

Checkout our New Website!

Details on Page 3



Weekly Safety Tip

"Your Connection for Workplace Safety"

Phone: 920-208-7520

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

SCI Safety Tip: Lawnmower Safety (Part 2)

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

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

Trim your chances of injury with lawncare safety

James Lehrke-SCI

of the week

Safety for Riding Mowers

- Do not give children rides on a riding mower, even with the mower blades not turning.
- Children may fall off and be badly injured or interfere with safe machine operation.
- Children who have been given rides in the past may suddenly appear in the mowing area for another ride and be run over or backed over by the machine.
- Do not mow with a riding mower in reverse unless absolutely necessary.
- You can be seriously injured or even killed if you use a riding mower on too steep an incline.
- Using a riding mower on a slope that is too steep, or where you don't have adequate traction can cause you to lose control or roll over.
- Always consult your operator's manual for safety messages concerning operation on a slope.

Safety for Walk-Behind Mowers

- Do not put your hands or feet near or under the mower.
- Never tilt a walk-behind mower; always keep all four wheels on the ground.
- Do not pull the mower backward unless absolutely necessary. Always look down and behind before and while mowing backwards.

Safety for Electric Mowers

- Use only recommended, grounded extension cords.
- Mow away from the cord.
- Never abuse the cord or use a frayed cord.
- Always turn off the mower when you leave it and

- unplug the cord directly from the outlet; never unplug by yanking the cord from the wall.
- Never use an electric mower when wet or raining.

Personal Safety

- Be sure to take the right safety precautions before you mow.
- Never attempt to lift or repair mower with engine running.
- When mowing with a walk-behind mower, wear heavy-duty shoes with non-slip soles and long pants to protect your legs.
- Always wear eye protection when operating a mower.
- Don't mow a wet lawn or late in the day when the light is dim.
- Never let the starter rope snap back when starting mower.
- Always mow up and down an incline with a traditional (i.e. unit with steering wheel) riding mower.
- Always mow across an incline with a residential walk-behind mower.
- Never adjust mower height, clean grass chute, or remove grass catcher with engine running.
- Always stay clear of hot engine. Mufflers can reach up to 1,200 F (648 C).

OSHA News: OSHA Document Describes Methods to Help Prevent Injuries, Deaths Among Residential Construction Workers

Source: www.osha.gov

Date: April 8, 2011

WASHINGTON – The Occupational Safety and Health Administration today issued guidance on [Fall Protection in Residential Construction](#)* to help employers prevent fall-related injuries and deaths among residential construction workers. Data shows that falls are the leading cause of death for workers involved in residential construction.

OSHA issued the [Compliance Guidance for Residential Construction](#) in December 2010 to require that residential construction employers provide workers with fall protection according to OSHA's [Fall Protection in Construction](#) standard. This new document demonstrates work methods employers may use to comply with the standard's requirements.

Directed primarily to those working on new construction, the document describes safety methods employers can implement during stages of construction. Methods for preventing fall-related injuries and deaths include using anchors for personal fall arrest systems and fall restraints, safety net systems, guardrails, ladders, and scaffolds for activities such as installing roof sheathing, weatherproofing a roof, and installing walls and subfloors, among others.

"Fatalities from falls are the number one cause of workplace deaths in construction," said Assistant Secretary of Labor for Occupational Safety and Health Dr. David Michaels. "We cannot tolerate workers getting killed in residential construction when effective means are readily available to prevent those deaths."

OSHA's [Residential Fall Protection](#) Web page includes a fact sheet, and questions and answers about requirements for protecting workers from fall hazards. Additionally, the Safety and Health Topics Web page on [Fall Protection – Construction](#) provides a list of references to help employers identify fall hazards and possible solutions for eliminating such hazards. OSHA is continuing to develop additional resources to help employers protect residential workers' safety and health.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Color is so oftentimes missing from our plates.

Make a conscious effort to include color into every meal and snack. Try blueberries or strawberries or both on top of your morning cereal or yogurt. Bring along a snack bag of carrots, cauliflower, oranges and apples. Oranges will keep the apples from turning brown and give the vegetables a nice flavor. At night, include a large vegetable based salad for dinner and minimize the use of croutons, bacon bits and cheese. After awhile, you will just naturally grab more fruits and vegetables throughout you day. (Aim for at least 2.5 cups of fruits and vegetables per day minimum).

SCI Health News: Omega-3 Fats Shown to Decrease Risk of Dying from Inflammatory Diseases

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

Date: April 22, 2011

Omega-3 fats can regulate inflammatory processes and responses. Researchers recently investigated omega-3's and other fats (such as omega-6 fats and alpha linolenic acid) to see if their consumption was associated with a reduction in mortality due to inflammatory diseases.

More than 2500 participants were tracked over a period of 15 years. Their diet was assessed using a food-frequency questionnaire.

According to the American Journal of Clinical Nutrition:

"Women in the highest tertiles of total [omega-3] intake, compared with those in the lowest tertile of intake at baseline, had a 44 percent reduced risk of inflammatory disease mortality ... In both men and women, each ... increase in energy-adjusted intake of alpha-linolenic acid was [also] inversely associated with inflammatory mortality".

Source: [American Journal of Clinical Nutrition May 2011; 93\(5\): 1073-1079](#)

See our new look!



What do you think?

Send us an email at:

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See our bold new look @

<http://www.safetyconnections.com/>

In Loving

Memory of Jessica Lehrke