Safety Connections Inc.

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

You booze, you cruise, you lose.
James Lehrke-SCI

Of the week

SCI Safety Tip: Sedentary Workers: A Looming Health Problem?

Sources: http://www.blr.com
Date: December 19, 2012

Sitting is the most common posture for many working Americans. Could all those hours in a chair be making them sick?

Sitting has been getting a bad rap lately, with some calling it the "new smoking" and others referring to the health risks of "chair disease."

For example, a study conducted at the University of Sydney, and published in the *Archives of Internal Medicine,* found that adults who sit for 11 or more hours a day had a 40 percent higher chance of dying prematurely over the next 3 years compared with those who sat for fewer than 4 hours a day.

Dr. Amy Eyler, assistant professor of public health at Washington University in St. Louis agrees that too much sitting is a health risk. "The risks are there even if you took a 30-minute jog today," she says.

During prolonged sitting, the body basically becomes stagnant. "You don't get a chance to reset the metabolism by moving around, so it remains at a baseline level," says Eyler. And although the number of calories burned while standing up is not huge, the benefits add up over time.

Other Findings

- Dr. James A. Levine of the Mayo Clinic cites research linking sitting for long periods with obesity and metabolic syndrome (increased blood pressure, high blood sugar, elevated cholesterol, and excess mid-body fat). Too much sitting also appears to increase the risk of death from cardiovascular disease and cancer.
- Dr. Toni Yancey of the Kaiser Permanente Center for Health Equity concludes, "We just aren't really structured to be sitting for such long periods of time, and when we do that, our body just kind of goes into shutdown."
- Professor Steven Blair of the University of South Carolina found that men who spend too much time sitting, even those who exercise regularly, are at higher risk of dying from cardiovascular disease.

Sitting, Standing, and the Workplace
The experts say that if an employee moved from sitting to standing for about 3 hours in a workday, he or she could burn an additional 150 calories a day. Even factoring in weekends and holidays, that's more than 35,000 calories a year. Losing 1 pound requires burning about 3,500 calories.

What would it take to make positive changes in the workplace?
Among other sit-less tips, Eyler recommends:

- Incorporating standing breaks into the workday
- Using software prompts that tell people to stand up every 30 or 60 minutes
- Announcing occasional standing breaks and encouraging everyone to get up during meetings
- Encouraging walking meetings when appropriate

Identifying employees who are interested and inviting them to develop strategies to help co-workers introduce more standing into their workday

SCI OSHA Compliance: Top Four Construction Hazards

Source: http://www.osha.gov

The top four causes of construction fatalities are: Falls, Struck-By, Caught-In/Between and Electrocutions.

Prevent Falls

- Wear and use personal fall arrest equipment.
- Install and maintain perimeter protection.
- Cover and secure floor openings and label floor opening covers.
- Use ladders and scaffolds safely.

Prevent Struck-By

- Never position yourself between moving and fixed objects.
- Wear high-visibility clothes near equipment/vehicles.

Prevent Caught-In/Between

- Never enter an unprotected trench or excavation 5 feet or deeper without an adequate protective system in place; some trenches under 5 feet deep may also need such a system.
- Make sure the trench or excavation is protected either by sloping, shoring, benching or trench shield systems.

Prevent Electrocutions

- Locate and identify utilities before starting work.
- Look for overhead power lines when operating any equipment.
- Maintain a safe distance away from power lines; learn the safe distance requirements.
- Do not operate portable electric tools unless they are grounded or double insulated.
- Use ground-fault circuit interrupters for protection.
- Be alert to electrical hazards when working with ladders, scaffolds or other platforms.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA Health & Wellness

Vitamin C

Perhaps the best-known antioxidant, vitamin C offers a wide-variety of health benefits, including protecting from infection and damage to body cells, helping produce collagen (the connective tissue that holds bones and muscles together); protecting your body from bruising by keeping capillary walls and blood vessels firm; and helping in the absorption of iron and folate. To take advantage of these benefits, eat foods rich in vitamin C like citrus fruits (oranges, grapefruits and tangerines), strawberries, sweet peppers, tomatoes, broccoli and potatoes.

SCI Environmental Tip: What Confuses Everybody About Permits-by-Rule (Part 1)

Source: http://www.blr.com
Date: December 21, 2012

"Permits-by-rule (PBR) are a common air permitting tool used mainly by state agencies to avoid the formal permitting process, particularly when new construction is involved. PBRs are similar to general permits in that they are intended to cover multiple, similar, small sources of emissions. One difference is that a general permit is an actual permit document, while a permit-by-rule requires that the facility comply with specific existing regulations. In either case, a facility must have some form of notification that the regulatory body has approved the requested permit."

Common Conditions
Individual states typically develop PBRs if they find that certain conditions are prevalent in their regulated communities. For example, the Ohio EPA (OEPA) developed PBRs for categories of sources when there are more than 300 sources in the state; when the sources are similar in design and operation; when emissions from the sources are well understood and the sources do not have the potential to emit large quantities of air pollutants; when the sources do not need to employ add-on pollution control devices; and when the sources employ a proven type of technology or clean design that is unlikely to change significantly in the near future.

Using these criteria, the OEPA developed PBRs covering emergency electrical generators, pumps, and compressors; resin injection/compression molding equipment; small crushing and screening plants; remediation projects for soil-vapor extraction; remediation projects for soil-liquid extraction; auto body refinishing shops; gas stations with Stage I vapor controls; gas stations with Stage I and II vapor controls; natural gas-fired boilers and heaters; and small- and medium-sized printing facilities.

Safety Connections Inc.

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