



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

**Make safety a part of
your work
James Lehrke-SCI**

of the week

SCI Safety Tip: The Truth About Accident Prevention

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

Date: May 14, 2012

Accident prevention is at the core of every effective workplace safety plan. That's because when you prevent accidents, you also prevent injuries and illness, pain and suffering, high costs, low morale, and sagging productivity.

Common sense tells us that there are two basic approaches to preventing accidents:

- Controlling the work environment
- Managing the attitude and behavior of employees

A successful safety plan combines both. It also recognizes two essential truths about workplace accidents:

- Accidents are frequently preceded by related incidents and near misses, and thus are often both predictable and preventable.
- Causes of accidents can be identified through observation, analysis, and investigation.

An effective plan also defines terms clearly. For example:

- **Accident.** The National Safety Council defines an "accident" as an undesired event that results in personal injury or property damage.
- **Incident.** An "incident" is an unplanned, undesired event that adversely affects completion of a task.
- **Near miss.** A "near miss" is an incident in which no property was damaged and no personal injury sustained, but given a slight shift in time or position, damage and/or injury could easily have occurred.

Accident Causes

These are just a few of the activities or conditions that can lead to accidents:

- Defective equipment
- Lack of PPE
- Hazardous chemicals
- Hazardous working conditions (e.g., inadequate lighting, extreme cold or heat)

- Unsafe acts
- Substance abuse
- Inadequate training in job skills and/or safety procedures
- Lack of safety policies and rules or failure to adequately communicate policies and rules
- Rushing, taking shortcuts (either production-driven demands or impulsive risk-taking behavior, or a combination of both)

Planning for Prevention

Safety plans should incorporate the company policy on the subject of accident prevention and investigation. Some companies, for example, have adopted a zero injury tolerance policy, while others believe that this approach drives reporting underground or creates an unfair accountability structure for employees who find some situations beyond their control.

Whatever your company's policy is, the following points should be covered in the policy statement:

- Statement of the company's commitment to safety
- Establishment of a safety committee and an explanation of how members were selected, what their responsibilities are, and what authority they have
- Outline of supervisors' responsibilities (for example, duties might include conducting safety and housekeeping inspections, filling out accident report forms, disciplining employees who disobey safety rules, orienting new workers about safety issues, and ensuring that PPE is worn)
- List of employees' responsibilities that might include noting hazards and reporting them to their supervisors, offering suggestions for improving safety procedures, and adhering to all company safety rules
- Plan for accident investigation and reporting procedures
- Procedures for correcting hazards and handling injuries and emergencies
- Description of safety training and education programs for both employees and supervisors
- Reference to your internal safety inspections policy or a copy of the inspection checklist
- Description of job safety analysis measures designed to identify and eliminate problem areas
- Statement about PPE
- Warning concerning work rules, disciplinary actions, or a recap of the penalties for safety violations
- Statement of your physical examination policy
- Reference to workers' compensation benefits and required documentation

SCI OSHA Compliance: Are Employers Liable for Home Office Injuries? (Part 1)

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

Date: May 17, 2012

Working from home is becoming increasingly popular in some businesses. But it's also becoming increasingly clear that this practice can expose employers to greater risk of liability for employee injuries.

Employees love telecommuting, or telework, for the comfort and flexibility. Employers love it because of the lower overhead expenses. And everybody loves it because it keeps cars off the road, reduces traffic, and helps protect the environment.

But Catalina Avalos, director in the Fort Lauderdale, Florida, firm Tripp Scott, believes there may also be some dangers lurking in the work-at-home practice.

For example, you might expect that if employees work in their own homes, their health and safety is not your concern. But OSHA thinks differently. Avalos notes that OSHA categorizes the offices of employees who work at home as "home-based worksites."

Does this mean you should be out there inspecting workers' home offices for safety hazards? No, says Avalos. In fact, OSHA actually bars such inspections as a potential invasion of privacy. But therein lies a Catch-22. Employees concerned that their home offices are unsafe can make specific complaints to OSHA, which will then contact the employer about the problem. If OSHA determines a real hazard, it has the authority to prohibit the employer from having employees work at home and/or it can fine the employer.

So the rules put you in a double bind. You can't ensure safety in a home office, but you *can* be blamed for an accident. Not exactly fair or sensible.

Add to that the fact that if there is an accident that an employee feels is the employer's responsibility, he or she can file a civil lawsuit for damages and/or file a claim for workers' compensation.

HEALTHY BITES

Quick Tips for Healthy Living



Exercise and Goals Part 1

- Got a pedometer? Good for you! How about a goal? Setting a daily step goal can increase the amount of walking you do by a mile
 - Clip on a pedometer for good health, and set a daily walking goal of 10,000 steps a day. Setting your intentions and tracking your progress can help you go the extra mile — literally! Using a pedometer is a great way to assess how much physical activity you're getting, but it's only half the story. A review in the Journal of the American Medical Association found that people who established goals and kept a diary of their progress boosted their daily mileage the most, walking, on average, 2,649 extra steps. That's just over a mile a day. For heart health, make sure at least 30 minutes of those steps are taken at moderately brisk pace. An easy way to tell if your pace is fast enough: aim for 100 steps per minute, or 3,000 steps in half an hour.

- To help keep loved ones active, ask about their exercise plans for the week. It makes them more likely to surpass their goals
 - Here's a sneaky way to get friends and family to stick with their workout routine: Ask them about their exercise plans for the upcoming week. Having to predict their future behavior makes people more likely to do even better than what they estimated. A study published in the Journal of Consumer Research found that when people were asked about their plans to exercise, they worked out 138 percent more than in previous weeks. Motivate others by taking an interest in their health goals — and ask others to do the same for you
 - Looking for an excuse to add a furry friend to your family? Dog owners are 34 percent more likely to meet weekly exercise requirements
 - Thinking of adding a pup to your brood? A family pet could be a good investment in your health. According to a study in the Journal of Physical Activity and Health, dog owners are 34 percent more likely to get the recommended minimum amount of exercise each week — thanks to all of that dog walking. If you already own a pooch but are one of the 40 percent of owners who don't walk their dog at all, do you and your pup a favor and get moving. Thirty minutes of walking five times a week is all it takes to meet public health requirements.



What do you think?
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<http://www.safetyconnections.com/>

*In Loving
 Memory of Jessica Lefrke*