



Weekly Safety Tip

"Your Connection for Workplace Safety"
Phone: 920-208-7520

We're about service, commitment, results, and accountability!

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

**Safety is the engine,
and you are the key
that starts it.**

**James Lehrke-SCI
of the week**

SCI Safety Tip: Wellness Training on Thanksgiving Leftovers Safety

Source: www.blr.com

By: Jennifer Busick

Date: November 20, 2014

For some people, leftovers are the best part of the Thanksgiving dinner. But those leftovers can be deadly if not handled properly. In today's Advisor, we give valuable information you can use to train employees on how to deal with leftovers safely.

You can use this information in a brief toolbox training talk or as a quick aside during a morning safety meeting or even print it up as a handout for workers to take home.

Thanksgiving Leftovers

Know when to hold 'em and when to fold 'em.

When should you discard something to ensure that no one gets sick from contamination? Food can look and smell good, but if it is not handled properly, germs can poison it and make consumers sick. People can get sick if germs, viruses, pesticides, or cleaning agents get into food or drinks.

Here are some guidelines on when food should be discarded because of possible contamination:

- **Food must be discarded if it has not been cooled or heated to the appropriate temperature within the time required for safety.** If the freezer, refrigerator, hot plate, or warming oven fails and the temperature of the food is in the danger zone, the food must be discarded. (Between 45°F and 140°F or 7°C to 60°C is the danger zone in which foods are most likely to become contaminated by germs. Additionally, 165°F or 74°C is the minimum temperature to which food must be reheated.)
- **Also dispose of food that is in a container or package that is not labeled or dated** or if it is past the expiration date.
- **Food should also be discarded if it has become unsafe or adulterated**, such as if something unnecessary has been added. It should be discarded if you suspect that bacteria is growing in the food.
- **Dispose of any ready-to-eat food that may have been contaminated by a sick person.** Also, dispose of food that has been contaminated by someone through contact with hands, sneezing, coughing, or other means.

Why It Matters

- Food poisoning can be a serious situation requiring hospitalization and, of course, time away from work.
- Wellness training that helps employees keep themselves and their family members protected from food poisoning can keep them healthy and on the job.
- Such training can be formal or informal, such as including a food safety story in the company newsletter or intranet posting area.

SCI OSHA Safety: Cal/OSHA Updates Ebola Guidance

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

Date: November 19, 2014

On November 14, Cal/OSHA, in collaboration with the California Department of Public Health (CDPH), posted updated Ebola guidance for inpatient hospital settings. The updated guidance builds on the Interim Guidance for Ebola that Cal/OSHA released on October 15 and provides additional direction to ensure that hospitals and healthcare workers take the proper steps to safely provide care for suspected or confirmed Ebola patients in California.

In releasing the new guidance, Cal/OSHA emphasized that a widespread outbreak of Ebola in the United States remains unlikely, and there have still been no cases in California.

"Ensuring worker safety and protection is our top priority," said Juliann Sum, Acting Chief of Cal/OSHA. "We have focused these guidelines to provide additional direction for inpatient settings, where infectious disease transmission risk is highest. These updated guidelines clarify the requirements hospitals must meet to maintain workplace safety and to prevent exposure to Ebola."

The guidelines require that workers at risk of exposure to the Ebola virus be provided personal protective equipment (PPE) that covers all parts of the body and protects against the passage of fluids. Each piece of the PPE must be compatible with the rest of the PPE ensemble during use, removal and decontamination.

Cal/OSHA's standards regarding respiratory protection go beyond the current Centers for Disease Control and Prevention (CDC) recommendations, with the requirement of battery-powered air-purifying respirators (PAPRs) during any aerosol-generating procedure. PAPRs must include full cowls or hoods to protect all areas of the face, head, neck and upper torso. Employees must also be trained and given the opportunity to practice donning and doffing the specific PPE ensemble used in their hospital.

The updated guidelines further require that:

- Hospitals update their exposure control plans to address Ebola procedures. The plans must include active employee involvement and must describe procedures to protect employees in all other potentially affected areas of the hospital, such as emergency departments.
- Workers covered by these requirements are provided medical services, which may include monitoring, testing, and temporary removal from work in the event of an exposure incident.

Several occupational safety and health standards address worker protections when exposure to infectious diseases including Ebola may occur in a health care setting. They include Cal/OSHA's Bloodborne Pathogens standard adopted in 1992 and the Aerosol Transmissible Diseases standard adopted in 2009. The standards apply to hospital workers and emergency medical services, as well as workers in biological laboratories, decontamination workers or public safety employees who may be exposed to infectious disease hazards.

Cal/OSHA reminds all employers and workers that any suspected cases of Ebola must be promptly reported to the local public health department.

HEALTHY BITES

Quick Tips for Healthy Living



Lactose Intolerance

Lactose intolerance means that you cannot digest foods with lactose in them. Lactose is the sugar found in milk and foods made with milk. After eating foods with lactose in them, you may feel sick to your stomach. You may also have

- Gas
- Diarrhea
- Swelling in your stomach

Your doctor may do a blood, breath or stool test to find out if your problems are due to lactose intolerance.

Lactose intolerance is not serious. Eating less food with lactose, or using pills or drops to help you digest lactose usually helps. You may need to take a calcium supplement if you don't get enough of it from your diet, since milk and foods made with milk are the most common source of calcium for most people.

NIH: National Institute of Diabetes and Digestive and Kidney Diseases

SCI Thanksgiving Quote:

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

~John Fitzgerald Kennedy~

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 “



What do you think?
Send us an email at:
jlconnections@aol.com
See our bold new look @
<http://www.safetyconnections.com/>

In Loving
Memory of Jessica Lehrke

Lehrke Family Scholarship Fund
All proceeds go to the High School Scholarship

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Tickets \$1 Each

This prize has the following guidelines:

- Must be for United tickets & hotel stay for 2 people without car for 10/15/14 and 10/16/14.
- Roundtrip travel from origin to Las Vegas, Nevada to Las Vegas (roundtrip flight) from anywhere in Michigan to Las Vegas, NV, through any of the 12 airlines, United, Delta, Southwest, and the others, and you will receive 10000 miles (or more) on the way.
- Roundtrip travel from Las Vegas, NV to Las Vegas, NV, through any of the 12 airlines, United, Delta, Southwest, and the others, and you will receive 10000 miles (or more) on the way.
- Must stay in Las Vegas, NV, for 2 nights, including breakfast, but not including tax, food, beverage, and checked baggage.
- All taxes, fees, and charges are included (including, but not limited to, fuel, beverage, and checked baggage).
- Prize is non-transferable to 2015. Travel must be completed by 12/31/14.
- Roundtrip travel will be included. This award is non-refundable and is non-transferable.
- Travel arrangements must be made through Fox World Travel in Michigan.
- Cash prize of \$500 must be redeemed from the Lehrke Family Scholarship Fund.
- Other restrictions may apply.

To redeem the travel prize, please choose your travel dates and let us know as soon as possible.

Fox World Travel - 375 S. Taylor Street, Birmingham, AL 35203
or call 800 444 4444 or 205 333 4444
at least 60 days prior to your anticipated travel date.

To redeem the cash prize, please contact
Fox World Travel - 375 S. Taylor Street, Birmingham, AL 35203
Thank you for your support!

