

Checkout our New Website!

Details on Page 3



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

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

of the week

SCI Safety Tip: Safety and an Aging Workforce: What Are the Key Issues?

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

Date: July 6, 2011

The U.S. workforce is aging and the percentage of older workers is increasing. Are your training programs keeping pace with changing needs?

While older workers as a group tend to be more experienced and therefore have fewer accidents and injuries than younger workers, when older workers are injured, their injuries are often more severe, and it usually takes them longer to return to work than younger workers.

So it's important to be sure that older workers get all the same training provided to other workers—whether that's refresher training about ongoing hazards or training on new hazards.

Slips, Trips, and Falls

- Same level falls account for a significant number of work-related injuries suffered by older workers.
- Falls on stairs and from ladders are another risk common to older workers.
- Falls account for one-third of all injuries sustained by workers aged 65 and over.

Ergonomics

- Strains, sprains, and repetitive motion injuries are common among older workers.
- Back injuries and chronic back conditions are of special concern among this age group.
- Lifting and carrying heavy objects as well as performing other tasks that require a lot of exertion may become harder as muscle strength declines. This may require adjustments in the way older workers approach these tasks.

Vision and Hearing

- Both vision and hearing often decline with age, making it harder for older workers to use these senses to protect their safety on the job.
- Poor vision could lead to mistakes and accidents.
- An employee who does not hear well might miss critical safety instructions or fail to hear a co-worker's hazard warning.

Driving

- Death rates for work-related motor vehicle crashes steadily increases beginning around age 55.
- Declining vision and slowing reflexes may affect driving safety for some older workers.
- Older drivers may take longer to react to dangerous situations.

Heat and Cold

- The body becomes less able to maintain internal temperatures as it ages.
- Older workers might find heat more difficult to deal with than younger workers. They may become overheated and suffer from heat stress.
- They may also be less able to cope with cold work environments.

Wellness

- Changes in fitness, flexibility, and overall health due to age can affect workers' safety and contribute to accidents and injuries.
- Carrying excess weight, a variety of medical conditions such as heart disease, and other health problems can also have an impact on workers' safety on the job.
- Disrupted sleep patterns can leave some older workers tired as they begin the workday.

Aging is inevitable, but it doesn't have to compromise the safety of your employees. By recognizing effects of aging that have an impact on older workers' safety on the job, you can take appropriate measures to train workers to compensate for the changes that come with age and prevent workplace accidents and injuries.

Tomorrow, we'll feature some myths and facts about older workers as well as introduce you to a safety training resource that you can rely on to effectively train older workers—and all your other employees, too.

OSHA News: OSHA Announces Phase-In Plan for Construction Fall Protection

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

Date: July 14, 2011

OSHA has announced a 3-month phase-in period to allow employers to comply with the new directive on fall protection for residential construction workers. The period began June 16 and runs through September 15, 2011.

OSHA says it will not issue citations during that period if an employer is in full compliance with the old directive. Rather, a hazard alert letter will be sent to advise the employer of feasible methods that can be used to comply with OSHA's fall protection standard or to implement a written plan. If practices do not meet requirements set in the old directive, OSHA will issue appropriate citations.

The new directive, Compliance Guidance for Residential Construction, provides a detailed description of the phase-in policy, a presentation, and other materials. OSHA also maintains a Web page at <http://www.OSHA.gov/SLTC/fallprotection/construction.html> that includes references to help identify hazards and possible solutions.

Introduction

In 2009, the Bureau of Labor Statistics (BLS) reported that 816 construction workers died on the job, with 34 percent of those fatalities resulting from falls. [\[More...\]](#)

Fall protection is addressed in specific standards for the construction industry.

Standards

This section highlights OSHA standards, Federal Registers (rules, proposed rules, and notices) preambles to final rules (background to final rules), directives (instructions for compliance officers), standard interpretations (official letters of interpretation of the standards), example cases, and national consensus standards related to fall protection.

OSHA

Note: Twenty-five states, Puerto Rico and the Virgin Islands have [OSHA-approved State Plans](#) and have adopted their own standards and enforcement policies. For the most part, these States adopt standards that are identical to Federal OSHA. However, some States have adopted different standards applicable to this topic or may have different enforcement policies.

Quick Tips for Healthy Living

HEALTHY BITES

PREVEA
Health & Wellness



Aging And Your Eyes

Are you holding the newspaper farther away from your eyes than you used to? Join the crowd—age can bring changes that affect your eyesight. Some changes are more serious than others, but for many problems, there are things you can do to protect your vision. The key is to have regular eye exams so you can spot problems early.

Steps to Protect Your Eyesight

Have your eyes checked regularly by an eye care professional—either an ophthalmologist or optometrist. People over age 65 should have yearly eye exams. During this exam, the eye care professional should put drops in your eyes that will widen (dilate) your pupils so that he or she can look at your inner eye. This is the only way to see some common eye diseases that have no early signs or symptoms. If you wear glasses, your prescription should be checked too.

See your doctor regularly to check for diseases like diabetes and high blood pressure. These diseases can cause eye problems if not treated.

See an eye care professional right away if you:

- Suddenly cannot see or everything looks dim
- See flashes of light
- Have eye pain
- Experience double vision
- Have redness or swelling of your eye or eyelid

Protect your eyes from too much sunlight by wearing sunglasses that block ultraviolet (UV) radiation and a hat with a wide brim when you are outside.

www.prevea.com

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