



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

**We need you!
Work safely!**

**James Lehrke-SCI
Of the Week**

SCI Safety Tip: Work Ergonomically

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

Date: June 1, 2012

The National Safety Council's National Safety Month continues this June with Week 2's theme, which is Work Ergonomically.

Explain to your trainees that ergonomics is the study of designing procedures and equipment to prevent workers from unnecessary injuries. Warn your employees, for example, that if they use awkward postures to complete their job tasks, they may put unnecessary stress on muscles and tendons. This stress can lead to back pain, tendonitis, and damage to joints by forcing muscles and tendons out of their natural positions.

In addition, awkward postures such as the following, can lead to a risk of musculoskeletal disorders (MSDs):

- Reaching overhead
- The amount of force the body must maintain in order to hold the awkward position
- Holding fixed positions, such as bending and twisting, known as static loading
- Lifting an object while twisting, reaching, or turning

Describe and/or demonstrate the ergonomic procedures or tools and equipment that your organization uses to help workers avoid these awkward postures. In particular, emphasize to your trainees that proper lifting is crucial to good ergonomics. Make sure your workers take the following precautions to prevent painful back injuries:

- **Use lifting aids** whenever possible, especially when lifting repetitively or lifting heavy objects.
- **Never twist your back while lifting**—instead, move your feet so that your trunk stays straight, or rearrange your work area so that twisting is not necessary while lifting.
- **Always lift with your legs**, not with your back. Squat down, bring the load close to your body, and lift with your legs.
- **Use a stepstool or ladder**, if you need to lift something above your shoulders. Remember never to use the top two steps or rungs.
- **Don't try to be a hero**—if an object is too heavy for you to lift, get help from either a mechanical lifting aid or from another employee.

- **Keep your back in top shape by exercising and keeping your weight down.** For example, doing sit-ups regularly will help strengthen both your stomach and back muscles, both of which help in the lifting process. This will help prevent injuries from occurring.

Why It Matters

- In one recent year, there were 283,800 total cases of MSDs that resulted in at least one lost day from work.
- MSDs are almost entirely avoidable with the correct training and performance.
- Your role in this training is crucial for the safety and success of your employees and your employer.

SCI OSHA Compliance: Welcome to OSHA's Fall Prevention Campaign

Source: www.OSHA.gov/stopfalls.

FALLS ARE THE LEADING CAUSE OF DEATH IN CONSTRUCTION. In 2010, there were 264 fall fatalities (255 falls to lower level) out of 774 total fatalities in construction. **These deaths are preventable.**

Falls can be prevented and lives can be saved through three simple steps:

- [Plan](#)
- [Provide](#)
- [Train](#)

This webpage is part of OSHA's nationwide outreach campaign to raise awareness among workers and employers about the hazards of falls from ladders, scaffolds and roofs. The educational resources on this website give workers and employers information about falls and how to prevent them. There are also training tools for employers to use and posters to display at their worksites. Many of the new resources target vulnerable workers with limited English proficiency.

We invite you to join in this effort by helping to reach workers and employers in your community with the resources you find on this site. OSHA will continue to add information and tools to this page throughout the year.

OSHA has partnered with the National Institute for Occupational Safety and Health and National Occupational Research Agenda (NORA) - Construction Sector on this nationwide outreach campaign to raise awareness among workers and employers about common fall hazards in construction, and how falls from ladders, scaffolds and roofs can be prevented and lives can be saved. Here's how:

PLAN ahead to get the job done safely When working from heights, such as ladders, scaffolds, and roofs, employers must plan projects to ensure that the job is done safely. Begin by deciding how the job will be done, what tasks will be involved, and what safety equipment may be needed to complete each task. When estimating the cost of a job, employers should include safety equipment, and plan to have all the necessary equipment and tools available at the construction site. For example, in a roofing job, think about all of the different fall hazards, such as holes or skylights and leading edges, then plan and select fall protection suitable to that work, such as personal fall arrest systems (PFAS).

