



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

**Safety is our
concern
James Lehrke-SCI
of the week**

SCI Safety Tip: Ladder Safety Inspections: The Essential First Step

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

Date: October 25, 2012

As with any other piece of equipment, ladders should be inspected before each use to make sure that they are in good condition and safe to use. Here are some things employees should look for.

All ladders should be inspected before each use. It doesn't take long to check out a ladder to make sure it's safe to use. But those few minutes could be the most important of a worker's life.

Train employees to inspect ladders properly. Make sure they know what to check. For example, they should check to see that:

- Steps or rungs are in good repair and free of mud, grease, oil, or sticky substances
- Side rails have no cracks or splits
- Metal parts are lubricated
- Rope is not worn or frayed
- Spreaders or other locking devices are in place and working properly
- Splinters or sharp edges have been filed down
- Safety feet are solid and in place
- Metal ladders are free of dents and bent parts

Ladders should also be inspected following any tipovers or possible damage to a ladder that has been struck by something, hit something, or been dropped.

What to Do with a Defective Ladder

When employees identify a safety problem with a ladder during an inspection, they should not use it. Instead, they should remove it from service and tag it to make sure nobody else uses it. For example, they could write "DO NOT USE" in big bold letters on a tag and attach it to the ladder where it can be easily seen.

Also make sure employees understand that they should not try to repair ladders themselves. If they just report the problem, maintenance will handle it from there. A person qualified to perform repairs will fix the ladder if possible, or it will be replaced with a new ladder.

SCI OSHA Compliance: Most Frequently Cited Standards

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

The following were the top 10 most frequently cited standards in fiscal year 2011 (October 1, 2010 through September 30, 2011):

1. **Scaffolding, general requirements, construction** ([29 CFR 1926.451](#)) [[related OSHA Safety and Health Topics page](#)]
2. **Fall protection, construction** ([29 CFR 1926.501](#)) [[related OSHA Safety and Health Topics page](#)]
3. **Hazard communication standard, general industry** ([29 CFR 1910.1200](#)) [[related OSHA Safety and Health Topics page](#)]
4. **Respiratory protection, general industry** ([29 CFR 1910.134](#)) [[related OSHA Safety and Health Topics page](#)]
5. **Control of hazardous energy (lockout/tagout), general industry** ([29 CFR 1910.147](#)) [[related OSHA Safety and Health Topics page](#)]
6. **Electrical, wiring methods, components and equipment, general industry** ([29 CFR 1910.305](#)) [[related OSHA Safety and Health Topics page](#)]
7. **Powered industrial trucks, general industry** ([29 CFR 1910.178](#)) [[related OSHA Safety and Health Topics page](#)]
8. **Ladders, construction** ([29 CFR 1926.1053](#)) [[related OSHA Safety and Health Topics page](#)]
9. **Electrical systems design, general requirements, general industry** ([29 CFR 1910.303](#)) [[related OSHA Safety and Health Topics page](#)]
10. **Machines, general requirements, general industry** ([29 CFR 1910.212](#)) [[related OSHA Safety and Health Topics page](#)]

The following are the standards for which OSHA assessed the highest penalties in fiscal year 2011 (October 1, 2010 through September 30, 2011):

1. **Fall protection, construction** ([29 CFR 1926.501](#)) [[related OSHA Safety and Health Topics page](#)]
2. **Scaffolding, general requirements, construction** ([29 CFR 1926.451](#)) [[related OSHA Safety and Health Topics page](#)]
3. **Control of hazardous energy (lockout/tagout), general industry** ([29 CFR 1910.147](#)) [[related OSHA Safety and Health Topics page](#)]
4. **Machines, general requirements, general industry** ([29 CFR 1910.212](#)) [[related OSHA Safety and Health Topics page](#)]
5. **Ladders, construction** ([29 CFR 1926.1053](#)) [[related OSHA Safety and Health Topics page](#)]
6. **Excavations, requirements for protective systems** ([29 CFR 1926.652](#)) [[related OSHA Safety and Health Topics page](#)]
7. **Powered industrial trucks, general industry** ([29 CFR 1910.178](#)) [[related OSHA Safety and Health Topics page](#)]
8. **General duty clause** ([Section 5\(a\)\(1\) of the OSH Act](#))
9. **Electrical, wiring methods, components and equipment, general industry** ([29 CFR 1910.305](#)) [[related OSHA Safety and Health Topics page](#)]
10. **Electrical systems design, general requirements, general industry** ([29 CFR 1910.303](#)) [[related OSHA Safety and Health Topics page](#)]

