



“Your Connection for Workplace Safety”
Phone: 920-208-7520

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

SCI Safety Tip: Carbon Monoxide Safety Tips

Source: <http://www.cdc.gov/co/faqs.htm>

Date: December 18, 2013

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

Winter safety is COOL.

James Lehrke-SCI

Of the week

What is carbon monoxide?

Carbon monoxide, or CO, is an odorless, colorless gas that can cause sudden illness and death.

Where is CO found?

CO is found in combustion fumes, such as those produced by cars and trucks, small gasoline engines, stoves, lanterns, burning charcoal and wood, and gas ranges and heating systems. CO from these sources can build up in enclosed or semi-enclosed spaces. People and animals in these spaces can be poisoned by breathing it.

What are the symptoms of CO poisoning?

The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. High levels of CO inhalation can cause loss of consciousness and death. Unless suspected, CO poisoning can be difficult to diagnose because the symptoms mimic other illnesses. People who are sleeping or intoxicated can die from CO poisoning before ever experiencing symptoms.

How does CO poisoning work?

Red blood cells pick up CO quicker than they pick up oxygen. If there is a lot of CO in the air, the body may replace oxygen in blood with CO. This blocks oxygen from getting into the body, which can damage tissues and result in death. CO can also combine with proteins in tissues, destroying the tissues and causing injury and death.

Who is at risk from CO poisoning?

All people and animals are at risk for CO poisoning. Certain groups — unborn babies, infants, and people with chronic heart disease, anemia, or respiratory problems — are more susceptible to its effects. Each year, more than 400 Americans die from unintentional CO poisoning, more than 20,000 visit the emergency room and more than 4,000 are hospitalized due to CO poisoning. Fatality is highest among Americans 65 and older.

How can I prevent CO poisoning from my home appliances?

- Have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Do not use portable flameless chemical heaters (catalytic) indoors. Although these heaters don't have a flame, they burn gas and can cause CO to build up inside your home, cabin, or camper.
- If you smell an odor from your gas refrigerator's cooling unit have an expert service it. An odor from the cooling unit of your gas refrigerator can mean you have a defect in the cooling unit. It could also be giving off CO.

- When purchasing gas equipment, buy only equipment carrying the seal of a national testing agency, such as the [CSA Group](#).
- Install a battery-operated or battery back-up CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall.

How do I vent my gas appliances properly?

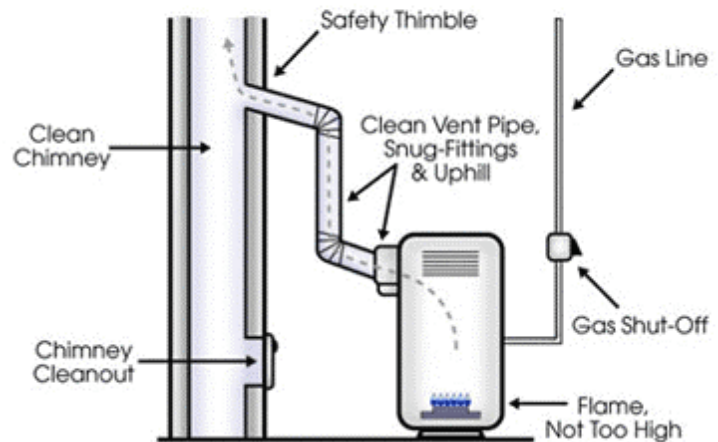
- All gas appliances must be vented so that CO will not build up in your home, cabin, or camper.
- Never burn anything in a stove or fireplace that isn't vented.
- Have your chimney checked or cleaned every year. Chimneys can be blocked by debris. This can cause CO to build up inside your home or cabin.
- Never patch a vent pipe with tape, gum, or something else. This kind of patch can make CO build up in your home, cabin, or camper.

Horizontal vent pipes to fuel appliances should not be perfectly level. Indoor vent pipes should go up slightly as they go toward outdoors. This helps prevent CO or other gases from leaking if the joints or pipes aren't fitted tightly.



Exhaust pipe blockage of ice and snow can cause carbon monoxide to build inside the home.
 Image Source: <http://inspectapedia.com>

Here's the Safe Way to Connect Heating Equipment to the Chimney



SCI OSHA News: OSHA Extends Comment Period on Proposed Rule to Improve Tracking of Workplace Injuries and Illnesses

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

Date: January 6, 2014

WASHINGTON – The Occupational Safety and Health Administration today announced that it will extend the comment period to March 8, 2014 on the proposed rule to improve workplace safety and health through improved tracking of workplace injuries and illnesses. The proposed rule would amend recordkeeping regulations to add requirements for the electronic submission of injury and illness information that employers are already required to keep under OSHA's regulations for recording and reporting occupational injuries and illnesses.

The comment period has been extended 30 days in response to a request from the National Association of Home Builders. Comments may be submitted electronically at <http://www.regulations.gov>, the Federal eRulemaking Portal or by mail or facsimile. See the [Federal Register notice](#)* for more details.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to ensure these conditions for America's working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit <http://www.osha.gov>.

SCI OSHA News: What's coming in 2014?

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

Date: January 7, 2014

From silica exposure to confined spaces in construction, OSHA's regulatory agenda for 2014 includes important proposals, final rules, and prerules that all employers should know about. This BLR infographic outlines the top safety initiatives to watch for in the coming year.

- 1) Confined Spaces in Construction (early 2014)
- 2) Injury and Illness Recording and Reporting Changes (Final rule April 2014)
- 3) Electronic Submission of Injury and Illness Reporting (Public Meeting on Proposal January 9, 2014)
- 4) Electric Power Transmission and Distribution- Electrical Protective Equipment (Ready for final action, no approved date yet)
- 5) Slips and Falls- Personal Fall Protection Systems (Final rule June 2014)
- 6) Exposure to Respirable Crystalline Silica (Hearings to begin March 18, 2014)
- 7) Injury and Illness Prevention Programs (Notice of approved rule making expected September 2014)
- 8) Combustible Dust (No Proposed rule issued yet)
- 9) Crane Operator Certification (Existing employer requirements to insure crane operator competency have been extended till November 2017- The enforcement date is now extended to November 2017-OSHA May issue a separate rulemaking initiative addressing crane operator qualifications.)
- 10) Exposure to Beryllium (Notice of approved rule making expected April 2014)

Prerules on the Horizon:

Infectious Diseases

Bloodborne Pathogens

Review of Chemical Standards

Reinforced Concrete in Construction

Preventing Backover Injuries and Fatalities

Standard Improvement Projects

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Nutrition

Food provides the energy and nutrients you need to be healthy. Nutrients include [proteins](#), [carbohydrates](#), [fats](#), [vitamins](#), [minerals](#) and [water](#). Learning to eat nutritiously is not hard. The key is to

- Eat a variety of foods, including vegetables, fruits and whole-grain products
- Eat lean meats, poultry, fish, beans and low-fat dairy products
- Drink lots of water
- Go easy on the [salt](#), sugar, alcohol, saturated fat and trans fat

Saturated fats are usually fats that come from animals. Look for trans fat on the labels of processed foods, margarines and shortenings.

Centers for Disease Control and Prevention



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