



"Your Connection for Workplace Safety"
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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

Click clack front and back

James Lehrke-SCI

of the week

SCI Safety Tip: Back Up Your Back Safety Program with These Injury Prevention Strategies

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

Date: October 14, 2013

Back injuries are among the most common workplace injuries and also among the most common MSDs. Make sure your employees know about these strategies for preventing back injury and pain.

Although they may not be as dramatic as fatal accidents or amputation incidents, musculoskeletal disorders (MSDs) can be extremely painful for employees, as well as costly for employers. According to the Bureau of Labor Statistics, in 2011, MSDs accounted for 33 percent of all workplace injury and illness cases. Workers with MSDs required a median of 11 days away from work to recover, compared to a median of 8 days for all types of injuries.

- **Back injuries** are the most common, accounting for 41.8% of MSDs in 2011. To help prevent back injuries, educate your workers about safe lifting practices. Workplace wellness programs that encourage physical fitness and a healthy body weight may also help to reduce back injuries.
- **Shoulder injuries** accounted for just 13% of MSDs in 2011, but tended to be the most severe, requiring a median of 21 days away from work to recover. Light stretching, the use of lifting and gripping aids, and frequent short rest breaks can help to minimize the risk of shoulder injuries.

Today, we'll focus on preventing back injuries and tomorrow we'll cover shoulder injuries.

Rx for Preventing Back Injuries

According to the staff at the Mayo Clinic, there are several steps your employees can take to avoid injuring their backs:

- **Physical activity.** Exercise helps keep the back limber and strong. The people at the Mayo Clinic remind us that the U.S. Department of Health and Human Services recommends that healthy adults get at least 150 minutes a week of moderate aerobic activity (walking or golfing, for example) or 75 minutes of more vigorous activity (jogging, basketball, tennis, or biking, for example). HHS also recommends strength training twice a week to strengthen back and abdominal muscles.

- **Posture.** Poor posture is a common cause of back pain. Slouching when standing or sitting is a major culprit. When standing for long periods, employees should stand with feet apart and weight balanced over both feet. When sitting, employees should sit up straight, with both feet flat on the floor. A pillow can be used to support the lower back.
- **Proper lifting.** The key to safe lifting and preventing back injuries is to lift with the legs, not with back. When lifting objects, employees should bend the knees, maintain the natural curve of the back, and let the leg muscles power the lift as they rise. For objects that are too heavy to be lifted safely, employees should use mechanical aids or get help from a co-worker.
- **Repetitive tasks.** Repetition of the same movements over and over puts a lot of stress on the body. Tasks that involve bending, twisting, reaching, and lifting should be modified to the extent possible to minimize strain on the back. The Mayo Clinic staff also recommends that employees alternate tasks that are physically demanding on the back with less stressful ones to give their backs a chance to rest.
- **Time out.** Frequent short breaks when performing physically demanding or repetitive tasks can also help reduce the risk of back injury. Employees should take minibreaks of a minute or two every half hour or so to stretch and relax tired back muscles.

The staff at the Mayo Clinic has this additional advice for employees: " Back pain can plague your workdays and free time. You're not stuck with it, though. Take time to examine your work environment and address situations that might aggravate your back. Even simple steps to ease back pain are steps in the right direction."

SCI OSHA News: Avoid Six-Figure OSHA Fines with Effective Lockout/Tagout Procedures

Source: www.blr.com

Date: October 25, 2013

OSHA inspectors are back in action following the 15-day federal furlough, citing and fining businesses that fail to follow regulations. Find out how lockout/tagout violations earned one contractor a six-figure fine and how to prevent making the same mistakes.

A New Jersey concrete company was cited with 18 safety and health violations, one of which was classified as willful. The investigation was conducted in response to a complaint alleging a variety of hazards at the business. OSHA responded with proposed penalties of \$153,900.

The willful violation was due to the lack of a lockout/tagout program to prevent accidental machine start-ups. More than a dozen additional violations involved confined spaces, air monitoring, respiratory protection and training, hazard communication, and exposure to silica.

In explaining the agency's actions, the OSHA area director commented, "Employers will be held legally responsible when they fail to uphold their responsibility to provide a safe and healthful workplace."

Be vigilant about controlling hazard energy sources

The purpose of lockout/tagout is to control sources of energy, including electrical, mechanical, thermal, hydraulic, pneumatic, and chemical energy. When machines and equipment are serviced and maintained, an unexpected start-up or release of stored energy can injure or kill employees. Failure to follow the rules can lead to electrocution, burns, crushing injuries, amputation, fractures, and more.

According to OSHA, the 3 million employees who service equipment face the greatest risk of injury from exposure to hazardous energy. On average, an employee injured in such an accident loses 24 workdays.

Here are the steps OSHA recommends to protect employees and to stay in compliance with lockout/tagout regulations for general industry (29 CFR 1910.147).

- Use lockout devices for equipment that can be locked out. Tagout devices may be used instead only if the tagout program provides equivalent employee protection.
- Develop, implement, and enforce an effective tagout program if machines or equipment are not capable of being locked out.

- Make sure that new or overhauled equipment is capable of being locked out.
- Develop, document, implement, and enforce energy control procedures.
- Use only [lockout/tagout devices](#) authorized for the particular equipment or machinery, and ensure that they are durable, standardized, and substantial.
- Make sure locks and tags identify the individual users.
- Establish a policy that permits only the employee who applied a lockout/tagout device to remove it.
- Inspect energy control procedures at least annually.
- Provide effective [training](#) for all employees covered by the standard, depending on their classification:
- **Authorized** employees are those who service machinery and equipment. They are trained to recognize sources of hazardous energy and perform lockout/tagout procedures.
- **Affected** employees operate machinery or equipment that requires lockout/tagout during servicing, but do not themselves service the equipment or perform lockout/tagout procedures. They must be instructed in the purpose and use of lockout/tagout procedures, trained to recognize lockout/tagout devices, and informed not to disturb these devices or attempt to operate equipment when lockout/tagout is in effect.
- **Other** employees work in areas where lockout/tagout procedures are used, but do not operate machinery or equipment. They must be trained not to start locked or tagged out equipment and not to remove locks or tags.
- Comply with the additional energy control provisions in OSHA standards when machines or equipment must be tested or repositioned, when outside contractors work at the site, in [group lockout situations](#), and during [shift or personnel changes](#).

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Weight Control

If you are overweight, you are not alone. Sixty-six percent of adults in the U.S. are overweight or [obese](#). Achieving a healthy weight can help you control your cholesterol, blood pressure and blood sugar. It might also help you prevent weight-related diseases, such as heart disease, diabetes, arthritis and some cancers.

Eating too much or not being physically active enough will make you overweight. To maintain your weight, the calories you eat must equal the energy you burn. To lose weight, you must use more calories than you eat. A weight-control strategy might include:

- Choosing low-fat, low-calorie foods
- Eating smaller portions
- Drinking water instead of sugary drinks
- Being physically active



What do you think?
Send us an email at:
j1connections@aol.com
See our bold new look @
<http://www.safetyconnections.com/>

*In Loving
Memory of Jessica Lehrke*

NIH: National Institute of Diabetes and Digestive and Kidney Diseases