



# 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: What's Your Risk for Workplace Violence?

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

Date: June 13, 2012

*Violence prevention and intervention begins with assessing risks and identifying the category of violence that poses the greatest threat. Then you can tailor your security measures and training to address that type of violence.*

- It was allegedly a contentious divorce that pushed Scott Dekraai over the edge. On October 12, 2011, just one day after he appeared in court to ask for more time with his 8-year-old son, Dekraai put on body armor, armed himself, and went to the Seal Beach, California, beauty salon where his ex-wife worked as a hairdresser. Dekraai opened fire, killing eight people, including his ex-wife,
- In his community, Shareef Allman was known as a likeable, "deeply spiritual" man. But at work, he'd been having problems. Allman reportedly believed he was the victim of racial discrimination. He'd had run-ins with the safety department, too. He had recently served a three-week suspension for violating workplace safety rules. On October 5, Allman showed up at the Lehigh Hanson Permanente Cement Plant in Cupertino, California, poured himself a cup of coffee, and began shooting co-workers who were attending a safety meeting. Three of Allman's co-workers died.

### Types of Workplace Violence

Workplace violence typically falls into one of four categories, according to NIOSH. Different workplaces are at risk for different types of violence, so identifying the type you're most at risk for can help you determine what you need to do to protect your workplace.

#### Type I: Criminal Intent

In this kind of violent incident, the perpetrator has no legitimate relationship with the business or its employee(s). Rather, the violence is incidental to another crime, such as a robbery, mugging, theft, shoplifting, or trespassing. Acts of terrorism also fall into this category. The vast majority of workplace homicides (85 percent) are Type I violence.

Your workplace may be at higher risk of Type I violence if your business:

- Handles cash or drugs
- Could become a target for terrorists

**Type II: Customer/Client**

When the violent person has a legitimate relationship with the business (for example, the person is a customer, client, patient, student, or inmate) and becomes violent while being served by the business, the violence falls into this category.

A large portion of customer/client incidents occur in the healthcare industry, in settings such as nursing homes or psychiatric facilities. The victims are often patient caregivers. Police officers, prison staff, flight attendants, and teachers can also become victims of this type of violence.

Only about 3 percent of all workplace homicides result from Type II violence, but this category accounts for the majority of nonfatal workplace violent incidents.

**Type III: Worker-on-Worker**

The perpetrator of Type III violence is an employee or former employee who attacks or threatens co-workers or former-co-workers in the workplace. The Shareef Allman case is an example of this type of violence. Worker-on-worker fatalities account for approximately 7 percent of all workplace homicides.

All workplaces are at risk of this type of violence, but workplaces at higher risk include those that:

- Do not conduct a criminal background check as part of the hiring process
- Are downsizing or otherwise reducing their workforce

**Type IV: Personal Relationship**

The perpetrator, like Scott Dekraai, usually does not have a relationship with the business but has a personal relationship with the intended victim. The category includes victims of domestic violence who are assaulted or threatened at work and accounts for about 5 percent of all workplace homicides.

This type of violence can occur in all workplaces but is most difficult to prevent in workplaces that:

- Are accessible to the public during business hours, such as a retail business
- Have only one location, making it impossible to transfer employees who are being threatened

## SCI OSHA News: Quicktakes

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

Date: June 1, 2012

### Blunt-tip needles are safer for healthcare workers: FDA, OSHA and NIOSH issue joint safety communication

On May 30, the Food and Drug Administration (FDA) issued a [joint safety communication](#) with OSHA and the National Institute for Occupational Safety and Health (NIOSH), which strongly encourages surgeons and other healthcare professionals to use safer, blunt-tip suture needles instead of standard sharps.

Despite the availability of blunt-tip suture needles and the endorsement of their use by [professional organizations](#), needlestick injuries are on the rise in surgical settings. OSHA, together with FDA and NIOSH, [has been working](#) to increase awareness in the healthcare industry that the use of these safer needles can reduce workers' risk of needlestick injuries by 69 percent and limit their exposure to Hepatitis, HIV, and other bloodborne pathogens.

