



Weekly Safety Tip

“Your Connection for Workplace Safety”

Phone: 920-208-7520

We're about service, commitment, results, and accountability!

SCI Safety Tip: OSHA's Top 10: How to Stay Off the List

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

Date: February 7, 2011

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

**Stop accidents
before they stop you
James Lehrke-SCI**

of the week

Every year OSHA publishes its Top 10 violations list, and every year employers fall into the same trap, garnering citations and often hefty fines. Last year was no different.

The top 10 OSHA violations for fiscal 2010 were:

1. **Scaffolding**, general requirements, construction (29 CFR 1926.451)
2. **Fall protection**, construction (29 CFR 1926.501)
3. **Hazard communication standard**, general industry (29 CFR 1910.1200)
4. **Ladders**, construction (29 CFR 1926.1053)
5. **Respiratory protection**, general industry (29 CFR 1910.134)
6. **Control of hazardous energy (lockout/tagout)**, general industry (29 CFR 1910.147)
7. **Electrical, wiring methods, components and equipment**, general industry (29 CFR 1910.305)
8. **Powered industrial trucks**, general industry (29 CFR 1910.178)
9. **Electrical systems design**, general industry (29 CFR 1910.303)
10. **Machines**, general requirements, general industry (29 CFR 1910.212)

The same standards, with one exception (machines replaced training requirements for fall protection in the number 10 slot this year), featured in OSHA's Top 10 for 2009. In fact, with few exceptions the same violations appear on the list year after year, which means employers and employees are making the same mistakes every year about compliance with OSHA standards.

Highest Penalties

Standards for which OSHA assessed the highest penalties in fiscal 2010 were:

1. Fall protection, construction (29 CFR 1926.501)
2. Electrical, general requirements, construction (29 CFR 1926.403)

3. Safety training and education, walking and working surfaces (29 CFR 1910.21)
4. Lockout/tagout, general industry (29 CFR 1910.147)
5. Machines, general requirements, general industry (29 CFR 1910.212)
6. General Duty Clause (Section 5[a][1] of the OSH Act)
7. Excavations, requirements for protective systems, construction (29 CFR 1926.652)
8. Lead, general industry (29 CFR 1910.1025)
9. Grain handling facilities (29 CFR 1910.272)
10. Ladders, construction (29 CFR 1926.1053)

How to Stay Off the List

To stay off OSHA's Top 10 list and avoid costly penalties, join us February 25 for a webinar with speaker Adele Abrams, Esq., an attorney and safety professional who represents employers and contractors nationwide in OSHA and MSHA litigation and workers' compensation cases.

Ms. Abrams will tell you about:

1. The Top 10 standards violated during 2010
2. How the Top 10 list interfaces with the Severe Violators Enforcement Program and the National Emphasis Program
3. Common pitfalls to watch out for when conducting in-house audits
4. Strategies for training front-line supervisors and managers on safety conditions and employee practices
5. How to stay ahead of OSHA enforcement actions
6. What to do—and what not to do—if OSHA stops by your workplace for a surprise visit
7. The latest on DOL's Plan/Prevent/Protect (P3) initiative

Take advantage of this golden opportunity to learn from the mistakes of other employers and face 2011 with renewed confidence in your compliance programs.

SCI OSHA News: OSHA Removes Ergonomics Recordkeeping Proposal

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

Date: February 10, 2011

OSHA announced late last month that it had temporarily withdrawn its proposal to restore a column for musculoskeletal disorders (MSDs) on the OSHA 300 Log. The agency said its purpose is "to seek greater impact from small businesses on the impact of the proposals." It will do this through a partnership with the Small Business Administration's Office of Advocacy.

According to OSHA, the proposed rule would not change existing requirements for MSD reporting on the logs. While many employers are currently required to keep a record of injuries and illnesses, including work-related MSDs, most small businesses are not. The proposal would require those who already record MSDs to place a check mark in the new column for all MSDs.

Prior to 2001, injury and illness logs contained a column for repetitive trauma disorders that included noise and many types of MSDs.

In 2001, OSHA separated noise and MSDs into two columns. The MSD column was deleted in 2003 before the provision

took effect. The proposal that was recently withdrawn would restore the MSD column to Form 300. Agency chief Dr. David Michaels noted that while musculoskeletal disorders remain the top cause of job injury and illness in this country, "it is clear that the proposal has raised concern among small businesses."

SCI Health News: 900 Studies Show Statin Drugs are Dangerous

Source: <http://www.mercola.com> and <http://www.cholesterol-and-health.com>

Date: February 21, 2009 and September 20, 2007

Note: More information regarding cholesterol and cholesterol medications recently been released. But always remember to ask your doctor before making any changes in medications. Just ask the hard questions to know what is healthy for you.

A new paper cites nearly 900 studies on the adverse effects of HMG-CoA reductase inhibitors, also called statins, which are a class of drugs widely used to treat high cholesterol. The review provides the most complete picture to date of reported side effects of statins.

Muscle problems are the best known of statin drugs' adverse side effects, but cognitive problems and pain or numbness in the extremities are also widely reported. A spectrum of other problems, ranging from blood glucose elevations to tendon problems, can also occur as side effects.

The paper summarizes powerful evidence that statin-induced injury to the function of the body's energy-producing cells, called mitochondria, underlies many of the adverse effects that occur to patients taking statin drugs. Statins lower levels of coenzyme Q10, a compound central to the processes of making energy within mitochondria and eliminating dangerous compounds called free radicals.

Higher statin doses and more powerful statins are linked to greater risk of developing side effects.

Sources:

Eureka! January 26, 2009

American Journal of Cardiovascular Drugs 2008;8(6):373-418

Cholesterol and Health — Functions and Foods

Cholesterol is a health-promoting substance. It is a critical component of cell membranes, the precursor to all steroid hormones, a precursor to vitamin D, and the limiting factor that brain cells need to make connections with one another called synapses, making it essential to learning and memory.

Some of the most nutritious foods like egg yolks and liver are also the foods richest in cholesterol. The anti-fat, anti-cholesterol campaign has demonized these foods for decades without any evidence they cause disease. To the contrary, they promote health.

Cholesterol may even be an essential nutrient for at least the one percent of the population that has a genetic defect preventing efficient cholesterol synthesis.



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<http://www.safetyconnections.com>

*In Loving
Memory of Jessica Lefrke*

Eating Cholesterol Does Not Raise Blood Cholesterol Levels

The truth is, however, that there is no direct connection between the amount of cholesterol you eat and the concentration of cholesterol in your blood. In most people, eating cholesterol has little or no effect on this amount. In about 30 percent of the population, eating cholesterol does in fact increase the concentration of cholesterol in the blood — but it increases the "good" cholesterol.

To put it in more scientific terms, eating cholesterol "results in a less atherogenic lipoprotein profile.

By Chris Masterjohn, Read the article at <http://www.cholesterol-and-health.com/Cholesterol-Rich-Foods-Raise-Blood-Cholesterol.html>