



Weekly Safety Tip

"Your Connection for Workplace Safety"

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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.



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Safety Slogan

Don't Drink and Drive!
James Lehrke-SCI

of the week

SCI Safety Tip: 10 Facts About Drinking & Driving

Source: Safety X-Change Newsletter

Date: December 3, 2010

Author: Glenn Demby, Esq.

Here are 10 interesting things that you ought to know about drinking and driving.

1. Alcohol-related fatalities are caused primarily by the consumption of beer (80%) followed by liquor/wine (20%)
2. There is considerable evidence that laws that lower the illegal BAC limit from .10 to .08 can reduce alcohol-related fatalities by an average of 7%.
3. Access to an unlimited amount of alcohol for a flat fee increases the number of drinks in a sitting by 1.6 drinks on average.
4. From 1975 through 2005, it is estimated that safety belts saved 211,128 lives, including 15,632 lives saved in 2005. If all passenger vehicle occupants over age 4 wore safety belts, 20,960 lives (that is, an additional 5,328) could have been saved in 2005.
4. A standard drink is defined as 12 ounces of beer, 5 ounces of wine or 1.5 ounces of 72-proof distilled spirits, all of which contain the same amount of alcohol – about .54 ounces.
5. The average person metabolizes alcohol at the rate of about one drink per hour. Only time will sober a person up. Drinking strong coffee, exercising or taking a cold shower will not help.
6. The rate of alcohol involvement in fatal crashes is more than 3 times higher at night than during the day (59% vs. 18%). For all crashes, the alcohol involvement rate is 5 times higher at night (16% vs. 3%).
7. Impairment is not determined by the type of drink, but rather by the amount of alcohol ingested over a specific period of time.
8. There is evidence that heavier drinkers prefer to drink at bars and other persons' homes, and at multiple locations requiring longer driver distances. Young drivers have been found to prefer drinking at private parties, while older, more educated drivers prefer bars and taverns.

9. Among persons aged 12 or older, males were nearly twice as likely as females (16.3% vs. 8.6%) to drive under the influence of alcohol in the past year
10. Among persons aged 12 or older, males were nearly twice as likely as females (16.3% vs. 8.6%) to drive under the influence of alcohol in the past year

OSHA Compliance: Employees Must Understand Training Part 1

Source: <http://www.osha.gov>

Date: April 28, 2010

The purpose of this memorandum are to reiterate OSHA's policy that employee training required by OSHA standards must be presented in a manner that employees can understand, and to provide enforcement guidance to the area and regional offices relative to the Agency's training standards.

This position applies to all of the agency's agriculture, construction, general industry, and maritime training requirements. **Employer's Training Obligation** Many OSHA standards require that employees receive training so that work will be performed in a safe and healthful manner. Some of these standards require "training" or "instruction," others require "adequate" or "effective" training or instruction, and still others require training "in a manner" or "in language" that is understandable to employees. It is the Agency's position that, regardless of the precise regulatory language, the terms "train" and "instruct," as well as other synonyms, mean to present information in a manner that employees receiving it are capable of understanding. This follows from both the purpose of the standards -- providing employees with information that will allow work to be performed in a safe and healthful manner that complies with OSHA requirements -- and the basic definition that implies the information is presented in a manner the recipient is capable of understanding.

OSHA has a long and consistent history of interpreting its standards and other requirements to require employers to present information in a manner that their employees can understand. See, e.g., CPL 2-238(D)(1998) ("[i]f the employees receive job instructions in a language other than English, then training and information to be conveyed under the [hazard communication standard] will also need to be conducted in a foreign language"); letter from Russell B. Swanson to Chip MacDonald (1999) ("instruction that employers must provide under §1926.21 must be tailored to the employees' language and education..."). Courts and the Commission have agreed with OSHA that an employer may not take advantage of "an adequately communicated work rule" when it did not communicate that rules to a non-English speaking employee in a language that employee could understand. See, e.g., *Modern Continental Construction Company, Inc. v. OSHRC*, 305 F.3d 43, 52 (1st Cir. 2002); *Star Brite Construction Co.*, 19 (BNA) OSHC 1687, 1695 n.12 (N. 95-0343, 2001). In practical terms, this means that an employer must instruct its employees using both a language and vocabulary that the employees can understand.

