



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

**Safety is the engine,
and you are the key that
starts it.**

**James Lehrke-SCI
of the week**

SCI Safety Tip: OSHA launches summer heat safety campaign: Tips to keep outdoor workers safe

Source: <http://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 Compliance: Ensure Compliance with OSHA's Lockout Standard

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

Date: Thursday July, 10 2014

OSHA's lockout/tagout standard [29 CFR 1910.147] requires employers and employees to take proper steps to prevent unexpected machine startup accidents.

Here's what you can do to prevent unexpected startup incidents and ensure compliance with OSHA's lockout standard:

- Develop and implement a written hazardous energy control program, including lockout/tagout procedures, employee training, and inspections before any maintenance or service work is done.
- Be sure that workers have a clear understanding of when hazardous energy control procedures apply and training on how to properly apply the procedures.
- Ensure that procedures on lockout/tagout are developed that are specific to each machine.
- Provide training to production workers in addition to maintenance workers in methods of energy isolation and control [see 29 CFR 1910.147(b)].
- Ensure that workers are provided with a sufficient number of lockouts and tagouts and other hardware that may be needed to effectively isolate each energy source [see 29 CFR 1910.147(c)(5)(i)].
- Clearly label isolation devices, such as breaker panels and control valves.
- Be sure that all employees who operate or work with the machine, as well as those in the area where service or maintenance is performed, know that the lockout devices have been removed after servicing and that the machine is capable of being re-energized [see 29 CFR Part 1910.147 (e)(3)].
- Ensure that no one under the age of 18 works on machinery declared hazardous by child labor laws [see Fair Labor Standards Act].
- Ensure that workers receive training in their primary language.

Here's what your employees can do:

- Follow the regulations contained in your hazardous energy control program.
- Complete all training on hazardous energy control procedures.

- Before beginning machine adjustment, maintenance, or servicing work, do the following:—De-energize all sources of hazardous energy by disconnecting or shutting down engines or motors, de-energizing electrical circuits, blocking fluid (gas or liquid) flow in hydraulic or pneumatic systems, and/or blocking machine parts against motion.—Lockout and tagout all forms of hazardous energy, including electrical breaker panels and control valves.—Block or dissipate stored energy by discharging capacitors; releasing or blocking springs that are under compression or tension; and venting fluids from pressure vessels, tanks, or accumulators (but never vent toxic, flammable, or explosive substances directly into the atmosphere).
- Make sure that only one key exists for each of their assigned locks and that only they hold that key.
- Verify by test and/or observation that all energy sources are de-energized.
- Inspect repair work before removing their lock and activating the equipment.
- Make sure that only they remove their assigned lock.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA

Tick Bites

If you spend time outdoors or have pets that go outdoors, you need to beware of ticks. Ticks are small bloodsucking parasites. Many species transmit diseases to animals and people. Some of the diseases you can get from a tick bite are [Lyme disease](#), ehrlichiosis, Rocky Mountain spotted fever and tularemia.

Some ticks are so small that they can be difficult to see. Ticks may get on you if you walk through areas where they live, such as tall grass, leaf litter or shrubs.

Tick-borne diseases occur worldwide, including in your own backyard. To help protect yourself and your family, you should

- Use a chemical repellent with DEET, permethrin or picaridin
- Wear light-colored protective clothing
- Tuck pant legs into socks
- Avoid tick-infested areas
- Check yourself, your children and your pets daily for ticks and carefully remove any ticks you find



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*