



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

**Safety glasses: All in favour, say "Eye!"
James Lehrke-SCI**

of the week

SCI Safety Tip: Have Your Workers "Seen the Light" About Eye Safety?

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

Date: January 12, 2011

Thousands of people are blinded each year from work-related eye injuries that could have been prevented with the proper selection and use of eye and face protection.

Since January is National Eye Care Month, this is a good time to think about eye safety. Unfortunately, it seems that a lot of employers don't think seriously enough about this problem. According to the LASIK Vision Institute, an astounding 70,000 eye injuries each year cost American business \$450 billion.

The Bureau of Labor Statistics says the chief causes of eye injury are flying objects, contact with chemicals, improper equipment operation, poor choice of eyewear, improper fit, and lack of awareness about risks.

Examples of Eye Hazards

Depending on your workplace and the kind of tasks employees perform, eye hazards will vary, of course. But these are the usual suspects:

- **Impact** from flying objects such as large chips, fragments, particles, sand, and dirt from tasks such as chipping, grinding, machining, masonry work, wood working, sawing, drilling, chiseling, powered fastening, riveting, and sanding.
- **Chemicals** in the form of splashes, fumes, vapors, and irritating mists from tasks such as acid and chemical handling, degreasing, plating, and so forth.
- **Harmful dust** getting in the eyes from tasks such as woodworking, buffing, and general dusty conditions.
- **Radiant energy, glare, and intense light** from tasks such as welding, torch-cutting, brazing, soldering, and laser work.
- **Heat** from anything emitting extreme heat from tasks such as furnace operations, pouring, casting, hot dipping, and welding.
- **Blood** and infectious material splashes that could allow bloodborne pathogens to enter the body through the eyes.

Protecting Eyes

The LASIK Vision Institute urges employers to take steps to protect the eyes and eyesight of their employees. The Institute recommends the following:

- Provide the highest-quality eye protection, such as that found in polycarbonate lenses.
- Make sure protective eyewear can be customized and is adjustable. Gear that cannot be fit to an employee's face is more likely to be removed than gear that fits well.
- Inspect goggles periodically for cracks, breaks, and loose frames. Train employees to regularly look for and report these problems.
- Regularly assess to determine if current eye protection measures are adequate, especially when new procedures or materials are introduced.

Additionally, employees should be trained to recognize eye hazards, select the proper protection for different kinds of hazards, and care for protective eyewear properly.

OSHA Compliance: US Department of Labor's OSHA Withdraws Proposed Interpretation on Occupational Noise

Source: www.osha.gov and Daniel J. Miske-Attorney at Law dmiske@whdlaw.com

Date: January 19, 2011

The U.S. Department of Labor's Occupational Safety and Health Administration today announced that it is withdrawing its proposed interpretation to clarify the term titled "feasible administrative or engineering controls" as used in OSHA's noise standard. The proposed interpretation was published in the Federal Register on Oct. 19, 2010. The withdrawal is because of OSHA's concern that addressing this problem would require far more public outreach and many more resources than originally anticipated. Considering the fact that since 2004 the Bureau of Labor Statistics has reported nearly 125,000 workers have suffered significant, permanent hearing loss, OSHA also announced that it remains committed to finding ways to address this problem.

WASHINGTON – The U.S. Department of Labor's Occupational Safety and Health Administration today announced that it is withdrawing its proposed interpretation titled "Interpretation of OSHA's Provisions for Feasible Administrative or Engineering Controls of Occupational Noise." The interpretation would have clarified the term "feasible administrative or engineering controls" as used in OSHA's noise standard. The proposed interpretation was published in the Federal Register on Oct. 19, 2010. "Hearing loss caused by excessive noise levels remains a serious occupational health problem in this country," said Dr. David Michaels, assistant secretary of labor for occupational safety and health. "However, it is clear from the concerns raised about this proposal that addressing this problem requires much more public outreach and many more resources than we had originally anticipated. We are sensitive to the possible costs associated with improving worker protection and have decided to suspend work on this proposed modification while we study other approaches to abating workplace noise hazards."

