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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

Be alert--accidents hurt.

James Lehrke-SCI

of the week

SCI Safety Tip: 7 Simple Steps to More Effective Hazard Communication

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

Date: May 10, 2011

To ensure more effective hazard communication:

- 1. Train supervisors and safety personnel** to communicate hazard information and safety procedures effectively. Also train them in general communication skills so that they can interact more successfully with employees.
- 2. Encourage employee participation** in the development and implementation of workplace safety and health programs—for example, through safety committees and other team initiatives.
- 3. Welcome employee suggestions** about ways to improve chemical safety in the workplace. Take their concerns and suggestions seriously and incorporate them into safety programs. Remember that to be truly effective, hazard communication must involve two-way communication.
- 4. Emphasize safety protections as well as hazards** in hazard communication and other chemical safety training programs. Make sure employees understand that working with chemicals is safe as long as they follow established work practices, use appropriate engineering controls, and wear assigned PPE.
- 5. Provide intensive MSDS and label training.** Teach employees how to find and interpret the information in the MSDS and on the label. Provide them with glossaries defining technical terms in plain language. Make sure that they are comfortable with their ability to understand and use chemical safety and health information. Your training effort is not complete until they are.
- 6. Involve experienced, knowledgeable employees in training programs** as trainers and coaches. These workers have a natural rapport with trainees, and they are also well positioned to provide practical information about how to perform the job safely and efficiently.
- 7. Work hard to build trust between management and employees** by demonstrating your commitment to employee safety and health every day. Involve top management in safety awareness campaigns and feature safety as a fundamental organizational goal.

OSHA Compliance: Hazardous Drugs

Source: <http://www.osha.gov>

Date: January 21, 2011

Introduction

Worker exposure to hazardous drugs has been identified by OSHA as a problem of increasing health concern. Preparation, administration, manufacturing, and disposal of hazardous medications may expose hundreds of thousands of workers, principally in healthcare facilities and the pharmaceutical industry, to potentially significant workplace levels of these chemicals. Antineoplastic cytotoxic medications, anesthetic agents, anti-viral agents, and others, have been identified as hazardous. These hazardous medications are capable of causing serious effects including cancer, organ toxicity, fertility problems, genetic damage, and birth defects. Hazardous drugs are addressed in specific standards for the general industry.

OSHA Standards

This section highlights OSHA standards and standard interpretations (official letters of interpretation of the standards) related to hazardous drugs.

Note: Several states and territories have [OSHA-approved State Plans](#) and have adopted their own standards and enforcement policies. For the most part, these States adopt standards that are identical to Federal OSHA. However, some States have adopted different standards applicable to this topic or may have different enforcement policies. General Industry ([29 CFR 1910](#))

- [1910.1020](#), Access to employee exposure and medical records. OSHA requires the reporting of employee exposure to hazardous medications, and allows access to these records by employees.
- [1910.1200](#), Hazard communication. Includes the coverage of drugs and pharmaceuticals in the non-manufacturing sector. Requires any drugs posing a health hazard (with the exception of those in solid, final form for direct administration to the patient, i.e., tablets or pills) be included on lists of hazardous chemicals to which employees are exposed. In compliance with this standard all personnel involved in any aspect of the handling of covered hazardous medications must receive information and training to appraise them of the hazards in the work area. [\[related topic page\]](#)

Hazards and Solutions

The following references aid in recognizing and controlling hazards associated with hazardous drugs in the workplace.

Hazard Recognition

- [NIOSH List of Antineoplastic and Other Hazardous Drugs in Healthcare Settings 2010](#) [575 KB PDF, 16 pages]. US Department of Health and Human Services (DHHS), National Institute for Occupational Safety and Health (NIOSH) Publication No. 2010-167 (2010).
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- Yodaiken RE, and D. Bennett. "[OSHA Work-Practice Guidelines for Personnel Dealing with Cytotoxic \(Antineoplastic\) Drugs](#)." American Journal of Hospital Pharmacy 43.5(1986, May): 1193-204. Reviews the short and long-term hazards known to be associated with cytotoxic (antineoplastic) drugs and work-practice guidelines that can limit exposure to workers. [For updated and expanded information see "Controlling Occupational Exposure to Hazardous Drugs" below.]
- [OSHA Technical Manual \(OTM\)](#). OSHA Directive TED 01-00-015 [TED 1-0.15A], (1999, January 20).
 - [Hospital Investigations: Health Hazards](#). Deals briefly with the hazards of anesthetic agents and antineoplastic drug exposures in the hospital setting.
 - [Controlling Occupational Exposure to Hazardous Drugs](#). Describes medical surveillance, handling, transporting, storing, and disposal of hazardous drugs.
 - [Some Common Drugs that are Considered Hazardous](#)
 - [Some Aerosolized Drugs](#)

- [Occupational Exposure to Antineoplastic Agents](#). National Institute for Occupational Safety and Health (NIOSH) Safety and Health Topic.
 - [Preventing Occupational Exposure to Antineoplastic and Other Hazardous Drugs in Health Care Settings: Appendix A - Drugs Considered Hazardous](#). NIOSH Publication No. 2004-165, (2004, September). Also available as a 2 MB [PDF](#), 58 pages. Provides an annually updated list of drugs considered hazardous
- [NIOSH Warns: Nitrous Oxide Continues to Threaten Health Care Workers](#). US Department of Health and Human Services (DHHS), National Institute for Occupational Safety and Health (NIOSH) Publication No. 94-118, (1994, June 14). NIOSH has issued a warning to medical, dental, and veterinary professionals who work with nitrous oxide (N2O). The Institute warns that even with preventive measures such as scavenging systems in place these workers may be at risk for serious health effects due to their exposure.
- [Guidelines for Protecting the Safety and Health of Health Care Workers](#). US Department of Health and Human Services (DHHS), National Institute for Occupational Safety and Health (NIOSH) Publication No. 88-119, (1988, September). Addresses the risks that nurses and pharmacists face from contact with pharmaceuticals.
- [Drugs](#). US Food and Drug Administration (FDA).
- [About the Center for Drug Evaluation and Research](#). Provides links to a variety of drug evaluation and research topics.

HEALTHY BITES

Quick Tips for Healthy Living



Cardiovascular Exercise: Aim to get 150 minutes of cardiovascular exercise (anything that gets your heart pumping and makes you breathe heavily) each week. Exercising in increments as small as 10 minutes can count towards your weekly total.

1. **Whole Grains:** Make most, if not all, of the grains you eat whole grains. Look at the ingredients label on your food; the first ingredient should be whole grain or whole wheat, not enriched or bleached flour.
2. **Fruit and Vegetables:** Aim to get at least 2.5 cups of fruits and vegetables each day. Fruits and vegetables are essential to a healthy diet and should make up a large part of it. They are low in calories and are high in fiber, vitamins and antioxidants!

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In Loving
 Memory of Jessica
 Lehrke

3. **Make healthy foods and snacks convenient.** Pick a night (or day) when you can go grocery shopping and stock up on healthy foods. Prepare them as soon as you get home. Cut up your fruits and veggies and place them in individual containers for easy to grab snacks when you're in a hurry.

4. **Exercise and Weight Loss:** Exercise is important when trying to lose weight, but it doesn't give you a "free pass" to eat whatever you want. Walking for 30 minutes alone will not cancel out a large bowl of ice cream or a Big Mac. You need to make smart food choices in addition to exercise to successfully lose weight.

If any questions please call Prevea Health, Jennifer Younk, Health and Wellness Sales Manager at 920-272-1118