



"Your Connection for Workplace Safety"

Weekly Safety Tip

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

**Store guns and
ammo separately
James Lehrke-SCI**

of the week

SCI Safety Tip: Four Basic Rules of Firearm Safety

Sources:

<http://www.dnr.state.wi.us/org/es/enforcement/safety/hunttip.htm>

As you join thousands of hunters heading into the woods, fields and marshes during the fall hunting seasons, Wisconsin DNR safety experts remind you to review and think about firearm safety each and every time you head out.

Essential to any responsible hunting trip is an ironclad adherence to the four basic rules of firearm safety that can be easily remembered using the TAB-K formula.

T = Treat every firearm as if it is loaded. Never assume a firearm is unloaded and never treat it that way, even if you watch as it is unloaded. Make it a habit to treat guns like they are loaded all the time.

A = Always point the muzzle in a safe direction. About one third of all hunting incidents are self inflicted injuries. That means the muzzle was pointed at some part of the hunter's body. A safe direction is a direction where the bullet will travel and harm no one in the event of an unwanted discharge. There are no accidental discharges with firearms, only unwanted discharges.

B = Be certain of your target and what's beyond it. Positive target identification is a must. To shoot at something you only think is a legal target is gambling. In the case of human injury, that means gambling with human life. You must be absolutely certain and correct in judgment before deciding to shoot. Otherwise, it's reckless behavior. In addition to identifying the target, a hunter must know that a safe backstop for their bullet is present in every shooting situation. We don't always hit our target, and, in some cases, the bullet passes through the target. A safe backstop guarantees that no one will get hurt.

K = Keep your finger outside the trigger guard until ready to shoot. If a hunter stumbles with a firearm in one hand and nothing in the other, whatever that person does with their free hand will automatically happen with the hand holding the gun. If a finger is inside the trigger guard, that hand is likely going to close around the pistol grip of the gun and on the trigger causing an unwanted discharge.

Blaze orange clothing that has faded over time, a jacket that doesn't fit right or a scope that isn't adjusted correctly can compromise your safety and the safety of others.

Have a safe and enjoyable hunt!

Additional Information

For more information on the 4 basic rules of firearm safety, you may read these articles.

[T\(Treat every firearm as if it is loaded\)](#) [PDF 10KB]

[A\(Always point the muzzle in a safe direction\)](#) [PDF 11KB]

[B\(Be certain of your target and what's beyond\)](#) [PDF 10KB]

[K\(Keep your finger outside the trigger guard until ready to shoot\)](#) [PDF 9KB]

OSHA News: US Labor Department's OSHA Encourages Major Retailers to Provide Crowd Management Measures to Protect Workers During Major Sales Events

Source: www.osha.gov

Date: November 9, 2011

WASHINGTON – The U.S. Department of Labor's Occupational Safety and Health Administration is encouraging major retail employers to take precautions to prevent worker injuries during Black Friday and other major sales events during the holiday season.

In 2008, a worker was trampled to death while a mob of shoppers rushed through the doors of a large store to take advantage of an after-Thanksgiving Day Black Friday sales event. The store was not using the kind of crowd management measures recommended in OSHA's fact sheet, which is available online at http://www.osha.gov/OshDoc/data_General_Facts/Crowd_Control.html. "Crowd control is critical to preventing injuries and deaths," said OSHA Assistant Secretary Dr. David Michaels. "These incidents can be prevented by adopting a crowd management plan, and this fact sheet provides retail employers with guidelines for avoiding injuries during the holiday shopping season."

The fact sheet provides employers with recommended elements for crowd management plans. Plans should include having trained security personnel or police officers on-site, setting up barricades or rope lines for pedestrians and crowd control well in advance of customers arriving at the store, making sure that barricades are set up so that the customers' line does not start right at the entrance of the store, having emergency procedures in place that address potential dangers, and having security personnel or customer service representatives explain approach and entrance procedures to the arriving public.

OSHA also recommends not allowing additional customers to enter the store when it reaches its maximum occupancy level and not blocking or locking exit doors.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees.

OSHA's role is to ensure these conditions for America's working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit <http://www.osha.gov>.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness



DIABETES & FAMILY HEALTH HISTORY

Nearly 26 million Americans have diabetes, a serious disease in which blood glucose (blood sugar) levels are above normal. About one-third of people with diabetes do not even know they have it. Many people do not find out they have diabetes until they are faced with serious health problems.

If you have a mother, father, brother, or sister with Type 2 diabetes, you are at risk for developing the disease. Talking about your family health history may make all the difference when it comes to preventing Type 2 diabetes.

Gestational diabetes is found for the first time when a woman is pregnant. Women who have had gestational diabetes may be at increased risk for developing diabetes for the rest of their lives, and the child from that pregnancy is at increased risk for obesity and Type 2 diabetes.

YOU CAN TAKE STEPS TO PREVENT TYPE 2 DIABETES!

Although you cannot change your family health history, knowing about it can give you the information you need to work with your health care team to take action on the things you can change. If you are at risk for Type 2 diabetes, you can prevent or delay this disease by making important lifestyle changes. If you're overweight, losing five to seven percent of your body weight (for example, 10 pounds if you weigh 200 pounds) can help to prevent or delay Type 2 diabetes.

Here are some tips to help you do this:

- Make healthy food choices, choose water to drink instead of sugary drinks, and eat smaller portions.
- Be active for at least 30 minutes, five days per week to help burn calories and lose weight.
- Ask family members to be active with you. Write down all the foods you eat and drink and the number of minutes you are active and review it daily to help you reach your goals.

If you had gestational diabetes:

- Get tested for diabetes six to 12 weeks after your baby is born, and at least every three years after that. Breastfeeding your baby may lower your child's risk for Type 2 diabetes.
- Talk to your doctor if you plan to become pregnant again in the future.
- Try to reach your pre-pregnancy weight six to 12 months after your baby is born — even if you do not reach your 'goal' weight, research shows that a moderate weight loss if you are overweight and maintaining a healthy lifestyle can help reduce risk.
- Remember that you are at increased risk for developing Type 2 diabetes in the future. Follow a healthy lifestyle and encourage your family to join you. Stay at a healthy weight by making healthy food choices and moving more.

By taking these steps to prevent Type 2 diabetes, you also are taking steps that can help lower your risk for other health problems such as heart disease, stroke, kidney disease, blindness, and nerve damage. That's a big reward for you and your family!



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 Lefirke*