Michaels met earlier this month with the offices of Sen. Olympia Snowe and Sen. Joseph Lieberman, members of the Senate Committee on Small Business and Entrepreneurship, in response to a letter from the senators. Sens. Snowe and Lieberman are also co-chairs of the Senate Task Force on Manufacturing. Thousands of workers every year continue to suffer from preventable hearing loss due to high workplace noise levels. Since 2004, the Bureau of Labor Statistics has reported that nearly 125,000 workers have suffered significant, permanent hearing loss. In 2008 alone, BLS reported more than 22,000 hearing loss cases, and Michaels emphasized that OSHA remains committed to finding ways to reduce this toll.

As part of this effort, the agency will:

- Conduct a thorough review of comments that have been submitted in response to the Federal Register notice and of any other information it receives on this issue.
- Hold a stakeholder meeting on preventing occupational hearing loss to elicit the views of employers, workers, and noise control and public health professionals.
- Consult with experts from the National Institute for Occupational Safety and Health, and the National Academy of Engineering.
- Initiate a robust outreach and compliance assistance effort to provide enhanced technical information and guidance on the many inexpensive, effective engineering controls for dangerous noise levels.

For small businesses, OSHA's On-site Consultation Program offers free and confidential advice on health and safety solutions with priority given to high-hazard worksites. Through this program, small and medium-sized employers can obtain free advice on addressing noise hazards. On-site consultation services exist in every state, and they are independent from OSHA's enforcement efforts. On-site Consultation Program consultants, employed by state agencies or universities, work with and assist in establishing safety and health management systems.

If you have any questions relating to the announcement or any OSHA or Safety related legal issues, please contact the undersigned. The Whyte Hirschboeck Dudek S.C. employment law group would be happy to help.

SCI Health News: Cure Your Cravings by Ignoring This Widely Followed Conventional Advice Part 1

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

Date: January 22, 2011

Should you eat after dinner, or eat a big meal at night at all, if you want to lose weight? Opinions do differ on this subject, and below are two experts' takes on this controversial topic.

Ori Hofmekler's Opinion

Biologists have been classifying species as day eaters and night eaters. For instance, cows are primarily day "grazers" and wild cats are primarily nocturnal hunters.

Humans are inherently nocturnal eaters. The evidence for that is in your nervous system.

Your autonomic nervous system regulates your circadian clock, and all your actions throughout the day and night are controlled by that system, including the way you were designed to eat.

Your autonomic nervous system is divided into two parts:

- The sympathetic nervous system (SNS) that regulates your activities during the day.
- The parasympathetic nervous system (PSNS) that regulates your activities during the night.

During the day, your SNS promotes energy expenditure and fat burning. It keeps you alert, focused and ready for action. When you're doing your daily job for instance or when you exercise, you're under control of the SNS.

But this system cannot tolerate large meals. And every time you eat a large full meal, you shut down your sympathetic nervous system. Instead, you activate the nightly nervous system, which is your PSNS.

The PSNS makes you sluggish and sleepy. This is why you typically get tired and sleepy after a big lunch. And instead of spending energy and burning fat, your body actually stores energy with a tendency to gain fat.

So how do you adjust your feeding schedule to accommodate your circadian clock?

There is a simple way to do that.

Have your main meal at night!



Let us know how you feel about our

new look! Send us an email at:

jlconnections@aol.com

See us at:

<http://www.safetyconnections.com>

*In Loving
Memory of Jessica Lefirke*

SCI News Reminder: Carbon Monoxide Detector Law Kicks in Feb. 1

Source: Dairy Farmers of America

Date: January 7, 2011

Madison - All homes and duplexes in Wisconsin will be required to contain carbon monoxide detectors as a safety precaution starting Feb. 1.

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.