



"Your Connection for Workplace Safety"

Weekly Safety Tip

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 is our concern

James Lehrke-SCI

of the week

SCI Safety Tip: Four Basic Rules of Firearm Safety

Sources: <http://dnr.wi.gov/topic/hunt/huntsafetytips.html>

Date: March 8, 2012

As you join thousands of hunters heading into the woods, fields and marshes during the fall hunting seasons, Wisconsin DNR safety experts remind you to review and think about firearm safety each and every time you head out.

Essential to any responsible hunting trip is an ironclad adherence to the four basic rules of firearm safety that can be easily remembered using the TAB-K formula.

T = Treat every firearm as if it is loaded. Never assume a firearm is unloaded and never treat it that way, even if you watch as it is unloaded. Make it a habit to treat guns like they are loaded all the time.

A = Always point the muzzle in a safe direction. About one third of all hunting incidents are self inflicted injuries. That means the muzzle was pointed at some part of the hunter's body. A safe direction is a direction where the bullet will travel and harm no one in the event of an unwanted discharge. There are no accidental discharges with firearms, only unwanted discharges.

B = Be certain of your target and what's beyond it. Positive target identification is a must. To shoot at something you only think is a legal target is gambling. In the case of human injury, that means gambling with human life. You must be absolutely certain and correct in judgment before deciding to shoot. Otherwise, it's reckless behavior. In addition to identifying the target, a hunter must know that a safe backstop for their bullet is present in every shooting situation. We don't always hit our target, and, in some cases, the bullet passes through the target. A safe backstop guarantees that no one will get hurt.

K = Keep your finger outside the trigger guard until ready to shoot. If a hunter stumbles with a firearm in one hand and nothing in the other, whatever that person does with their free hand will automatically happen with the hand holding the gun. If a finger is inside the trigger guard, that hand is likely going to close around the pistol grip of the gun and on the trigger causing an unwanted discharge.

Planning your fall hunting trip also means having your gear in proper working order. Firearms should be cleaned and closely inspected for any signs of mechanical wear that could result in a problem in the field. Firearms aren't the only items that need to be checked well in advance of a hunting trip. Clothing and other equipment should also be inspected for signs of wear and tear. Anything that might cause you to compromise safety should be repaired, discarded or replaced. Blaze orange clothing that has faded over time, a jacket that doesn't fit right or a scope that isn't adjusted correctly can compromise your safety and the safety of others. Have a safe and enjoyable hunt!

SCI OSHA Compliance: Parking Lot Injuries: OSHA Recordable?

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

Date: November 6, 2012

If an employee slips and falls in your parking lot on the way to work, or if an employee goes out to the parking lot for a smoke break and has a fall, are these work-related OSHA 300 log recordable incidents?

Here are two cases excerpted from an OSHA letter of interpretation that can help you answer this question.

Case 1

An employee must report to work by 8:00 a.m. The employee drove into the company parking lot at 7:30 a.m. and parked the car. The employee exited the car and proceeded to the office to report to work. The parking lot and sidewalks are privately owned by the facility and both are within the property line, but not the controlled access points (i.e., fence, guards). The employee stepped onto the sidewalk and slipped on the snow and ice. The employee suffered a back injury and missed multiple days of work. The company believes that the employee was still in the process of the commute to work since the employee had not yet checked in at the office. Since a work task was not being performed, the site personnel deemed the incident not work-related and therefore not recordable.

OSHA's response: Company parking lots and sidewalks are part of the employer's establishment for recordkeeping purposes. Here, the employee slipped on an icy sidewalk while walking to the office to report for work. In addition, the event or exposure that occurred does not meet any of the work-related exceptions contained in 1904.5(b)(2). The employee was on the sidewalk because of work; therefore, the case is work-related regardless of the fact that he had not actually checked in.

Case 2

An employee reports to work. Several hours later, the employee goes outside for a "smoke break." The employee slips on the ice and injures his back. Since the employee was not performing a task related to the employee's work, the company has deemed this incident non-work related and therefore not recordable.

OSHA's response: Under Section 1904.5(b)(2)(v), an injury or illness is not work-related if it is solely the result of an employee doing personal tasks (unrelated to their employment) at the establishment outside of the employee's assigned working hours. In order for this exception to apply, the case must meet both of the stated conditions. The exception does not apply here because the injury or illness occurred within normal working hours. Therefore, your case in question is work-related, and if it meets the general recording criteria under Section 1904.7 the case must be recorded.

Prevent Slips, Trips, and Falls—Anywhere on Your Premises

No matter where on your premises an employee slips, trips, or falls, the result is the same—an accident and injury, perhaps leading to lost workdays, workers' comp costs, and more.

Training helps prevent slips, trips, and falls and accidents caused by other workplace hazards.



HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

MISCELLANEOUS

- Here's a win-win: Sleep more to weigh less. People who don't catch their z's eat nearly 300 more calories a day.
 - Hey, sleepyhead, go back to bed. Not only will you be better rested, you'll also eat fewer calories in the day. According to a study at Columbia University, people who got four hours of shut-eye a night ate 300 more calories a day, compared to those who banked nine hours of sleep each night. Women were more likely than men to overindulge, averaging 329 extra calories, compared with men's 263. Another study on the effects of diet and sleep found that drowsy dieters produced higher levels of ghrelin, a hormone that triggers hunger and slows down the body's fat-burning mechanism. So not only are you famished and eating more when you're sleep-deprived, you're also burning less fat. That's why you should do your waistline a favor and sleep.
- Think you'll ace that test? Turns out, we're not good at predicting how well we remember something. So keep on studying
 - When preparing for a big presentation or test, it doesn't pay to be cocky. The reason: People are not very good at predicting how well they remember something. If it's easy to learn, for instance, we assume it's easy to recall — and that isn't always the case. Being in a positive mood when we're studying can also make us think we know the material much better than we do. So even if you think you're going to ace a test, it doesn't mean you will. The best way to learn something is through repetition. The more times you review the material, the more engrained it becomes. While it's great to have confidence, don't let it lull you into not studying. Believe in your ability to do well, and then study anyway.
- Plotting the perfect getaway? To get the most pleasure out of your vacation, spend your money on experiences instead of an extra day.
 - When it comes to getting the most out of your vacation, how long you go away for matters less than how you fill your days. According to behavioral economist Tom Gilovich, PhD, of Cornell University, you will get the biggest bang for your buck by spending your money on an amazing experience rather than an extra day at your location. It has to do with something called the peak-end rule. When reflecting on how good a time we had, we'll remember two things: the most intense moments and the last day. That's why he recommends splurging on an unforgettable experience, like a helicopter ride, surfing lessons or dinner at your favorite celebrity chef's restaurant. Then, be sure to do something special on the last day or evening before you head home. The more fun you have on your vacation, the better you'll feel when you return home. Taking time off from work or at-home responsibilities helps us recuperate, so we can return to our daily lives with less stress and renewed vigor



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

In Loving
Memory of Jessica Lehrke

