

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

**Good Sleep for the
Night ...**

Too Drive Right

James Lehrke-SCI

of the week

SCI Safety Tip: Drowsy Driving Safety Facts and Tips

Source: <http://www.nsc.org/>

Just like drugs or alcohol, sleepiness slows reaction time, decreases awareness, and impairs judgment. Just like drugs or alcohol, it can be fatal when driving.

- Death rates based on mileage were 3.2 times higher at night than during the day in 2007.
- 37% of drivers surveyed by the National Highway Traffic Safety Administration admitted to falling asleep at the wheel at some point in their driving career.
- 8% admitted doing so in the past six months
- 60% admitted falling asleep while driving on an interstate- type highway with posted speeds of 55 MPH or higher.

The drivers at highest risk are: third shift workers, people that drive a substantial number of miles each day, those with unrecognized sleep disorders, and those prescribed medication with sedatives.

Recognize the symptoms of fatigue

- Eyes closing or going out of focus
- Persistent yawning
- Irritability, restlessness, and impatience
- Wandering or disconnected thoughts
- Inability to remember driving the last few miles
- Drifting between lanes or onto shoulder
- Abnormal speed, tailgating, or failure to obey traffic signs
- Back tension, burning eyes, shallow breathing or inattentiveness

Safety Tips

- Maintain a regular sleep schedule that allows adequate rest.
- When the signs of fatigue begin to show, get off the road. Take a short nap in a well-lit area. Do not simply stop on the side of the road.
- Avoid driving between 12am and 6am

- When planning long trips:
 - Share driving responsibilities with a companion
 - Begin the trip early in the day
 - Keep the temperature cool in the car
 - Stop every 100 miles or 2 hours to get out of the car and walk around; exercise helps to combat fatigue
 - Stop for light meals and snacks
 - Drive with your head up, shoulders back and legs flexed at about a 45 degree angle

SCI OSHA Compliance: OSHA Issues Guidance for Recording Temp Worker Injuries

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

Date: March 18, 2014

Many employers have questions about who is responsible for recording work-related injuries when temporary workers are involved. To help clarify this issue, OSHA has published a new booklet that addresses OSHA 300 recordkeeping for staffing agencies and companies that hire temporary workers. Read on to learn why OSHA has taken this step and why it matters.

The new Recordkeeping Bulletin was issued as part of the agency's Temporary Worker Initiative, which combines enforcement, outreach and training. The initiative was launched in response to multiple reports of temporary workers suffering serious or fatal injuries, many during their first days on the job.

The bulletin is the first in a series of guidance documents intended to raise awareness about compliance with OSHA requirements when temporary workers are involved. You can download the publication from OSHA's website at https://www.osha.gov/temp_workers/OSHA_TWI_Bulletin.pdf.

Coordinating safety responsibilities

When a staffing agency supplies temporary workers to a business, the staffing agency and the staffing firm client (host employer) are joint employers of the workers. And according to OSHA, both are to some degree responsible for determining the conditions of employment and for complying with the law.

Questions about which employer is responsible for ensuring various safety and health protections are common. To strike the right balance, OSHA recommends that both employers consider which workplace safety provisions they are in the best position to implement. Generally, staffing agencies can provide workers with basic safety and health training and information about their rights and responsibilities under the OSH Act, while host employers should train temporary workers on specific hazards they will encounter at the worksite and procedures for working safely. However, every situation is different, and OSHA recommends that the two employers coordinate their efforts and agree on safety responsibilities in a contract.

Supervision is key

For injury and illness recordkeeping, the agency's guidance is more specific. OSHA notes in its new resource that injuries and illnesses should be recorded on only one employer's OSHA 300 log. In most cases, the host employer is responsible for recording these incidents.

Recordkeeping responsibility is generally determined by supervision. Employers must record the injuries and illnesses of temporary workers if they supervise them on a day-to-day basis, which OSHA defines as supervising "the details, means, methods, and processes by which the work is to be accomplished."

Essentially, an employer is considered to be performing day-to-day supervision when that employer controls the conditions presenting potential hazards and directs the worker's activities around those hazards. Because the host employer usually fills this role, it is usually the host employer that is responsible for recording injuries and illnesses on its OSHA 300 log.

While the staffing agency may have a representative at the host employer worksite, the presence of that person does not necessarily transfer recordkeeping responsibilities to the staffing agency. But OSHA notes that the staffing agency must share responsibility for its workers' safety and health. Agencies should maintain frequent communication with their employees and with the host employer.

OSHA also requires that information about injuries and illnesses be regularly shared between the host employer and the staffing agency. If a temporary worker sustains an injury and the host employer knows of it, the staffing agency should be informed, and vice versa. This communication allows both employers to focus on eliminating hazards and providing appropriate training to prevent future injuries.

HEALTHY BITES

Quick Tips for Healthy Living



Vitamin D

Vitamin D helps your body absorb calcium, which your bones need to grow. A lack of vitamin D can lead to bone diseases such as osteoporosis or rickets. Vitamin D also has a role in your nerve, muscle, and immune systems.

You can get vitamin D in three ways: through your skin, from your diet, and from supplements. Your body forms Vitamin D naturally after exposure to sunlight. However, too much sun exposure can lead to skin aging and skin cancer. So many people try to get their vitamin D from other sources.

Vitamin D-rich foods include egg yolks, saltwater fish, and liver. Some other foods, like milk and cereal, often have added vitamin D.

You can also take vitamin D supplements. Check with your health care provider to see how much you should take. People who might need extra vitamin D include

- Seniors
- Breastfed infants
- People with dark skin
- People with certain conditions, such as liver diseases, cystic fibrosis and Crohn's disease
- People who are obese or have had gastric bypass surgery

NIH: National Institutes of Health Office of Dietary Supplements



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*