



“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 HEALTHY LIVING 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

Put some Spring into Safety!

James Lehrke - SCI

of the week

SCI Safety Tip: April is Distracted Driving Awareness Month. Are Your Workers Hanging Up to Drive? (Part 1)

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

Date: April 10, 2014

April is the National Safety Council's Distracted Driving Awareness Month, and this year, the Department of Transportation is joining in with an advertising campaign and law enforcement crackdown. Are your workers staying safe and abiding by the laws on distracted driving? Keep reading to find out.

Transportation Secretary Anthony Foxx said the campaign, *U Drive. U Text. U Pay*, puts distracted driving on par with government efforts to fight drunk driving or to encourage use of seat belts. He added, “Across the country, we’re putting distracted drivers on notice: If you’re caught texting while driving, the message you receive won’t be from your cell phone, but from law enforcement.”

More than 600,000 vehicles are driven by someone using a handheld cell phone in this country at any given moment. Texting is the most alarming distraction, says the DOT, because it involves manual, visual, and cognitive distraction simultaneously. Sending or reading a text message takes the driver’s eyes off the road for 5 seconds. For a driver traveling at 55 miles per hour, that’s the equivalent of traveling the entire length of a football field blind.

More than 3,300 people were killed and an estimated 421,000 were injured in distraction-related crashes in 2012. The DOT’s campaign features a series of powerful ads (running this week) that remind people of the tragic consequences and penalties associated with violating distracted driving laws.

Do you know the laws on distracted driving?

Currently, 43 states, D.C., Puerto Rico, Guam, and the U.S. Virgin Islands ban texting for drivers of all ages. In 12 states, D.C., and the territories, drivers of all ages are prohibited from using handheld cell phones while driving. And 37 states and D.C. ban cell phone use by novice drivers. A number of states also ban or restrict cell phone use for bus drivers.

In most states, distracted driving bans are primary laws, meaning that police officers can ticket a driver for the offense without any other traffic violation taking place. In a few cases, the bans are secondary laws, meaning an officer can only issue a ticket if a driver has been pulled over for another violation, such as speeding.

In addition, specific laws target distracted driving among commercial drivers, federal employees, rail employees, and other groups. These laws include the following:

- **Federal employees** are prohibited from text messaging while driving government-owned vehicles, using government-supplied electronic equipment while driving, or driving on official government business. Federal contractors and others doing business with the government are encouraged to adopt and enforce similar policies.
- **Commercial truck and bus drivers** are prohibited by the Federal Motor Carrier Safety Administration (FMCSA) from texting and using handheld cell phones.
- **Drivers of hazardous materials** are prohibited by the Pipeline and Hazardous Materials Safety Administration (PHMSA) from texting while driving vehicles containing hazardous materials.
- **Rail employees** are prohibited from using cell phones or other electronic devices on the job by the Federal Railroad Administration (FRA).

SCI OSHA Compliance: OSHA Details Inspection Priorities for 2014

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

Date: April 7, 2014

OSHA has released its annual inspection plan under the Site-Specific Targeting Program (SST). Will your establishment be the target of one of these inspections?

Intended to focus enforcement resources on high-hazard industries, the SST plan targets high-hazard, nonconstruction 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;
- Nonmanufacturing establishments with a DART rate at or above 15.0; or
- Nonmanufacturing 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;
- Nonmanufacturing establishments with DART rates of 7.0 or higher; or
- Nonmanufacturing 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 OSHA's Scheduling System for Programmed Inspections, or use a state-developed high-hazard inspection targeting system based on state data.

SCI Wellness Guide: 5 Winning Strategies From One of the Country's Healthiest Companies (Part 2)

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

Date: February 17, 2014

At three of the largest locations, on-site health clinics serve associates, spouses, and older children. The focus is on low-cost preventive, primary, urgent care, and health coaching services. In 2013, more than 85 percent of associates used the clinics.

Healthy behaviors are rewarded. CNO offers cash incentives, time off, drawings, and prizes for successful completion of wellness challenges. All these, say program leaders, help drive participation.

5 innovative ideas for wellness

CNO offers these and other innovative strategies for improving employee health and engagement.

- **Walking workstations.** Associates at the three largest sites sign up for 30- or 60-minute walking sessions at the stations, where they have access to computers and phones. The idea is to remain productive while adding activity to the workday.
- **Yoga.** CNO employees can participate in free, weekly on-site yoga sessions for those at the beginner and advanced levels.
- **Organic food delivery.** The employer partners with local businesses that deliver organic food to employees weekly at work or at home.
- **Tracking progress.** Associates have several ways to track and log physical activity, including a USB-based pedometer and manual tracking options.
- **Stretching.** In high-paced production environments, employees can take advantage of scheduled daily breaks to participate in group stretching activities using resistance bands.

Wellness is an integral part of the company's business strategy and culture. CNO leaders believe that healthier employees are happier and more productive, thus better able to serve customers and investors.

HEALTHY BITES

Quick Tips for Healthy



Nutrition Food provides the energy and nutrients you need to be healthy. Nutrients include [proteins](#), [carbohydrates](#), [fats](#), [vitamins](#), [minerals](#) and [water](#).

Learning to eat nutritiously is not hard. The key is to

- Eat a variety of foods, including vegetables, fruits and whole-grain products
- Eat lean meats, poultry, fish, beans and low-fat dairy products
- Drink lots of water
- Go easy on the [salt](#), sugar, alcohol, saturated fat and trans fat

Saturated fats are usually fats that come from animals. Look for trans fat on the labels of processed foods, margarines and shortenings.



What do you think?
Send us an email at:
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<http://www.safetyconnections.com/>

In Loving
Memory of Jessica Lehrke

Centers for Disease Control and Prevention