

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

**Accident prevention
– Your No. 1 intention
James Lehrke-SCI**

of the week

June is National Safety Month!

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

SCI Safety Tip: Cool Tips for Hot Days

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

Date: June 2, 2011

Summer is only a couple of weeks away and the temperatures are rising. Whether your employees get mugged by scorchers on or off the job, they need to know how to prevent health problems caused by high temperatures.

To respond to the heat hazards of summer, OSHA advises employers to:

- Provide heat stress training to workers and supervisors.
- Manage work activities and match them to employees' physical condition.
- Emphasize that workers should take a break, drink some water, and rest for a few minutes in a cool place at the first sign of heat stress.

OSHA recommends that your employees observe the following precautions when they are working in hot, humid conditions:

- Build up tolerance for working in the heat. Heat tolerance is normally built up over a one to two week time period.
- Drink a glass of water every 15 to 30 minutes while working. This is the best way to replace lost body fluid and prevent overheating.
- Take breaks to cool down. A 10- or 15-minute break every two hours is effective when you're working in very hot conditions.
- Adapt work and pace to the weather.
- Be aware of any health conditions affected by the heat.
- Read medication labels to find out about any affects of heat and sun.

First Aid for Heat Exhaustion

- Move the victim immediately to a cool place.
- Have the person lie down.
- Loosen clothing, apply cool compresses to skin and fan the body.
- Get the person to slowly drink large quantities of water.
- Elevate the feet slightly.
- If no improvement is noted within 30 minutes, call for medical assistance.

First Aid for Heat Stroke

- Call immediately for emergency medical assistance.
- Move the victim to a cool place until help arrives.
- Lay the victim down, keeping the head and shoulders slightly elevated.
- Soak the person's clothing with cool water to lower body temperature.
- Don't give fluids to someone who is unconscious.

OSHA News: New OSHA National Emphasis Program Will Help Protect Workers from Chemical and Physical Hazards in the Primary Metals Industries

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

Date: June 2, 2011

WASHINGTON – The Occupational Safety and Health Administration today issued a new directive establishing a [National Emphasis Program for the Primary Metals Industries](http://www.osha.gov). The purpose of this NEP is to identify and reduce or eliminate worker exposures to harmful chemical and physical hazards in establishments producing metal products.

Establishments in the primary metals industries are involved in extracting and refining metals from rocks containing iron, lead, nickel and tin, among other elements. Among these establishments are those that manufacture nails, insulated wires and cables, steel piping, and copper and aluminum products.

The primary metals industries became a concern during OSHA's review of data from the Bureau of Labor Statistics' Census of Fatal Occupational Injuries. Previous OSHA inspections of establishments in this industry revealed that workers were exposed to metal dusts and fumes, carbon monoxide, lead and silica, among other substances. Inspections also showed that workers were exposed to noise and heat hazards. OSHA developed this program because of the seriousness and frequency of these problems.

"Workers who are not properly protected from the hazards of metals refining are at increased risk of serious, potentially deadly health effects," said Assistant Secretary of Labor for Occupational Safety and Health Dr. David Michaels. "OSHA's new enforcement program will raise awareness of the dangers of exposure to metals and other chemicals, so that employers can correct hazards and comply with OSHA standards."

Workers exposed to various substances found in these industries can suffer damage to the eyes, nose, throat and skin and can experience difficulty breathing and chest and joint pain. Overexposures can also lead to death. The goals of the NEP include minimizing or eliminating exposure to chemical hazards and physical hazards such as noise and heat.

Other goals include inspecting facilities that manufacture primary metals and metal products, and conducting follow-up site visits to ensure that there has been a reduction or elimination of exposures.

OSHA also has National Emphasis Programs for [Hexavalent Chromium*](#), [Lead*](#) and [Crystalline Silica](#). For more information on the hazards of various metals and solutions to control exposures, visit OSHA's [Safety and Health Topics](#) and [Publications](#) pages on Toxic Metals.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

1. **Juice.** When choosing a juice drink, make sure it says 100% juice on the label. This will give you the most nutrients and is a healthy choice, in moderation. Other juice drinks that are not 100% juice have a lot more added sugars and artificial sweeteners.
2. **Juice vs. Fruit.** Drinking 100% fruit or vegetable juice can count towards your daily fruit and vegetable intake. However, it is best to eat the whole foods rather than drink the juice. Eating fruits and vegetables will fill you up faster, have fewer calories and have more fiber and other nutrients. Try to limit the number of "liquid" fruits or vegetable servings you eat to one cup day; get the rest of your fruit and veggie servings from food.

SCI Food for Thought Part 1 (Water)

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

WATER

- #1. 75% of Americans are chronically dehydrated.
(Likely applies to half the world population)
- #2. In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.
- #3. Even MILD dehydration will slow down ones metabolism as 3%.
- #4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- #5. Lack of water, the #1 trigger of daytime fatigue.
- #6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- #7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- #8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%., and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should drink every day?

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*