



# 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**

**To avoid a scene, keep your workplace clean**

**James Lehrke-SCI  
of the week**

## SCI Safety Tip: Safety Training Tips

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

Date: January 28, 2011

*Analyze This!*

*Performing a job hazard analysis is an effective tool to minimize or eliminate hazards and reduce accidents. Make sure your employees don't look at just the obvious dangers; train them to look for simple, everyday things that can go wrong, too. Each job in the workplace should be examined in detail so that risks can be found in the job process step-by-step.*

**Instruct your workers to ask specific questions about the jobs they do.**

For example:

- Are any hazardous materials involved, and do I know the proper precautions for protecting myself and co-workers?
- Do I always wear the proper personal protective equipment (PPE)?
- Is machinery adequately guarded to protect me from injury?
- Are the guards in place and in good working order?
- Are there factors that could cause ergonomic injuries, such as heavy lifting, excessive reaching and twisting, or awkward postures?
- Are there environmental factors, such as hot or cold temperatures or inadequate lighting or ventilation, which could cause injuries or illnesses?
- Are floors clean and dry?
- Is my work area kept tidy to prevent falls?
- Is my work area dangerously noisy? Have sound-level measurements been taken to prevent hearing loss? Do I need hearing protection?
- Have there been any changes in methods, materials, or equipment for which I need more training?
- Am I aware of and following all the safety rules?

**Once the hazards have been revealed, the next step is to see what can be done to reduce or eliminate them.** Advise your workers to think about these types of solutions:

- Can I do a risky part of the operation in a safer way—or find a way to avoid doing it at all?
- Can a safer material be used? If not, would better PPE or additional training reduce the risk?
- Could different and safer machinery be used? If not, is there a way that guarding can be made more foolproof?

- What about ergonomic risk factors? Could simple changes, such as putting materials at waist height or using carts or conveyers, reduce heavy lifting, excessive reaching and twisting, or awkward positions?
- Would better lighting make the job safer?
- Am I taking risks by ignoring a safety rule or by not taking adequate precautions?
- Do I ask questions when I don't understand?
- Do I ask for help when I need it?

Remind your workers that good job hazard analysis can be a giant step toward a safe work area and that taking the time to study risks and find ways to reduce them will benefit everyone. Also reassure workers that the purpose of a job analysis is not to evaluate job performance, but to find hazards and determine ways to reduce or eliminate them.

#### **Why It Matters**

- More than 4,000 workers die from work-related incidents in the United States each year.
- That's more than 3 workers in every 100,000.

Effective job hazard analysis can reduce or eliminate hazards and keep more workers safe.

## **OSHA News: OSHA Temporarily Withdraws Proposed Column for MSDs**

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

**Date:** January 26, 2011

OSHA has announced that it has temporarily withdrawn from review by the Office of Management and Budget its proposal to restore a column for work-related musculoskeletal disorders on employer injury and illness logs. The agency has taken this action to seek greater input from small businesses on the impact of the proposal and will do so through outreach in partnership with the U.S. Small Business Administration's Office of Advocacy.

According to the Bureau of Labor Statistics, MSDs accounted for 28 percent of all reported workplace injuries and illnesses requiring time away from work in 2009.

The proposed rule would not change existing requirements about when and under what circumstances employers must record MSDs on their injury and illness logs. While many employers are currently required to keep a record of workplace injuries and illnesses, including work-related MSDs, on the OSHA Form 300 (Log of Work-Related Injuries and Illnesses), the vast majority of small businesses are not required to keep such records. The proposed rule would require those employers already mandated to keep injury and illness records, and to record MSDs, to place a check mark in the new column for all MSDs.

