



# Weekly Safety Tip

“Your Connection for Workplace Safety”

Phone: 920-208-7520

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

## SCI Safety Tip: Special Lifting Situations Require Special Training

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

Date: March 10, 2011

*Special lifting situations such as group lifts and lifting oversized objects require special training to prevent accidents and injuries.*

Aside from teaching employees the basic safe lifting technique, you may also need to train for special lifting situations such as:

- Group lifts
- Lifting oversized or particularly heavy loads
- Lifting bags and sacks
- Lifting object down from overhead

### Group Lifts

When two or more employees lift and carry objects together, they should:

- Work as a team.
- Designate one person to direct the lift.
- Lift at the same time.
- Keep the load level when carrying.
- Keep alert for obstacles in their path.
- Move smoothly together.
- Unload at the same time.

### Lifting Oversized or Heavy Loads

Lifting oversized or very heavy loads requires special steps as well. Lifters should:

- Size up the load and determine how many people will be needed for the lift.
- Use mechanical material handling aids whenever possible to spare backs.
- Check the route and make sure there is adequate clearance for oversized loads.
- Lift at the same time, and keep the load level when carrying.
- Put the load down part way to rest if necessary.

*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**

**Lifting's a breeze when you bend at the knees**

**James Lehrke-SCI  
of the week**

- Be careful when traveling and unloading not to catch fingers and hands in pinchpoints, such as between the object and a doorjamb or wall, or between the object and the surface onto which it's being unloaded.

#### Lifting Bags and Sacks

Heavy bags and sacks can be awkward to handle, which increases the risk of injury. Teach employees to:

- Assume the safe lifting position (squat by bending at the hips and knees, feet shoulder-width apart; maintain the back's natural curves; and let the legs do the lifting).
- Grasp the load at opposite top and bottom corners.
- Power the body up with legs and use arms to raise the load to rest on the hip.
- Stand fully and move the load to rest on the shoulder.

#### Lifting Objects Down from Overhead

- Lifting objects down is an other special lifting situation. Train employees to:
- Use a ladder or step stool if necessary to reach high places.
- Slide the load close to the body, being sure to keep a solid footing and a firm grasp.
- Let arms and legs do the work.
- Have a buddy standing below to receive the object if necessary.

## SCI OSHA Requirements: OSHA Recordable Incident Requirements (Part 2)

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

Date: March 1, 2011

A. Based on the OSHA excerpt from a letter of interpretation below, this case appears to be an OSHA recordable.

**Scenario:** An employee must report to work by 8:00 a.m. The employee drove into the company parking lot at 7:30 a.m. and parked the car. The employee exited the car and proceeded to the office to report to work. The parking lot and sidewalks are privately owned by the facility and both are within the property line, but not the controlled access points (i.e., fence, guards). The employee stepped onto the sidewalk and slipped on the snow and ice. The employee suffered a back injury and missed multiple days of work. The company believes that the employee was still in the process of the commute to work since the employee had not yet checked in at the office. Since a work task was not being performed, the site personnel deemed the incident not work-related and therefore not recordable.

**Response:** Company parking lots and sidewalks are part of the employer's establishment for recordkeeping purposes. Here, the employee slipped on an icy sidewalk while walking to the office to report for work. In addition, the event or exposure that occurred does not meet any of the work-related exceptions contained in 1904.5(b)(2). The employee was on the sidewalk because of work; therefore, the case is work-related regardless of the fact that he had not actually checked in.

**Q. If there is an employee exposure to a possible infectious disease that is not a needle stick/sharp injury, and the employer treats the employee prophylactically with an antibiotic, is it recordable if the employee never develops the disease?**

A. The following is from an OSHA letter of interpretation: If the antibiotic was a prescription medication, the case is recordable regardless of whether the medication was given solely as a preventive measure. In the preamble to the final recordkeeping rule, OSHA specifically addressed the use of prescription antibiotics for prophylactic reasons. The agency concluded that all prescription medications should be considered medical treatment because they are powerful substances that can only be prescribed by a licensed health care professional.

## SCI Health News: Obama Supports Flexibility Within Affordable Care Act, New Proposed Rules (Part 1)

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

Date: March 10, 2011

President Obama said he supports the Empowering States to Innovate Act, a bill that amends the Affordable Care Act (ACA) to allow states to withdraw from certain ACA mandates in 2014 rather than in 2017, as long as they adopt alternative means to meet the reform law's coverage and cost objectives.

"If your state can create a plan that covers as many people as affordably and comprehensively as the Affordable Care Act does -- without increasing the deficit -- you can implement that plan. And we'll work with you to do it," the President announced at the National Governors Association Meeting.

The Empowering States to Innovate Act would amend the ACA to allow states to apply for waivers of certain health insurance coverage requirements in such Act for plan years beginning on or after

January 1, 2014, earlier than the current date of January 1, 2017.

The bill also would require the waiver application process to begin no later than 180 days after the enactment of the Empowering States to Innovate Act.

**Overview of "State Innovation Waivers"** Under the ACA, state innovation waivers allow states to implement alternative policies, as long as they:

- Provide coverage that is at least as comprehensive as the coverage offered through Exchanges.
- Make coverage at least as affordable as it would have been through the Exchanges.
- Provide coverage to at least as many residents as the ACA would have provided.
- Do not increase the Federal deficit.

A White House fact sheet outlines several proposals that could qualify, including:

- A streamlined system that links tax credits for small businesses with tax credits for low-income families.
- Alternatives to the individual responsibility provision -- such as automatically enrolling individuals in health plans -- that achieve similar outcomes.
- Alternative health plan options to increase competition and provide consumers with additional choices.
- An increase in the number of benefit levels to provide more choices for individuals and small businesses.
- Immediately allowing large businesses interested in doing so to purchase health insurance through the new private marketplace, the State-based health insurance Exchange.



Let us know how you feel about our **new** look! Send us an email at:

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*In Loving  
Memory of Jessica Lehrke*