



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

# Weekly Safety Tip

*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**

**A clean floor everyday keeps lost days away.**

**James Lehrke-SCI**

**of the week**

## SCI Safety Tip: 5 Steps Employees Can Take to Improve Safety Performance and Prevent Accidents

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

Date: October 9, 2013

*Improving safety performance and preventing workplace accidents is a challenge, but it's one that's made much easier when employees lend a hand.*

If you can get your employees to take these five simple steps every day, you're well on the way to improved safety performance and zero accidents.

**1. Identify hazards:** If employees don't know what the hazards are—or could be—they can't effectively protect against them. Employees therefore should:

- Think about the tasks they perform and what could go wrong and cause an accident.
- Inspect their work area and workstation at the beginning of every work shift.
- Inspect equipment, PPE, and materials before use.
- Consider their safety attitude and fitness to work (for example, are they rested? concentrating? limber?).

**2. Plan ahead.** Before starting a job, employees should think about such things as:

- PPE, equipment, and materials they will be working with
- Specific tasks they will be performing
- Where and with whom they will be working
- Applicable safety procedures and rules
- What they would need to do in the event of an emergency

**3. Stay alert.** To work safely, employees must pay attention while they work. They must:

**“Saving Green by Going Green” Tip of the Week**

**Did you know you can save money by recycling your ink and printer cartridges? Some companies like Office Depot will give you money for each one you recycle with them. Also consider using remanufactured cartridges, they cost ~30% less than brand new ones and work just as well. Many office supply delivery companies will even come switch them out for you during their regular visits. For more help saving green by going green email**

- Give the task their full attention.
- Avoid distractions.
- Beware of becoming complacent about safety or taking shortcuts, no matter how many times they've performed a task or how many years of experience they have.
- Pay attention to people and conditions around them and of any changes in activities or conditions that could create new or different hazards.

**4. Ask questions.** Employees should ask their supervisor whenever:

- They're not sure what to do or do not understand a safety rule or procedure
- They're unsure whether something is a hazard
- They don't know what type of PPE to use
- They're dealing with a new substance, procedure, or piece of equipment
- Something seems wrong, but they are not sure what

**5. Take near misses seriously.** Near misses should be taken as a warning that something's wrong and needs to be corrected. According to the National Safety Council, 75 percent of all accidents are preceded by one or more near misses.

There are so many cases where a few hours after a near miss that wasn't reported—or the next day or the next week—another accident occurred and an employee who could have been saved was injured or killed. When a near miss occurs, employees should:

- Treat the incident as a call to action and never ignore the incident.
- Report every near miss to their supervisor immediately.
- Cooperate in the incident investigation to determine what went wrong and how to correct the problem so that it doesn't result in a subsequent accident and injury

## SCI OSHA News: Top OSHA Construction Violations for 2013: Best Practices for Fall Protection and More (Part 2)

Source: [www.blr.com](http://www.blr.com)

Date: October 11, 2013

**Editor's Note:** This article is Part 2 in a series. [Part 1](#) gave an overview of OSHA's top 10 violations for fiscal year 2013; upcoming articles will focus on top general-industry violations and best practices for avoiding them.

- Don't just provide personal fall arrest systems or safety nets: Make sure someone on the worksite knows how to perform a [rescue operation](#) in case of a fall.

### Ladders and scaffolding: Separate OSHA standards

Ladders and scaffolding also present fall hazards, but OSHA has specific standards for these that are separate from the general fall protection requirements for construction. These two standards also made it into the FY 2013 top-10 list of most-cited violations.

Top violations under the scaffolding standard include not providing safe access to scaffolding surfaces, lack of fall and/or falling object protection, and lack of guardrails.

Requirements under OSHA's construction scaffolding standard (29 CFR 1926.451) include the following:

- Scaffolds must be designed by a qualified person and [constructed](#) and loaded in accordance with that design.
- A competent person must supervise the erection, movement, alteration, and disassembly of scaffolds and inspect them before each work shift and after any incident that could affect its structural integrity.

- When a scaffold platform is more than 2 feet above or below the point of access, some form of [access](#), such as stairs, a ramp, a walkway, or a ladder must be provided. Climbing cross braces is not an acceptable form of access.
- [Guardrail systems](#) must be installed along all open sides and ends of scaffolding platforms.
- Workers on scaffolds must be provided with [fall protection](#) when working 10 feet or more above a lower level. This can consist of an approved personal fall arrest system and/or guardrail system. Certain [types of scaffolds](#) require the use of personal fall arrest systems. [Suspension scaffolds](#) require both types of protection.
- Workers on scaffolds must be protected from falling objects. This includes hard hat use as well as the use of toeboards, screens or panels, debris nets, barricades, or other methods as appropriate to the situation.

Falls from ladders are responsible for nearly a third of all the fall-related deaths in the construction industry. Common violations of OSHA's construction-industry ladder standard (29 CFR 1926.1053) include damaged side rails, use of the top ladder step, using an inappropriate ladder for a job, and excessive loads on ladders.

Best practices for ladder use include the following:

- Make sure to place ladders on stable and level ground.
- Employees should wear non-slip flat shoes when working on ladders.
- When climbing a ladder, workers should maintain three points of contact at all times.
- When using an extension ladder to access another level, the ladder should be secured and extended at least 3 feet above the landing point.
- Do not permit employees to work on the top rung of a ladder.
- Inspect ladders before use to make sure there are no defects, such as missing or damaged rungs or bent side rails. Also make sure ladders are clean and free of oils or other substances that could cause them to become slippery.
- The base of an extension ladder should be placed a quarter of the working length of the ladder from the wall or other vertical surface.

## HEALTHY BITES

Quick Tips for Healthy Living

PREVEA  
Health & Wellness

### Health Check Up

Regular health exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better. Which exams and [screenings](#) you need depends on your age, health and family history, and lifestyle choices such as what you eat, how active you are, and whether you smoke.

To make the most of your next check-up, here are some things to do before you go:

- Review your [family health history](#)
- Find out if you are due for any general screenings or [vaccinations](#)
- Write down a list of issues and questions to take with you

Centers for Disease Control and Prevention



What do you think?  
Send us an email at:  
[jlconnections@aol.com](mailto:jlconnections@aol.com)  
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<http://www.safetyconnections.com/>

*In Loving  
Memory of Jessica Lehrke*