



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

Make safety a part of your work

James Lehrke-SCI

of the week

SCI Safety Tip: More Than One Way Out

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

Date: September 28, 2012

The theme of this year's National Fire Prevention Week, which is from October 7 to 13, is "Have 2 Ways Out!" That makes it a good time to review exit routes, locations, and procedures with your workers.

An "exit route" is a continuous and unobstructed path of exit within a workplace to a place of safety (including refuge areas). An exit route consists of three parts:

- **The exit access** is that portion of an exit route that leads to an exit.
- **The exit** is that portion of an exit route that is generally separated from other areas to provide a protected way of travel to the exit discharge.
- **The exit discharge** refers to where the exit door actually leads.

In this training tip we will emphasize the importance of making sure any person can escape the building by following a clearly marked and unobstructed route from any point in the building.

Number of Exit Routes

Building and fire codes require a certain number of exit routes and certain types of exit routes depending on a number of factors, including the number of personnel, the size of the building, the arrangement of the building, and the type of occupancy. Discuss the number of exit routes and their locations in your workplace.

Location of Exit Routes

A minimum of two exit routes is required from any point in the building. The exit routes must be remote from each other to provide options.

More than two exit routes must be available if the number of employees, the size of the building, its occupancy, or the arrangement of the workplace is such that all employees would not be able to evacuate safely during an emergency.

A single exit route is allowed in rare cases where all employees would be able to evacuate safely during an emergency.

Size of Exit Routes

Exit routes must be designed so they are large enough to accommodate the maximum permitted occupant load for each floor served by the evacuation route. They must have a minimum ceiling height of 7 feet 6 inches; objects such as ceiling fans or sprinkler heads cannot hang down below 6 feet 8 inches.

Exit routes must also be at least 28 inches wide at all points, which includes the distance between handrails. The capacity of an exit route cannot decrease at any point.

Unobstructed Exit Routes

Remember, exit routes are not just the doors or stairwells that lead outside. Exit routes start at any point in the building.

- Do not block exit doors.
- Stairwells cannot be used for extra storage.
- Keep file cabinets and bookshelves out of main aisles or hallways that are used as access ways to exit doors.
- Do not store anything (i.e., janitorial equipment or extra paper for the copy machine) in exit routes.

Exit routes cannot go through rooms that might be locked. Discuss with employees any exit routes that they feel might be partially blocked.

Marking Exits

Each exit leading outside must be marked with a clearly visible and distinctive sign that reads "EXIT." The exit signs cannot be obstructed or concealed in any way.

Signs must be posted along the exit routes that indicate the direction of travel to the nearest exit. Show employees the exit signs along the exit routes in your work area.

Any nonexit doorway or passage that might be mistaken for an exit must be marked with a clearly visible and distinctive sign that reads "NOT AN EXIT" or a sign that indicates the door's actual use. Discuss nonexit doors and passageways in your work area that might be mistaken for exit routes.

Adequate Lighting

Exit routes must be illuminated in such a way that, even during a power outage, emergency lighting is available to light the way to the exit. Exit signs must either be self-lighting or made of reflective material and illuminated. The self-lighting or sign illumination must work even during a power outage. Discuss how often emergency lighting for exit routes is inspected.

Exit Doors

All doors along the exit route must open readily. The doors must open from the inside so that evacuating employees only need to push them open. Also, doors must open without the use of keys, tools, or any other special knowledge. Discuss exit routes that require employees to go through doors.

Move Away from the Building

The exit route must eventually lead outside to an open space, street, or walkway that allows employees to easily move away from the building. Employees should proceed directly to the evacuation meeting point, where a count will be made to ensure that all personnel are accounted for. Discuss the evacuation meeting point for your employees.

Find out more about National Fire Prevention Week at <http://www.nfpa.org>.

Why It Matters

In addition to fire or smoke, there are many reasons why your workers may need to evacuate the workplace.

Other reasons include:

Chemical spills

Natural disasters

Extended power outages

Bomb threats

Biological agents

Workplace violence

SCI OSHA News: Reform Group Recommends Overhaul of OSH Act Regulations

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

Date: October 3, 2012

A new white paper published by the nonprofit Center for Progressive Reform (CPR) suggests that Congress should make wide-ranging reforms to the Occupational Safety and Health (OSH) Act.

According to the organization, the 1970 law “brought significant gains in worker safety, but it has not proved nimble enough to achieve its purpose of providing safe and healthful workplaces.”

Report co-author Thomas McGarity, a law professor and CPR board member, writes, “Workers are much safer today than they were decades ago, but thousands still die from workplace injuries every year. Congress needs to let go of the status quo and enact broad reforms that will save lives.”

The CPR suggests allowing harmed workers to directly sue employers, increasing criminal and civil penalties, strengthening education and training requirements, requiring corporate officers to report dangers to workers, and increasing OSHA’s budget through user fees.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

MENTAL HEALTH-YOU AND YOUR CHILD

- Afraid your ums and ahs are setting a bad example for your toddler? These verbal pauses actually help tots learn language more easily.
 - Do you cringe every time you use “um” or “uh” in front of your child? Don’t worry — he or she isn’t picking up bad habits. When parents fumble for a word, toddlers take this as a sign that they’re about to learn something new. The study, published in the journal *Developmental Science*, found that these verbal pauses helped 18- to 30-month-old children clue in to the fact that they were about to be given new information. This process can help prime a child’s brain to better process new or unfamiliar words. That doesn’t mean you have to litter your language with “ums” to make a moment teachable. If you pause naturally while trying to figure out the best way to explain something, your child will likely zero in on your words. When it comes to improving your child’s communication skills, quantity is more important than quality — so worry less about using all those SAT words and instead engage with your children often.
- Think it’s okay to let your kids have a beer ? Trying alcohol at a young age could put them at risk for heavy drinking later in life.
 - Parents who let their underage kids drink alcohol may want to rethink their rule. Research suggests that the age at which people have their first drink is a strong predictor of stress-related drinking. The younger a person is when they have their first alcoholic drink, the greater his or her risk of drinking heavily in young adulthood to cope with difficult life events. According to researchers, for adolescents, drinking is particularly rewarding under stressful circumstances. Learning to rely on alcohol at a young age can set the stage for later abuse. It’s never too soon to talk to your kids about drinking. The study, published in the journal *Alcoholism: Clinical & Experimental Research*, analyzed the drinking habits of 300 22-year-olds and found that kids started experimenting at the age of 8. By age 14, half had had their first drink.



What do you think?
Send us an email at:
j1connections@aol.com
See our bold new look @
<http://www.safetyconnections.com/>

*In Loving
Memory of Jessica Lefirke*