



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

**Keep safety in mind.
It will save your
behind.**

**James Lehrke-SCI
Of the Week**

SCI Safety Tip: Are You and Your Workers Ready for the Summer Heat? (Part 2)

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

Date: May 23, 2012

Using the Heat Index

Workers become overheated from two primary sources:

- Environmental conditions in which they work (whether hot weather outside or hot conditions inside)
- Internal heat generated by physical labor
- To make sure workers keep safe as the heat rises, review this table, which matches temperatures, risk levels, and protective measures for high temperatures:

Heat Index	Risk Level	Protective Measures
Less than 91°F	Lower caution	Basic heat safety and planning
91°F to 103°F	Moderate	Implement precautions and heighten awareness
103°F to 115°F	High	Additional precautions to protect workers
Greater than 115°F	Very high to extreme	Triggers even more aggressive protective measures

For lower caution risk level, encourage workers to:

- Drink plenty of water (make sure it is available).
- Wear a hat and sunscreen.
- Take rest breaks in an air conditioned or cool, shaded area.
- Acclimate if new or returning to work and performing strenuous work.

For moderate risk level, encourage workers to take all of the precautions above, plus:

- Watch for signs of heat stress (be sure to review signs in a safety meeting and instruct supervisors to watch for symptoms).
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- Drink at least 4 cups of water every hour (make sure it is available).

- Report heat-related symptoms immediately and seek appropriate first aid (explain who to call and review first aid for heat illness in safety meeting).
- Call 911 if a worker loses consciousness or appears confused or uncoordinated.

For the high risk level, *you* should take these additional precautions to protect workers:

- Increase rest periods.
- Designate a knowledgeable person (well informed on heat-related illness) at the worksite to determine appropriate work/rest schedules.
- Reduce the workload, and pace strenuous work tasks.
- Make sure cool, fresh water is available, and remind workers to drink plenty of water every 15 to 20 minutes.

For very high and extreme risk levels:

- Reschedule all non-essential outdoor work to days when the heat index is lower.
- Move essential outdoor work to the coolest part of the work shift.
- As much as possible allow for earlier start times, split shifts, or evening and night shifts.
- Prioritize and plan essential work tasks carefully. Strenuous work tasks and those requiring the use of heavy or non-breathable clothing or impermeable chemical protective clothing should not be conducted when the heat index is at or above 115°F.
- Stop work if essential control methods are inadequate or unavailable when the risk of heat illness is very high.

SCI Environmental Compliance: TRI Reporting Due Soon

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

The Toxics Release Inventory (TRI) reporting deadline is July 1, so that means facilities only have a few weeks to finish up their reports.

President Obama's Omnibus Appropriations Act rescinded EPA's TRI Burden Reduction Rule of 2006. The Act requires that all reports on PBT chemicals (chemicals and chemical categories of "special concern") be submitted on **Form R**, the more detailed form.

For all other chemicals, the shorter **Form A** may be used only if the annual reporting amount is 500 lb or less and if the chemical was manufactured, processed, or otherwise used in an amount not exceeding 1 million lb during the reporting year.

Heads Up! EPA recently added **16 chemicals to the TRI list**. It is the largest chemical expansion of the program in more than a decade and is effective for the 2011 TRI reporting.

Who Has to Report for TRI

Reports must be filed by facilities that meet all three of the following criteria:

- Your facility has the equivalent of 10 or more full-time employees;
- Your facility is classified in a covered North American Industrial Classification System Code or is a federal facility; and

- You are required to report any EPCRA Section 313 chemical not listed as a persistent, bioaccumulative, and toxic (PBT) chemical that is manufactured or processed at your facility in excess of 25,000 pounds (lb) per chemical or category over the calendar year, or otherwise used in excess of 10,000 lb per chemical or category over the calendar year. For PBT chemicals, the thresholds are in the range of 10 to 100 lb and are specific to the chemical. The threshold for dioxins, a special PBT, is 0.1 gram.

Two-Part Process

The TRI process has two major components—threshold determinations and actual reporting—which should be handled separately:

- Part One: Identify Section 313 chemicals manufactured, processed, or otherwise used at the site. Then determine quantities of Section 313 chemicals and whether they are manufactured, processed, or otherwise used on-site for the reporting year.
- Part Two: If the threshold is exceeded, identify total releases and off-site transfers, identify other waste management practices, and identify pollution prevention activities.

The TRI-MEweb application (www.epa.gov/tri/report/software) is EPA's preferred method to comply with EPCRA TRI reporting.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Exercise and Your Kids

- Want your kids to exercise? Play video games — the interactive kind, that is. Twenty minutes of playtime is equal to walking a mile.
 - Don't write off video games as a lazy, sedentary pursuit. Interactive video games like Dance Dance Revolution and Wii Boxing can be a great way of working up a sweat. A study in the Archives of Pediatrics & Adolescent Medicine found that middle schoolers got a moderate to vigorous workout when playing so-called "exergames." But be forewarned that not all games or skill levels will offer the same calorie burn. Golf and bowling, for instance, don't require much movement. And Dance Dance Revolution's fitness quotient can depend on how fast the song is that you're dancing to. Still, if you can't get your kids outdoors, it's a great way to supplement their daily exercise — and your own. Instead of having a family movie night, play interactive video games instead.
- How to help your kids bring home better report cards? Get them moving. Regular exercise boosts thinking skills
 - Here's a clever way to help your kids do well in school: Make sure they're getting plenty of exercise. When overweight, sedentary children were encouraged to get active through running games, Hula-Hooping and jumping rope, their brains showed more activity too. The study, published in the journal Health Psychology, found that physical pursuits increase children's ability to think, plan and do math. The more kids exercised, the higher their test scores were. High-tech neuroimaging showed changes in the regions of the brain associated with self-control, reasoning and abstract thought. Though the study was performed on overweight kids, the researchers believe that exercise would have similar effects on sedentary, normal-weight children as well. To help your children succeed academically, you don't have to make them join the track team. Rather, encourage active playtime, and organize family time around physical activity.



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

*In Loving
Memory of Jessica Lehrke*