



# Weekly Safety Tip

“Your Connection for Workplace Safety”

Phone: 920-208-7520

*We're about service, commitment, results, and accountability!*

## SCI Safety Tip: 5 Keys to Preventing Chemical Exposures

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

Date: December 21, 2010

Any time employees are working with hazardous materials, there is a risk of exposure. To prevent exposures, emphasize 5 key protective measures.

### 1. Knowledge

- Employees need to pay attention to safety training and apply what they learn on the job. When they come to a training session or safety meeting, they should be prepared to focus all their attention on participating and learning.
- Employees who work with hazardous materials must be thoroughly familiar with labels and MSDS, including a the technical terms, warning words, pictograms, color-coding and numerical systems, etc.

### 2. PPE

- Workers should always read the label and MSDS prior to using any hazardous chemical in order to determine the proper PPE to use to protect against the specific hazards of the substance.
- Workers should be taught to don, remove, and dispose of PPE properly as well as to inspect it before use to make sure it fits correctly.

### 3. Safe Handling

- Employees should inspect chemical containers regularly and report leaks or missing or unreadable labels.
- They should remove from the primary container only as much of a substance as they need for a job, and keep containers closed when not in use.
- Employees should use required ventilation to remove chemical vapors.
- They must store and use chemicals away from substances and conditions that could cause hazardous reactions.

### 4. Good Hygiene

- Workers should be required to wash thoroughly after working with chemicals.
- Workers should also keep food, beverages, street clothes, and other personal items out of chemical areas to avoid contamination.

*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**

**Don't Drink and Drive!**  
**James Lehrke-SCI**

**of the week**

## 5. Emergency Response

- Employees should report spills immediately and take appropriate action, depending on their training. If they are not trained and equipped to clean up spills they should evacuate the area and let the cleanup team handle the spill.
- Employees should know appropriate first aid for inhalation of hazardous substances, skin or eye contact, and ingestion.

## OSHA Compliance: Go Behind the Hazards to Prevent HazCom Citations

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

Date: December 20, 2010

**HazCom featured in third place on OSHA's top 10 violations for 2010. Two big HazCom issues are labels and MSDSs.**

Every year HazCom features somewhere on OSHA's top 10 list. Violations can have a significant impact on employee safety, and citations can be costly.

Many of the 7,000 HazCom violations cited this year were serious, which implies a substantial probability that death or serious physical harm could result. Even small oversights when hazardous materials are concerned can lead to grave danger for employees.

Issues involving labels and MSDSs are often at the core of HazCom citations. It's not surprising, since OSHA views them as two of HazCom's most powerful safety tools.

For example, during inspections, OSHA wants confirmation that MSDSs are readily available to employees, says Ken Schmerber, principal EHS consultant with Hellman & Associates, a Denver area safety and industrial hygiene consulting firm.

In some workplaces, says Schmerber, availability is ensured by establishing MSDS stations or kiosks where employees who do not have their own computers can access the sheets via communal terminals. Other alternatives are a phone and fax method or storing an inventory of sheets on a readily accessible Internet site or in binders.

"Regardless of whether you keep MSDSs on paper or electronically, OSHA wants them available to workers, not locked in a filing cabinet or in an electronic system people can't get into," says Schmerber.

### Secondary Labels

Transferring chemicals from large containers into smaller, easier-to-use secondary containers is another key HazCom issue. This relatively simple process results in many costly citations for employers in diverse industries.

"I think it's one of the reasons you continue to see HazCom in the top 10 list," says Schmerber.

A technique used successfully by Hellman & Associates clients gives employees access to a comprehensive binder with all relevant compounds listed in alphabetically order. An employee who needs to transfer a chemical into a smaller container looks up the chemical in question and finds a completed label. The content of the label is copied onto a new label template and then affixed to the secondary container.

Some employers provide completed labels in the binder, making it even easier to select the needed label, peel of the backing, and apply it to the secondary container.

The system is monitored by a supervisor or manager who walks the plant floor to ensure that no unlabeled secondary containers are in use.

