



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: 5 Small Ergonomic Changes That Make a Big Difference

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

Date: August 1, 2014

When is the last time you sat down with your employees to discuss the way they sit, move, and lift? Even though there's no OSHA ergonomics standard, it's your duty under the law to provide a workplace free of recognized hazards. Keep reading to learn more.

According to Portland, Oregon, chiropractor Dr. Samantha Stuart, simple ergonomic changes can make a big difference in the management of back and neck pain and in preventing future health problems. The problem, she says, is lumbar and cervical spine compression caused by poor posture.

Stuart stresses the importance of improving habits at work *and* at home. For example, she recommends that side sleepers who are experiencing lower back pain place a pillow between their legs to realign the spine and prevent compression. "The same goes for adjusting the height of an office chair or repositioning a computer screen or keyboard," she says. "These are simple changes, but they can have a significant impact for relieving chronic pain and improving quality of life."

5 tips for office ergonomics

Professional ergonomist Kevin Butler says the key to physical and mental vigor at work is engaging the body in movement. Here's what he recommends:

1. **Stand up.** Get up and move every 60 minutes. Stand whenever you can. Take advantage of standing height desks or workstations if they are available. When you're on your feet, change positions often and don't lock your knees.
2. **Adjust your screen.** To avoid neck strain and shoulder cramping, raise your monitor to eye level. Use a stand or a stack of books if needed.
3. **Sit properly.** Sitting up straight may not be the best strategy for you. If you have an ergonomic chair, learn how to adjust it. Remember to lean into the chair back, which lets the chair do its job of supporting you. "Perching" on the edge of the seat doesn't provide back or torso support.

4. **Take a load off.** No matter what position you're in, avoid remaining static for an extended period. Try setting an alarm on your calendar or download an app to remind you to get up and move. Refill your water. Do a lap around the building. Walk over to a colleague's desk to convey a message rather than sending an e-mail.
5. **Lighten up.** Work gets stressful, and laughing is an excellent antidote to stress. Seek out something or someone funny and find something to laugh about. It will do your (mind and) body good.

SCI OSHA News: Oregon OSHA Proposes Changes to Confined Space Rule

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

Date: July 30, 2014

On July 25, Oregon OSHA announced a proposal to update its existing standards for confined spaces in general industry and construction. What are the proposed changes, and how will they affect Oregon employers? Keep reading to find out.

Oregon OSHA first adopted a rule for confined spaces that applied to both general industry and construction (OAR 437-002-0146) in 2012. Before the adoption of that rule, the state's confined space regulations mirrored the federal OSHA rule, which currently applies only to general industry workplaces. The proposed revisions, according to Oregon OSHA, are intended to address shortcomings with the standard adopted in 2012 by clarifying employer obligations and eliminating confusing requirements.

Important proposed changes include the following:

- **Clarifying the exceptions to the rule.**
 - Revised language specifies that the standard does not apply to construction work regulated by excavation standards, except for existing sanitary sewer spaces that are large enough to bodily enter.
 - Manholes and vaults regulated by telecommunications standards are exempt from the rule unless these spaces cannot be made safe to enter even after the requirements of the telecommunications standard at 1910.268(o) are followed.
- **New and revised definitions.** The new rule adds or revises definitions of the following terms:
 - Alternate entry (revised)
 - Blanking or blinding (new)
 - Continuous system (revised)
 - Control or controlling (revised)
 - Double block and bleed (new)
 - Hazard control (new)
 - Hazard elimination (new)
 - Isolate or isolation (revised)
 - Rescue (revised)
 - Simulated permit-required confined space (new)
 - Ventilate or ventilation (revised)

- **Language clarifications and reorganization.** The proposed rule clarifies the responsibility to evaluate confined spaces, alters some language in the permit space entry program and permit entry process paragraphs, reorganizes the requirements for rescue operations, specifies who is authorized to allow alternate entry, and reorganizes training requirements for clarity.
- **Removal of some requirements.** The requirements for a written agreement between an employer and a third-party rescue service provider and documentation of direct reading instrument calibration date were removed. The term "self-rescue" was also removed from the rule except for a note clarifying that self-rescue is not a viable rescue option.

A public hearing on the proposed changes is scheduled for August 25, 2014. Interested parties have until September 5, 2014, to comment on the rule, and adoption is tentatively set for September 2014. The full text of the proposed rule, with changes indicated, is available online at <http://www.osha.org/pdf/notices/proposed2014/txtchgs-div2j-confined-space.pdf>.

Federal OSHA is also expected to release a final rule on confined spaces in construction soon; according to its most recent regulatory agenda, the rule is anticipated in August 2014.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA

Melanoma

Melanoma is the most serious type of [skin cancer](#). Often the first sign of melanoma is a change in the size, shape, color, or feel of a mole. Most melanomas have a black or black-blue area. Melanoma may also appear as a new mole. It may be black, abnormal, or "ugly looking."

Thinking of "ABCDE" can help you remember what to watch for:

- Asymmetry - the shape of one half does not match the other
- Border - the edges are ragged, blurred or irregular
- Color - the color is uneven and may include shades of black, brown and tan
- Diameter - there is a change in size, usually an increase
- Evolving - the mole has changed over the past few weeks or months

Surgery is the first treatment of all stages of melanoma. Other treatments include chemotherapy and radiation, biologic, and targeted therapies. Biologic therapy boosts your body's own ability to fight cancer. Targeted therapy uses substances that attack cancer cells without harming normal cells.

NIH: National Cancer Institute



What do you think?
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<http://www.safetyconnections.com/>

*In Loving
Memory of Jessica Lehrke*