



“Your Connection for Workplace Safety”
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SCI Safety Tip: 10 Eye Safety Tips for Workplace Eye Wellness Month

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

Date: February 24, 2014

More than 700,000 work-related eye injuries occur each year. March is Workplace Eye Wellness Month—a good time to refocus attention on your eye protection program. Get the facts here, plus 10 tips for injury prevention.

As the National Safety Council points out, “All it takes is a tiny sliver of metal, particle of dust, or splash of chemical to cause significant and permanent eye damage.”

OSHA's eye and face protection standard requires employers to “ensure that each affected employee uses appropriate eye or face protection when exposed to eye or face hazards from flying particles, molten metal, liquid chemicals, acids, or caustic liquids, chemical gases or vapors, or potentially injurious light radiation.”

Share these injury-prevention tips with managers and supervisors.

1. Look carefully at plant operations, work areas, access routes, and equipment. Study injury patterns to see where accidents are occurring.
2. Conduct regular vision testing, as uncorrected vision can cause accidents.
3. Select protective eyewear based on specific duties or hazards.
4. Establish a mandatory eye protection program in all operation areas.
5. Have eyewear fitted by a professional.
6. Establish first-aid procedures for eye injuries, and make eyewash stations available, especially where chemicals are in use.
7. Make eye safety part of your employee training and new hire orientation.
8. Make sure managers and executives set an example by wearing protective eyewear wherever it's worn by other employees.
9. Regularly review and revise your policies, and set a goal of zero eye injuries.
10. Display a copy of your policy where employees can see it.

It's also a good time to remind employees of off-the-job eye hazards like do-it-yourself work on cars and homes, cooking accidents, sports injuries, yard work, and chemical splashes from cleaners and fertilizers.

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

Safety begins with teamwork!

James Lehrke-SCI

Of the week

SCI OSHA Compliance: 12 Tips for Avoiding OSHA Housekeeping Citations (Part 2)

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

Date: March 6, 2014

Housekeeping essentials

OSHA inspectors will not hesitate to cite violations of its requirement that “all places of employment, passageways, storerooms, and service rooms shall be kept clean and orderly and in a sanitary condition.”

Avoid OSHA citations by creating a daily cleanup policy and program that sets out duties including the following:

1. Keep floors, stairways, aisles, and other passageways clear of tools, equipment, trash, and other materials.
2. Close drawers.
3. Put tools away when they're not in use, and cover any sharp edges.
4. Stack materials carefully so they won't fall or block sprinkler access.
5. Clean up all spills immediately and properly, or call someone who can.
6. Report any loose or broken flooring or any broken equipment.
7. Keep food and beverages away from the work area.
8. Properly dispose of all trash.
9. Keep paper and other combustibles away from lights and electrical equipment.
10. Prevent dirt or grease buildup on machinery and equipment.
11. Keep containers of flammables closed when not in use.
12. Don't place tools or equipment on the edges of shelves or tables.

Take a housekeeping and equipment inventory of your work areas. Look for unnecessary tools, parts, materials, and supplies. Store or get rid of unneeded items

SCI Safety Management: How Clean Is the Air Your Employees Breathe? (Part 3)

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

Date: February 21, 2014

Common Culprits

The following are major indoor air pollutants and their sources:

- Acetic acid (X-ray development equipment, silicone caulking compounds) Carbon dioxide (improperly vented devices, processes, or operations that produce combustion products, human respiration, unvented gas and kerosene appliances)
- Carbon monoxide (fossil fuel engine exhausts, improperly vented fossil fuel equipment, tobacco smoke)
- Formaldehyde (off-gassing from formaldehyde foam insulation, plywood particle board/paneling, carpeting and fabric, glues and adhesives, combustion products)
- Nitrogen oxides (combustion products from gas furnaces and equipment, welding, gas and diesel engine exhausts)

- Ozone (copy machines, electrostatic air cleaners, electrical arcing, smog)
- Radon (ground beneath buildings, building materials, groundwater)
- Volatile organic compounds (trichloroethylene, benzene, toluene, alcohols, pesticides)
- Miscellaneous inorganic gases like ammonia, hydrogen sulfide, and sulfur dioxide (window cleaners, acid drain cleaners, combustion products)
- Asbestos (insulation, other building materials)
- Synthetic fibers (fibrous glass, mineral wool)
- Microbials (viruses, fungi, mold, bacteria, pollen, mites; air-handling system condensate; cooling towers; water damaged materials; damp organic materials; hot water systems; plants; food products)

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Triglycerides

Triglycerides are a type of fat found in your blood. Too much of this type of fat may raise the risk of [coronary artery disease](#), especially in women.

A blood test measures your triglycerides along with your [cholesterol](#). Normal triglyceride levels are below 150. Levels above 200 are high.

Factors that can raise your triglyceride level include

- Being overweight
- Lack of physical activity
- Smoking
- Excessive alcohol use
- A very high carbohydrate diet
- Certain diseases and medicines
- Some genetic disorders

You may be able to lower your triglycerides with a combination of losing weight, diet, and exercise. You also may need to take medicine to lower your triglycerides.

NIH: National Heart, Lung, and Blood Institute



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jlconnections@aol.com
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<http://www.safetyconnections.com/>

*In Loving
Memory of Jessica Lehrke*