

Weekly Safety Tip



“Your Connection for Workplace Safety”

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SCI Safety Tip: Spring Safety Tips

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

Date: March 29, 2011

The changing seasons are a reminder that it's time to check around the house to make sure things are operating properly and safely. Here are 10 often overlooked tasks to add to your home spring cleaning list.

- Defrost the freezer: Ice buildup makes freezers less efficient and takes up space. Throw away out-of-date or freezer-burnt food.
- Update the first-aid kit: Replace missing supplies and update emergency contact information, including the poison control center.
- Donate old clothes: Clean out closets and take unused clothes to a clothing donation center.
- Clean up the computer: Delete old files and e-mails, organize documents and photos into folders and run a virus scan.
- Clean the chimney: Hire a chimney sweep to clear the flue and perform an inspection.
- Caulk and weather strip: Keep rain from seeping in and cooled or heated air from seeping out by caulking around windows and doors.
- Drain the hot water heater: Check for rust and remove sediment that may have collected at the bottom of your hot water heater.
- Call the termite inspector: Termites establish new colonies every spring, so get a professional inspection of your home.
- Review your family emergency plan: Have an established plan in case of fire or other emergency. Make sure windows and other escapes are easy to open from the inside.
- Check batteries: There are 21 battery-operated devices in the average home — from flashlights to smoke detectors to cordless phones. Test each device and replace the batteries with fresh ones.
- According to the U.S. Consumer Product Safety Commission, about 3,000 people in the United States lose their lives in residential fires every year. You should test smoke alarms once a month and change the batteries inside at least twice a year. Also replace smoke alarm batteries if the detector emits a warning sound, such as chirping or beeping. Make sure there's at least one working smoke alarm on every level of your home, particularly inside or near sleeping areas.

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.



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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

Trim your chances of injury with lawncare safety

James Lehrke-SCI

of the week

OSHA Compliance: Take the HazCom 'Brain-Teaser' Quiz

Source: www.blr.com

Date: April 6, 2011

Got a few minutes to test your knowledge of HazCom requirements? Answer the questions below and then check your responses.

- Employers have four basic duties under the Hazard Communication standard. What are they?
 - When must employees receive HazCom training?
 - Who is responsible for training temps?
 - The HazCom standard identifies four basic components that must be included in HazCom training. What are they?
 - If a new employee has been trained in HazCom by a previous employer, do you have to retrain?
 - What basic elements must be included in a HazCom program?
1. Your four basic duties under the Hazard Communication standard (29 CFR 1910.1200) are:
- To have a written hazard communication program that describes how you intend to ensure that all employees understand the hazards of chemicals in the workplace.
 - To maintain a list of hazardous chemicals that are used and stored in the workplace.
 - To obtain MSDSs from chemical manufacturers and maintain them in such a way that your workers have unrestricted access to them at any time.
 - To train employees to understand chemical hazards and safe work practices. Training must include information about OSHA's Hazard Communication standard, about specific chemicals in the workplace, about how to read and interpret labels, and how to obtain and read MSDSs.
2. Employees must receive HazCom training:
- At the time of their initial assignment to a job that exposes them to hazardous substances
 - Whenever a new physical or health hazard is introduced
3. For temps, the issue is generally decided by contract. Your organization's contract with the temporary agency will spell out safety training requirements. Often the temp agency is responsible for general safety awareness training and you are responsible for workplace-specific training and supervision. Regardless of the contractual arrangement, however, it is in your best interest to assume the lion's share of responsibility for training temps because temp agencies might not be as well equipped to provide the safety training you require. Remember that the risk of a new worker having an accident is greatest during the first few days and weeks on the job.
4. Employee training must include at least:
- Methods and observations that may be used to detect the presence or release of a hazardous chemical in the work area (such as monitoring conducted by the employer, continuous monitoring devices, visual appearance or odor of hazardous chemicals when being released, etc.)
 - Physical and health hazards of the chemicals in the work area
 - Measures employees can take to protect themselves from these hazards, including specific procedures the employer has implemented to protect employees from exposure to hazardous chemicals, such as appropriate work practices, emergency procedures, and PPE
 - Details of your hazard communication program, including an explanation of the labeling and MSDS systems, and how employees can obtain and use the appropriate hazard information.
5. It's usually not necessary to completely retrain a new hire if that employee has received prior training by a past employer, an employee union, or any other entity. General information, such as the rudiments of the hazard communication standard could be expected to remain with an employee from one position to another. However, you are still responsible for ensuring that new employees are equipped with the knowledge and information necessary to conduct their jobs safely. So it's important to verify the employee's knowledge of HazCom information. It's also likely

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that some additional training will be needed, since new employees must learn the specifics of your programs, such as where the MSDSs are located, details of your in-plant labeling system, and the hazards of any new chemicals to which they will be exposed.

6. Your hazard communication program must be written and at least describe how the standard requirements will be met for:

- Labels and other forms of warning
- MSDSs
- Employee information and training

HazCom programs must also include:

- A list of the hazardous chemicals known to be present using an identity that is referenced on the appropriate MSDS. The list may be compiled for the workplace as a whole or for individual work areas.
- The methods you will use to inform employees of the hazards of non-routine tasks and the hazards associated with any chemicals contained in unlabeled pipes in their work areas.

SCI Health News: Is Vitamin D Deficiency Connected to Parkinson's Disease?

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

Date: April 9, 2011



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<http://www.safetyconnections.com>

*In Loving
Memory of Jessica Lehrke*

Researchers report that there is a correlation between insufficient levels of vitamin D and the development of early Parkinson's disease.

A study of more than 150 Parkinson's patients found that a high percentage of subjects had vitamin D insufficiency or deficiency. Almost 70 percent had vitamin D insufficiency (defined as levels of less than 30 nanograms per milliliter) at the beginning of the study, while about 26 percent were classified as deficient (levels of less than 20 nanograms per milliliter.)

The prevalence of insufficiency at the final visit was over 51 percent, and deficiency occurred in 7 percent.

Life Extension Magazine reports:

"Previous studies ... [suggested] that long-term effects of Parkinson's disease may contribute to the development of insufficient vitamin D concentrations ... Contrary to [the] expectation that vitamin D levels might decrease over time because of disease-related inactivity and reduced sun exposure, vitamin D levels increased over the study period.

These findings are consistent with the possibility that long-term insufficiency is present before the clinical manifestations of Parkinson's disease and may play a role in the pathogenesis of PD."