



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 Begins with
TEAMWORK
James Lehrke-SCI**

of the week

SCI Safety Tip: Boating, Biking, and Beaching: Summer Safety Tips for Employees

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

Date: July 23, 2013

Today, we offer a quick roundup of safety tips that you can share with your employees to protect them while they engage in popular summer recreational activities.

According to the Centers for Disease Control and Prevention (CDC), in one recent year, more than 3,000 Americans were injured and over 700 killed in boating incidents. Of the people killed, more than 70% drowned, and more than 90% of those who drowned were not wearing life jackets.

So the very first boating safety tip to emphasize and reemphasize to employees is that everyone in a boat should be wearing a life jacket, whether or not they can swim.

Alcohol is another factor contributing to boating accidents, injuries, and fatalities. CDC says that alcohol use affects judgment, vision, balance, and coordination, and is involved in about a third of all recreational boating fatalities. Boating under the influence of alcohol is just as deadly as drinking and driving. Not only is it dangerous to operate a boat while under the influence of drugs or alcohol, it's also illegal in every state in the United States.

A third point to emphasize about safe boating is that people who pilot pleasure craft should know what they are doing. This means that they should have taken a safe boating course. CDC reports that more than 7 out of every 10 boating incidents are caused by operator error. Boating education courses teach the rules for safe operation and navigation of recreational boats, and can help boat operators keep their passengers safe.

Safe Biking

In 2010, 618 cyclists were killed and an additional 52,000 were injured in motor vehicle traffic crashes, says the National Highway Traffic Safety Administration (NHTSA).

To prevent bike accidents, injuries and fatalities, NHTSA suggests the following safety precautions:

- All bicyclists should wear a properly fitted bicycle helmet every time they ride. A helmet is the single most effective way to prevent head injury resulting from a bicycle crash.
- Bicyclists are considered vehicle operators. They are required to obey the same rules of the road as other vehicle operators, including obeying traffic signs, signals, and lane markings. When cycling in the street, cyclists must ride in the same direction as traffic.
- Drivers of motor vehicles need to share the road with bicyclists and be courteous, allowing at least 3 feet clearance when passing a bicyclist on the road. Motorist should also look for cyclists before

opening a car door or pulling out from a parking space. And they should always yield to cyclists at intersections and as directed by signs and signals. Motorists should be especially watchful for cyclists when making turns, either left or right.

- Bicyclists should increase their visibility to drivers by wearing fluorescent or brightly colored clothing during the day, dawn, and dusk. To be noticed when riding at night, cyclists should use a front light and a red reflector or flashing rear light, and use retro-reflective tape or markings on equipment or clothing.

Safety at the Beach

The United States Lifesaving Association (www.usla.org) offers beachgoers many lifesaving safety tips on their website, including these:

- Don't swim alone. That way if you have a problem, there is someone there to help.
- Don't swim under the influence. Alcohol impairment affects swimming ability and judgment.
- Swim near a lifeguard. Your chance of drowning at a beach protected by lifeguards is slight.
- If you are caught in a rip current, don't fight it by trying to swim directly to shore. Instead, swim parallel to shore until you feel the current relax, then swim to shore.
- Never dive head first into unknown water. Check for depth and obstructions like rock formations first.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Vitamin K

Vitamin K helps your body by making proteins for healthy bones and tissues. It also makes proteins for blood clotting.

If you don't have enough vitamin K, you may bleed too much. Newborns have very little vitamin K. They usually get a shot of vitamin K soon after they are born. If you take blood thinners, you need to be careful about how much vitamin K you get.

You also need to be careful about taking vitamin E supplements. Vitamin E can interfere with how vitamin K works in your body. Ask your health care provider for recommendations about these vitamins. Most people get their vitamin K from plants such as green vegetables, and dark berries. Bacteria in your intestines also produce small amounts of vitamin K.

SCI OSHA Compliance: What's on OSHA's mind? Highlights from the Spring 2013 Semiannual Regulatory Agenda (Part 1)

Source: www.blr.com

Date: August 2, 2013

On July 3, OSHA's regulatory priorities were laid out in the federal government's Spring 2013 Semiannual Agenda of Regulations. Also known as the Unified Agenda, this document lists final rules, proposed rules, and prerule currently under consideration. So what will OSHA focus on in the coming months? Here's a snapshot:

Final Rules

- Final rules are closest to implementation but still require review from various agencies (depending on the specifics of the rule) before becoming law.
- **Confined Spaces in Construction.** Currently, OSHA's confined space rule applies only to general industry worksites. If implemented, OSHA's new rule would add confined space regulations to its construction industry standards.

- **Electric Power Transmission and Distribution; Electrical Protective Equipment.** Under this rule, OSHA would update and streamline the construction industry standard for electric power transmission and distribution, which is nearly 40 years old. OSHA also plans to bring the corresponding general industry standard in line with the construction standard. This would ensure that safety requirements for maintenance and construction work performed on electric power and distribution systems are equivalent. Finally, OSHA plans to update some general industry requirements for electrical protective equipment and foot protection, as well as fall protection requirements in aerial lifts used for electric power generation, transmission, and distribution installations.
- **Walking Working Surfaces and Personal Fall Protection Systems.** OSHA plans to update its slip, trip, and fall prevention rules to incorporate current technology and add personal fall protection systems to its personal protective equipment (PPE) requirements.

Lehrke Family Benefit/Raffle/Brat Fry

Saturday, Sept. 14th
11:00am – 7:00pm
Lakeshore Lanes
2519 South Business Drive
Sheboygan, WI 53081

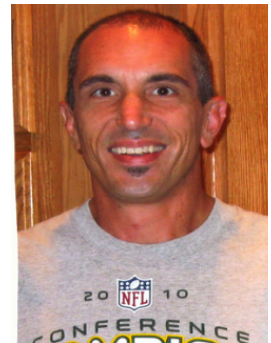
In Loving Memory of:



Jessica



Kristin



Nick

Checks can be made payable to:

**The Lehrke Family Benefit
1911 Kaat Lane
Sheboygan, WI 53081**

**All proceeds will be donated back to the
community in scholarships**



*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*

“Saving Green by Going Green” Tip of the Week August 5th
Did you know that you can save money by setting your thermostat a few degrees lower in the winter and a few degrees higher in the summer to save on heating and cooling costs? Employees usually dress in layers already anyway, they may not even notice. For more help saving green by going green email Laura@safetyconnections.com