



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

Your Safety is the minimum promise to your family

James Lehrke-SCI

OT the week

SCI Safety Tip: 'Tis the Season to Celebrate Responsibly

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

Date: December 9, 2011

Drinking and driving are a problem all year around. But it becomes even a bigger issue at holiday time when so many people are out celebrating. Talk to your employees about their safety this holiday season.

'Tis the Season to Celebrate Responsibly

December is **National Drunk and Drugged Driving Prevention Month**, which makes it a good time to give your employees a brief reminder of the dangers of driving after imbibing. Begin with the bottom line by making sure employees know when they've had too much to drink.

For example, do they think they're OK to drive if they can speak without slurring their words and are not acting abnormally? Not so, according to the National Institute on Alcohol and Alcohol Abuse (NIAAA — www.niaaa.nih.gov), which states that "the skills and coordination needed for driving are compromised long before the obvious signs of intoxication are visible."

Furthermore, emphasize to your employees that drinking a cup of strong coffee will not sober them up enough to drive, because caffeine "doesn't counteract the effect of alcohol on decision-making or coordination. The body needs time to metabolize (break down) alcohol and even more time to return to normal."

While you're on the topic of drinking and driving, you can also touch on alcohol in general. Your employees probably know that excessive alcohol consumption is bad for their health. But do they know how much is too much?

According to the Mayo Clinic (www.mayoclinic.com), too much is more than two drinks a day for men under the age of 65 and one drink a day for women and men over the age of 65. And what constitutes one drink? One drink = 12 ounces of beer or 5 ounces of wine or 1.5 ounces of 80 proof distilled spirits.

So if employees stick to the moderate drinking listed above, can alcohol actually be good for them? Again according to the Mayo Clinic, alcohol in moderation may reduce one's risk for heart disease, strokes, gallstones, and diabetes.

In the end, it's up to employees to decide whether to drink alcohol in moderation. But let them know about these other precautions to help them make their decision. Medical professionals recommend that people who

have the following health conditions should avoid alcohol:

- A history of a hemorrhagic stroke
- Liver disease
- Pancreatic disease
- Evidence of precancerous changes in the esophagus, larynx, pharynx, or mouth

Likewise, people who are taking the following medications should avoid alcohol:

- Antibiotics
- Anticoagulants
- Antidepressants
- Aspirin
- Diabetes medications
- Antihistamines
- Antiseizure medications
- Beta blockers
- Pain relievers
- Sleeping pills

If your employees are still unclear about their health and alcohol, encourage them to consult with their medical professional to assess their personal situations.

Why It Matters

- Recent statistics from the National Highway Traffic and Safety Administration (NHTSA — www.nhtsa.gov) revealed that in a 12-hour period from 6:00 p.m. New Year's Eve to 6:00 a.m. New Year's Day, 135 people died in alcohol-related car crashes.
- That's more than 5 people every minute!
- In addition to possibly leading to addiction, drinking too much alcohol can cause various cancers, including mouth, liver, and breast, pancreatitis, heart muscle damage leading to heart failure, stroke, brain damage, cirrhosis of the liver, miscarriage, and fetal alcohol syndrome.

OSHA Compliance: Tag Out Errors and Lock In Compliance Part 2

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

Date: November 30, 2011

Q. How often do we have to train our employees in lockout/tagout?

A. Although the standard does not prescribe annual refresher training or a set frequency for retraining, it does require training under specific circumstances and specifies those issues that the training must cover. For example, the employer must provide initial training before the servicing and maintenance activities begin and must provide retraining as necessary. However, retraining is required, by paragraph (c)(7)(iii), if a periodic inspection reveals, or an employer has reason to believe, that there are deviations from the application of the energy control procedure or inadequacies in an employee's knowledge of or use the energy control procedure.

Additionally, retraining must be provided for all authorized and affected employees whenever there is a change in:

- Job assignments;
- Energy control procedures; *or*
- Machinery, equipment, or processes that present a new hazard.

The retraining must reestablish employee proficiency and, if relevant, address new or revised energy control procedures. The scope and content of all the retraining must be based upon the severity of the problems encountered and must be directed toward the elimination of those problems. Unless employees are retrained whenever deviations or inadequacies are discovered (or when the employer has reason to believe a problem exists), the overall effectiveness of the energy control program will diminish over time. Properly trained employees, who are proficient in their energy control responsibilities, are critical to the success of the energy control program.

Q. If my factory does not operate 24/7 and we are in the middle of a LOTO maintenance procedure that another crew will complete the next day, how do you pass off the keys/locks/tags/etc. so the new crew is protected?

According to the OSHA lockout/tagout rule section on shift changes (29 CFR 1910.147[f][4]), it's up to you to develop procedures for shift changes to ensure continuity of protection for all employees. OSHA does not provide specific procedures for the changeover.

There should be a physical hand-off of keys/master key and documentation that such transfer took place. OSHA requires you to create procedures for accountability where an authorized person places the locks and then a different person removes them.

Check in tomorrow for more questions and answers about lockout/tagout.

OSHA Compliance: Ergonomics: Policy and Tactics Part 3

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

Date: November 16, 2011

Of course, materials handling is only one of a number of tasks that put employees at risk of developing CTDs. Be sure to identify the specific risk factors in your workplace and the employees most at risk.

Fixes

Risk factors can be reduced by several methods:

- **Lift assist devices** provide power to raise hoists, cranes, or manipulators. These are typically electric, hydraulic, or pneumatic.
- **Transport devices** can also reduce the need to lift, carry, push, or pull materials from one place to another. Strategies include the use of carts, conveyors, tugs, powered dollies, and forklifts.
- **Powered hand tools** with ergonomic design features can also help prevent CTDs in some jobs. When powered tools are used, the Ohio Bureau of Workers' Compensation recommends trigger design and thumb activation, as well as features to dampen or isolate vibration. Tool handles should be at least 4 inches in length, and the handle diameter should be at least 1.5 inches. Handles should also be padded, nonporous, and nonconductive.
- **Workstation design** is a common cause of injuries, especially when employees clean, assemble, or pack parts. Prolonged standing on a hard surface can reduce blood flow in the legs, feet, and back, which leads to fatigue, and over time can cause an ergonomic injury. Reaching into bins or boxes for parts often causes stress on the back, shoulders, and wrists. Well-designed workstations include antifatigue floor mats, the option to sit or stand, and adjustable heights on work surfaces, bins, etc.

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*In Loving
Memory of Jessica Lefrke*

Small changes to your daily routine can help you get the sleep you need.
Exercise earlier in the day, not right before you go to bed and stay away from drinks and foods with caffeine (such as coffee, tea, soda, or chocolate) late in the day