



"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

Tomorrow – Your reward for working safely today.

James Lehrke-SCI

of the week

SCI Safety Tip: Are You and Your Workers Ready for the Summer Heat? (Part 1)

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

Date: May 23, 2012

Every year, thousands of workers become sick from exposure to heat, and some even die. But your people don't have to suffer. These illnesses and deaths are preventable.

With summer just around the corner and heat and humidity on the rise, many employers need to start thinking about and planning to prevent employee heat-related illness.

Although OSHA doesn't have a specific standard that covers working in hot conditions, under the General Duty Clause of the OSH Act, you nevertheless have a duty to protect workers from recognized serious hazards in the workplace, including heat-related hazards.

This means right off the bat you need answers to three very important questions.

What Is Heat Illness?

The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires immediate medical attention.

Who Is Affected?

Workers exposed to hot and humid conditions are at risk of heat illness, especially those doing heavy work tasks or using bulky protective clothing and equipment. Some workers might be at greater risk than others if they have not built up a tolerance to hot conditions.

How Can Heat Illness Be Prevented?

Remember these three words:

- Water
- Rest
- Shade

Drinking water often, taking breaks, and limiting time in the heat can help prevent heat illness. Include these prevention steps in worksite training and plans.

Additional steps can also help prevent heat-related illness on the job whether employees are working outside or inside in a hot environment:

- Gradually increase workloads and allow more frequent breaks during the first week or so of hot weather for all heat-exposed workers.

- Pay special attention to workers who are new on the job or have been away from work for a week or more when the weather is hot. Make sure supervisors acclimate (or reacclimate) them properly to working in the heat.
- Also make sure employees and supervisors know the symptoms of heat illness and look out for these signs in themselves and others during hot weather.

Plan for heat-related emergencies, and make sure everyone knows what to do. Acting quickly in heat illness emergencies can save lives.

SCI OSHA Compliance: Are Employers Liable for Home Office Injuries? (Part 2)

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

Date: May 17, 2012

Employer Responsibilities

As you can see, an arrangement that seems simple and mutually beneficial on the surface can have underlying risks that you should be aware of.

Avalos advises employers to ask all work-at-home employees, even if they are only at home 1 or 2 days a week, to describe what their workspaces are like and whether they have any concerns or special requests.

OSHA requires employees to disclose potential hazards in their home offices. Even though this rule is difficult to enforce, the question is still well worth asking, Avalos believes.

She also notes that employers should be aware that telework situations may intersect with needs under the Americans with Disabilities Act, which requires reasonable accommodation.

Policy a Must

"If the work-at-home employee decides to go downstairs and make a sandwich at lunchtime, and he slips and falls down the stairs, the employer probably isn't liable, nor is the injury covered by workers' comp," says Avalos.

But Avalos warns that because workers' compensation laws are state specific, there are no absolutely clear answers that apply across the board. This is why she stresses the importance of creating a written policy for work-at-home situations.

Not only should your policy restrict responsibility to injuries that happen *in* the home office, it should also clearly state that it is restricted to times when the employee is performing authorized work.

SCI – What's New????



We are proud to introduce our new Environmental Health & Safety Manager and family member Laura Sauermilch at SCI. She will be offering a variety of environmental services in addition to our current safety, leadership, culture, behavioral based safety, motivational speaking and CPR/First Aid Training list of services.

Laura Sauermilch is our newest SCI family member. We are excited to expand our services offered into the environmental field. Prior to joining us, she worked for an environmental regulatory agency as a hazmat spill responder and compliance officer. In each of the 750+ cases she managed, she helped to determine root cause, develop an incident action plan, determine the extent of environmental impact, and address future prevention measures.

She has developed a keen eye for the "what ifs" and can help businesses anticipate potential problems that prevent costly spill responses and clean ups. She is well versed in incident management utilizing the Incident Command System (ICS). She can provide individualized guidance for your facilities facility's all hazard response plan and help you develop a drill action plan. Laura can help you crack the environmental regulatory code and ease the stress of the compliance management.

As an avid camper, hiker, beachcomber, and rock hounder, Laura has a great appreciation for nature and can help your company keep a competitive edge by saving green while going green even in today's depressed economy. What Laura offers you:

- Individual site assessment for spill prevention/chemical management
- All hazards incident management (ICS) site specific trainings/drill development
- All hazards facility response plan development
- Environmental compliance with local, state, & federal regulations
- Saving green while going green site consultations

Feel free to contact Laura at **920-208-7520 (O)** or **920-627- 6252 (C)** or laura@safetyconnections.com for a complementary environmental audit.

Hurry this offer expires soon!

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Exercise and Goals Part 2

- To reduce your risk of gaining weight as you get older, aim for 30 minutes of brisk walking seven days a week. Research shows that obesity is a big problem in pets, just as it is in people. Carrying too much weight can lead to joint injuries and arthritis — in you and your pooch. Instead of letting your dog out into the backyard, grab the leash and hit the pavement, for your — and your dog's — health
- Is your job padding more than your wallet? Whittle your waist and boost your health by using the stairs instead of the elevator.
 - Whittle while you work: Skip the elevator and take the stairs. According to a study in the journal Preventive Medicine, our expanding waistlines may have a lot to do with our on-the-job activities — or, rather, lack thereof. Researchers found that workers move significantly less during the workday than we used to. Fitting small bursts of exercise into your day, such as taking the stairs or walking during your breaks, could make it easier to meet daily fitness recommendations, say the authors. A 2010 study of sedentary workers found that using the stairs at work can help improve cardiovascular fitness, weight, blood pressure and cholesterol levels.
- How to win the battle of the bulge: Be sure to get the recommended 150 minutes of exercise each week.
- Dreading middle-aged weight gain? Don't. You can lower your chances of plumping up as you get older by sticking with a consistent exercise program. Young adults who get active and stay active as they move into midlife



What do you think?
Send us an email at:
jconnections@aol.com
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<http://www.safetyconnections.com/>

*In Loving
Memory of Jessica Lefirke*

gain significantly less weight than those who either don't exercise or exercise inconsistently. The study, published in the Journal of the American Medical Association, tracked 3,554 men and women between the ages of 18 and 30 for 20 years. The researchers found that, compared with those who exercised infrequently, men who maintained high levels of activity gained almost six fewer pounds over 20 years, while highly active women gained 13.4 fewer pounds over the same time period. To reduce your chances of weight gain, incorporate 30 minutes of daily exercise into your routine and maintain a high activity level.

***Remembering our Warriors in battle fighting for FREEDOM
May 28, 2012 Never Forget the Sacrifice ...***