Prior to 2001, OSHA's injury and illness logs contained a column for repetitive trauma disorders that included noise and many kinds of MSDs. In 2001, OSHA separated noise and MSDs into two columns, but the MSD column was deleted in 2003 before the provision became effective. This proposal would restore the MSD column to the Form 300. OSHA and the U.S. Small Business Administration's Office of Advocacy jointly will hold a meeting to engage and listen to small businesses about the agency's proposal. Small businesses from around the country will be able to participate through electronic means, such as telephone and/or a Web forum. Details of the meeting will be announced within 30 days. OSHA also will conduct a stakeholder meeting with other members of the public if requested.

## SCI Health News: The Easiest Way to Zap off Those Excess Pounds in Just 6 Weeks

Source: <http://www.mercola.com> Live Science December 26, 2010 New York Times December 29, 2010 Eureka! December 23, 2010

Date: January 29, 2011

Researchers have speculated that your exercise routine may be easier to stick to if it fits your personality.

According to Live Science:

*"Decades of psychological research have boiled down human personality to five different components: conscientiousness, extroversion, agreeableness, neuroticism and openness to experience."*

Here are their suggestions for an exercise routine based on the most dominant part of your personality.

- **Highly conscientious**—then you may have a leg up already. Take advantage of your innate stick-to-itiveness and drive to follow the rules. Solo activities tend to work well since you don't have to coordinate your schedule with others.
- **Non-committal**—More impulsive people who tend to avoid planning and don't like making promises may improve their chances of success by writing down their exercise plan in detail, including the when and where. Focusing on activities that give you "a buzz or high," can also help to make you stick to your regimen. Examples include sprinting such as Peak 8, and contact sports. Breaking down a large goal into smaller, more manageable chunks with deadlines in the near future will also be helpful, especially if your attention span is short.
- **Extroverted**—So-called "people persons" can feel bereft when having to exercise all by their lonesome, so if you're very outgoing, consider joining a fitness class or taking up a team sport to keep you going.
- **Introverted and/or highly agreeable**—These personality types may be uncomfortable with highly competitive and aggressive activities. Better alternatives include yoga—either at home by yourself or in a class setting—and golf.
- **Worried/Anxious**—Those who find it hard to relax can find a great friend in exercise, as exercising is a fantastic tool for releasing anxiety, and providing stress relief and emotional stability. If you fall into this category, I highly recommend including this benefit in your written goals (see below), and use that as a motivating force to get you going.
- **Adventurous**—Those who are open to new experiences tend to be happiest when their fitness routine takes them outdoors. Running, cycling or walking are all great options. You can also easily incorporate Peak 8 exercises outdoors by sprinting instead of jogging, for example. Taking different routes can quench your need for variety, keeping each workout fresh.

In related fitness news, several recent studies have found that when athletes completely cease training, they rapidly lose strength and endurance. Being completely inactive, even for a short period of time, de-tones muscles and compromises health. However, these same studies also found that relatively small amounts of activity allowed the athletes to maintain much of the health and fitness they had previously gained. If they just cut back to one weight-training session and two endurance workouts per week, they lost only half as much aerobic power as those who stopped exercising altogether.

In fact, according to the *New York Times*:

*"Even more relevant to those of us who aren't world-class athletes ... a study just published in Medicine & Science in Sports & Exercise suggests that visiting the gym only once a week may be enough for young and older athletes to hold onto past strength gains ..."*

*There are caveats to these encouraging findings, of course. You must have a baseline level of fitness to maintain, for one thing ... If you have no fitness base, resolve now to build one."*

In addition, it's well known that exercise results in cardiovascular benefits. But until quite recently, scientists understood very little about how physical activity actually influences your heart.

A new study now offers some of the first molecular-level insights.

The research suggests that exercise turns on a genetic program that leads your heart to grow as heart muscle cells divide. This means that there may be ways to optimize training regimens so that they tap into this natural mechanism more efficiently.

Eureka! reports:

*"That finding is key given that there is little prior evidence showing that the increase in heart size with exercise has direct benefits, the researchers say. The new evidence also gives important biological insights into the heart's potential for regeneration of muscle."*



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 Lefirke*