



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!



SCI Safety Tip: Remind Workers of These Summer Roadwork Hazards

Source: www.blr.com

Date: June 20, 2014

More than 600 lives are lost each year in the U.S. to accidents in construction and maintenance work zones. Summer means an increase in road building and maintenance projects. So whether your employees are doing the work or just driving near a site, they need to be vigilant. Keep reading for safety tips and to find out which states experience the most roadwork fatalities.

Highway work zones are hazardous for motorists who drive through the signs, barrels, and lane changes and for the workers who build, repair, and maintain roads and bridges. Also at risk are emergency responders, cleanup, utility, and demolition personnel.

According to the most current statistics, Texas, California, and Florida ranked as the three states with the most roadwork-related fatalities. Across the country, more than 20,000 workers are injured in construction work zone incidents each year. Most of the accidents are caused by:

- Contact with objects or equipment.
- Slips, trips, and falls.
- Overexertion.
- Transportation incidents.
- Exposure to harmful substances or environments.

10 safety tips for driving near work zones

Share these safety tips with employees to remind them of the hazards of driving near work zones. Not only will they stay safer, they'll also help to prevent injury to road construction workers.

1. **Stay alert, minimize distractions, and be patient.**
2. **Dedicate your full attention to the roadway.** Avoid changing the radio station, using a mobile phone, eating, or other distractions that can affect your concentration.
3. **Keep headlights on.**
4. **Pay attention to the road.** Heed signs and watch brake lights on vehicles ahead. Keep an eye on traffic around you and be prepared to react.
5. **Be mindful of merging.** Merge well before you reach the lane closure. And remember that traffic patterns can change daily.
6. **Don't tailgate.** Follow other vehicles at a safe distance.

7. **Obey the posted speed limit.** Workers may be present just feet away. Also be aware that fines may be doubled for moving traffic violations in work zones. Be prepared to slow down further depending on conditions.
8. **Change lanes safely.** Change lanes only where pavement markings indicate and only when traffic conditions permit.
9. **Follow instructions from flaggers.**
10. **Expect the unexpected.** Workers, work vehicles, or equipment may enter your lane without warning. Also, other vehicles may slow, stop, or change lanes unexpectedly.

SCI OSHA News: Safety is Serious Business. So why has OSHA Created a Game about Workplace Hazards?

Source: www.blr.com

Date: June 18, 2014

OSHA has released a new interactive game to help small businesses identify common hazards in manufacturing and construction workplaces. What's the big idea, and could it help improve safety at your facility?

"Hazard identification is a critical part of creating an injury and illness prevention program that will keep workers safe and healthy on the job," noted OSHA administrator Dr. David Michaels. He says the new training tool educates employers about how to take control of their workplaces and protect workers. "It also demonstrates that following well-established safety practices is also good for the bottom line," he added.

The tool, which was developed in a game format, can be found on OSHA's website at <http://www.OSHA.gov/hazfinder>. Users have the opportunity to identify hazards in various scenarios and can play from the perspective of either a business owner or an employee. For example, in one manufacturing scenario, the player is the head of a fictitious company that makes parts for next-generation hovercrafts.

Players use the following tools to accomplish the mission:

- **Collect information:** Read manuals, safety data sheets, OSHA data, and other sources to find hazards that have already been identified by others.
- **Inspect the workplace:** Inspecting the equipment and the surrounding work areas allows the user to look over the equipment without any obstructions that might exist while the equipment is being operated.
- **Observe the operation:** Watch the operator and note any hazardous situations. Observing an operation gives the viewer an opportunity to see how the task is actually completed. This provides insight on additional hazards that would not be recognizable otherwise. This can only be done when workers are present and production is occurring.
- **Investigate incidents:** Use an incident as an opportunity to learn about hazards that may have been overlooked.
- **Involve employees:** Equipment operators are often aware of issues that may not be apparent during an inspection. Talk to the workers and listen to their feedback. Check out the game to see if it might be a valuable addition to your hazard identification training.



SCI OSHA QUIKCARD: Protecting Workers from Heat Stress

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

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided. There are precautions your employer should take any time temperatures are high and the job involves physical work.

Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Low liquid intake • Heavy physical labor • Waterproof clothing • No recent exposure to hot workplaces

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting • Weakness and wet skin • Irritability or confusion • Thirst, nausea, or vomiting

Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

To Prevent Heat Illness, Your Employer Should

- Provide training about the hazards leading to heat stress and how to prevent them.
- Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed.

HEALTHY BITES
Quick Tips for Health

PREVEA

Neck Injuries and Disorders

Any part of your neck - muscles, bones, joints, tendons, ligaments, or nerves - can cause neck problems. Neck pain is very common. Pain may also come from your shoulder, jaw, head, or upper arms.

Muscle strain or tension often causes neck pain. The problem is usually overuse, such as from sitting at a computer for too long. Sometimes you can strain your neck muscles from sleeping in an awkward position or overdoing it during exercise. Falls or accidents, including car accidents, are another common cause of neck pain. Whiplash, a soft tissue injury to the neck, is also called neck sprain or strain.

Treatment depends on the cause, but may include applying ice, taking pain relievers, getting physical therapy or wearing a cervical collar. You rarely need surgery.



What do you think?
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<http://www.safetyconnections.com/>

*In Loving
Memory of Jessica Lehrke*