



# Weekly Safety Tip

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

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

## SCI Safety Tip: Burn Awareness Week Feb. 2-8

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

Date: April 12, 2012

*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**

**Compliance 2014!**

**James Lehrke-SCI**

**Of the week**

Every parent wants to protect their children from harm and to keep them safe. We don't want children to suffer any pain, whether it's from a common cold or broken bone.

In an effort to raise parents' awareness about the leading causes of child injury in the United States and how they can be prevented, the Centers for Disease Control and Prevention (CDC) has launched the Protect the Ones You Love initiative.

Parents can play a life-saving role in protecting children from injuries. Protect the Ones You Love is dedicated to sharing information on the important steps parents can take to make a positive difference.

It's important to take action, because most child injuries can be prevented.

Many people don't realize it, but the numbers show that:

- Injuries are the leading cause of death in children ages 19 and younger.
- Each year, nearly 9 million children aged 0 to 19 years are seen in emergency departments for injuries, and more than 9,000 children die as a result of being injured.
- Injury treatment is the leading cause of medical spending for children. The estimated annual cost of unintentional child injuries in the United States is nearly \$11.5 billion.

### **Burns Safety: The Reality**

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent leading causes of child injury, like burns, is a step toward this goal.

Every day, over 300 children ages 0 to 19 are treated in emergency rooms for burn-related injuries and two children die as a result of being burned.

Younger children are more likely to sustain injuries from scald burns that are caused by hot liquids or steam, while older children are more likely to sustain injuries from flame burns that are caused by direct contact with fire.

Thankfully, there are ways you can help protect the children you love from burns.

## Prevention Tips

**To prevent burns from fires:**

- **Be alarmed.** Install and maintain smoke alarms in your home—on every floor and near all rooms family members sleep in. Test your smoke alarms once a month to make sure they are working properly.
- **Have an escape plan.** Create and practice a family fire escape plan, and involve kids in the planning. Make sure everyone knows at least two ways out of every room and identify a central meeting place outside.
- **Cook with care.** Use safe cooking practices, such as never leaving food unattended on the stove. Also, supervise or restrict children's use of stoves, ovens, or microwaves.

**To prevent burns from scalding water:**

- **Check water heater temperature.** Set your water heater's thermostat to 120 degrees Fahrenheit or lower. Infants who aren't walking yet can't get out of water that may be too hot, and maintaining a constant thermostat setting can help control the water temperature throughout your home—preventing it from getting too high.

## SCI OSHA Compliance: OSHA Extends Comment Period for Proposed Silica Rule Again

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

Date: January 30, 2014

On January 24, OSHA announced its second extension of the comment period for its proposed rule on exposure to respirable crystalline silica. Now, interested parties who wish to submit written comments or testimony in response to the proposed regulation have until February 11, 2014, to do so.

Previously, the deadline was set at January 27, 2014. The January 27 deadline was also an extension; the original comment end date was December 11, 2013. Public hearings on the proposed rule are set to begin March 18, 2014.

OSHA states that the latest extension was granted due to concerns about an error on [www.regulations.gov](http://www.regulations.gov), the federal government's online portal for submitting rulemaking comments.

OSHA's silica proposal would reduce the permissible exposure limit (PEL) for all industries to 50 micrograms of respirable crystalline silica per cubic meter of air, averaged over an 8-hour day. In addition, the proposal includes provisions for:

- Measuring workers' silica exposure;
- Limiting workers' access to areas where silica exposures are high;
- Using effective methods for reducing exposures, including engineering and/or work practice controls;
- Providing medical exams to workers with high silica exposures; *and*
- Training workers about the hazards of silica and how to limit exposure.

The proposal would create two separate standards, one for general industry and maritime and the other for construction. Though the PEL would be the same for both standards, their methods of achieving compliance would differ. OSHA says the separate standards are intended to give employers flexibility in protecting their workers in a way that best reflects the conditions at their specific facilities.

While OSHA claims that the proposal will save 700 lives and prevent 1600 new cases of silicosis per year, some have expressed concerns. In a public web chat on January 14, participants questioned whether the technology exists to accurately measure silica concentrations at the proposed action level, expressed concerns about the cost of compliance, and inquired about the proposed requirements for implementing the hierarchy of controls, among other queries.

What do you think? To submit a comment on the proposed rule, visit <http://www.regulations.gov/#!docketDetail;D=OSHA-2010-0034> and click the "Comment Now!" button.

**For more information on OSHA's proposed silica rule, see BLR's [Silica Exposure resource center](#).**

## HEALTHY BITES

Quick Tips for Healthy Living



### Common Cold

Sneezing, sore throat, a stuffy nose, coughing - everyone knows the symptoms of the common cold. It is probably the most common illness. In the course of a year, people in the United States suffer 1 billion colds.

You can get a cold by touching your eyes or nose after you touch surfaces with cold germs on them. You can also inhale the germs. Symptoms usually begin 2 or 3 days after infection and last 2 to 14 days. Washing your hands and staying away from people with colds will help you avoid colds.

There is no cure for the common cold. For relief, try

- Getting plenty of rest
- Drinking fluids
- Gargling with warm salt water
- Using cough drops or throat sprays
- Taking over-the-counter pain or cold medicines

However, do not give aspirin to children. And do not give cough medicine to children under four.

NIH: National Institute of Allergy and Infectious Diseases

*"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."*

*~ Thomas A. Edison ~*

Source: Read more at

[http://www.brainyquote.com/quotes/topics/topic\\_motivational.html#BiEZbQG2JutabWvb.99](http://www.brainyquote.com/quotes/topics/topic_motivational.html#BiEZbQG2JutabWvb.99)



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*In Loving*

*Memory of Jessica Lehrke*