

Checkout our New Website!

Details on Page 3



Weekly Safety Tip

“Your Connection for Workplace Safety”

Phone: 920-208-7520

We're about service, commitment, results, and accountability!

SCI Safety Tip: Tornado Checklist (Part 2)

Sources: <http://www.weather.com/ready/checklists/tornadochecklist.html>

When a Tornado Threatens

You can improve the odds of your home surviving high winds by taking these precautions, but you won't make it tornado-proof. Nor do these measures guarantee your safety. Take these additional steps to protect yourself and your family as fully as possible:

- Decide in advance where you will take shelter (a local community shelter, perhaps, or your own underground storm cellar or in-residence “safe” room). When a tornado approaches, go there immediately. If your home has no storm cellar or in-residence “safe” room and you have no time to get to a community shelter, head to the centermost part of your basement or home — away from windows and preferably under something sturdy like a workbench or staircase. The more walls between you and the outside, the better.
- Become familiar with your community's severe weather warning system and make certain every adult and teenager in your family knows what to do when a tornado “watch” or “warning” sounds. Learn about your workplace's disaster safety plans and similar measures at your children's schools or day care centers.
- Study your community's disaster preparedness plans and create a family plan in case you are able to move to a community shelter. Identify escape routes from your home and neighborhood and designate an emergency meeting place for your family to reunite if you become separated. Also establish a contact point to communicate with concerned relatives.
- Put together an emergency kit that includes a three-day supply of drinking water and food you don't have to refrigerate or cook; first aid supplies; a portable NOAA weather radio; a wrench and other basic tools; a flashlight; work gloves; emergency cooking equipment; portable lanterns; fresh batteries for each piece of equipment; clothing; blankets; baby items; prescription medications; extra car and house keys; extra eyeglasses; credit cards and cash; important documents, including insurance policies.

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 is Everyone's Business

James Lehrke-SCI

of the week

- Move anything in your yard that can become flying debris inside your house or garage before a storm strikes. Do this only if authorities have announced a tornado “watch,” however. If authorities have announced a tornado “warning,” leave it all alone.
- Don’t open your windows. You won’t save the house, as once thought, and you may actually make things worse by giving wind and rain a chance to get inside.
- Don’t try to ride out a tornado in a manufactured home. Even manufactured homes with tie-downs overturn in these storms because they have light frames and offer winds a large surface area to push against. In addition, their exteriors are vulnerable to high winds and wind-borne debris.
- Finally, review your homeowner’s insurance policy periodically with your insurance agent or company representative to make sure you have sufficient coverage to rebuild your life and home after a tornado. Report any property damage to your insurance agent or company representative immediately after a natural disaster and make temporary repairs to prevent further damage.
- For information about filing an insurance claim after a natural disaster, contact your insurance agent or insurance company.

Source: Institute for Business and Home Safety. IBHS is a national nonprofit initiative of the insurance industry to reduce deaths, injuries, property damage, economic losses and human suffering caused by natural disasters.

OSHA Quick Facts: Work Zone Traffic Safety

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

Employees being struck by vehicles or mobile equipment lead to many work zone fatalities or injuries. Work zones need traffic controls identified by signs, cones, barrels and barriers.

Drivers, employees on foot, and pedestrians must be able to see and understand the proper routes.

Construction project managers determine traffic control plans within construction/demolition worksites.

- Traffic control devices, signals, and message boards instruct drivers to follow paths away from where work is being done.
- Approved traffic control devices, including cones, barrels, barricades, and delineator posts are also used inside work zones.

Work Zone Protections: Various concrete, water, sand, collapsible barriers, crash cushions, and truck-mounted attenuators can help limit motorist intrusions into construction work zones.

Flagging: Flaggers should wear high visibility clothing with a fluorescent background and made of retro-reflective material. This makes employees visible for at least 1,000 feet in any direction. Check the label or packaging to ensure that the garments are performance class 2 or 3. Drivers should be warned with signs that there will be flaggers ahead. Flaggers should use STOP/SLOW paddles, paddles with lights, or flags (only in emergencies).

Lighting: Flagger stations should be illuminated. Lighting for employees on foot and for equipment operators should be at least 5 foot-candles or greater. Where available lighting is not sufficient, flares or chemical lighting should be used. Glare should be controlled or eliminated.

Training: Flaggers must be trained/certified and use authorized signaling methods.

Driving: Seat belts and rollover protection should be used on equipment and vehicles as the manufacturer recommends.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

1) Let's get cooking: Need a few easy recipes that you will actually use? Recipe substitutions can save you a lot of calories and fat. If you go to www.recipe-tips.com; you can make some very easy changes in your recipe. Did you know 1 T of flax seed and 3 T of water can replace an egg? Try it in a meat loaf or casserole some time. You can also use applesauce in place of oil in a cake recipe. Low fat or no fat cream cheese and sour cream can replace the higher fat and higher calorie regular versions. Experiment!! Be creative!!! If it doesn't work; make a note on the recipe on what to try next time.

2) Fat Facts

Fat does get a negative connotation in the world of health and nutrition. The fact is that you need fat every day in order to have a healthy diet. The problem lies in the fact that oftentimes we get too much fat and the wrong type of fat in our diets. When choosing fats; look for items that are higher in the unsaturated fats (monounsaturated, polyunsaturated) and try to limit those products that are high in saturated and trans fats. Try to have no more than 25-30% of your calories from fat and no more than 7% of your fats from saturated/ trans fats

LIMIT THESE

What are foods that have saturated fats? Bacon, butter and lard, sausage (all kinds), polish and hot dogs, luncheon meats, solid shortening, potato and corn chips, cream and sour cream, ice cream, chocolate, fat in red meat, poultry skin, cocoa butter, coconut and palm oil, regular cheese, whole-milk dairy products, fried foods

What foods have trans-fats? Baked goods, fried foods, solid shortening, french fries, doughnuts and cookies, stick margarine

USE THESE

What foods have polyunsaturated fats? Corn oil, safflower oil, sesame oil, soybean oil, sunflower oil and seeds

How about monounsaturated fats? Avocados, canola oil, olive oil and peanut oil, most nuts

Omega-3 fats are found in fish oil, flax oil, canola oil, fish (such as herring, mackerel, salmon, English walnuts, butternuts, soybeans, flax seed (ground))

Even the healthy fats have serving sizes so read the labels and use accordingly!! Good luck with these FAT facts!!!

6) Super foods!! Ever heard of them? According to WebMD, there are 10 everyday super foods that are packed with multiple nutrients to help you stay healthy. Try to incorporate these into your daily meal plans.

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*

- 1) low fat or fat-free plain yogurt
- 2) eggs
- 3) nuts
- 4) kiwis
- 5) Quinoa
- 6) Beans
- 7) Salmon
- 8) Broccoli
- 9) Sweet potatoes and
- 10) berries.

If you already eat all these; keep up the great work. If not, try to include one or more of these into your day.