



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

**Have another day –
by being safe today!**

James Lehrke-SCI

of the week

SCI Safety Tip: Fire Deaths and Injuries: Prevention Tips

Sources: <http://www.cdc.gov/HomeandRecreationalSafety/Fire-Prevention/fireprevention.htm>

Date: April 16, 2012

- Never leave food unattended on a stove.
- Keep cooking areas free of flammable objects (such as, potholders and towels).
- Avoid wearing clothes with long, loose-fitting sleeves when cooking.
- Never smoke in bed or leave burning cigarettes unattended.
- Do not empty smoldering ashes in a trash can, and keep ashtrays away from upholstered furniture and curtains.
- Never place portable space heaters near flammable materials (such as, drapery).
- Keep all matches and lighters out of reach of children. Store them up high, preferably in a locked cabinet.
- Install smoke alarms on every floor of the home, including the basement, and particularly near rooms in which people sleep.
- Use long-life smoke alarms with lithium-powered batteries and hush buttons, which allow persons to stop false alarms quickly. If long-life alarms are not available, use regular alarms, and replace the batteries annually.
- Test all smoke alarms every month to ensure they work properly.
- Devise a family fire escape plan and practice it every 6 months. In the plan, describe at least two different ways each family member can escape every room, and designate a safe place in front of the home for family members to meet after escaping a fire.
- If possible, install or retrofit fire sprinklers into home.

Sources: Adapted from recommendations of the U.S. Consumer Product Safety Commission, the U.S. Fire Administration, the National Fire Protection Agency, and CDC.

SCI OSHA Compliance: OSHA Reminds Employers about Carbon Monoxide Risks

Source: www.blr.com

Date: February 13, 2013

With weeks of cold weather expected in many parts of the country, OSHA reminds employers to take precautions to protect workers from the potentially fatal effects of carbon monoxide exposure.

Sources of carbon monoxide can include anything that uses combustion to operate, such as gas generators, power tools, compressors, pumps, welding equipment, space heaters, and furnaces.

To reduce the risk of carbon monoxide poisoning in the workplace, employers should install an effective ventilation system, avoid the use of fuel-burning equipment in enclosed spaces, use carbon monoxide detectors where the hazard is a concern, and take other precautions.

Recently a worker in a New England warehouse was found unconscious and seizing from carbon monoxide poisoning. Several other workers at the site also became sick. OSHA says all of the windows and doors were closed to conserve heat, there was no exhaustion ventilation in the facility, and high levels of carbon monoxide were measured at the site.

OSHA has published a *Carbon Monoxide Fact Sheet*, which is available on the agency website, <http://www.OSHA.gov>. Search for "carbon monoxide."

Carbon Monoxide Poisoning Quick Card

Carbon monoxide (CO) is a colorless, odorless, toxic gas which interferes with the oxygen-carrying capacity of blood. CO is non-irritating and can overcome persons without warning. Many people die from CO poisoning, usually while using gasoline powered tools and generators in buildings or semi-enclosed spaces without adequate ventilation.

Effects of Carbon Monoxide Poisoning

- Severe carbon monoxide poisoning causes neurological damage, illness, coma and death.

Symptoms of CO exposure

- Headaches, dizziness and drowsiness.
- Nausea, vomiting, tightness across the chest.

Some Sources of Exposure

- Portable generators/generators in buildings.
- Concrete cutting saws, compressors.
- Power trowels, floor buffers, space heaters.
- Welding, gasoline powered pumps.

Preventing CO Exposure

- Never use a generator indoors or in enclosed or partially enclosed spaces such as garages, crawl spaces, and basements. Opening windows and doors in an enclosed space may prevent CO buildup.
- Make sure the generator has 3-4 feet of clear space on all sides and above it to ensure adequate ventilation.
- Do not use a generator outdoors if placed near doors, windows or vents which could allow CO to enter and build up in occupied spaces.
- When using space heaters and stoves ensure that they are in good working order to reduce CO buildup, and never use in enclosed spaces or indoors.

- Consider using tools powered by electricity or compressed air, if available.
- If you experience symptoms of CO poisoning get to fresh air right away and seek immediate medical attention.

HEALTHY BITES

Quick Tips for Healthy Living



Oatmeal: Fabulous Fiber

This hearty breakfast staple is a good source of soluble fiber which has been shown to help regulate blood sugar levels and carry excess cholesterol out of the body. To get this benefit, you need three grams of soluble fiber per day (about 1½ cups of cooked oatmeal) as part of a diet low in saturated fat and cholesterol. How can you get this into your daily meals? In addition to enjoying oatmeal for breakfast topped with fruit and nuts, you can bake up a batch of oatmeal bars or muffins or add it as a binder to turkey meatloaf.

SCI Environmental Tip: Safety Specs or Goggles? Picking the Perfect PPE

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

Date: February 13, 2013

The type of protection you choose for your workers should depend on the specific hazard facing the employees. Here are examples of typical eye and face PPE and when they are used:

Safety Spectacles

This type of PPE is the most common and offers basic protection. These glasses have protective frames made of plastic or metal and often have flat or cupped side shields. Safety spectacles also may be fitted with corrective lenses. Employees should wear safety spectacles when working around flying particles or when exposed to impact hazards. Safety spectacles also protect employees who work with molten metal or in high-temperature environments.

Goggles

Goggles fit securely over employee's eyes, creating a protective seal. The lenses of goggles protect against moderate impacts. Employees with prescription glasses may wear cover goggles over their glasses. Goggles should be used by employees exposed to dust and flying particles, such as during woodworking operations, or those who work around heat hazards. It is important to use this type of PPE when working with chemicals to prevent eye injuries from splashes or vapors. Employees may select ventilated goggles to prevent fogging while also protecting against dust particles.

Face Shields

This type of PPE is a transparent plastic window or wire screen. The thickness of the shield depends on the degree of the hazard. Employees may use face shields to protect against impacts to the eyes but also should wear safety spectacles or goggles under their shields. Face shields protect against flying particles and splashes of chemicals or caustic liquids. Face shields may be used in conjunction with safety spectacles or goggles by employees working with molten metal and heat hazards such as sparks. Employees also may use hard hats or headgear fitted with protective face shields. Employees should make sure that the PPE fits securely and will not slip off while working.



What do you think?
Send us an email at:
jconnections@aol.com
See our bold new look @
<http://www.safetyconnections.com/>

*In Loving
Memory of Jessica Lehrke*