



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

**Ice and Snow...Take it Slow
James Lehrke-SCI**

of the week

SCI Safety Tip: Safe Attitudes Make All the Difference

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

Date: December 11, 2012

When employees have a safe attitude, they have a genuine concern for their own safety and well-being as well as that of co-workers. They feel it is their responsibility to help maintain a safe work environment for all. Good for them, and good for you.

"Safety is our number 1 priority," say a lot of companies. But when the chips are down and production needs to be increased, safety may suddenly become number 2.

Having a good safety attitude means that both the company and employees have to make safety a core value. Values don't change every time priorities do. Values become part of the way you and your workers operate every day on the job. They are part of your organization's:

1. Core
2. Culture
3. Policies
4. Actions

Time and again, award-winning health and safety programs prove to be those in which the employer places a high priority on worker safety, and employees readily participate in activities that advance safety objectives. In other words, everyone from the CEO to the newest, lowest level employee takes safety seriously and always makes it priority number 1.

What It Takes

What does it take to develop good safety attitudes among employees?

- Encourage employees to think about safety 24/7, not only when they're at work.
- Talk about safety all the time. It has to be something people are always discussing, thinking about, and improving.
- Make sure employees work safely. This job falls largely to your supervisors, who have to have good safety attitudes, too. And you and your staff have to be checking up, monitoring performance, and being visible.
- Encourage employee participation, suggestions, questions, and even complaints about unsafe conditions.

- Set an example for your workers. If they see you and your safety staff wearing PPE, following rules, eliminating hazards, and investigating incidents, they'll follow your lead take safety seriously, too.
- Provide positive feedback for safe performance and attitudes. People love to be recognized and praised for doing the right thing.

Correct reported safety hazards right away. Nothing says that you and management also have a good safety attitude more than demonstrating that you care and are looking out for your workers.

SCI OSHA Compliance: OSHA's Top 10 List and How to Stay Off It (Part 2)

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

Date: December 5, 2012

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.

Scaffolding (29 CFR 1926 Subpart L)

The key to staying in compliance with this standard is a "competent person." The standard requires a competent person to perform the following duties:

- Select and direct employees who erect, dismantle, move, or alter scaffolds.
- Determine if it is safe for employees to work on or from a scaffold during storms or high winds and to ensure that a personal fall arrest system or windscreens protect these employees.
- Train employees involved in erecting, disassembling, moving, operating, repairing, maintaining, or inspecting scaffolds to recognize associated work hazards.
- Inspect scaffolds and scaffold components for visible defects before each work shift and after any occurrence that could affect the structural integrity and to authorize prompt corrective actions.
- Inspect ropes on suspended scaffolds prior to each work shift and after every occurrence that could affect the structural integrity, and to authorize prompt corrective actions.
- Inspect manila or plastic (or other synthetic) rope being used for top rails or midrails.
- Determine if a scaffold will be structurally sound when inter-mixing components from different manufacturers or when components of dissimilar metals are used.

Respiratory Protection (29 CFR 1910.134)

An estimated 5 million workers are required to wear respirators in 1.3 million workplaces throughout the United States. Respirators protect workers against insufficient oxygen environments and harmful dusts, fogs, smokes, mists, gases, vapors, and sprays.

Tips for staying in compliance with this standard include:

- Provide respirators, training, and medical evaluations at no cost to employees.
- Make sure all respirators are fit-tested before use.
- Provide employees with respirators whenever this PPE is necessary to protect against respiratory hazards.
- Provide respirators suitable to protect against the specific hazard employees face.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Walnuts

Walnuts are a good source of polyunsaturated fat — the kind that's been shown to reduce blood cholesterol levels and lower the production of LDL cholesterol in the body. They're also a vegetarian source of omega-3s, making them a boon for people who don't eat fish. However, you'll need to be mindful of portion size — nuts are high in calories, which can cause you to pack on pounds if you down too much. Try them in oatmeal, as a topping for chicken or fish, on salads, in muffins, and on sautéed kale.

SCI Environmental Tip: EPA's Top 10 Tools for Saving Energy This Winter (Part 1)

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

Date: December 14, 2012

"Today is the first day of winter and a good time to look into EPA's tools to help you save energy as well as money this season."

#1 Maintain your heating equipment to lower utility bills. EPA estimates home heating and cooling costs account for about \$1,000. Maintaining the efficiency of your home's **HVAC** system can have a big effect on your utility bills. So schedule an **HVAC** checkup with a licensed **HVAC** contractor to make sure your system is operating at peak performance. Also, check your system's air filter every month and change it when it's dirty or at a minimum, every 3 months. A dirty filter will slow down air flow and make the system work harder to keep you warm or cool — wasting energy

#2 Check out EPA's AIRNow app and get current particle pollution and ozone levels and forecasts for more than 400 cities across the country. The Ultraviolet (**UV**) Index provides an hourly forecast of the **UV** radiation levels from the sun. Both are available for Apple and Android phones.

#3 Decorate for the holidays with Energy Star light strings that can last up to 10 times longer. **Energy Star**-qualified light strings use about 65 percent less electricity than incandescent light strings and are available in a variety of colors, shapes, and lengths. Imagine this ... if every decorative light string sold in the United States this year were **Energy Star** qualified, Americans would save \$80 million in utility bills and one billion pounds of **greenhouse gas** emissions would be prevented.



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