PROVIDE the right equipment Workers who are six feet or more above lower levels are at risk for serious injury or death if they should fall. To protect these workers, employers must provide fall protection and the right equipment for the job, including the right kinds of ladders, scaffolds, and safety gear. Different ladders and scaffolds are appropriate for different jobs. Always provide workers with the kind they need to get the job done safely. For roof work, there are many ways to prevent falls. If workers use personal fall arrest systems (PFAS), provide a harness for each worker who needs to tie off to the anchor. Make sure the PFAS fits, and regularly inspect all fall protection equipment to ensure it's still in good condition and safe to use.

TRAIN everyone to use the equipment safely Falls can be prevented when workers understand proper set-up and safe use of equipment, so they need training on the specific equipment they will use to complete the job. Employers must [train workers](#) in hazard recognition and in the care and safe use ladders, scaffolds, fall protection systems, and other equipment they'll be using on the job.

OSHA has provided [numerous materials and resources](#) that employers can use during toolbox talks to train workers on safe practices to avoid falls in construction. Falls from ladders, scaffolds and roofs can be prevented and lives can be saved through three simple steps: Plan, Provide and Train.

HEALTHY BITES

Quick Tips for Healthy Living



Nutrition and Disease Part 1

- How to prevent muscle and bone loss as you get older: Eat your fruits and vegetables. Plant foods may help to preserve bone and muscle.
 - Meat, potatoes and pasta — the typical American feasts on a protein- and carbohydrate-heavy diet. When we eat them, these foods produce small amounts of acid in the body. Over decades, this can disrupt the pH levels in our body, leading to an overly acidic environment. For optimal functioning, our bodies require slightly alkaline conditions. According to researchers at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, this slight shift in pH, known as mild acidosis, can trigger muscle wasting and bone loss as we age. You can help combat this slow deterioration by eating a diet that's bursting with fruits and vegetables. Spinach, apples, citrus fruit, watermelon, asparagus and grapes, for instance, all leave alkaline residues behind during digestion and help balance out your body's pH. Foods that are rich in potassium, like apricots, avocados and brussels sprouts, may be especially helpful in keeping muscle loss at bay
- A high potassium diet helps keep arteries healthy and may lower your risk of a stroke. Your best bet sources: fruits and vegetables
 - Keep your blood pressure and stroke risk down by eating more potassium-rich foods. A recent study in the Journal of the American College of Cardiology found that a diet high in potassium can reduce the risk of stroke by more than 20 percent. Americans get so little daily potassium that the government considers our collective lack of the mineral to be a public health concern. Potassium helps protect against strokes by blunting the effects of sodium on blood pressure. High blood pressure is the number one cause of stroke. You can also help take the pressure off your arteries by reducing your sodium intake. In addition to kicking your saltshaker to the curb (or at least relegating it to your cupboard), boost potassium by stocking up on fruits and vegetables. Your top crops for potassium: sweet potatoes, tomatoes and bananas
- Nuts about nuts? Well, then grab a handful. Eating a couple of ounces a day can help lower cholesterol — and curb hunger
 - Walnuts may hog the superfood spotlight, but they're not the only good-for-you nut. All nuts are loaded with healthful fat and antioxidants that can help reduce the risk of heart disease, especially when combined with a Mediterranean diet. Packed with protein, they're a great alternative to meat. Plus, they're chock-full of fiber and essential minerals, like iron, zinc and calcium. It's true that nuts, like any food high in fat, pack a lot of calories, so it's important to eat them in moderation. Don't cut them from your diet, however, just because you think of them as fattening. In small amounts, nuts can be a healthy part of any weight-loss program. The reason: Fat fills us up. Eating an ounce of almonds or cashews instead of, say, a couple of low-fat cookies will keep you satisfied for longer, so you will eat fewer calories throughout the day.



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 Send us an email at:
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<http://www.safetyconnections.com/>

In Loving
 Memory of Jessica
 Lehrke