

Checkout our New Website!

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"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

Safety it's all about YOU!

James Lehrke-SCI

of the week

SCI Safety Tip: Tell Teen Employees Not to Be a 'Zombie' at Work!

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

Date: May 20, 2011

The summer season is fast approaching, which means millions of teenagers will be out of school and eagerly seeking out their first job. It's great for workplaces to have all these fresh faces and all that youthful energy and ideas. However, with the pluses come the minuses that result from teens' lack of work experience.

Incorporate the good without the bad by training your new teenage employees in all safety measures. To help you with this critical training, the American Society of Safety Engineers (ASSE), the National Institutes of Safety and Health (NIOSH), and the Oregon Occupational Safety and Health Administration (Oregon OSHA) have teamed up to provide training resources. Visit www.asse.org/teensafety for training presentations, quizzes, handouts, etc., including an online interactive game called the Zombie Project www.asse.org/zombieproject.

Oregon OSHA (<http://www.orosha.org/pdf/pubs/s917.pdf>) gives a good explanation of the risk factors for teen workers. These factors include:

- Lack of on-the-job experience, including knowing the risks associated with each job, including
- Physical hazards
- Biological hazards
- Chemical hazards
- Other hazards (noise, vibration, radiation, etc.)
- Feeling of invincibility that may lead to risk-taking
- Lack of awareness of their rights and responsibilities, as well as job tasks that are illegal for them to perform
- Trouble in relating cause and effect so that they don't see how an injury today could disable them for life
- Desire to prove themselves that can lead them to do unsafe things
- Reluctance to ask questions

In addition to these factors, teens need to be trained on how to identify hazards because:

- They may think that their employers have protected them, so they don't have personal responsibilities for staying safe.
- They may not know where to find safety information, such as for hazardous chemicals.

Adapt this valuable multistep process from Oregon OSHA to train your teen employees. Customize the following steps to your young workforce and your specific workplace:

- Give teens clear instructions on the safety precautions to take for each task.
- Ask teens to repeat your instructions and to ask questions whenever they don't understand.
- Demonstrate—or have an older employee demonstrate—how to perform each task.
- Watch teens as they perform each task and correct mistakes until they get it right.
- Ask once more if they have any more questions.
- Check back later to ensure that they're continuing to perform their tasks correctly and safely.

Why It Matters

- In 1 recent year, about 2.3 million teens aged 15 to 17 worked in the United States.
- In that year, thousands of teens suffered on-the-job injuries serious enough to send them to the hospital. Most of these types of injuries occur within the first 12 months of employment.
- In that year, 34 youths under the age of 18 died from work-related injuries.

OSHA News: US Labor Department's OSHA Reopens Public Record on Proposed Record-keeping Rule to Add Work-related Musculoskeletal Disorders Column

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

Date: May 16, 2011

WASHINGTON – The U.S. Department of Labor's Occupational Safety and Health Administration tomorrow will reopen the public record on a proposed rule to revise the Occupational Injury and Illness Recording and Reporting Requirements regulation. Notice of the reopening will be published May 17 in the Federal Register.

The purpose of reopening the record is to allow interested individuals to comment on the small business teleconferences that OSHA and the Small Business Administration's Office of Advocacy co-sponsored on April 11 and 12, and on the issues raised during the teleconferences. OSHA held the teleconferences to gather information from representatives of small businesses about their experiences recording work-related musculoskeletal disorders and how they believe they would be impacted by OSHA's proposed rule. The public is invited to submit comments by June 16, 2011.

On Jan. 29, 2010, OSHA proposed to revise its Occupational Injury and Illness Recording and Reporting Requirements regulation to restore a column to the OSHA 300 log that employers would have to check if an incident they already have recorded under existing rules is an MSD. The proposed rule would not change the existing record-keeping requirements about when and under what circumstances employers must record work-related injuries and illnesses. The only additional requirement the proposed rule would impose is for an employer to mark the MSD column box on the OSHA 300 log if a case it already has recorded meets the definition of an MSD.

"OSHA is eager to hear from the public on this, and every, proposed rule," said Assistant Secretary of Labor for Occupational Safety and Health Dr. David Michaels. "The more feedback the agency receives from small businesses on this topic, the better informed we will be in crafting a proposed regulation that protects workers without overburdening employers."

Under the existing regulation, employers already must determine whether a case is recordable – that is, whether the case meets the definition of "injury or illness"; is a new case; is work-related; and meets at least one of the recording criteria. Examples of recording criteria are days away from work, restricted work and medical treatment beyond first aid. The proposed rule would define an MSD, for record-keeping purposes only, as a disorder of the muscles, nerves, tendons, ligaments, joints, cartilage or spinal discs that was not caused by a slip, trip, fall, motor vehicle accident or similar accident.

OSHA estimates that 1.505 million recordable MSDs are expected to occur annually among 1.542 million affected establishments and that the annualized costs of the proposed rule would be \$1.7 million per year for all affected establishments combined. OSHA has posted a summary of comments about the teleconferences in the public docket for this rulemaking at <http://www.regulations.gov/#!documentDetail;D=OSHA-2009-0044-0139>.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

- 1. Plan your meals ahead of time.** When trying to eat healthy it is important to plan your meals. Pack a healthy lunch and plan for a healthy supper. That way you won't be as tempted to grab the first thing in sight when hunger kicks in.
- 2. Limit alcohol consumption.** Alcohol can easily sabotage weight-loss plans. Not only is alcohol high in calories (approximately 100 calories per serving and sometimes more depending on what type of beverage you're consuming) but it can also lower your self-control. Leading you to unhealthy eating once you've had a few drinks. Remember, moderation is key.
- 3. Eat mindfully.** Don't eat in front of the TV or while doing anything else. Sit down and focus on what you are eating. Take your time. Notice the appearance, the smell, the texture and the taste of your food. Don't eat so fast that you hardly remember even eating the food in front of you! You will be more satisfied with your meal if you truly take the time to enjoy it.
- 4. Drink more water.** Water is the best thing you can drink and has zero calories! It is essential for your body to function because it is used by every cell in your body.

See our new look!



What do you think?
Send us an email at:
jlconnections@aol.com
See our bold new look @
<http://www.safetyconnections.com/>

*In Loving
Memory of Jessica Lehrke*

5. Limit TV Time. Think about how many minutes or hours of television you watch each week. How many hours of your time are spent sitting in front of a TV? Try to limit your TV time to no more than 5 hours per week. Doing just about anything else burns more calories than watching television.

6. Sleep. Aim to get *at least* 7 hours of sleep each night. Sleep is one of the most important things you can do to make sure body, brain and immune system function properly.

7. Soda. Be careful how much soda you consume. Soda has no nutritional value whatsoever. And, diets heavy in sugary snacks such as soda, may contribute to weight gain and the development of Type II Diabetes.

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