



# Weekly Safety Tip

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

*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**

**Put some Spring into Safety!**  
**James Lehrke-SCI**

**of the week**

## SCI Safety Tip: 10 Outdoor Safety Tips for Spring

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

Date: April 4, 2014

It looks like this brutal winter is finally coming to an end in most parts of the country. If the warmer weather means you'll be directing workers to get outside, clear winter debris, and get your facility ready for spring, make sure they do it safely. Keep reading for 10 tips to share at an upcoming safety meeting—they may also serve as valuable reminders to workers who plan to spend the weekend gardening or doing other yardwork.

### Safety tips for outside hazards—machinery, insects, heat, and more

1. Wear safety goggles, sturdy shoes, and long pants when using lawn mowers and other machinery.
2. Protect your hearing when operating machinery. If you have to raise your voice to talk to someone who is an arm's length away, the noise can be potentially harmful to your hearing.
3. Make sure equipment is working properly.
4. Wear gloves to protect from skin irritations, cuts, and contaminants.
5. Use insect repellent containing DEET.
6. Follow instructions and warning labels on chemical and lawn and garden equipment. (As a reminder, if workers will be using consumer chemical products in amounts and/or frequencies that exceed typical consumer use, employers must obtain a safety data sheet (SDS) for the product, ensure that it is properly labeled, and train workers in its hazards and safe work practices.)
7. Reduce the risk of sunburn and skin cancer by wearing long sleeves, a wide-brimmed hat, and sunshades. Use sunscreen with an SPF of 15 or higher.
8. Keep an eye on the thermometer and take precautions in the heat.
9. When working in hot weather, remind workers to drink plenty of liquids, but not those that contain alcohol or large amounts of sugar, as they can cause you to lose body fluid.
10. Pay attention to signs of heat-related illness, including high body temperature, headache, dizziness, rapid pulse, nausea, confusion, or unconsciousness.

And remember—if you hire a contractor for landscaping or other outdoor maintenance, it's important to inquire about the company's safety record and make sure they train and require employees to follow safe work practices. They may not be on your payroll, but if a contract worker is injured at your facility, OSHA can cite and fine not only the contractor, but the host employer as well.

## SCI OSHA Compliance: Check Out OSHA's Safer Chemicals Toolkit

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

By Paul Lawton

Date: March 28, 2014

The most effective way to control hazardous chemical exposures in the workplace is to eliminate them, but it can be difficult to identify safer alternatives.

OSHA has created a [toolkit](#) to identify safer chemicals you can use in place of more hazardous ones. The toolkit walks employers and workers through information, methods, tools, and guidance to either eliminate hazardous chemicals or make informed substitution decisions in the workplace by finding a safer chemical, material, product, or process. There are eight steps in the substitution process.

**Form your team.** Create a team to identify replacements for hazardous chemicals. Your team should include representatives from each affected group, including research and development, maintenance, production, and possibly, end users of your product. The team will define the project's goals, deadlines, and methods.

**Examine your current chemical use.** You should already know the chemicals used in your facility, as that information is required for your hazard communication program. But you won't want or need to replace every hazardous chemical at once. Examining where, how, and in which quantities hazardous chemicals are used will help you prioritize your efforts and focus first on the chemicals whose replacement would eliminate the most dangerous or widespread hazards.

**Identify alternatives.** This can be the most difficult and time-consuming part of the process, so it might be where OSHA's toolkit makes its most valuable contribution. The toolkit links to a variety of existing resources for identifying alternatives to hazardous chemicals.

**Assess and compare alternatives.** A replacement chemical must be feasible in terms of hazard replacement, performance, and cost. OSHA's toolkit offers guidance on how to assess each of these features of a potential replacement chemical.

**Select a safer alternative.** The team's assessment of the available alternatives can now be compared to the project's goals to select the alternative that is most likely to work for your organization. Consider the hazard, performance, and cost advantages and disadvantages of each chemical; the effect of each possible replacement on worker safety and health; and whether other criteria deserve to be heavily weighted (for example, energy or water use, environmental impacts, or hazardous waste management).

**Test your alternative.** It's vital to bench test or field test your alternative before making a comprehensive change. Besides testing whether the alternative performs well, use the test to determine:

- Any changes the alternative creates in working conditions;
- The training workers will need to use it safely and effectively;
- Whether a secure supply for the alternative chemical is available; *and*
- Whether any issues could arise with scaling up the use of the chemical.

**Implement and evaluate your alternative.** If the alternative chemical succeeds on a small scale, it's time to try it on a large scale—but closely monitor the process for its effect on worker safety and health, performance efficiency, and end user satisfaction.

Bear in mind, even after you have implemented an alternative chemical, that this is an ongoing situation, and at some future time you may want to revisit your decision and ask whether another alternative would be safer or work better in your process.

If upper management seems reluctant to replace hazardous chemicals, point out that being proactive about replacing chemicals makes them an example of innovative industry leadership and responsible corporate stewardship.

## HEALTHY BITES

Quick Tips for Healthy Living



### Diabetes

Diabetes is a disease in which your blood glucose, or sugar, levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With [type 1 diabetes](#), your body does not make insulin. With [type 2 diabetes](#), the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood.

Over time, having too much glucose in your blood can cause [serious problems](#). It can damage your [eyes](#), [kidneys](#), and [nerves](#). Diabetes can also cause [heart disease](#), stroke and even the need to remove a limb. Pregnant women can also get diabetes, called [gestational diabetes](#).

A blood test can show if you have diabetes. Exercise, weight control and sticking to your meal plan can help control your diabetes. You should also monitor your glucose level and take [medicine](#) if prescribed.

NIH: National Institute of Diabetes and Digestive and Kidney Diseases

## SCI Wellness Guide: 5 Winning Strategies From One of the Country's Healthiest Companies (Part 1)

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

Date: February 17, 2014

CNO Financial Group, Inc., (CNO) was named among the top 25 healthiest companies in the nation in a recent poll. What is this business doing that could benefit your employees and your bottom line? Find out here.

CNO was a winner of the *2014 Healthiest 100 Workplaces in America* named by Healthiest Employers, a health analytics company. CNO CEO Ed Bonach explained, "We win or lose with our people. Investing in our people—and in the programs that improve their health—is not only the right thing to do, but also critical to our company's long-term success."

The Indianapolis-based financial services company has developed *For Your Health!*, a diverse wellness program to equip, engage, and empower associates and their families with resources, programs, and incentives. A supportive culture helps promote wellness throughout the organization. More than 80 health champions at all levels play a role, planning events, promoting health activities, and encouraging their peers.



What do you think?

Send us an email at:

[jlconnections@aol.com](mailto:jlconnections@aol.com)

See our bold new look @

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

In Loving

Memory of Jessica Lehrke