



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: Stay Safe this Holiday Season

Sources: <http://www.cdc.gov>

Date: December 12, 2011

Tips from CDC's Injury Center on [motor vehicle safety](#) can help you protect yourself, your passengers, and your family and friends. Whether you're headed around town, out of town, or out to celebrate, we wish you a safe holiday season.

Protect Your Passengers

Whenever you're on the road this holiday season, remember to always buckle up. Wearing your seat belt can reduce your risk of dying in a crash by about half. Also, make sure your young passengers are buckled into appropriate safety seats. The safest place for children of any age to ride is properly restrained in the back seat. Data show that child safety seats reduce the risk of death in car crashes by 71% for infants and 54% for toddlers ages one to four.

[Learn more about child passenger safety and CDC's research and activities in this area.](#)

Celebrate Safely

During the holiday season, and year-round, take steps to make sure that you and everyone you celebrate with avoids driving under the influence of alcohol. Following these tips can help you stay safe:

- **Plan ahead.** Always designate a non-drinking driver before any holiday party or celebration begins.
- **Take the keys.** Don't let friends drive if they are impaired.
- **Be a helpful host.** If you're hosting a party this holiday season, remind your guests to plan ahead and designate their sober driver; offer alcohol-free beverages; and make sure all of your guests leave with a sober driver.

[Learn more about alcohol-impaired driving](#) and CDC's research and activities in this area.

Know That Parents Are the Key

This holiday season, and throughout the year, talk with your teen about the dangers of driving—and keep the conversation going. CDC also encourages you to take these steps to help keep your teen driver safe:

- **Extend your teen's supervised driving period.** Help your teen develop the skills he or she needs by providing as many supervised practice driving hours as possible. Include at least 30 to 50 hours of practice over at least six months. Make sure to practice on a variety of road conditions and at different times of day.

- **Set the rules of the road.** Practicing driving will empower your teen. But your rules will provide much needed limits to keep him or her safe. Support the rules that most states have for new teen drivers by including the following:
- **Make sure your teen always wears a seat belt.**
- **Limit your teen's nighttime driving.**
- **Restrict the number of teen passengers allowed in the car.**

Enforce the rules with a Parent-Teen Driving Agreement [PDF - 215 KB]. Discuss your rules of the road with your teen. Talk about why they are important to follow, as well as consequences for breaking the rules. Work with your teen to draft and sign a parent-teen driving agreement. You may choose to hang yours on the refrigerator door to highlight the importance of safe driving. Let your teen know that following the rules and driving safely will result in greater driving privileges.

SCI OSHA Compliance: Hazard Communication Safety Data Sheets

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

The Hazard Communication Standard (HCS) requires chemical manufacturers, distributors, or importers to provide Safety Data Sheets (SDSs) (formerly known as Material Safety Data Sheets or MSDSs) to communicate the hazards of hazardous chemical products. As of June 1, 2015, the HCS will require new SDSs to be in a uniform format, and include the section numbers, the headings, and associated information under the headings below:

Section 1, Identification includes product identifier; manufacturer or distributor name, address, phone number; emergency phone number; recommended use; restrictions on use.

Section 2, Hazard(s) identification includes all hazards regarding the chemical; required label elements.

Section 3, Composition/information on ingredients includes information on chemical ingredients; trade secret claims.

Section 4, First-aid measures includes important symptoms/ effects, acute, delayed; required treatment.

Section 5, Fire-fighting measures lists suitable extinguishing techniques, equipment; chemical hazards from fire.

Section 6, Accidental release measures lists emergency procedures; protective equipment; proper methods of containment and cleanup.

Section 7, Handling and storage lists precautions for safe handling and storage, including incompatibilities.

Section 8, Exposure controls/personal protection lists OSHA's Permissible Exposure Limits (PELs); Threshold Limit Values (TLVs); appropriate engineering controls; personal protective equipment (PPE).

Section 9, Physical and chemical properties lists the chemical's characteristics.

Section 10, Stability and reactivity lists chemical stability and possibility of hazardous reactions.

Section 11, Toxicological information includes routes of exposure; related symptoms, acute and chronic effects; numerical measures of toxicity.

Section 12, Ecological information*

Section 13, Disposal considerations*

Section 14, Transport information*

Section 15, Regulatory information*

Section 16, Other information, includes the date of preparation or last revision.

*Note: Since other Agencies regulate this information, OSHA will not be enforcing Sections 12 through 15(29 CFR 1910.1200(g)(2)).

Employers must ensure that SDSs are readily accessible to employees. See Appendix D of 1910.1200 for a detailed description of SDS contents.

HEALTHY BITES

Quick Tips for Healthy Living



Eat Slowly

It takes about 20 minutes for your brain to get the message from your stomach that you are no longer hungry. Fast eaters often are overeaters, while slow eaters tend to eat less and are still satisfied.

SCI Environmental Tip: EPA's Top 10 Tools for Saving Energy This Winter (Part 2)

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

Date: December 14, 2012

#4 Lower the temperature in your home to increase savings up to 12 percent. Control your home's temperature while away or asleep by using one of the pre-programmed settings. Programming the thermostat to turn the temperature down 8 degrees for 7 hours each night and an additional 7 hours each weekday could result in a seasonal heating savings of approximately 12 percent. For the average home, this could result in savings of about \$180.

#5 Check for water leaks and install WaterSense products. The average household spends as much as \$500 per year on their water and sewer bill, but approximately \$170 per year can be saved by installing water-efficient fixtures and appliances

#6 Reduce your food waste. Feed people, not landfills. Food is the single largest type of waste going to landfills and incinerators. When excess food, leftover food, and food scraps are disposed of in a landfill, they decompose and become a significant source of the **greenhouse gas**, methane.

#7 Look for the Design for the Environment label on more than 2,800 products during winter cleaning. EPA's Designed for the Environment (DfE) logo differentiates products that use only the safest ingredients to protect people, our pets, and the environment. In 2011, Americans using DfE products cut the use of harmful chemicals by more than 756 million pounds

#8 Test your home for radon gas. According to EPA, 1 in 15 homes may have elevated levels. You can purchase an affordable Do-It-Yourself test kit online or at a local hardware store to determine the level in your home. Addressing high levels often costs the same as other minor home repairs.

#9 Learn before you burn! EPA's **Burn Wise** program has best burn practices to help better protect your home and your health. Never burn garbage, cardboard, ocean driftwood, or wet wood. If you replace an old wood stove with a more efficient one, efficiency can increase by 50 percent.

#10 Prevent Pests. To keep insects and rodents out of your home, eliminate sources of food, water, and shelter. Do this by using caulk to eliminate cracks, repair water leaks, remove clutter, and clean up crumbs and other food sources. If you decide to use a pesticide, read the label first. The pesticide label is your guide to using pesticides safely and effectively. It contains pertinent information that you should read and understand before you use a pesticide product.



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