## SCI Health Tips: Fighting Those Winter Pounds

Source: <http://www.healthnews.com> and <http://www.structurehouse.com/>

Date: December 27, 2010

The weight-loss experts at Structure House, Marlene Lesson, registered dietitian and Dr. Gerard J. Musante, Ph.D., obesity expert and founder, have put together some simple tips to not help keep you healthy and from overindulging, to which we have added in some wisdom of our own (free of calories). Enjoy success is fighting those winter pounds that inevitably sneak up on you.

Basic dishes, particularly around the holiday time, start out highly nutritious and low in fat, *before* you add the sugar, smother in gravy, and cover in marshmallow. Grazing on those fattening leftovers only makes matters worse. To avoid temptation and make sensible choices, just follow a few basic steps and you can maintain that weight into the new year,

1. **Enjoy healthy seasonal foods.** Many traditional holiday foods are naturally low fat and healthy such as turkey, acorn squash, and cranberries. Take advantage of fresh, seasonal produce like winter squash, sweet potatoes, brussel sprouts, rutabaga, parsnips, apples, tangerines, tangelos, and pumpkin. Throw an extra turkey in the freezer while they are readily available and have a healthy January feast—no need to wait until Thanksgiving again!
2. **Pre-plan meals.** You are more likely to choose foods on the basis of nourishment when you have a plan. It's easier to forgo that box of candy the boss gave you when you have already decided on the fruit cup. Think about doing your cooking on a Saturday or Sunday for the whole week. Portion out lunches and dinners plastic containers that you label. No need to rush home to cook each night or to pack a lunch each morning.
3. **Maintain a food diary.** If you don't already have one, the holidays are a great time to start a food journal. Make sure to write it all down—the good and the bad! It's easier to control your weight if you consistently record all food choices. It is also a constant and present reminder of what you are putting into your body.
4. **Eat simply.** The more complicated the dish, the more likely it is to have hidden high-calorie ingredients. Simple grilled or steamed foods, along with those without sauces and gravies, will always be the best. This doesn't mean they have to be boring. Add some fresh or dried herbs or add a simple balsamic reduction for a big pop of flavor for your protein.
5. **Control your portions.** Remember that a half-cup serving of pasta or rice is the size of a computer mouse. A three-ounce portion of meat, poultry or fish is the size of a cassette tape or a deck of cards. Portion distortion is one of the biggest ways to trick yourself into eating more than you need to. Start by heaping on the veggies first, which will leave less room for the calorie-laden starch and protein.
6. **Make time for exercise.** Winter can be a challenge for working in regular exercise. Between holiday activities and the cold/snow/rain, time and energy may run short. Think outside the box or gym. Maybe get a game for your child's Wii, find an indoor mall with a floor plan that makes it conducive to doing laps, go dancing with friends, and don't forget to take the stairs, not the elevator.
7. **Avoid trigger situations and emphasize activity.** Don't stand near the buffet table, ask to see the dessert cart or spend unnecessary time in the company of eating buddies. Rather than centering plans around meals, suggest ice-skating, cross-country skiing or taking a family hike.
8. **Forgo alcohol.** It's not just that holiday eggnog that helps put on the pounds. Alcohol in general is a major source of hidden calories. In addition, it stimulates the appetite and decreases inhibitions making it more difficult to control eating. Sparkling water with a twist can make for a festive alternative.
9. **Start new traditions.** Challenge old thoughts and beliefs. Everything does not have to be the way it has always been. For example, you don't have to entertain with great quantities of fattening food. Try hosting a potluck where everyone brings at least one healthy holiday option or begin a soup trade, where you make one big pot of healthy (non-cream based) soup and share it with one or more friends, who do the same. You only cook once, but could get 3 lunches or dinners in return.
10. **Always eat breakfast.** Eating breakfast regularly is a predictor of long-term weight control. People who skip breakfast are more likely to overindulge in the evenings. Surprisingly, people who skip breakfast consume more calories in a 24-hour period than those who do not.



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

[jlconnections@aol.com](mailto:jlconnections@aol.com)

See us at:

<http://www.safetyconnections.com>

*In Loving  
Memory of Jessica Lefirke*