



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

Safety is our first priority.

James Lehrke-SCI

of the week

SCI Safety Tip: 7 Tips for Selecting PPE for Spill Preparedness

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

Date: July 12, 2012

Hazardous material spills happen without warning. That means you have to be prepared with the proper PPE to protect your cleanup crew.

Chemical spills won't wait for you to locate and purchase appropriate PPE for your responders. Not having the right PPE on hand can mean employees "make do" with whatever is around—and that could well mean that they won't be properly protected.

Here are 7 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 would have the correct protection level for all manner of spills, this approach is a very expensive way to provide adequate 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 contractor will handle all the others. Whichever course you choose, make sure it's clearly communicated to workers so that they know their roles in the event of a spill.
4. **Select your PPE.** Choose PPE to provide protection for the most hazardous of 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'll need to have more than one type of PPE.

5. **Assess what you have on hand.** Chances are you already have some or all of the PPE you need for spills on-site because employees wear it as a part of their regular work. In that case, 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 to find it.
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, 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 people to properly accomplish the cleanup won't get the job done safely. Be sure you have complete sets for all those you would expect to be involved in a cleanup.

SCI OSHA Compliance: Protect Yourself From Carbon Monoxide Poisoning

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

Carbon monoxide (CO) is a colorless, odorless, toxic gas which interferes with the oxygen-carrying capacity of blood.

CO is non-irritating and can overcome persons without warning. Many people die from CO poisoning, usually while using gasoline powered tools and generators in buildings or semi-enclosed spaces without adequate ventilation.

Effects of Carbon Monoxide Poisoning

- Severe carbon monoxide poisoning causes neurological damage, illness, coma and death.
- Symptoms of CO exposure
- Headaches, dizziness and drowsiness.
- Nausea, vomiting, tightness across the chest.

Some Sources of Exposure

- Portable generators/generators in buildings.
- Concrete cutting saws, compressors.
- Power trowels, floor buffers, space heaters.
- Welding, gasoline powered pumps.

Preventing CO Exposure

- Never use a generator indoors or in enclosed or partially enclosed spaces such as garages, crawl spaces, and basements. Opening windows and doors in an enclosed space may prevent CO buildup.
- Make sure the generator has 3-4 feet of clear space on all sides and above it to ensure adequate ventilation.
- Do not use a generator outdoors if placed near doors, windows or vents which could allow CO to enter and build up in occupied spaces.
- When using space heaters and stoves ensure that they are in good working order to reduce CO buildup, and never use in enclosed spaces or indoors.
- Consider using tools powered by electricity or compressed air, if available.
- If you experience symptoms of CO poisoning get to fresh air right away and seek immediate medical attention.

SCI Environmental Tip: EPA's Small Business Compliance Policy – What You Need to Know (Part 2)

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

Date: February 3, 2012

The policy is [here at EPA](#). It is short and easy to read. Here are a few points to start off with.

- The violation must be voluntarily discovered. In other words it may not be discovered through any required regulatory action such as monitoring or sampling prescribed by a statute, rule, or permit. Neither does a violation discovered by an audit required by a consent order or settlement agreement qualify for a waiver. The policy requires a "good faith" effort by the business to follow-up with any additional information EPA needs to determine the applicability of the policy.
- The violation must be reported within 21 days after any officer, director, employee, or agent of the business becomes aware of any facts that reasonably lead him or her to believe that a violation exists. The violation should be promptly reported to EPA even if there is doubt that a violation exists. EPA the state will make the definitive determination, thereby ensuring that the business meets the disclosure period requirement.
- The small business has up to 180 days to correct the violation and up to 360 days when correction involves installing pollution prevention measures. Correcting the violation includes remediating any environmental harm associated with the violation as well as putting into place procedures to prevent the violation from happening again. A company that does not meet these deadlines becomes subject to traditional enforcement.
- The policy may not be used under five circumstances – the company has received a warning or been subject to any other enforcement action or citizen suit involving the same requirement within the past three years; the company benefited from the policy because of a violation of the same requirements within the past three years; the company has been subject to enforcement actions for two or more violations of any environmental requirement in the past five years; the violation was discovered through an information request, inspection, or field citation or through a report by a whistleblower; the violation has caused actual harm to public health, safety, or the environment; the violation presents an imminent and substantial danger to public health, safety or the environment; and the violation involves criminal conduct.

Finally, EPA recognizes state small business policies developed for programs that EPA has delegated to the state. When the state chooses to apply its policy in a federally authorized program, EPA will defer enforcement to the state.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Nutrition and Weight Loss Part 2

- It's because our taste buds have nearly limitless options. If all of the food laid out before us came in only one flavor, we would be much less likely to act like human garbage disposals. The more varied the options are from one another, the more we will consume. For instance, all-you-can-eat pasta will be less tantalizing than a buffet with pasta and pizza. The same goes for entrees: One-dish meals will make you less likely to gorge past your comfort zone. While you don't have to turn every eating experience into a homogenous, boring dish, do limit your choices. A little taste of everything can turn into a big dieting disaster.
- When making recipes that call for ground beef, save calories and avoid saturated fat by swapping your meat for mushrooms.
 - An easy way to keep your calories and saturated fat content down? Use mushrooms in dishes that call for ground beef. According to research published in the journal *Appetite*, if people opted for a grilled portobello mushroom every time they reach for a burger, over the course of a year, they would save more than 18,000 calories and almost 3,000 grams of fat. That, by the way, is the equivalent of 30 sticks of butter.



What do you think?
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*In Loving
Memory of Jessica Lefirke*