



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 the first gate to success.
James Lehrke-SCI**

of the week

SCI Safety Tip: Handy Hand Safety Training Tips

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

Date: December 3, 2012

Hands are one of the twos—two hands, two feet, two arms, two legs, two eyes, and two ears. Any one of these (or both) can be injured on the job. But hands are particularly vulnerable, and not always easy to protect.

Because the hands and fingers play a role in virtually every task, they are unusually vulnerable to injury. And they are also often taken for granted and not protected as well as they should be.

Yet their distinctive characteristics—strength, flexibility, sensitivity, and coordination—are vital, and hand protection and safety should be a major concern for both employers and workers.

Hands and fingers can be injured in many different ways. For example, they can be:

- Cut
- Punctured
- Scraped
- Burned
- Irritated by dermatitis
- Fractured
- Crushed or mangled
- Amputated

Fortunately, almost all hand and finger injuries can be prevented. But it takes engineering controls, PPE, lots and lots of training, and daily reinforcement of the hand safety message to protect employees from workplace hand hazards such as:

- Machines and tools
- Sharp objects
- Rough surfaces
- Hot substances and surfaces
- Chemicals
- Electricity
- Extreme cold

Hand Safety Do's and Don'ts

Make sure your workers learn and remember these hand safety do's and don'ts.

Do:

- Pay attention to where both hands are placed at all times while working, especially when working with machinery.
- Wear appropriate gloves to protect against particular hazards.
- Use the right tool for the job, and know how to use tools safely, especially power tools.
- Stretch your hands and fingers from time to time to give tense and tired muscles and tendons a chance to relax.
- Protect your hands when working with chemicals, hot substances, sharp objects, and other common workplace hand hazards.

Don't:

- Don't use hands to feed material into machines.
- Don't wear gloves, jewelry, or long sleeves around rotating machinery.
- Don't use your hands to sweep up wood chips, metal shavings, glass, or other sharp objects.
- Don't use strong solvents or gasoline to clean your hands.
- Don't operate machinery or power tools under the influence of alcohol or drugs, even some prescription drugs.

SCI OSHA Compliance: OSHA's Top 10 List and How to Stay Off It (Part 1)

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

Date: December 5, 2012

OSHA's newest top 10 list of violations includes familiar hazards. Today and tomorrow, we look at a number of these entries and suggest ways to avoid OSHA violations and penalties.

As you probably already know, the top 10 violations for 2012 are:

- Fall protection—general requirements
- Hazard communication
- Scaffolding
- Respiratory protection
- Ladders
- Machine guarding
- Powered industrial trucks
- Electrical—wiring methods
- Lockout/tagout
- Electrical—general requirements.

In 2011 the top three violations were, in order, scaffolding, fall protection, and hazard communication.

What can you do to make sure your facility doesn't run afoul of top 10 violations and end up dealing with citations and paying dollars for penalties that could better be spent elsewhere? Here are some tips.

Fall Protection (29 CFR 1926 Subpart M)

Tips for being in compliance with this standard include:

- Determine if walking/working surfaces have the strength and structural integrity to support employees safely.
- Protect employees on walking/working surfaces (horizontal and vertical) with an unprotected side or edge that is 6 feet or more above a lower level. The use of guardrail systems, safety net systems, or personal fall arrest systems is required.
- Protect employees constructing a leading edge 6 feet or more above a lower level from falling with guardrail systems, safety net systems, or personal fall arrest systems.
- Protect workers from tripping in or stepping into or through holes (including skylights) with covers, guardrails, or personal fall arrest systems.

Hazard Communication (29 CFR 1910.1200)

Tips for being in compliance with this standard include:

- Have a written hazard communication program that identifies all hazardous substances in the workplace.
- Make sure all hazardous chemicals are properly labeled.
- Provide an SDS for each hazardous chemical in the workplace.
- Train employees about chemical hazards and precautions.
- Provide appropriate PPE, and make sure employees use it.
- Retrain employees whenever new chemical hazards are introduced into the workplace and following any incidents involving hazardous substances.

HEALTHY BITES

Quick Tips for Healthy Living



Salmon

Fatty fish like salmon is a great source of omega-3 fatty acids. Omega-3s can help lower triglyceride levels and reduce the overall risk for heart attacks. Try to eat eight ounces of salmon per week. Not a fan? You can get the same effect from mackerel, fresh albacore tuna, Atlantic herring, sardines, and lake trout.



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 Lehrke*