



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

**The life you save just might be yours!
James Lehrke-SCI**

of the week

SCI Safety Tip: How to Get Leaves to Leave

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

Date: October 18, 2012

Leaf removal is an annual chore that many of your workers need to accomplish at this time of year—and many of those workers may injure themselves or the environment while getting those leaves to leave. Take a few minutes to train them on how to do this chore safely.

Colorful autumn leaves are lovely falling past your window—until you look out and see that they've covered your lawn in an inch of now-brown, dried-out husks! How do you get rid of them in a way that's healthy for you and the environment?

Give workers these precautions.

For your health:

- **Wear a mask** to protect your breathing.
- **Wear gloves** to prevent blisters.
- **Rake leaves onto a tarp**, and drag the tarp to your dump spot to protect your back rather than raking a huge pile across long distances.
- **Follow instructions** on leaf-blowing equipment.
- **Don't make alterations** to leaf-blowing equipment.
- **Wear protective equipment**, such as hearing protection, when using leaf-blowing equipment.

For the environment's health:

- **Use leaves to mulch your lawn** by using the mulching option on your lawn mower to mow over them.
- **Use leaves to mulch your garden** by adding them to a compost pile.
- **Use leaves to fill low spots** in your yard.
- **Use environmentally friendly bags** if you bag leaves.

Why It Matters

- Injuries from home leaf removal can lead to lost workdays, including:
 - Back injuries
 - Strains and sprains
 - Poison plant rashes

SCI OSHA News: US Department of Labor's Worker Safety and Health Challenge: Develop a Tool to Inform Young Workers about Hazards Deadline is Nov. 30

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

Date: October 18, 2012

WASHINGTON – The U.S. Department of Labor challenges developers, students and anyone else with a little tech savvy and creativity to enter the Workplace Safety and Health Challenge. The goal is to design a tool that demonstrates the importance of recognizing and preventing hazards by helping young people understand their rights in the workplace.

Submissions may be designed for Internet browsers, smartphones, feature phones and social media platforms, or as native Windows or Macintosh applications. The deadline is Nov. 30. "New technologies have the promise of making our safety and health resources even more accessible for workers and employers," said Dr. David Michaels, assistant secretary of labor for occupational safety and health. "Successful proposals could take many different forms, such as interactive and informative games, a smartphone app, social or professional networks, or data visualization." Each submission should meet both of the following objectives:

Demonstrate the importance of knowing about workplace safety and health hazards: Components should be included that inform young workers about hazards in the workplace and the serious consequences of workplace injuries. Information on safety and health from the department's Occupational Safety and Health Administration, the department's Bureau of Labor Statistics, the National Institute for Occupational Safety and Health, state workers' compensation programs and/or other government sources must be incorporated. Additional suggested features include those that bring awareness to best management practices, such as engineering controls and personal protection equipment.

Help workers understand their rights in the workplace: Components should be included that help young workers understand their rights in the workplace and their employers' responsibility to ensure their health and safety on the job. The content and type of application must be age-appropriate, and should also feature mechanisms for users to interact or share with each other.

A panel of judges that includes Secretary of Labor Hilda L. Solis, Secretary of Education Arne Duncan and the co-hosts of the popular Discovery Channel show "Myth Busters," Adam Savage and Jamie Hyneman, will select winners for the "Safety in the Workplace Innovator Award" that comes with a \$15,000 prize, and the "Safety and Health Data Award" and the "Workers' Rights Award," each of which includes a \$6,000 prize. There is also a "People's Choice Award" that has a \$3,000 prize for the developer of the app that receives the most public votes on the challenge website. For more information, including instructions on how to submit an entry, visit <http://workersafetyhealth.challenge.gov> and Michaels' blog at <http://social.dol.gov/blog/safety-innovation-at-our-fingertips>.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to ensure these conditions for America's working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit <http://www.osha.gov>.

SCI Environmental Tips: How to Keep Emissions from Adding Up

Source: <http://www.blr.com> (Part 1)

Date: October 17, 2012

Emissions from a leaky valve may not seem like a big deal, but what if a facility had hundreds or even thousands of valves, plus other piping components and equipment that could potentially leak? In larger facilities, volatile organic compound (VOC) and hazardous air pollutants (HAP) emissions from leaking piping components and equipment can quickly add up, which is why EPA includes leak detection and repair (LDAR) requirements in numerous regulations.

Identifying Leaks

Emissions from leaks are considered fugitive emissions because they cannot reasonably pass through a stack. To help identify leaks, **EPA** developed a test method, known as Method 21, for the determination of **VOC** leaks from process equipment, including valves, pumps, compressors, pressure relief valves, flanges, connectors, and other piping components.

LDAR Programs

Numerous federal **regulations** require the implementation of **LDAR** programs, which are generally composed of four steps:

- Identify components to be included in the program;
- Conduct routine monitoring of identified components;
- Repair any leaking component; *and*
- Record and report monitoring results.

While all **LDAR** programs are similarly composed, the specifics of each program are unique depending on the source and the applicable standard; even the definition of what constitutes a "leak" varies among standards. Therefore, it is important to carefully review the requirements of the applicable standard before implementing an **LDAR** program. When implementing an **LDAR** program, beware of the following common problems that may occur and possibly result in **EPA** enforcement action:

- Improper identification or failure to identify and/or monitor all the regulated components;
- Improper monitoring techniques;
- Improper maintenance of the monitoring device;
- Failure to repair components within specified time frames; *and*
- Failure to maintain necessary records and submit required reports.

HEALTHY BITES

Quick Tips for Healthy Living



DENTAL HEALTH (Part 2)

- For postmenopausal women, two annual dental cleanings may not be enough. Research shows older women's teeth show higher levels of plaque.
 - Giving your dentist the brush-off? Here's why that's a bad idea: Plaque left to harden on the teeth can lead to gum disease. That, in turn, can lead to tooth loss and body-wide inflammation — which can increase the risk of heart disease and other health conditions. While most people need two annual dental cleanings, postmenopausal women may need as many as four. Research published in the journal *Menopause* found that older women have increased levels of dental plaque, and may therefore be at greater risk of gum disease. In addition to regular visits to your dentist, remember to brush twice a day and floss daily.



What do you think?
 Send us an email at:
jconnections@aol.com
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<http://www.safetyconnections.com/>

*In Loving
 Memory of Jessica Lefrke*