



Weekly Safety Tip

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

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

SCI Safety Tip: Safe Sledding & Tobogganing

Source: <http://www.nsc.org/>

Date: September 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

Sliding downhill is an exhilarating winter sport. People of all ages can participate, and use all kinds of containers, from large toboggans to plastic disks or even cardboard boxes. But sledding unintentional injuries are surprisingly common despite snow's cushioning effect. The Consumer Product Safety Commission reports that the number of tobogganing and sledding injuries in 2010 is 35,273.

Sledding injuries often include facial lacerations or skull fractures. Tobogganing injuries almost always involve the lower half of the body.

Children ages 5 to 9 are most susceptible to injury. Parents of young children should not let them sled alone. Older children should be taught to check for hazards.

The National Safety Council offers these guidelines for safe and fun sledding and tobogganing:

- Keep all equipment in good condition. Broken parts, sharp edges, cracks and split wood invite injuries.
- Dress warmly enough for conditions.
- Sled on spacious, gently sloping hills which have a level run-off at the end so that the sled can come to a halt safely.
- Avoid steep slopes and slopes located near streets and roadways.
- Check slopes for bare spots, holes and other obstructions which might cause injury. Bypass these areas or wait until conditions are better.
- Make sure the sledding path does not cross traffic and is free from hazards such as large trees, fences, rocks or telephone poles.
- Do not sled on or around frozen lakes, streams or ponds because the ice may be unstable.
- The proper position for sledding is to sit or lay on your back on the top of the sled, with your feet pointing downhill.
- Sledding head first increases the risk of head injury and should be avoided.
- Sledders should wear thick gloves or mittens and protective boots to protect against frostbite as well as potential injury

SCI OSHA Compliance: OSHA Details Inspection Priorities for 2014

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

By: **Emily Clark, Safety Editor**

Date: **February 28, 2014**

On February 26, OSHA released its annual inspection plan under the Site-Specific Targeting Program (SST). Will your establishment be the target of one of these inspections? Keep reading to find out.

Intended to focus enforcement resources on high-hazard industries, the SST plan targets high-hazard, non-construction workplaces with 20 or more workers and is based on data collected from a survey of 80,000 establishments in high-hazard industries.

Nursing and personal care facilities are excluded from the 2014 SST plan because they are currently the target of a National Emphasis Program, which includes a separate programmed inspection plan.

So where will OSHA focus its resources this year? First, area offices will inspect facilities on the Primary Inspection List, which includes establishments that meet one or more of the following criteria:

- Manufacturing establishments with a Days Away, Restricted, or Transferred (DART) rate at or above 7.0;
- Manufacturing establishments with a Days Away from Work Injury and Illness (DAFWII) case rate at or above 5.0;
- Non-manufacturing establishments with a DART rate at or above 15.0; *or*
- Non-manufacturing establishments with a DAFWII case rate at or above 14.0.

If an area office completes all inspections on the Primary Inspection List, it can proceed to the Secondary Inspection List, which includes establishments meeting one or more of the following criteria:

- Manufacturing establishments with DART rates of 5.0 or higher;
- Manufacturing establishments with DAFWII case rates of 4.0 or higher;
- Non-manufacturing establishments with DART rates of 7.0 or higher; *or*
- Non-manufacturing establishments with DAFWII case rates of 5.0 or higher.

Finally, if all inspections on the Secondary Inspection List are completed, the area office can obtain a regional list of additional establishments to inspect. None of these establishments will have a DART rate of 3.6 or lower or a DAFWII case rate of 2.2 or lower.

Inspections conducted under the most recent SST plan will be comprehensive safety inspections. Health inspections will be limited to referrals from Compliance Safety and Health Officers (CSHOs) or inspections expanded by the Area Director based on an employer's prior inspection history.

In states such as California and Washington that administer their own occupational safety and health agencies, state officials can choose whether to follow federal OSHA's SST plan, use a high-hazard inspection targeting system based on OSHA's Scheduling System for Programmed Inspections, or use a state-developed high-hazard inspection targeting system based on state data.



SCI Safety Management: How Clean Is the Air Your Employees Breathe? (Part 1)

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

Date: February 21, 2014

Some experts believe that more people may suffer from indoor air pollution than outdoor air pollution. How about your employees?

Most Americans spend about 90 percent of their time indoors. Poor indoor air quality can cause all kinds of ailments and discomforts, including many that can mimic symptoms of allergies, stress, colds, and flu.

Indoor air quality in the workplace is affected by many factors, including:

- The site of your building
- Its original design
- Renovations
- Maintenance of air-handling systems
- How densely the building is occupied
- Activities that take place inside
- The level of satisfaction of employees with their environment

According to OSHA, many indoor air quality problems are associated with improperly operated and maintained HVAC systems, overcrowding, radon, moisture incursion and dampness, and the presence of outside air pollutants. Then there are the internally generated contaminants like cleaning supplies, aerosol products, mechanical contaminants, and improper temperature and humidity levels

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Caffeine

Caffeine is a bitter substance found in coffee, tea, soft drinks, chocolate, kola nuts, and certain medicines. It has many effects on the body's metabolism, including stimulating the central nervous system. This can make you more alert and give you a boost of energy.

For most people, the amount of caffeine in two to four cups of coffee a day is not harmful. However, too much caffeine can make you restless, anxious, and irritable. It may also keep you from sleeping well and cause headaches, abnormal heart rhythms, or other problems. If you stop using caffeine, you could get withdrawal symptoms.



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*

Some people are more sensitive to the effects of caffeine than others. They should limit their use of caffeine. So should pregnant and nursing women. Certain drugs and supplements may interact with caffeine. If you have questions about whether caffeine is safe for you, talk with your health care provider.