



**Safety
Connections
Inc.**

2014!
Happy New Year!

Weekly Safety Tip

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

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

SCI Safety Tip: Take the 2014 SCI Safety Pledge!

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

**Take the Safety
Pledge!**

Safe in 2014

**James Lehrke-SCI
of the week**

- I will work safely as a condition of employment and accept responsibility for my own safety,
- I will always put safety first in completing my duties,
- I will inspect my equipment prior to the start of work, report any unsafe conditions immediately, and never operate unsafe equipment,
- I will never expose a body part to moving equipment unless this exception is specifically stated in a written departmental standard operating procedure and I have received training on the safe method of performing the task,
- I will report all safety incidents immediately,
- I will know and practice all area and site safety rules,
- I will use common sense in performing my duties,
- I will be aware of the activities of other team members at all times,
- I will insist on a total commitment to safety excellence from myself and all team members,
- I will never sacrifice or compromise safety to perform a job quicker or easier. Encourage safe work habits and behavior that support your companies core safety values.
- I will never text and drive. Don't drive distracted.
- I will never compromise safety to drive to a destination over the speed limit. Drive safely.
- I will buckle up for safety, and encourage others to do the same.
- Keep medications in a safe and secure cabinet. Child proof your home.
- Protect your Identity, and your children from cyber predators.

- Protect your home from fire, theft.
 - Have mail delivery stopped when gone for a period of time.
 - Have fire extinguishers located in your home or garage.
 - Lock all doors
 - Have security lights installed around the home.
 - Start a neighborhood watch. Report all suspicious vehicles.
- Winter Car Travel safely requires:
 - Blankets
 - Flashlight
 - Cellphone
 - Extra Warm Clothes, boots, gloves, hats etc.

*Take the pledge and add to the safety list, I am sure I missed a few. But all of us can make a difference with safety by calling out someone who has done an unsafe practice. Together **WE** can make a difference with safety!*

SCI OSHA News: OSHA's Top 10 Violations for 2013—and How to Avoid Them

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

Date: December 16, 2013

Here are the preliminary figures for the top 10 OSHA violations for fiscal year 2013, along with frequently cited areas of each standard and tips for compliance.

1.) Fall Protection (1926.501) Number of Violations-8,241

Frequently violated requirements include failure to use guardrails, safety nets, or personal fall arrest systems in residential construction; failure to protect open sides and edges; failure to prevent falls from roofs; and failure to cover holes.

Tip: Employers have many options for protecting workers from falls, including guardrail systems, safety net systems, personal fall arrest systems, and the adoption of safe work practices. Choose the best protection method for your particular worksite.

2.) Hazard Communication (19100.1200) Number of Violations-6,156

The most commonly violated requirements include failure to have a written program, inadequate employee education and training, improper or no labels on containers, and lack of, or lack of access to, material safety data sheets (MSDSs) and/or safety data sheets (SDSs).

Tip: The first deadline for OSHA's revised hazard communication standard was December 1, 2013. Make sure your employees have been trained on reading and interpreting the new chemical labels and 16-section SDSs.

3.) Scaffolding in construction (1926.451) Number of Violations-5,423

Not providing safe access to scaffolding surfaces, lack of fall and/or falling object protection, and lack of guardrails are some frequently cited issues.

Tip: Make sure your scaffolds and scaffold components are inspected for visible defects by a competent person before each work shift.

4.) Respiratory protection (1910.134) Number of Violations-3,879

Frequent violations include lack of a written respiratory protection program, improper respirator selection for hazards present, improper respirator storage and fit, and lack of medical evaluations for employees required to wear respirators.

Tip: Adequate respiratory protection depends on two equally important factors: The actual protective equipment, along with its proper fit and maintenance, and training your employees to use the equipment properly.

5.) Electrical, wiring methods (1910.305) Number of Violations-3,452

Common violations include problems with flexible cords and cables, boxes, and temporary wiring; poor use of extension cords; and using temporary wiring as permanent wiring.

Tip: Extension cords are not a substitute for permanent wiring. Make sure your workers are using them properly.

6.) Powered industrial trucks (1910.78) Number of Violations-3,340

Inadequate operator training and refresher training and poor condition of powered industrial trucks (PITs) when returned to service after repair are two of the most violated areas.

Tip: Inspect powered industrial trucks at least daily and before each work shift, and remove any trucks that need repairs from service promptly.

7.) Ladders in construction (1926.1053)

Number of Violations-3,311

Common violations include damaged side rails, use of the top ladder step, using an inappropriate ladder for a job, and excessive loads on ladders.

Tip: Inspect ladders regularly to make sure all rungs and steps are in good condition, that steps are clean and free of grease or oil, and that ladders are free of splinters or sharp edges.

8.) Lockout/tagout (1910.147)

Number of Violations-3,254

Frequent violations include poor or no energy control procedures, inadequate worker training, and incomplete inspections.

Tip: Make sure you understand the difference between authorized employees, affected employees, and all other employees, and provide appropriate lockout/tagout training to each group.

9.) Electrical, general (1910.303)

Number of Violations-2,745

Exposure to electric shock and electrocution are two of the most commonly cited hazards.

Tip: Make sure you understand the duties and responsibilities for qualified and unqualified workers and train each group accordingly.

10.) Machine guarding (1910.212)

Number of Violations-2,701

Point of operation exposures, inadequate or no anchoring of fixed machinery, and exposure to blades are some of the top violations.

Tip: Make sure to guard machines at exposed points of entry, ingoing nip points, blades, rotating parts, and any operating parts that send chips or sparks.

Prevent Citations

One of the best ways to prevent citations is to keep a sharp eye on compliance. Employment lawyer Tiffani Hiudt Casey of Fisher and Phillips recommends conducting self-audits and reviews on a regular basis. She urges employers to always correct identified hazards immediately and document the entire process, even if informally.

When you identify problems, assign responsibility for getting them fixed. And if you find that someone has broken the rules, discipline accordingly. Casey says this shows you're taking the matter as seriously as you would an external audit or OSHA inspection.

Make sure your audits are conducted completely and that you correct any hazards found. An identified hazard that has not been addressed can be proof for OSHA that you were aware of a problem but did not do anything to correct it.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Osteoporosis

Osteoporosis makes your bones weak and more likely to break. Anyone can develop osteoporosis, but it is common in older women. As many as half of all women and a quarter of men older than 50 will break a bone due to osteoporosis. Risk factors include :

- Getting older
- Being small and thin
- Having a family history of osteoporosis
- Taking certain medicines
- Being a white or Asian woman
- Having osteopenia, which is low bone density



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*

Osteoporosis is a silent disease. You might not know you have it until you break a bone. A bone mineral density test is the best way to check your bone health. To keep bones strong, eat a diet rich in calcium and vitamin D, exercise and do not smoke. If needed, medicines can also help.

NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases