

Checkout our New Website!

Details on Page 3



"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 Is Key, It Is Up
To You And Me!
James Lehrke-SCI**

of the week

June is National Safety Month!

<http://www.nsc.org/Pages/JuneisNationalSafetyMonth.aspx>

SCI Safety Tip: Sick of Paying the Price for Workplace Back Injuries? Take Action!

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

Date: June 1, 2011

Statistics tell us that 8 out of 10 people experience back problems at some time during their lives. We also know that back injuries affect millions of American workers every year and cost billions.

Overexertion is a leading cause of lost-time injuries. And a significant number of workers in most industrial workplaces and construction sites are at risk.

The problem comes when the load being lifted, shifted, carried, pushed, or pulled exceeds the body's limits. The result can be tearing or stretching of muscles, tendons, and ligaments. Overtaxing muscles frequently or for extended periods can cause them to become fatigued and prone to injury. Activities that increase muscle fatigue include:

- Force being exerted during a task
- Repetition of a task
- Awkward body posture during a task

The back—especially the lower back—is the area of the body most often damaged by overexertion. And once workers injure their backs, they are more likely to suffer reinjury, which leads to more pain and suffering for the worker and more lost work time for you (it's estimated that on average workers lose as many as 7 workdays per year because of back injuries).

Prevention Is the Cure

Preventing back injuries is much easier than repairing them. Five fundamentals can help your employees protect their backs and prevent back injuries

1. Good Posture

Whether a job involves a lot of sitting or hours of standing, maintaining a good neutral posture (the natural "S" shape of the spine) throughout the workday puts less strain on the back and decreases the risk of injury.

What are we talking about?

- Sitting straight, with back resting against the back of the chair
- Placing feet flat on the floor or on a footrest
- Adjusting the chair so that the knees are slightly higher than hips

To avoid back strain while standing, employees should stand with:

- Feet shoulder width apart and weight balanced
- Ears, shoulders, and hips aligned

Some people find that putting one foot on a footrest and then alternating feet helps them maintain good posture while standing.

2. Safe Lifting

Improper lifting is probably the most common cause of workplace back injuries. Teach your worker safe body mechanics for lifting:

- Face the load with feet shoulder width apart.
- Keep heels down and toes pointed slightly out.
- Squat by bending at the hips.
- Use leg and stomach muscles to power the lift.
- Maintain the backs natural curves while lifting by keeping the head up.

3. Micro breaks. Encourage workers to take frequent micro breaks of 10 to 20 seconds to arch their backs and stretch tired, tense muscles. Whether exerting, sitting, or standing for long periods, micro breaks increase blood flow and decrease the risk of back injury.

4. Healthy weight. Excess weight, especially on the belly, puts lots of extra stress on back muscles. Just by losing a few pounds, overweight workers can substantially reduce their risk of back injuries.

5. Exercise. Encourage employees to exercise and keep fit. Exercise improves overall wellness, and is particularly important for reducing back injuries. Strong, well-toned back and stomach muscles allow the back to work hard without injury.

OSHA News: OSHA Announces Three Month Phase-in for Residential Construction Fall Protection

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

Date: June 9, 2011

WASHINGTON – The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) today announced a three month phase-in period to allow residential construction employers to come into compliance with the Agency's new [directive](#) to provide residential construction workers with fall protection.

"We want to make sure that the residential construction industry has every opportunity to successfully come into compliance with the new directive," said Assistant Secretary of Labor for Occupational Safety and Health Dr. David Michaels. "I am confident that this phase-in period will provide employers the additional time and flexibility they need to alter their work practices in accordance with the requirements of the new directive."

The three month phase-in period runs June 16 - September 15, 2011. During this time, if the employer is in full compliance with the old directive (STD 03-00-001), OSHA will not issue citations, but will instead issue a hazard alert

letter informing the employer of the feasible methods they can use to comply with OSHA's fall protection standard or implement a written fall protection plan. If the employer's practices do not meet the requirements set in the old directive, OSHA will issue appropriate citations.

If an employer fails to implement the fall protection measures outlined in a hazard alert letter, and during a subsequent inspection of one of the employer's workplaces OSHA finds violations involving the same hazards, the Area Office shall issue appropriate citations.

OSHA has a wide variety of resources and guidance materials to assist employers in complying with the new directive.

OSHA's Web page includes many guidance products, including a fall protection slide show that recently received over 3,000 hits in one week. Employers are encouraged to take full advantage of OSHA's free On-site Consultation Program. In addition, there is also a Compliance Assistance Specialist in most Area Offices, and employers are urged to contact their local Area Offices and use these services.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

1. Cut back on sweets and soda. Each time you eat sweets and/or drink soda you're missing a chance to consume healthy foods (fruits, veggies, whole grains, low - fat dairy). And, therefore, you are missing out on a chance to cut your risk of osteoporosis, cancer, or heart disease.

SCI Food for Thought Part 2 (Coke)

Source: <http://www.truthorfiction.com/rumors/w/water.htm>

COKE

- #1. In many states the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
- #2. You can put a T-bone steak in a bowl of Coke and it will be gone in two days.
- #3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the real thing sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
- #4. To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
- #5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
- #6. To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
- #7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.
- #8... To remove grease from clothes: Empty a can of Coke into the load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

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*