



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

Weekly Safety Tip

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

**Prevent Eye injuries
wear PPE**

James Lehrke-SCI

of the week

SCI Safety Tip: Eye Safety Checklist

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

By Paul Lawton

Date: March 26, 2014

How many jobs in your facility could be performed by someone wearing a blindfold? Even a relatively minor eye injury can send a worker home for the day, so it makes not only safety sense but also business sense to protect workers' eyes.

March is Workplace Eye Health and Safety Month, which makes this an appropriate time to talk about eye safety. The brief checklist below can help identify common eye hazards and select appropriate protection.

Identify Vision Hazards

- Are hazardous liquids that could spray or splash present in the workplace?
- Is flying debris generated in the workplace (for example, sawdust or metal shavings)?
- Are lasers used in the workplace?
- Does welding or grinding take place in the workplace?
- Could falling or flying object hazards occur in the workplace?

Implement Hazard Controls

- Are guards in place to control flying debris?
- Are restricted areas established to protect bystanders? Are workers trained in safe work practices that prevent spraying and splashing of hazardous liquids?
- Are workers trained in safe work practices that prevent creation of projectile hazards?

Select Eyewear

- Is protection from particulates and solid materials, such as that provided by safety glasses, required? If yes, are side shields required?
- Is protection from spraying and splashing liquids, such as that provided by chemical safety goggles or face shields, required?
- Do workers need protection from harmful light radiation, such as lasers or welding arcs?
- Do workers need safety eyewear that is compatible with other equipment, such as hearing protection, head protection, or respiratory protection?

Additional Considerations

- Is a safety eyewash provided in areas where spraying or splashing of hazardous liquids may occur?
- Do workers know how to properly clean and store their protective eyewear?
- Do workers have access to prescription lenses for vision correction as needed?
- Do workers know how to obtain replacements for damaged safety eyewear?

SCI OSHA Compliance: OSHA Announces Stand-down to Prevent Falls in Construction

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

Date: March 25, 2014

On March 19, OSHA announced a national safety stand-down from June 2 to 6 to raise awareness among employers and workers about the hazards of falls, which account for the highest number of deaths in the construction industry.

"Falls account for more than a third of all deaths in this industry," said Dr. David Michaels, assistant secretary of labor for occupational safety and health. "We're working with employers, workers, industry groups, state OSH plans, and civic and faith-based organizations to host safety stand-downs that focus on recognizing hazards and preventing falls. We are getting the message out to America's employers that safety pays and falls cost."

During the stand-down, employers and workers are asked to pause their workday to talk about fall prevention in construction, and discuss topics like ladder safety, scaffolding safety and roofing work safety. OSHA has also launched a national safety stand-down website with information on how to conduct a successful stand-down. Afterwards, employers will be able to provide feedback and receive a personalized certificate of participation.

The stand-down is part of OSHA's ongoing Fall Prevention Campaign, which was started in 2012 and was developed in partnership with the National Institute for Occupational Safety and Health (NIOSH) and NIOSH's National Occupational Research Agenda program. The campaign provides employers with information and educational materials on how to plan ahead to prevent falls, provide the right equipment for their workers, and train all employees in the proper use of that equipment.

"We are pleased to join again with OSHA and our NORA partners to focus on fall prevention at construction sites," said Dr. John Howard, NIOSH director. "Preventing falls in the construction industry benefits everyone, from the worker, to the employer, to the community at large. This safety stand-down serves as an important opportunity for everyone to take the time to learn how to recognize and prevent fall hazards."

[Fall protection in construction](#) is consistently one of OSHA's most frequently violated regulations. In fiscal year (FY) 2013, it was the most frequently cited standard, with 8,241 violations. Other top violations in FY 2013 also involved fall hazards, such as [scaffolding in construction](#), with 5,423 violations, and [ladders in construction](#), with 3,311 violations.

To participate in the stand-down, visit <https://www.osha.gov/StopFallsStandDown/index.html>

SCI Health Tip: 3 Steps for Developing a Stress-Reduction Program

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

Date: March 27, 2014

According to a recent survey, 62 percent of employees report high levels of stress, leading to extreme fatigue and feeling out of control. Highly stressed workers are less likely to eat healthfully, exercise, and get enough sleep.

These problems can lead to productivity losses, higher healthcare costs, and more. According to ComPsych Corporation, a leading provider of employee assistance programs, more than a third of workers lose an hour or more per day in productivity due to stress. And about the same number miss three to six days a year, also as a result of stress.

Some people find that some stress motivates them to get things done. But for others, workplace stress can be overwhelming, causing them to constantly worry about a boss or a project, take on more than they should, or feel that they're being treated unfairly. Job stress can lead to poor health and even injury.

Whatever your employees' stressors, designing a stress management program can help. The National Institute for Occupational Safety and Health (NIOSH) recommends the following three-step method for developing a system to help your employees manage their stress.

Step 1: Identify the problem Strategies to understand the scope and causes of stress differ according to the size of the organization and available resources. Group discussions with managers, safety committee members, labor representatives, and employees may be enough to identify the issues. In larger workplaces, these discussions can provide input for the design of employees. Make sure you capture data including employee perceptions of job conditions and perceived levels of stress, health, and satisfaction. Objective metrics like absenteeism, illness, and turnover rates, and performance problems should also be examined.

Step 2: Design and implement interventions Once the sources of stress have been identified and the scope of the problem understood, the next step is to design and implement an intervention strategy. How formal the process is typically depends on the size of the organization. You may find that some stressors (like excessive workload) exist in some departments but not others. Others require institutional change such as communication strategies or stress management training.

Step 3: Evaluate the interventions Evaluation is an essential step in the intervention process. The goal is to determine whether the intervention is having the desired result and whether changes in direction are needed. You'll want to conduct short- and long-term evaluations, as many interventions produce initial effects that may not persist over time. Measure employees' perceptions of their job conditions, stress, health, and satisfaction. If possible, add objective measures such as absenteeism and healthcare costs.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Carbohydrates

Carbohydrates are one of the main types of nutrients. They are the most important source of energy for your body. Your digestive system changes carbohydrates into glucose ([blood sugar](#)). Your body uses this sugar for energy for your cells, tissues and organs. It stores any extra sugar in your liver and muscles for when it is needed.

Carbohydrates are called simple or complex, depending on their chemical structure. Simple carbohydrates include sugars found naturally in foods such as fruits, vegetables, milk, and milk products. They also include sugars added during food processing and refining. Complex carbohydrates include whole grain breads and cereals, starchy vegetables and legumes. Many of the complex carbohydrates are good sources of [fiber](#).

For a healthy diet, limit the amount of added sugar that you eat and choose whole grains over refined grains.



What do you think?

Send us an email at:

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See our bold new look @

<http://www.safetyconnections.com/>

In Loving

Memory of Jessica Lehrke