



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

Be alert! Accidents hurt.

James Lehrke-SCI

of the week

SCI Safety Tip: Light Up Your Workplace with Safer, Healthier Lighting

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

Date: March 25, 2013

Light is a force that has a powerful impact on the human body. Studies have shown that dedicated applications of lighting can have an effect on all aspects of a worker's experience, including reduction in accidents, illness, eyestrain, and absenteeism.

Lighting in the average workplace ranges from 50 to 500 lux (a measurement of illumination equal to the intensity of one candle). Research has shown that proper use of lighting can lessen the loss of alertness, production errors, and accidents, especially among nightshift workers and those on rotating shifts.

A 60-watt incandescent bulb in a 10-foot-high ceiling will produce only about 100 lux at eye level. Studies show that carefully timed exposure to bright light (over 1,000 lux) decreases fatigue and increases alertness.

You may want to have your facility manager assess the wattage of lights over workstations, check for burned-out bulbs, and make sure lighting fixtures are dusted and cleaned periodically.

Supplemental lighting with lamps, rather than more overhead lighting, can be added at workstations as needed to adequately illuminate tasks.

Interior Colors

Interior colors, especially in production areas, should be of medium value. Therefore, dark-colored carpeting and flooring, window treatments, walls, and cubicles may not be the best choice. Dark colors also absorb light, thus requiring the use of more wattage—and electricity—to illuminate an area. On the other hand, light or bright colors can contribute to glare and eyestrain.

Surface Reflectants

Make sure that lighting is diffused through baffles or bounced off surfaces in such a way that serious shadows and glare are avoided. Use of matte finishes, rather than glossy or polished surfaces, is also recommended for work areas.

Types of Lighting

- **Incandescent.** This type of lighting was invented by Thomas Edison and has been used for over 100 years. Modern technology has reduced glare through the development of soft white, reflector, linestra, and other types of bulbs.
- **Halogen.** This type of bulb is often used in task lighting and track lighting because it saves energy.

Invites You To Join Us At The Upcoming:

Permit & Reporting Workshop

Wednesday April 24th 7:30-9:30 AM

At Black Wolf Run 1111 W Riverside Dr, Kohler, WI 53044

**Are you confused about Wastewater, Air, or Tier II requirements?
Need to brush up on the basics? We will have 3 agency reps onsite
to answer your questions.**

**Come for breakfast & learn about the:
General Wastewater & Air Emissions permits from the WI
Department of Natural Resources**

**Tier II Chemical Inventory process from the Division of
Emergency Management**

**This 2 hour workshop will be split into three segments showcasing
each of the permit triggers, reporting processes, & provide an intro
to the particular websites. Plus Q&A!**

**To register for this valuable & unique opportunity please email
Laura@safetyconnections.com**

**Cost is \$25 a person, *Hurry, Space is limited!!*
*Agency staff involvement is in no way an
endorsement for SCI**

Continued on page 2

- **Fluorescent.** New energy-saving fluorescent bulbs can be used as direct replacements for incandescent bulbs. They give more realistic color quality and can save as much as 75 percent in energy cost.
- **Full-spectrum.** These new bulbs simulate the full-spectrum light of natural sunshine. Not only do they reduce eyestrain, but they have the added dimension of improving mood, especially during the shorter days of winter or for night workers. Studies also show that worksites with full-spectrum lighting have half the absenteeism for illness than those that do not.
- **Sunlight.** It is obvious, but the effective use of natural sunlight to reduce the use of artificial lighting and eliminate overlighted or underlighted areas should be a priority.

Continued on page 3

Layered Lighting

Gary Steffy Lighting Design (www.gsld.net) in Ann Arbor, Michigan, recommends installing three layers of light over workstations:

- An ambient or general layer achieved by fluorescent or indirect lighting.
- A task layer accomplished with low-wattage lamps inside or above workstations. Task lighting should have a three-way switch or dimmer to accommodate individual worker's needs.
- Fill lighting, using compact "wall washers," or recessed lighting can lighten up perimeter surfaces that either don't have a window or are used at night. Using fill lighting directed toward walls eliminates a "cave effect" in otherwise unlighted surfaces.

Benefits of Correct Lighting

Remedying lighting problems can offer many safety and health benefits. For example:

- Fewer accidents
- Less eyestrain
- Reduced absenteeism
- Fewer problems with PPE related to eyes
- Increased productivity, especially in workers over the age of 40
- Reduced fatigue, irritability, and depression, resulting in a more pleasant, healthful workplace

SCI OSHA Compliance: Don't Get Caught in the Trap—Prepare for OSHA Inspections (Part 1)

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

Date: March 27, 2013

Although you may not be able to avoid the "knock on the door," you can avoid being caught in the enforcement trap by making sure you are prepared for safety and health inspections.

It's critical to do everything possible to be responsive and prepare for all the stages of the inspection process. Your actions will largely determine whether OSHA or a state agency will pursue an enforcement action.

To prepare for an inspection:

- **Conduct a safety audit** of your facility to make sure you are in compliance with all applicable regulations.
- **Observe employees at work** to make sure they are working safely and following your rules and OSHA requirements.
- **Gather information** about what forms are needed for applications, plans, reports, and other documents that must be filed with the agency. Collect applicable laws and regulations.



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

- **Contact your state agency or OSHA regional office** if you have questions about the inspection process. Many state agencies offer pre-inspection assistance in the form of on-site technical visits, telephone assistance, checklists and forms, or a combination.
- **Become familiar with the substantive and procedural requirements** of the agency. These include notice requirements, timing for filing documents, deadlines for appeals, performance standards, design specifications, and qualifications of those filing information with the agency.