



# Weekly Safety Tip

"Your Connection for Workplace Safety"

Phone: 920-208-7520

*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**

**Chance takers are  
accident makers.  
James Lehrke-SCI**

**of the week**

## SCI Safety Tip: Let's Prevent Struck By and Caught Between Accidents

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

Date: April 1, 2011

*"Struck by" and "caught between" accidents happen far too often in workplaces, especially considering how these incidents are so avoidable.*

Train your employees on how to avoid these common incidents.

**There are two main types of "struck by" accidents:**

- Those caused by moving vehicles, such as construction vehicles or forklifts, in industrial workplaces, *and*
- Those caused by falling objects, such as tools falling from workers on upper levels or by improperly stacked materials or unstable shelving.

**Train operators of moving vehicles in your workplace to:**

- Inspect vehicles before each shift to ensure their safe operating condition.
- Take particular care on steep grades or ramps that might cause a tipover.
- Never drive a vehicle in reverse gear with an obstructed rear view unless it has an audible reverse alarm or another worker signals that it is safe.
- Set parking brakes when vehicles and equipment are parked, and chock the wheels if the vehicle is on an incline.
- Never exceed a vehicle's rated load or lift capacity.
- Do not carry personnel unless there is a passenger seat and the rider is using a seat belt.

**Workers who don't operate moving vehicles can protect themselves by being alert at all times.** They also need to:

- Watch out for moving vehicles, especially at intersections or blind corners.
- Never assume that the driver has seen you—in a collision with a moving vehicle, the pedestrian will always be the loser.
- Before working near a door, post a warning sign or prop the door open. This is especially important if working from a ladder.
- Do not push a door open rapidly or forcefully. Someone may be on the other side.

**To prevent accidents caused by falling objects, train workers to:**

- Stack materials carefully to prevent sliding, falling, or collapsing.
- Secure tools and materials to prevent them from falling on people below.
- Obey signs requiring hard hats even if you don't see signs of activity.
- Wear hard hats if there is any danger of something falling even if there are no warning signs posted.

**Machine workers also face these types of accidents.** Train them to protect themselves by following these safety procedures:

- Never operate machinery without all guards in place.
- Know the danger areas of the machine, including the point of operation and the power transmission apparatus that can grab and injure body parts.
- Use proper lockout/tagout procedures when repairs or preventive maintenance is being performed.
- When walking near machinery, obey any posted warnings and stay clear of moving parts.
- Beware of being caught between moving parts of equipment like conveyors, scissor lifts, or backhoes.

In other words, train employees to be alert and obey all safety rules to protect themselves from "struck by" and "caught between" accidents!

**Why It Matters**

- Struck by and caught between accidents can happen in virtually any workplace.
- Injuries can range from scratched skin to death from head trauma.
- A commonsense awareness of these hazards and a commitment to following safety practices can prevent these accidents and injuries.

## **SCI OSHA Respiratory Protection: An Overview of OSHA Requirements**

Source [www.blr.com](http://www.blr.com)

Date: March 31, 2011

According to OSHA's respiratory protection medical evaluation requirements (29 CFR 1910.134[e] and Appendix C), you must provide a medical evaluation to determine each employee's ability to use a respirator before the employee is fit tested or required to use the respirator in the workplace.

A physician or other licensed healthcare provider either has to administer OSHA's Respirator Medical Evaluation Questionnaire (provided at 29 CFR 1910.134, Appendix C) or give the employee an exam that covers the same material in the questionnaire.

The medical evaluation is not a full physical. Rather it covers only health issues that could affect the employee's ability to work safely while wearing a respirator.

The evaluation is designed to identify:

- Asthma, pneumonia, silicosis, chronic bronchitis, or other present or past lung or pulmonary problems
- Shortness of breath, coughing, wheezing, chest pain, or other possible current symptoms of lung problems
- Heart attack, high blood pressure, angina, or other present or past heart or cardiovascular problems

- Chest pain or tightness or other current or past heart problems or symptoms
- Claustrophobia
- Trouble smelling odors
- Current or recent tobacco smoking
- Current or recent medication for breathing, lung, heart, blood pressure, or seizures
- Past problems using a respirator

#### Written Recommendation

You have to get a written recommendation regarding the employee's ability to use the respirator from the healthcare provider. The recommendation must provide the following information:

- Any limitations on respirator use related to the medical condition of the employee, or relating to the workplace conditions in which the respirator will be used, including whether or not the employee is medically able to use the respirator
- The need, if any, for follow-up medical evaluations
- A statement that the healthcare provider has given the employee a copy of the written recommendation

#### Follow-up Evaluations

Follow-up evaluations must be conducted if the employee, employee's supervisor, healthcare provider, or the respiratory protection program administrator detect any problems that could indicate a need for reevaluation. Employees may also be reevaluated if changes in physical work effort, temperature, or other working conditions could substantially increase the physical burden to an employee while wearing a respirator.

## SCI Health News: The Missing Nutrient to Blame for Heart Attacks and Osteoporosis (Nope - NOT Calcium or Vitamin D)

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

Date: March 26, 2011

By Dr. Mercola

The past decade has brought an explosion of research revealing the many beneficial roles vitamin D plays in keeping you healthy.

But there's a new kid on the block that could end up being "the next vitamin D," and we are finding that some of vitamin D's benefits are *greatly enhanced* when combined with this other vitamin.



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

[jlconnections@aol.com](mailto:jlconnections@aol.com)

See us at:

<http://www.safetyconnections.com>

*In Loving  
Memory of Jessica Lehrke*

That "new kid" is vitamin K.

Much new research is now focusing on the synergy between vitamin K (specifically, vitamin K2) and vitamin D3, particularly in terms of bone strength and cardiovascular health.

Before discussing the influence of each of these vitamins, let's review a bit about vitamins D and K and what their roles are.

Read the article: <http://articles.mercola.com/sites/articles/archive/2011/03/26/the-delicate-dance-between-vitamins-d-and-k.aspx>