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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 forever.

James Lehrke-SCI

of the week

SCI Safety Tip: Workplace Violence Prevention from Policy to Training

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

Date: June 14, 2012

A violence prevention policy is an important document to have in any workplace. It can help you secure your workplace and intervene effectively when violence threatens. It can also help employees act in their own best interest to reduce the risk of violence in the workplace.

While we are all glad that workplace violence is a relatively rare occurrence in most workplaces, we know now from so many incidents over the years that we must always be fully prepared to deal with it in a way that protects employees from harm.

Having a written violence prevention plan can help save lives.

Make sure you explain your organization's violence policy to all employees, supervisors, and managers, and review it often so that everyone stays aware and alert.

Policy Pointers

When reviewing your violence prevention policy with employees, be prepared to take enough time to discuss risks, cover protective and preventive measures, and answer questions about risks and procedures. Also address employee concerns, and assure them that you are doing everything possible to prevent incidents and deal with any threats that arise before they turn into actual violence. Tell them about your security equipment and procedures. And enlist their help in reporting security breaches.

Employee Perpetrators

Since it is often employees who commit acts of violence on co-workers and managers, everyone in your workplace need to be alert for any signs warning that someone is about to go over the edge. For example:

- Employees plagued by financial or family problems, like Scott Dekraai (see [yesterday's Advisor](#)) who are reaching the breaking point
- Angry, aggressive workers, who are looking for someone to blame or abuse
- Disgruntled employees who feel they've been unfairly treated by management, like Shareef Allman (see [yesterday's Advisor](#))
- Workers who talk about "not taking it any more," or "doing something to *show* them"
- Employees who are into guns and talk about guns a lot

- Workers who show a keen interest in incidents of workplace violence and talk about the killers in an almost admiring way
- People who threaten to "get back" at somebody in the workplace
- Workers who get into fights with other workers or threaten co-workers

Keeping an eye and an ear open for the kind of behavior or talk that indicates potential for violence is always wise. Encourage employees to immediately report any threats, language, or behavior that could be a sign that a co-worker might resort to violence.

You may not be able to identify all potentially violent people all the time, but paying attention can help detect some—and that could save some lives one day.

When you do identify an employee you believe might resort to violence, don't hesitate to refer the worker to a qualified counselor to determine the risk and help the employee resolve his or her issues peacefully.

Training

Training to teach employees deal effectively with workplace violence is another essential part of violence prevention. By the end of a violence prevention training session your employees should be able to:

- Identify the causes of workplace violence
- Spot the signs of potential violence
- Follow required security procedures to prevent violence
- Recognize and respond to threats
- Respond effectively to violent acts

SCI OSHA News: OSHA Announces Plans for Whistleblower Committee

Source: www.blr.com

Date: June 20, 2012

OSHA says it will establish a Whistleblower Protection Advisory Committee. The group will advise, consult with, and make recommendations to DOL's leadership on ways to improve OSHA's administration of whistleblower laws.

OSHA enforces whistleblower provisions of the OSH Act and 20 other statutes. These protect employees who report violations of airline, commercial motor carrier, environment, food safety, nuclear, pipeline, transportation, security, and other laws.

Specifically, the new committee will advise OSHA on improvements in the investigative and enforcement process, in training, and in partnering with other agencies.

OSHA Administrator Dr. David Michaels says a whistleblower advisory committee is an important step in strengthening protections for whistleblowers. Among those are "workers who expose securities and financial fraud, adulterated foods, air and water pollution, or workplace safety hazards."

SCI Environmental News 7 Tips for Selecting PPE for Spill Preparedness

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

Date: June 22, 2012

Here are some tips for selecting PPE for spill preparedness.

1. Don't go overboard: Some employers tend to buy the highest level protection available for everything instead of doing the research to be more precise in PPE choices. While it would mean you have the correct protection level for all manner of spills, it's a very expensive way of providing protection.

2. Gather the information: To make proper PPE selection for spill cleanup, you need to know which chemicals you have on-site, how they are used and handled, where and how they are stored, and in what form they are stored (powder, liquid, etc.).

3. Decide which spills your facility will handle: While all spills must be cleaned up, this doesn't always have to be done by your employees. After evaluating chemicals in your facility, you may decide to have an outside hazardous materials cleanup contractor handle spills. Or you might decide your employees will clean up certain materials, and a cleanup contractor will handle all others. Whichever course of action you choose, it's important that it is clearly communicated to workers so they know their roles.

4. Select your PPE: Choose PPE to provide protection for the most hazardous of the spills your employees will handle. You can usually choose PPE made from material that could be used in many different situations. However, take care to ensure that in all potential spill scenarios, the PPE material is compatible with the spilled chemicals. If not, you may need to have more than one type of PPE.

5. Assess what you have on hand: Chances are you already have the PPE you need for spills on-site because employees wear it as part of their regular work. So you don't need to purchase separate PPE for spill cleanup; simply make sure that those involved in spill cleanup know exactly which PPE they should use and where it is located.

6. Don't forget size: Gloves, jumpsuits, and other PPE come in different sizes. Don't buy size "medium" for everything. For jumpsuits and other garments, bigger is better. Garments can be fitted using duct tape if they are too large. If they are too small, though, they'll be of no use and risk employee exposure if strained seams fail. Gloves are fairly inexpensive, and keeping multiple sizes on hand generally won't cost much.

7. Take into account the number of responders: Having one set of PPE when spills require two or more persons to properly accomplish the cleanup makes little sense. Be sure you have complete sets for those you would expect to be involved in cleanup.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Nutrition and Disease Part 3

- An apple a day really can keep a doctor away. Eat dried apples daily to help lower cholesterol and inflammation
 - There's no bad apple in this bunch! According to a study presented at the annual Federation of the American Societies for Experimental Biology meeting, women who snacked on dried apples every day earned a bushel of heart-healthy benefits. Those who ate 240 calories worth of dried apples for a year lowered their "lousy" LDL cholesterol by 23 percent. It also reduced levels of C-reactive protein and lipid hydroperoxide — two substances

linked with an increased risk of heart disease. Women who grazed on the dried fruit also whittled their waist, losing an average of 3.3 pounds over the course of the year. Since the average 140-pound woman gains 1.3 pounds per year, that's like shaving almost five pounds off your frame, just by eating apples. Although the reason for this effect is not exactly known, apples are a great source of fiber, which can both fill you up and whisk cholesterol out of your bloodstream. They also contain chemicals called polyphenols, which have been shown to affect the way cholesterol is made in the body as well as how fat around the middle is affected. Just remember to choose the unsweetened variety. If you prefer to make your own, slice your apples paper-thin using a mandoline. Arrange them on a cookie sheet lined with parchment paper, and sprinkle with cinnamon, if desired. Put them in the oven for up to two hours at 200 degrees. Depending on how thick your apple slices are, they may brown quickly, so keep a close eye on them so they don't burn. The apple chips, slightly chewy when removed from the oven, will turn crispy as they cool.



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

*In Loving
Memory of Jessica Lefrke*