



# 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**

**Put your brakes on speed**

**James Lehrke-SCI**

**of the week**

## SCI Safety Tip: Preventing Slips and Trips

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

Date: September 20, 2004

Slips, trips, and falls are a pervasive occupational hazard estimated to cause 15 percent of accidental, job-related deaths, second only to motor vehicle accidents as a cause of worker fatality. According to University of Florida research, the average direct cost for a single disabling injury hovers near \$30,000, with indirect costs significantly higher. Although most injuries caused by slips and trips are often less significant, the pain and the cost still add up.

A number of OSHA standards address fall hazards, chiefly the walking-working regulations at 1910, Subpart D. These rules "apply to all permanent places of employment, except where domestic, mining, or agriculture work only are performed," according to OSHA. Covered are general requirements (such as housekeeping, aisles and passageways, covers and guardrails, and floor-loading protection), floor and wall openings and holes fixed, industrial stairs ladders, scaffolding, towers, and other working surfaces.

### What Happens?

The chief cause of **slips** is (surprise!) a *slippery surface*, compounded by improper footwear. There are two types of slips: in the first, the heel of the forward foot contacts the walking surface, then slips forward, and the person falls backward. In the second type, the rear foot slips backward and the walker falls forward. The best hedges against slips and resulting falls and injuries are dry walking and working surfaces and slip-resistant footwear. On slippery surfaces, nonskid strips or floor coatings should be used.

**Trips** occur when the front foot strikes an object and is suddenly stopped. The upper body is thrown forward and a fall is the result. A relatively slight rise in a walkway can cause someone to stub a toe, also potentially resulting in a trip and fall. Another type of fall occurs when the front foot lands on a lower-than-expected surface--a common example is stepping off a bottom step or a curb.

### Reducing the Risk

One of the biggest contributing factors to slips, trips, and resulting falls is improper housekeeping. One technique used by many businesses is painting yellow lines to indicate walking and working surfaces that should never be obstructed. Lighting can also be a factor, especially when employees move from light to dark, or dark to light areas of the workplace. As well, falls result when workers are carrying large objects that obscure their vision. Other causes:

- Not watching where one is going,
- Spills,
- Clutter on stairs or walkways,
- Uneven, defective flooring, worn stairs, or worn spots in carpets,
- Wearing sunglasses in low-light areas,
- Failure to use handrails, and
- Failure to use common sense.

In addition to reminding workers of these factors, you can also use "assists," such as abrasive coatings, many of which can be painted onto hazardous surfaces. Such coatings resist grease, oil, water, and many chemicals. Other slip-resistant products can be purchased in rolls and applied with a special glue to reduce the hazards on ramps, stairs, and other surfaces. Rubber mats that are skid-resistant on the top and bottom can also help. Safety signs, such as those announcing wet floors, are a good choice when hazards cannot be eliminated.

As an employer, you should regularly inspect walking and working areas to identify hazards, and take immediate corrective action whenever possible. Train employees about slip, trip, and fall hazards and refresh that training periodically. Also remember:

- Require all personnel to wear proper footwear.
- Report and clean up spills immediately.
- Report and investigate slips, trips, and falls to avoid future occurrences.

Don't "fall down" on the job of protecting your workers from slips and trips!

## **OSHA Compliance: New Emphasis on Repeat Violations, SVEP (Part 1)**

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

Date: February 2, 2012

Auditing your workplace safety compliance is a great idea at the start of a new year, to ensure you're ready in case of an [Occupational Safety and Health Administration \(OSHA\)](#) inspection. Such an audit will allow you the opportunity to fix any problems you find – before they come to the attention of OSHA (or, worse still, cause a disastrous accident). Changes in emphasis from OSHA mean that employers need to be more vigilant than ever.

In a BLR webinar titled "Workplace Safety 2012: Get Prepared and Avoid Costly Citations," Tiffani H. Casey, Esq., outlined some of the recent developments from OSHA, including their new emphasis on issuing repeat violations and their Severe Violators Enforcement Program (SVEP).

### **The Rise of Repeat Violations in OSHA Inspections**

"Historically, repeat violations were rarely issued by OSHA. They treated workplaces as individual, independent establishments." Casey explained. "We have noted in the last year or so, they have been looking to get that broader reach to other establishments . . . [additionally] historically, the repeat violations were limited to three years of a review of an employer's records, and, as you probably know, now it's five. So, they can go back further . . . they've got two more years now of citations to look at to see if they can base the current citation on that to make it a repeat." This new emphasis for OSHA makes safety compliance – especially on areas of previous citations – more important than ever. OSHA is now more likely to re-visit workplaces as well. These types of changes will have a more significant impact on corporate sites that are all treated as one workplace. They're also being more selective about inspection targets, with the goal of finding and citing more severe violations.

### **The Severe Violators Enforcement Program**

The emphasis on repeat violations dovetails into the Severe Violators Enforcement Program (SVEP), which began in 2010; you want to avoid getting on this list at all costs. Getting onto this list requires "willful," "repeat," or "failure-to-abate" citations. A serious violation, even one that contributed to a worker's death or other severe injury, is not serious enough for the "Severe Violator" label.

## Health Tip: Winter Weather Health Hazards and What to Do About Them (continued)

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

Several factors can increase the risk of frostbite:

- Use of alcohol
- Smoking
- Blood vessel diseases
- Diabetes
- Prior frostbite

### Protection Against Cold-Related Illness

- Dress in layers of loose, dry clothes—cotton, silk, wool underneath and an outer layer of waterproof and wind-resistant material.
- Cover hands, feet, head, and face. Body heat is lost mainly through the head, so a hat is essential when it's cold outside.
- Keep moving when out in the cold.
- Take regular breaks in a warm place.

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### Gun Locks Safety Devices

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

The Mental Health Committee of Healthy Sheboygan County 2020 received a quantity of gunlocks through the ChildSafe program and Prevent Suicide Wisconsin.

The cable locks along with directions for proper use are being distributed at no charge through Mental Health America's office in the United Way building, 2020 Erie Ave., Sheboygan. County residents are invited to pick up a lock between 8 a.m. and 4 p.m. Monday through Friday. Phone 920-458-3951

### Quick Tips for Healthy Living

## HEALTHY BITES

PREVEA  
Health & Wellness



What do you think?  
Send us an email at:  
[jconnections@aol.com](mailto:jconnections@aol.com)  
See our bold new look @  
<http://www.safetyconnections.com/>

### Talk about it.

Don't be embarrassed to talk about your health. Start by talking to family members to find out what diseases run in your family

*In Loving  
Memory of Jessica Lefrke*