



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

**Safety Is Key, It Is Up
To You And Me!
James Lehrke-SCI**

of the week

SCI Safety Tip: Fatigue

Sources: <http://www.skybrary>

Date: April 18, 2011

Description

Fatigue is the general term used to describe physical and/or mental weariness which extends beyond normal tiredness. Physical fatigue concerns the inability to exert force with one's muscles to the degree that would be expected. It may be an overall tiredness of the whole body, or be confined to particular muscle groups. Physical fatigue most commonly results from physical exercise or loss of sleep. Physical fatigue often leads to mental fatigue.

Mental fatigue, which may include sleepiness, concerns a general decrease of attention and ability to perform complex, or even quite simple tasks with customary efficiency. Mental fatigue often results from loss or interruption of the normal sleep pattern and is therefore of great concern to pilots and ATCOs, who are frequently required to work early in the morning or at night.

Sleep patterns are naturally associated with the body's circadian rhythms. Shift patterns and transit across time zones can interrupt circadian rhythms so that, for example, it may be difficult for flight crew or pilots on duty in the early hours of the morning or flight crew operating long-haul routes through multiple time zones to achieve satisfactory rest prior to commencing duty.

Hazards

Fatigue usually results in impaired standards of operation with increased likelihood of error. For example:

- Increased reaction time;
- Reduced attentiveness;
- Impaired memory; and,
- Withdrawn mood.

Typical Scenarios

In a pilot, fatigue may manifest itself by:

- Inaccurate flying;
- Missed radio calls;
- Symptoms of equipment malfunctions being missed;
- Routine tasks being performed inaccurately or even forgotten; and, in extreme cases,
- Falling asleep - either a short "micro-sleep" or for a longer period.

In an ATCO, fatigue may result in:

- Poor [decision making](#);
- Slow reaction to changing situation;
- Failure to notice an impending confliction;
- Loss of [situational awareness](#);
- Forgetfulness.

Contributory Factors

- Length of previous rest period;
- Time on duty;

- Physical conditions (temperature, airlessness, noise, comfort, etc.);
- Workload (high or low);
- Emotional [stress](#) (in family life or at work);
- Lifestyle (including sleeping, eating, drinking and smoking habits) and fitness; and, health.

Solutions

Employers:

- Ensure that work schedules, including consecutive shift-working patterns, are constructed so as to have the least possible impact on off duty - and if applicable on duty) rest.
- Seek to provide optimum working conditions;
- Use [Crew Resource Management](#) or [Team Resource Management](#) training to promote awareness to fatigue and sleep issues.

SCI OSHA News: OSHA and the Society for Chemical Hazard Communication Renew Alliance to Promote Best Practices to Reduce Worker Exposures to Chemical Hazards

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

Date: March 1, 2012

WASHINGTON – Promoting best practices to reduce worker exposure to hazardous chemicals is the goal of a renewed Alliance between the Occupational Safety and Health Administration (OSHA) and the [Society for Chemical Hazard Communication \(SCHC\)](#). The renewed Alliance will continue to address hazard communication and to increase awareness of the Globally Harmonized System of Classification and Labeling of Chemicals (GHS).

"More than 32 million workers are exposed to 650,000 hazardous chemical products in American workplaces," said Assistant Secretary of Labor for Occupational Safety and Health David Michaels. "Our continued Alliance with the Society for Chemical Hazard Communication will help ensure that workers are aware of the chemical hazards to which they may be exposed, and help reduce chemical-related occupational illnesses and injuries."

During the new two-year agreement, the Alliance will also share information on OSHA's National Emphasis Programs, Regulatory Agenda, and opportunities to participate in the rulemaking process. The Alliance will develop information sheets on the health and physical hazards of chemicals and on the elements that make a GHS label compliant. Through presentations at industry meetings, Webinars, and national safety and health conferences, the Alliance will share information on best practices for protecting workers from the hazards of chemicals.

SCHC represents nearly 500 chemical hazard communication professionals promoting awareness of issues and new developments in hazard communications.

Through the [Alliance Program](#), OSHA works with groups committed to worker safety and health to prevent workplace fatalities, injuries and illnesses. These groups include unions, consultates, trade or professional organizations, faith- and community-based organizations, businesses and educational institutions. OSHA and the groups work together to develop compliance assistance tools and resources, share information with workers and employers, and educate workers and employers about their rights and responsibilities. Alliance Program participants do not receive exemptions from OSHA programmed inspections.

OSHA's [Hazard Communication](#) Web page includes information on OSHA's revised standard, requirements for the new safety data sheets and labels, and the benefits of harmonization.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to ensure these conditions for America's working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit <http://www.osha.gov>.

Quick Tips for Healthy Living

HEALTHY BITES

PREVEA
Health & Wellness

Shop smart at the grocery store. Try these tips the next time you go shopping: Eat a snack at home before you go to the store, always use a shopping list, or buy a variety of vegetables and fruits in different colors. Try the fat-free or low-fat brand of milk products like yogurt or cheese, or choose 100% whole-wheat or whole-grain bread and crackers. Buy foods when they are on sale or in season to save money

SCI Environmental Tip: Hazardous Substance Storage: What are the Rules? (Part 1)

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

Date: February 20, 2012

"There is no uniform federal program that regulates hazardous substance storage—only a complex overlapping network of miscellaneous federal statutes and regulations that, directly or indirectly, govern facilities that store hazardous substances."

Here are some of the federal laws you should consider when storing hazardous substances:



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

*In Loving
Memory of Jessica Lefrke*

—**Comprehensive Environmental Response, Compensation, and Liability Act (CERCLA)**, more commonly referred to as Superfund, was designed to help clean up inactive hazardous waste sites. It was modified to also require private industries to disclose to their communities and neighbors what hazardous substances are stored and used.

—**Emergency Planning and Community Right-to-Know Act (EPCRA)** modified **CERCLA** and requires facilities to report chemical storage and release information and communities to develop emergency response plans to prepare for and respond to chemical accidents. Regulated facilities must report discharges of oil or releases of hazardous substances to EPA, other federal agencies, and state and local government agencies.