



Weekly Safety Tip

“Your Connection for Workplace Safety”
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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

Best gift you can give your family is YOU! Please be safe

James Lehrke-SCI

Of the week

SCI Safety Tip: Help Employees Keep Safe This Holiday Season

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

Date: November 28, 2013

'Tis the season to be jolly, but it's also a time to keep safe. Encourage your employees to be safety-minded during the holidays at home and on the road.

You want your employees to be safe at work, of course, but statistics show that they're far more likely to be injured or killed off the job. That's particularly true during the holidays. To make sure your workers have a safe holiday season, encourage them to be mindful of common hazards of the season and take proper precautions.

Motor Vehicles

Motor vehicle accidents are a leading cause of accidental injury and death in the United States, and accident rates always increase with holiday travel. Employees should take precautions when they hit the road, including the following:

Make sure vehicles are in good repair. Encourage workers to be especially aware of safety-critical devices like headlights and taillights, turn signals, brakes, tires, and the horn.

Drive carefully. The four most dangerous driving behaviors are speeding, aggressive driving, inattention, and drowsiness.

Avoid drinking and driving. Encourage workers to protect themselves, their families, and other drivers and their families. Driving under the influence—even a little—seriously impairs a person's ability to drive safely and greatly increases the risk of an accident.

Falls

Falls are another leading cause of accidental death or injury off the job. If employees are using a ladder to hang Christmas lights or other decorations, they should be sure to:

- **Inspect the ladder.** It should have nonskid feet, straight side rails, no visible damage, and even spacing between the rungs.
- **Avoid underextending.** Employees should be sure the top of an extension ladder clears the level of the roof by at least 3 feet so they can get on and off safely. Also, they should set the ladder's feet at least one quarter of the vertical distance from the wall—for example, if they're climbing onto a 12-foot roof, the ladder feet should be at least 3 feet from the wall's base.

- **Avoid overextending.** Workers should be careful not to overreach, which could cause the ladder to become unbalanced. Instead of reaching out too far, it's best to get down and move the ladder.
- **Use stepladders safely.** Stepladders should be fully unfolded with the braces locked. Workers shouldn't stand on the top step of a stepladder.

Other Hazards

Encourage workers to take these additional precautions to protect against other holiday hazards:

- **Watch out for electrical hazards.** Don't overload circuits, run cords under rugs, use indoor extension cords outdoors, or forget to turn off the lights on indoor trees when you go out or go to bed.
- **Be a team player.** Don't work alone. Get help carrying heavy loads, have someone hold ladders steady for you, and share the driving so that you don't have to drive when you are drowsy.
- **Be careful with prescription drugs.** Prescription drugs are killing far more Americans than illegal drugs these days. Prescription medication should be used only as your doctor indicates; don't take more medication, or take it more often, than prescribed. Also, employees who take prescription medications should ask their pharmacist about alcohol consumption. It may be inadvisable to drink at holiday parties if they take certain medications.

SCI OSHA News: OSHA Responds to Employer's Inaction with Big Fines

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

Date: December 4, 2013

A refrigerator refurbishing company got the cold shoulder from OSHA for not correcting workplace hazards cited during previous inspections. What are "failure to abate" citations, and how can you avoid them? Keep reading to find out.

In April 2013, OSHA cited this business for 15 serious safety and health violations and proposed \$16,447 in fines for risks associated with fire, explosions, falls, and chemical hazards. According to the agency, the employer failed to respond to the citations and to OSHA's repeated attempts to reach them. As a result, OSHA opened a follow-up inspection. Now, the business is facing more than \$108,000 in additional fines.

The OSHA area director said employees at the site continue to be exposed to fire, explosion, falls, and chemical hazards, and are unable to exit swiftly in an emergency. She added, "Employers must understand that ignoring OSHA citations and fines carries consequences, even beyond finances. The health and well-being of their employees are at stake."

Types of OSHA citations

Willful. An employer has demonstrated either intentional disregard for the requirements of the OSH Act or plain indifference to employee safety and health. Penalties range from \$5,000 to \$70,000 per willful violation. If an employer is convicted of a willful violation that has resulted in an employee fatality, the offense is punishable by a court fine or by imprisonment for up to six months or both. Criminal conviction can result in fines of up to \$250,000 for an individual or \$500,000 for a corporation.

Serious. A serious violation means there is a substantial probability that death or serious physical harm could result from a condition that exists, or from practices, operations, or processes. OSHA may propose a penalty of up to \$7,000 for each violation.

Other-than-serious. This type of violation is results from a condition that is hazardous and has a direct relationship to employees' safety and health, but would probably not cause death or serious physical harm. OSHA may impose a penalty of up to \$7,000 for each violation.

De Minimis. These are conditions in which an employer has implemented a measure different from one specified in a standard that has no direct or immediate relationship to safety or health. These conditions do not result in citations or penalties.

Failure to Abate. In this case, a previously cited hazardous condition has not been brought into compliance since the prior inspection and is discovered at a later inspection. If the violation is corrected but later reoccurs, the subsequent occurrence is a repeat violation. OSHA may impose a penalty of up to \$7,000 per day for each violation.

Repeat. A repeated violation is one that has been cited previously within the last 5 years for the same or a substantially similar condition or hazard and the citation has become a final order of the Occupational Safety and Health Review Commission (OSHRC). Repeat violations can bring a civil penalty of up to \$70,000 for each violation.

HEALTHY BITES

Quick Tips for Healthy Living



Stress

We all have stress sometimes. For some people, it happens before having to speak in public. For other people, it might be before a first date. What causes stress for you may not be stressful for someone else. Sometimes stress is helpful - it can encourage you to meet a deadline or get things done. But long-term stress can increase the risk of diseases like depression, heart disease and a variety of other problems. A stress-related illness called post-traumatic stress disorder (PTSD) develops after an event like war, physical or sexual assault, or a natural disaster.

If you have chronic stress, the best way to deal with it is to take care of the underlying problem. Counseling can help you find ways to relax and calm down. Medicines may also help.



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*In Loving
Memory of Jessica Lehrke*