For example, if an employee does not speak or comprehend English, instruction must be provided in a language the employee can understand. Similarly, if the employee's vocabulary is limited, the training must account for that limitation. By the same token, if employees are not literate, telling them to read training materials will not satisfy the employer's training obligation. As a general matter, employers are expected to realize that if they customarily need to communicate work instructions or other workplace information to employees at a certain vocabulary level or in language other than English, they will also need to provide safety and health training to employees in the same manner. of course, employers may also provide instruction in learning the English language to non-English speaking employees. Over time this may lessen the to provide OSH Act training in other languages.

Additionally, OSHA's training provisions contain a variety of specific requirements related to employee comprehension. For example, §1910.147(c)(7)(i) (Lockout/Tagout) requires the employer to verify that the employees have "aquired" the knowledge and skills which they have been trained; §1910.134(k)(5)(ii) (Respiratory Protection) requires retraining when "inadequacies in the employee's knowledge or use of the respirator indicate that the employee has not retained the requisite understanding or skill;" §1910.1030(g)(2)(vii)(N) (Bloodborne Pathogens) requires "[a]n opportunity for interactive questions and answers with the person conducting the training session;" and many other standards have analogous requirements. Employers need to examine the standards applicable to their workplaces to be familiar with these specific requirements. In order to assist employers in meeting

their training obligations, OSHA has created a web-based assistance tool. The tool is intended to help employers with a Spanish-speaking workforce identify the Spanish-language outreach resources on OSHA's website. While the site includes links to Spanish-language resources, it is intended primarily for English-speaking and bilingual users. The site is located on OSHA's public website at the following address: http://www.osha.gov/dcsp/compliance_assistance/quickstarts/hispanic/index_hispanic.html.

SCI Health Tips: 8 Tricks for Boosting Your Metabolism

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

Date: January 7, 2011

Yahoo Shine suggests eight ways to boost your metabolism and keep unwanted pounds from your waistline:

1. **Do Intervals:** Periodic fast-paced intervals raise your metabolic rate higher than a steady cardio workout can.
2. **Add Some Ice:** There is some evidence that drinking cold water can cause a surge in metabolic rate.
3. **Eat a Big Breakfast:** A fat-filled morning meal will jumpstart your metabolism for the day faster than a low fat, low-calorie breakfast will.
4. **Drink Green Tea:** A study found that people who drank three to five cups daily for three months cut 5 percent off their body weight.
5. **Consider Caffeine:** Coffee drinkers have a 16 percent higher metabolic rate -- but make sure you take it early to avoid sleeping problems.
6. **Don't Skimp on Dairy:** Calcium-rich foods and drinks increase the rate at which fat turns into waste.
7. **Build More Muscle:** Lean muscle mass boosts your metabolism and makes losing weight more easy.
8. **Pick Up Heavier Weights:** Use heavy weights at a very slow rate to break down your muscles. Your metabolism goes up while your body makes muscle repairs.

Sources:

Yahoo Shine December 28, 2010

Carbon Monoxide Detector Law for Homes Starts Feb. 1 in Wisconsin

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

Date: January 8, 2011



Let us know how you feel about our new look! Send us an email at:

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See us at:

<http://www.safetyconnections.com>

*In Loving
Memory of Jessica Lefrke*

All homes and duplexes in Wisconsin will be required to contain carbon monoxide detectors as a [safety](#) precaution starting Feb. 1.

There is no penalty for not complying.

The law was passed and signed into law last year.

It requires detectors on every level of the home, including the basement, but not the attic or [storage](#) areas. Supporters say the requirement will save lives, even though there is no penalty for ignoring it.

Any dwelling that requires a building permit will be required to have carbon monoxide detectors directly wired to the electrical service with a backup battery. Existing buildings can use stand-alone battery powered detectors.

— The Associated Press