



"Your Connection for Workplace Safety"

Weekly Safety Tip

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

**"When Thunder Roars,
Go Indoors!"
James Lehrke-SCI**

of the week

SCI Safety Tip: Tornado Awareness Month (Part 1)

Sources: <http://www.spc.noaa.gov/faq/tornado/safety.html>

There is no such thing as guaranteed safety inside a tornado. Freak accidents happen; and the most violent tornadoes can level and blow away almost any house and its occupants. Extremely violent EF5 tornadoes are very rare, though. Most tornadoes are actually much weaker and can be survived using these safety ideas...

Prevention and practice before the storm: At home, have a family tornado plan in place, based on the kind of dwelling you live in and the safety tips below. Know where you can take shelter in a matter of seconds, and practice a family tornado drill at least once a year. Have a pre-determined place to meet after a disaster. Flying debris is the greatest danger in tornadoes; so store protective coverings (e.g., mattress, sleeping bags, thick blankets, etc) in or next to your shelter space, ready to use on a few seconds' notice. When a tornado watch is issued, think about the drill and check to make sure all your safety supplies are handy. Turn on local TV, radio or NOAA Weather Radio and stay alert for warnings. Forget about the old notion of opening windows to equalize pressure; the tornado will blast open the windows for you! If you shop frequently at certain stores, learn where there are bathrooms, storage rooms or other interior shelter areas away from windows, and the shortest ways to get there. All administrators of schools, shopping centers, nursing homes, hospitals, sports arenas, stadiums, mobile home communities and offices should have a tornado safety plan in place, with easy-to-read signs posted to direct everyone to a safe, closeby shelter area. Schools and office building managers should regularly run well-coordinated drills. If you are planning to build a house, especially east of the Rockies, consider an underground tornado shelter or an interior "safe room".

Know the signs of a tornado: Weather forecasting science is not perfect and some tornadoes do occur without a tornado warning. There is no substitute for staying alert to the sky. Besides an obviously visible tornado, here are some things to look and listen for:

- Strong, persistent rotation in the cloud base.
- Whirling dust or debris on the ground under a cloud base -- tornadoes sometimes have no funnel!
- Hail or heavy rain followed by either dead calm or a fast, intense wind shift. Many tornadoes are wrapped in heavy precipitation and can't be seen.
- Day or night - Loud, continuous roar or rumble, which doesn't fade in a few seconds like thunder.

- Night - Small, bright, blue-green to white flashes at ground level near a thunderstorm (as opposed to silvery lightning up in the clouds). These mean power lines are being snapped by very strong wind, maybe a tornado.
- Night - *Persistent* lowering from the cloud base, illuminated or silhouetted by lightning -- especially if it is on the ground or there is a blue-green-white power flash underneath.

SCI OSHA Compliance: 4 Steps to Preventing OSHA Citations (Part 2)

Source: www.blr.com

Date: March 29, 2012

Attorney Tiffani Hiudt Casey, who advises employers on OSHA recordkeeping, hazard assessment and self-audits, and corporate-wide safety compliance, among other key issues, emphasizes the importance of proper safety training and frequent self-audits for maintaining a safe and compliant workplace—one that can stand up to and pass an OSHA inspection without a hitch.

Training

Casey says that managers and employees alike need to be trained and held accountable for implementing training skills and information on the job.

Managers in particular need to be trained to set an example by following the safety rules. They should be able to identify hazards and evaluate employee safety performance.

Employees must have any required OSHA training, and, of course, need to be trained on your worksite rules as well. Don't just assume employees know the rules. Make sure.

Workers also need to understand how to identify hazards and how to report safety problems. Casey says they must understand OSHA protections as well and know that they are not required to work in an unsafe environment. When the rules and procedures you train on are not followed, says Casey, there need to be repercussions. Don't be afraid to discipline when necessary. That sends a firm message that unsafe behavior will not be tolerated.

