



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

**NO EXCUSES!!
Play Safe
Work Safe
Stay Healthy**

**James Lehrke-SCI
of the week**

SCI Safety Tip: Celebrate NAOSH Week and Turn the Spotlight on Workplace Safety

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

Date: April 24, 2012

Next week (May 6-12) is North American Occupational Safety and Health (NAOSH) Week. What better time to turn the spotlight on safety in your workplace?

Every year in May, the American Society of Safety Engineers (ASSE) and the Canadian Society of Safety Engineers (CSSE) join together to sponsor a week intended to raise awareness about occupational safety and health and the environment.

The theme of this year's NAOSH Week is "Safety and Health: A Commitment for Life—Making It Work." Past NAOSH themes have included:

- Mining safety
- Transportation safety
- Youth workplace safety

There will be all kinds of events and activities going on in workplaces across the country next week to celebrate NAOSH Week. In the past, ASSE members have:

- Held fleet safety classes
- Sponsored ergonomic awareness events
- Distributed catastrophe preparedness information
- Distributed free teen worker safety and preventing roadway crash brochures Developed and presented teen worker safety courses
- Helped Habitat for Humanity
- Held a PPE fashion show
- Donated PPE

What Are You Doing for NAOSH Week?

If you don't already have activities planned for next week, you might consider some of these ideas, in addition to the ones mentioned above:

- Safety slogan contest
- Safety poster contest for employees' children
- Bulletin board safety displays

- Safety features in your employee newsletter or internal website
- Safety recognition award presentations
- Speeches by safety management, top management, safety team members, etc.
- Family safety fair and barbecue (which could be combined with the two previous activities)
- Safety-related give-aways
- Safety improvement/suggestion campaign
- Safety meetings on priority workplace hazards
- Lunch 'n learn training sessions

Although it may be too late to arrange events such as these for this year, save the ideas and implement

SCI OSHA News: OSHA, NIOSH, Roadway Work Zone Safety and Health Partners Renew Alliance to Protect Workers in Roadway Construction Work Zones

Source: www.osha.gov

Date: April 19, 2012

WASHINGTON – The Occupational Safety and Health Administration (OSHA) today renewed an Alliance with the [Roadway Work Zone Safety and Health Partners](#) to protect workers while working in roadway construction work zones. The Alliance will focus on preventing worker injuries and deaths from construction vehicle runovers and backovers, and focuses on increased outreach to non-English-speaking or limited-English-speaking workers.

"Most fatalities that occur in road construction work zones involve a worker being struck by a piece of construction equipment or other vehicle," said Assistant Secretary of Labor for Occupational Safety and Health David Michaels. "This renewed Alliance with the Roadway Work Zone Safety and Health Partners will help reach workers and employers with critical education and information to reduce preventable injuries and deaths."

During the two-year agreement, the Alliance will develop fact sheets for paramedics, police officers, truck drivers, and other work zone visitors on the proper personal protective equipment and high-visibility apparel to wear, and how to enter/exit a work zone during the day and at night. Additional fact sheets will be developed for less knowledgeable contractors detailing which traffic control requirements apply, particularly focusing on short-term/temporary work zones.

The Roadway Work Zone Safety and Health Partners comprise a group of construction industry associations committed to protecting the health, safety and rights of workers, and understanding the responsibilities of employers. The Partners represent more than 1.2 million members and workers nationwide. OSHA's [Highway Work Zones and Signs, Signals, and Barricades](#) Safety and Health Topics page includes information on roadway work zone hazards and how to protect workers from these hazards.

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, consulates, 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.

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>.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Exercise and It's Effects on Disease Part 1

- Women with apple-shaped figures may be at greater risk for osteoporosis. Beat belly fat with exercise, and be sure to bone up on calcium.
 - Fat that accumulates around the middle doesn't just put us at greater risk for heart disease and diabetes. New research suggests that women who carry excess weight in their abdomen are more likely to have lower bone mass, and they could be at greater risk for osteoporosis. Unlike fat that hangs out on our hips and thighs, belly fat, also known as visceral fat, releases messengers into the body that promote inflammation, causing a cascade of downstream events affecting organs such as the heart, pancreas, liver — and possibly the bones. Researchers had thought extra body weight protected women from osteoporosis. Now they suspect that the opposite is true. Luckily, research shows that regular exercise can help keep belly fat at bay. While the very act of not exercising can lead to the buildup of belly fat, modest amounts of activity can prevent it — and vigorous activity can reduce it. A healthy Mediterranean-type diet can also decrease belly fat. In the meantime, talk to your doctor about whether you should be taking extra calcium.

May is National Physical Fitness & Sports Month, so it's a good time to discuss the reasons why your employees don't "get off the couch, and get active!" Offer them practical tips to overcome those excuses. Source: <http://www.blr.com>

SCI OSHA Safety: The Sober Reality of Alcohol in the Workplace (Part 2)

Source: www.blr.com

Date: April 18, 2012

Employers not covered under the Drug-Free Workplace Act (or a state law mandating such a program) have more freedoms when creating drug-free workplace programs. An employer's program should be designed to meet the particular needs of its workplace. An employee education program will be most effective if it does not sound like a "top down" mandate from management. It should involve upper- and lower-level management as well as employees. Some of the issues to consider when drafting a workplace plan are listed below. Explain to your employees the specifics of your substance abuse policy, including that the policy:

- Prohibits the possession, use, or sale of drugs or alcohol on company premises;
- Forbids working under the influence of drugs or alcohol;
- Provides assistance for employees who want help for an abuse problem; *and*
- Imposes discipline on those who refuse help and continue to abuse drugs or alcohol on the job.



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*