HEALTHY BITES

Quick Tips for Healthy Living



TECHNOLOGY AND YOUR HEALTH

- Seniors should hang up their cell phones before crossing the street. Multitasking strains older adults' ability to pay attention.
 - o If you qualify for an AARP membership, you might want to keep multitasking to a minimum. Doing two things at once is challenging to anyone's brain, but it becomes more difficult as we get older. This can be particularly dangerous if one of those to-dos comes with safety risks. A study in the journal Psychology and Aging found that older adults had a tough time crossing the street when asked to carry on a hands-free cell phone conversation. Keep distractions to a minimum when navigating traffic — either by foot or behind the wheel. Heed that same advice when doing anything that can lead to injury, like cooking, yard work or home improvement projects. If you feel distracted, you're more likely to have an accident, so focus on one task at a time
- Like to catch up on your phone calls while driving? Forget about it. Only 2.5% of people can do both without being distracted
 - o Even if you're on a hands-free cell phone, chatting with a friend while behind the wheel can seriously hamper your driving skills. According to research in the journal Psychonomic Bulletin and Review, only 2.5 percent of people can yap on their cell phone and drive without affecting their performance. The reason: people cannot do two things at once. That's why the term multi-tasking is, in fact, a bit of a misnomer, because what you're really doing is switching your attention between tasks. Only this small fraction of the population, known as supertaskers, can tackle two jobs simultaneously. Aging slows down the multitasking areas of the brain, so it can be especially risky for seniors to talk or text when behind the wheel. Be considerate to your friends (and the people you're sharing the road with) and save your conversations for a time when you won't be distracted..
- Afraid all that time at your computer is destroying your vision? It's not. Take frequent breaks and blink often to avoid dry, tired eyes.
 - o If you're like millions of other Americans, you have likely been to the eye doctor to complain about strained, irritated eyes from too much computer use. Your optometrist may even have thrown out a scary-sounding condition called computer vision syndrome, or CVS. But fear not. CVS is simply a bundle of benign symptoms — including fatigue, dry or tired eyes, blurred vision and back or neck aches — that may occur from spending too much time hunched over your computer. But your PC is not doing irreparable damage to your vision. The symptoms are all temporary. The way to get rid of them? It's as easy as taking frequent breaks and blinking often. When we're concentrating on an object, we stare and forget to blink. This can dry out our eyes and cause irritation. In addition to closing your lids now and then, look off into the distance, which will help reduce eyestrain
- Take off the headphones, or turn the volume down. One in four college students show some level of hearing loss.
 - o Think you don't need to turn down your headset because your hearing is perfect? A small study found that 25 percent of college kids had some degree of damage — even though they thought their hearing was fine. Seven percent of those tested in the study had enough damage to be diagnosed with mild hearing loss. According to the researchers, you would expect people of that age to have normal hearing ability. Though they did not assess the reasons for students' impaired hearing, researchers speculate it has to do with the prevalence of portable music players. Hearing damage cannot be undone, so protect your ears now to prevent hearing loss and possibly even dementia later. Research published in the Archives of Neurology found that older adults with hearing loss are significantly more likely to develop dementia than people with good hearing



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

*In Loving
 Memory of Jessica Lefrke*