearly 60 percent of these cases. The BLS noted that transportation fatality counts are expected to rise with the final 2013 data, as some documentation about these cases has not been received.

[Violence](#) (including homicides and suicides); contact with objects and equipment; and [slips, trips, and falls](#) were the second, third, and fourth most common causes of occupational fatalities, respectively.

Of the 574 workers killed by falls to a lower level in 2013, 1 in 4 occurred after a fall of 10 feet or less. This statistic underscores the need for compliance with OSHA's fall protection standards. The heights at which OSHA requires fall

The Lehrke Family Scholarship Fund Is Up & Running It's 2015 Fundraiser In Memory of the Lehrke Family Children - Jessica, Nick & Kristin – Our Theme – “ Help Us Help Others “



See details on bottom of page 3

<https://www.facebook.com/pages/Lehrke-Family-Scholarship-Fund>

protection (4 feet in general industry and 6 feet in construction) may not sound dangerous, but the potential for tragedy exists nevertheless. For fiscal year 2014, [fall protection in construction](#) was once again OSHA's most frequently cited violation.

Fatalities up among Hispanic workers, contractors

Although the overall drop in fatalities is good news, a few concerning trends emerge from the BLS report. Fatal work injuries among Hispanic and Latino workers rose 7 percent, making 2013 the deadliest year for these groups since 2008. Of the 797 fatal work injuries incurred by Hispanic or Latino workers in 2013, 66 percent involved foreign-born workers, of which the greatest share was born in Mexico.

Training and providing safety instructions in a language and vocabulary that workers understand is crucial to keeping all employees safe, regardless of their native language, and is required by OSHA. In addition, it is important that all workers understand their rights to a safe and healthy workplace, have a way to report hazards and safety issues, and are protected from retaliation for reporting unsafe conditions.

Contractor fatalities also increased in 2013. Workers who were working as [contractors](#) at the time of their fatal injury accounted for 17 percent of all cases in 2013, up from 15 percent in 2012. Falls to a lower level accounted for 31 percent of contractor deaths, followed by struck-by objects or equipment incidents at 18 percent, pedestrians struck by vehicles at 11 percent, and exposure to electricity at 7 percent. These four types of incidents each constituted a greater share of contractor fatalities than they did for all workers.

HEALTHY BITES
Quick Tips for Healthy Living

PREVEA

Hives

Hives are red and sometimes itchy bumps on your skin. An [allergic reaction](#) to a drug or food usually causes them. Allergic reactions cause your body to release chemicals that can make your skin swell up in hives. People who have other allergies are more likely to get hives than other people. Other causes include infections and stress.

Hives are very common. They usually go away on their own, but if you have a serious case, you might need medicine or a shot. In rare cases, hives can cause a dangerous swelling in your airways, making it hard to breathe - which is a medical emergency.



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Memory of Jessica Lehrke

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- Travel arrangements must be made through Fox World Travel in Sheboygan.
- Cash prize of \$500 must be redeemed from Jim Lehrke on behalf of the Lehrke Family Scholarship Fund.
- Other restrictions may apply.

To redeem the travel prize, please choose your travel dates well in advance and contact:
Fox World Travel - 375 S. Taylor Drive, Sheboygan
920-469-4500 or www.foxworldtravel.com
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To redeem the cash prize, please contact
Jim Lehrke - 920-912-7233
Thank you for your support!

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