



"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

***Stay Alive, don't drink and drive
James Lehrke-SCI***

of the week

SCI Safety Tip: Help Keep Your Workers (and Other Drivers) Safe on the Roads This Holiday Season

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

Date: November 27, 2012

December is National Drunk and Drugged Driving Prevention Month. What better time for a safety meeting on keeping safe on the road this holiday season?

Here are some safe holiday driving tips from MADD (Mothers Against Drunk Driving):

- Select a designated driver who pledges not drink before celebrations begin.
- Never serve alcohol at a holiday party to anyone under age 21.
- Give safe parties. Provide non-alcoholic drinks and stop serving alcohol the last hour of the gathering.
- Be prepared to get everyone home safely. Send people who've had too much to drink home with a safe driver or call them a taxi.

Stacks of Statistics

If employees need some encouragement to follow these safety rules, you can provide them with these statistics posted on MADD's website (www.madd.org) and gathered from a variety of reliable sources, including government agencies and university research studies.

- Every day in America, another 28 people die as a result of drunk driving crashes.
- In 2010, 211 children were killed in drunk driving crashes. Out of those 211 deaths, 131 (62 percent) were riding with the drunk driver.
- About one-third of all drivers arrested or convicted of driving while intoxicated or driving under the influence of alcohol are repeat offenders.
- Almost half of all drivers who were killed in crashes and tested positive for drugs also had alcohol in their system.
- Over 1.41 million drivers were arrested in 2010 for driving under the influence of alcohol or narcotics.

- In fatal crashes in 2010, the highest percentage of drunk drivers was for drivers ages 21 to 24 (34 percent), followed by ages 25 to 34 (30 percent) and 35 to 44 (25 percent).
- The average person metabolizes alcohol at the rate of about one drink per hour. Only time will sober a person up. Drinking strong coffee, exercising or taking a cold shower will not help.
- Impairment is not determined by the type of drink, but rather by the amount of alcohol ingested over a specific period of time.
- On average, one in three people will be involved in a drunk driving crash in their lifetime.

SCI OSHA Quickcards: Cold Stress (Part 2)

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

What Should Be Done: (water temperatures)

- Call for emergency help (Ambulance or Call 911). Body heat is lost up to 25 times faster in water.
- **DO NOT** remove any clothing. Button, buckle, zip, and tighten any collars, cuffs, shoes, and hoods because the layer of trapped water closest to the body provides a layer of insulation that slows the loss of heat. Keep the head out of the water and put on a hat or hood.
- Get out of the water as quickly as possible or climb on anything floating. **DO NOT** attempt to swim unless a floating object or another person can be reached because swimming or other physical activity uses the body's heat and reduces survival time by about 50 percent.
- If getting out of the water is not possible, wait quietly and conserve body heat by folding arms across the chest, keeping thighs together, bending knees, and crossing ankles. If another person is in the water, huddle together with chests held closely.

How to Protect Workers

- Recognize the environmental and workplace conditions that lead to potential cold-induced illnesses and injuries.
- Learn the signs and symptoms of cold-induced illnesses/injuries and what to do to help the worker.
- Train the workforce about cold-induced illnesses and injuries.
- Select proper clothing for cold, wet, and windy conditions. Layer clothing to adjust to changing environmental temperatures. Wear a hat and gloves, in addition to underwear that will keep water away from the skin (polypropylene).
- Take frequent short breaks in warm dry shelters to allow the body to warm up.
- Perform work during the warmest part of the day.
- Avoid exhaustion or fatigue because energy is needed to keep muscles warm.
- Use the buddy system (work in pairs).
- Drink warm, sweet beverages (sugar water, sports-type drinks). Avoid drinks with caffeine (coffee, tea, or hot chocolate) or alcohol.
- Eat warm, high-calorie foods like hot pasta dishes.

Workers Are at Increased Risk When...

- They have predisposing health conditions such as cardiovascular disease, diabetes, and hypertension.
- They take certain medication (check with your doctor, nurse, or pharmacy and ask if any medicines you are taking affect you while working in cold environments).
- They are in poor physical condition, have a poor diet, or are older.

HEALTHY BITES**Quick Tips for Healthy Living****PREVEA**
*Health & Wellness***Spinach**

Fruits and vegetables naturally boast plant stanols and sterols, which help lower LDL cholesterol by blocking absorption of cholesterol from foods causing it to pass out of the body through waste. Spinach has the added benefit of being rich in potassium, which can help lower blood pressure levels. Veggies and greens like spinach are also low in calories and a good source of fiber, which provides bulk that fills you up faster; this makes it an important ally in the war against excess weight that ups your chances of heart disease.

SCI Environmental Tip: What You Should Know About Claiming Affirmative Defense (Part 3)**Source:** <http://www.blr.com>**Date:** November 16, 2012**Substantive Proof**

In developing the affirmative defense provision, the EPA asserted that a source would need to present substantial proof to validate that a legitimate malfunction beyond the source's control had occurred and that the source is not simply disguising a preventable emissions exceedance by claiming it was a malfunction. Therefore, the Agency developed a requirement that an affirmative defense must prove by a preponderance of evidence that the excess emissions:

- All emissions monitoring and control systems were kept in operation, if at all possible, consistent with safety and good air pollution control practices.
- All actions in response to the excess emissions were documented by properly signed, contemporaneous operating logs.



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

*In Loving
Memory of Jessica Lehrke*

At all times, the affected source was operated in a manner consistent with good practices for minimizing emissions.

The source must also prepare a root cause analysis to determine, correct, and eliminate the primary cause of the malfunction and notify the EPA as soon as possible but no later than 2 days after the occurrence of a malfunction that caused an exceedance of an emissions limit.