



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

**Stay sober or get pulled over!
James Lehrke-SCI**

of the week

SCI Safety Tip: OSHA Launches Summer Heat Safety Campaign: Tips to Keep Outdoor Workers Safe.

Source: www.blr.com

Date: May 29, 2014

Many areas of the country have already experienced temperatures of 90 degrees or more, and it's not even June. OSHA reminds employers that exposure to heat can cause illness and death. Get the facts and safety tips here.

Water. Rest. Shade is the name of OSHA's campaign to protect workers from the ravages of heat. The agency emphasizes that heat illnesses and deaths are preventable and urges employers to establish a heat illness prevention program. The steps involved include:

- Providing workers with water, rest, and shade;
- Gradually increasing workloads and allowing more frequent breaks for new workers or those who have been away for a week or more (acclimatization);
- Modifying work schedules as necessary;
- Planning for emergencies;
- Training workers about the symptoms of heat-related illnesses and how to prevent them; *and*
- Monitoring workers for signs of illness (headache, dizziness, thirst, nausea, weakness, wet skin, confusion, not sweating, collapse).

6 tips for staying safe in the heat

Any worker exposed to hot and humid conditions is at risk of heat illness, especially those doing heavy work tasks or using bulky protective clothing and equipment. Some employees might be at greater risk than others if they have not built up a tolerance to hot conditions.

Industries most affected by heat-related illness include construction; trade, transportation and utilities; agriculture; building, grounds maintenance; landscaping; and oil and gas support services.

Make sure your employees know and do the following:

- Learn the signs of heat illness and what to do in an emergency.
- Drink water every 15 minutes even if you are not thirsty.
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Keep an eye on fellow workers.
- Take it easy on the first days of work in the heat in order to get used to it.

SCI OSHA News: Get ready for OSHA's Stand-Down for Fall Prevention

Source: www.blr.com

Date: May 30, 2014

OSHA is holding a weeklong, voluntary event as part of its ongoing fall prevention campaign started in 2012. The safety stand-down, scheduled for June 2-6, is intended to raise awareness among employers and workers about the hazards of falls, which are the leading cause of deaths in the construction industry. Keep reading to learn what's involved and how your workers can benefit.

OSHA is asking construction employers and workers to pause their workday to discuss topics like ladder safety, scaffolding safety, and roofing work safety. The agency is hoping to attract participation by 25,000 employers and 500,000 workers. If that happens, the stand-down will have touched nearly 1 out of 10 construction workers in the U.S.

How can you participate in OSHA's safety stand-down?

Businesses can conduct a stand-down by taking a break for a toolbox talk, safety equipment inspection, review of rescue plans, or discussion of specific job hazards. OSHA encourages employers to plan events that meet the needs and culture of their workplaces. Other ideas include the following:

- Schedule a worksite walkaround to identify hazards and abatements.
- Plan a lunch-and-learn session with an internal or outside safety expert.
- Put up special signage to reinforce the fall protection message and your company's commitment.
- Send out an eblast with fall protection reminders.
- Sponsor a quiz among work crews featuring a daily question and answer. Offer a small prize or pizza lunch for the winning team.
- Ask for employee suggestions on ways to prevent falls at job sites and implement and reward the best ideas.
- Consider focusing on one fall hazard each day of the week (e.g., falls from ladders, falls from a scaffold, falls through a floor, falls down stairs, and falls from a roof).

OSHA has created a dedicated website, at <https://www.osha.gov/StopFallsStandDown/resources.html>, with information about how to prevent falls, provide the right equipment, and train employees in its proper use. Employers can offer feedback about their stand-down events and download certificates of participation from June 2 through July 15.

SCI Health News: June is National Employee Wellness Month: Help Employees Engage in Healthy Lifestyles

Source: www.blr.com

Date: May 30, 2014

National Employee Wellness Month kicks off in June to focus employers on engaging employees in following healthier lifestyles.

Now in its sixth year, National Employee Wellness Month helps business leaders learn how companies successfully encourage employees to participate in [wellness](#) programs. It showcases how companies can support employees by creating healthy workplace cultures and improving their health and well-being while lowering healthcare costs and driving engagement.

This year, more than 200 companies, including WorldatWork and Virgin Pulse, have pledged their support to demonstrate their commitment to engaging employees in healthy lifestyles as sponsors of National Employee Wellness Month.

For more information about National Employee Wellness Month, go to <http://www.nationalemployeehealthmonth.com>. The website includes resources, success stories, insights, and information for employers that would like to participate.

HEALTHY BITES

Quick Tips for Health

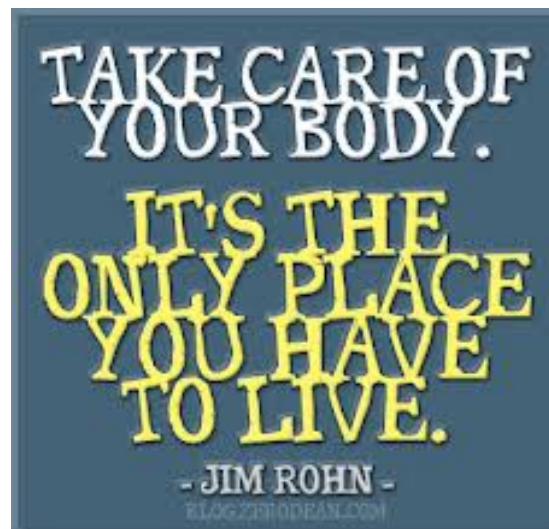
PREVEA
Health & Wellness

Minerals

Minerals are important for your body to stay healthy. Your body uses minerals for many different jobs, including building bones, making hormones and regulating your heartbeat.

There are two kinds of minerals: macrominerals and trace minerals. Macrominerals are minerals your body needs in larger amounts. They include [calcium](#), phosphorus, magnesium, [sodium](#), [potassium](#), chloride and sulfur. Your body needs just small amounts of trace minerals. These include [iron](#), manganese, copper, iodine, zinc, cobalt, fluoride and selenium.

The best way to get the minerals your body needs is by eating a wide variety of foods. In some cases, your doctor may recommend a mineral supplement.



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*