The [OSHA Bloodborne Pathogens standard](#) requires the use of safer devices, such as blunt-tip suture needles, to protect healthcare workers. For more information, visit OSHA's Safety and Health Topics page on [Bloodborne Pathogens and Needlestick Prevention](#) and the OSHA [FAQ](#) on the Needlestick Safety and Prevention Act.

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### Free smart phone app provides easy-to-access information on heat index, safety measures

OSHA's newest addition to its heat illness prevention materials is the [OSHA Heat Safety Tool smart phone app](#), with vital safety information to help keep outdoor workers safe from the heat.

The app allows workers and supervisors to calculate the heat index for their worksite. Based on the heat index,

the app displays a risk level to outdoor workers. With a simple "click," users can get reminders about the protective measures that should be taken at that risk level to protect workers from heat-related illness.

For more information about safety while working in the heat, see OSHA's [Heat Illness Prevention page](#), including new [online guidance](#) about using the heat index to protect workers.

## HEALTHY BITES

### Quick Tips for Healthy Living



### Nutrition and Disease Part 2

- Another reason to eat your green and orange veggies: the antioxidant alpha-carotene, not found in vitamins, is linked with longer life
  - To help ensure your chances of living a long and healthy life, include plenty of dark green and orange vegetables in your diet. These veggies are brimming with alpha-carotene, a type of antioxidant in the carotenoid family, that's been linked to a lower risk of dying from heart disease and cancer. Other carotenoids include lycopene and beta-carotene. Carotenoids help ward off DNA damage that can accelerate aging and lead to chronic diseases like heart disease and cancer. Alpha-carotene may be particularly adept at fending off the growth of cancer cells in the brain, liver and skin. Plus, they're not usually found in supplements, so the only way to get them is through a diet rich in vegetables. Some of the best sources of alpha-carotene are pumpkin, carrots, frozen mixed vegetables and winter squash. You can also get them in smaller amounts from vegetable juice, pea soup, and dark leafy greens
- Splurging on a fat-filled meal? Don't wash it back with coffee. Adding caffeine spikes blood sugar levels by 65%
  - Fat and caffeine don't mix. If you're going to splurge on a gluttonous meal, don't wash it back with coffee. According to a study in the Journal of Nutrition, the combination can lead to a 65 percent rise in blood sugar levels, which can result in health problems down the road. Saturated fat interferes with the body's ability to clear sugar from the blood. For this reason, high-fat meals make blood sugar levels climb. When caffeine is thrown in, the effect is even worse — elevating glucose levels, which can be especially hazardous for people who already have metabolic syndrome or who are at risk for diabetes. The best way to keep your blood sugar levels in check: Steer clear of foods high in saturated fat, like fast food, processed food and red meat. If you must indulge in a meal loaded with saturated fat, opt for decaf.
- Heading to the farmers' market? Buy asparagus — this springtime veggie offers 60 percent of your folate RDA in one cup.
  - Love eating seasonal produce? Head to the farmers' market to pick up some asparagus, one of our favorite springtime veggies. Asparagus is one of the best food sources for folate. (Folic acid is the synthetic form found in supplements and fortified food.) If you're a woman, you've probably been told about the importance of getting plenty of folic acid, a B vitamin that decreases the risk of birth defects. That's because it's needed to make DNA and RNA, the building blocks of cells. But even if you're not planning on becoming pregnant, folic acid is necessary for a host of other reasons, like preventing changes in DNA that could lead to cancer. Just one cup of cooked asparagus provides 60 percent of your daily recommended intake of folic acid — and only 32 calories. To prepare: Chop off the tough part of the stalks, or use a vegetable peeler to remove the bottom's outer layer. Toss spears with olive oil and salt, and place on the grill for six to 10 minutes, depending on their thickness



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 Send us an email at:  
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*In Loving  
 Memory of Jessica Lehrke*