Self-Audits

In addition to a good training program, Casey emphasizes the importance of conducting self-audits and safety reviews on a regular basis. This is the best way to anticipate problems and get them fixed before an OSHA inspector ever gets to your door.

Self-audits will help you identify and correct hazards, update safety programs, and analyze OSHA logs and other records for patterns that will help you identify and correct problem areas.

Casey urges her clients to watch out for these pitfalls when conducting self-audits:

- **Infrequent audits.** Even if you have a self-audit program in place, it is easy to get complacent and not complete it frequently enough to have real impact.
- **Incomplete audits.** It is also easy to only complete a partial audit instead of a full audit.
- **Not correcting hazards found.** Casey notes, "Once you identify a hazard, you now have knowledge of it . . . there's a piece of paper that OSHA's going to hold up in court." So be sure get any problems uncovered in a self-audit are fixed. This shows you're taking the matter as seriously as you would an external audit or OSHA inspection. If you can't fix something immediately, steps need to be taken to ensure employee safety until the time it can be fixed (such as taking a machine out of service, for example). Assign responsibility for fixing the problem, and hold those designated accountable for successfully resolving the problem.
- **Failure to document.** Be sure to document your audits and corrective actions taken. This documentation will help prove good faith compliance with OSHA regulations.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Water

The average person should drink 64 ounces of water every day.

Water is the best source for your daily fluid needs. Water is essential for our bodies because it is in EVERY cell, tissue, and organ in your body.

The human body is made up of 50 to 75 percent water, or about 10 to 12 gallons, so replenishing your body's water supply is crucial for proper function. According to the American Dietetic Association's Complete Food and Nutrition Guide, the average adult loses about two and a half quarts or about 10 cups of water daily. To maintain your body's fluid balance, you need to replace it each day.

Your body needs water when you are in hot climates, more physically active, or running a fever. When you are participating in vigorous physical activity, it's important to drink before you even feel thirsty. Thirst is a signal that your body is on the way to dehydration.

Water helps your body with the following:

- Keeps its temperature normal.
- Lubricates and cushions your joints.
- Protects your spinal cord and other sensitive tissues.
- Gets rid of wastes through urination, perspiration, and bowel movements.

Sources:

Centers for Disease Control and Prevention. (2008). *Water: Meeting Your Daily Fluid Needs*. Accessed online September 14, 2009, at <http://www.cdc.gov/nutrition/everyone/basics/water.html>

The American Dietetic Association. (2005). *Water; Water Everywhere...How Much Should You Drink?* Accessed online September 14, 2009, at <http://www.eatright.org/Media/content.aspx?id=1520&terms=water>

SCI OSHA Compliance: What You Need to Know About GHS (Part 3)

Source: www.blr.com

Date: March 20, 2012

KL: So it's going to be easier for the employees to read the MSDS. Is it going to be easier for employers as well?

DG: Right. Especially for chemical manufacturers who have to have different standards around the world for what they have to put on a material safety data sheet or on a chemical label. This will standardize it and make it easier on them too.

KL: I know that OSHA has been talking about the GHS Standard for years. When do you think this will be dropping? When will this be finalized?



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*In Loving
Memory of Jessica Lefirke*

DG: Well, I looked in the Federal Register this morning to see if it was in there, which means it's expected out any day. The GHS guidelines will be added onto or amended onto OSHA's Hazard Communication Standard or Right-to-Know Rule.

Back in October, OSHA sent a final rule to the President's Office of Management and Budget, or OMB. The way our system is set up in the this country is the regulatory agency has to send any new regulation they're proposing to Office of Management and Budget for their review.

A few weeks ago at the end of February, Office of Management and Budget came out with a statement saying they have some changes they want OSHA to make to their final rule, which means the ball goes back to OSHA. OSHA now has to revise the final rule so that it meets whatever changes OMB wanted to make. OMB did not make their changes, what they wanted done public, so we have no idea how much work OSHA has to do before they can publish another rule. It could be tomorrow, could be next month, or later.