



"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

**When in doubt throw leftovers out
James Lehrke-SCI**

of the week

SCI Safety Tip: Thanksgiving Is Pink Turkey Meat Safe?

Sources: http://www.fsis.usda.gov/Fact_Sheets/Is_Pink_Turkey_Meat_Safe/index.asp

Date: December 9, 2010

The color pink in cooked turkey meat raises a "red flag" to many diners and cooks. Conditioned to be wary of cooked fresh pork that looks pink, they question the safety of cooked poultry and other meats that have a rosy blush.

Numerous callers to the USDA Meat and Poultry Hotline report being alarmed when seeing "pink." To them, it means "unsafe" or "under-done."

"I cooked my turkey until done according to the directions, but when I sliced the breast meat, it was still pink near the bone," said an Oklahoma caller. "Is it safe?"

"We had a big family argument at Thanksgiving dinner. Aunt Mildred wouldn't eat the turkey because it looked pink," reported the beleaguered cook from a Wisconsin family.

The color of cooked poultry is not always a sure sign of its safety. Only by using a food thermometer can one accurately determine that poultry has reached a safe minimum internal temperature of 165 °F throughout the product. Turkey can remain pink even after cooking to a safe minimum internal temperature of 165 °F. The meat of smoked turkey is always pink.

To understand some of the causes of "pinking" or "pinkening" in fresh turkey, it's important to know first what gives meat its natural color.

Why is Poultry Lighter in Color Than Beef?

The protein *myoglobin* is the major pigment found in all vertebrates and can exist in various forms which determine the resulting meat color. The major reason that poultry meat is much lighter in color than beef is that it is dramatically lower in myoglobin. Also, as an animal becomes older, its myoglobin content usually increases. Turkeys today are young — 4 to 5 months old at the time of slaughter.

Why Are White & Dark Meat of Poultry Different Colors?

The pink, red or white coloration of meat is due primarily to oxygen-storing myoglobin which is located in the muscle cells and retains the oxygen brought by the blood until the cells need it. To some extent, oxygen use can be related to the bird's general level of activity: muscles that are exercised frequently and strenuously — such as the legs — need more oxygen, and they have a greater storage capacity than muscles needing little oxygen. Turkeys do a lot of standing around, but little if any flying, so their wing and breast muscles are white; their legs, dark.

What Causes Well-Done Meat to Be Pink?

- **Chemical Changes During Cooking.** Scientists have found that pinkness occurs when gases in the atmosphere of a heated gas or electric oven react chemically with hemoglobin in the meat tissues to give poultry a pink tinge. They are the same substances that give red color to smoked hams and other cured meats. The presence of high levels of myoglobin, or some of its redder forms due to incomplete denaturation during heat processing, can account for poultry having a pink to red color similar to that of an undercooked product.
- **Natural Presence of Nitrites.** Nitrites are commonly used to produce a desired pink color in traditionally cured meats such as ham or bologna. So it follows that the natural presence of nitrates and nitrites, either in the feed or water supply, used in the production of poultry are a factor in nitrite levels in the birds. One study found that during 40 hours of storage at 40 °F, naturally occurring microorganisms converted nitrate to nitrite. It also found that the local water supply had nitrate and, thus, it could serve as a nitrate source during processing.
- **Young Age of Meat.** Often meat of younger birds shows the most pink because their thinner skins permit oven gases to reach the flesh. The amount of fat in the skin also affects the amount of pink color. Young birds or animals also lack the shield of a fat covering.
- **Grilling.** Meat and poultry grilled or smoked outdoors can also look pink, even when cooked to 165 °F. There may be a pink-colored rim about one-half inch wide around the outside of the cooked meat. The meat of commercially smoked turkeys is usually pink because it is prepared with natural smoke and liquid smoke flavor

OSHA News: OSHA Schedules Meeting of the Federal Advisory Council on Occupational Safety and Health

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

Date: November 16, 2011

WASHINGTON – The Occupational Safety and Health Administration will hold a [meeting](#) of the Federal Advisory Council on Occupational Safety and Health ([FACOSH](#)) Thursday, Dec. 1, 2011, in Washington, D.C. The Secretary of Labor recently renewed the council's charter for another two years.

FACOSH advises the Secretary of Labor on matters relating to the occupational safety and health of federal employees. This includes providing advice on how to reduce and keep to a minimum the number of injuries and illnesses in the federal workforce and how to encourage federal agencies to establish and maintain effective occupational safety and health programs.

The tentative agenda includes a report and recommendation from the Emerging Issues Subcommittee regarding its analysis of Permissible Exposure Limits applicable to Federal agencies; Training Subcommittee report and recommendations update; Protecting Our Workers and Ensuring Reemployment (POWER) end-of-year report; and Strategic Planning for charter period 2011 – 2013.

The meeting will be held 2 - 4:30 p.m. in Room N-3437 A/B/C, U.S. Department of Labor, 200 Constitution Ave., N.W., Washington, DC 20210. Comments and requests to speak may be submitted electronically at <http://www.regulations.gov>, the Federal eRulemaking Portal. Comments may also be submitted via mail or facsimile. See the Federal Register notice for details. Comments and requests to speak must be submitted by Nov. 25, 2011.

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>.

HEALTHY BITES

Quick Tips for Healthy Living

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TAKE SMALL STEPS TO PREVENT DIABETES

When you take steps to prevent diabetes, you will also lower your risk for possible complications of diabetes such as heart disease, stroke, kidney disease, blindness, nerve damage, and other health problems. That's a big reward for you and your family and friends.

The **Small Steps. Big Rewards.** Research studies prove that Type 2 diabetes could be prevented or delayed in persons with increased risk by losing a small amount of weight and getting 30 minutes of moderate-intensity physical activity, such as brisk walking, five days a week.

Set a Weight-Loss Goal

Plan to set a weight loss goal: The key to preventing diabetes is to lose weight by eating healthy foods that are lower in fat and calories and being physically active. Set a goal that you can achieve. A good goal is to lose at least 5 to 10 percent (10 to 20 pounds if you weigh 200 pounds) of your current weight. A 5 to 7 percent weight loss was shown to have a big impact on lowering the risk of diabetes in the DPP study.

Make Healthy Food Choices

Make healthy food choices to help reach your weight loss goal. There are many weight loss plans from which to choose. Studies show that you can prevent or delay the onset of diabetes by losing weight through a low-fat, reduced calorie eating plan, and by increasing physical activity. If you want to make healthier food choices to lower your risk for Type 2 Diabetes, contact Prevea's Registered Dietician, Deb Guenterburg at (920) 272-1181.

Move More

When you move more every day, you will burn more calories. This will help you reach your weight loss goal. Try to get at least 30 minutes of moderate-intensity physical activity five days a week. If you have not been active, start off slowly, building up to your goal. Try brisk walking, dancing, swimming, biking, jogging, or any physical activity that helps get your heart rate up. You don't have to get all your physical activity at one time. Try getting some physical activity throughout the day in 10 minute sessions.



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

In Loving
Memory of Jessica Lefirke