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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

Risk - is it worth it?

James Lehrke-SCI

of the week

SCI Safety Tip: Ready or Not: Disasters Still Come

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

Date: August 12, 2011

Because most workplace emergencies happen with little or no warning, you need to ensure that workers know in advance what they should and should not do in case of an emergency. They may not have time during an emergency to read the company policy for the particular emergency they are facing.

Late summer can bring tornadoes, hurricanes, severe thunderstorms with power outages, and other severe weather conditions. Violent and/or terrorist actions can happen at any time, as can accidents leading to fires and other building emergencies. Ready or not, these events can happen, which is why it's crucial for you to regularly conduct disaster training with your employees.

It's also crucial to review your organization's emergency action plan in general and in specific circumstances. Perhaps annually, go over the general principles that the disaster planning emergency plan covers in detail, such as:

- **Emergency escape procedures and routes** for all departments and employees
- **Emergency response assignments** to be followed by employees who remain in the facility to perform critical operations or shutdown operations before the plant is completely evacuated
- **Accounting for personnel** outside the facility after the emergency evacuation has been completed
- **Rescue and medical duties** for those employees who are designated to perform these vital emergency response tasks
- **Emergency reporting procedures** for fires and other emergencies
- **Information resources**, including the names and job titles of the people or departments to be contacted for further information or explanation of duties under the plan

At certain times of the year when specific dangers may occur, do a training session on how to be ready for that particular disaster. For example:

- During tornado season, give your workers a session on how to respond to a tornado warning on the job or at home.

- Spring is often a good time to train employees to cope with flooding, including driving on flooded roads.
- If you're located in an earthquake zone, any time of year is an appropriate time to discuss earthquake safety procedures.
- Any time of year is also a good time to train in workplace violence prevention and response.

OSHA Compliance: Are Your Exit Routes OSHA Compliant? (Part 1)

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

Date: August 10, 2011

When assessing the potential for respiratory hazard exposure in the workplace, OSHA says the key issues are when, what, and how much.

OSHA defines an exit route as "a continuous and unobstructed path of exit travel from any point within a workplace to a place of safety." An exit route consists of three parts:

- **Exit access**—the part that leads to an exit
- **Exit**—the part that is generally separated from other areas to provide a protected way of travel to the exit discharge
- **Exit discharge**—the part that leads directly outside or to a street, walkway, refuge area, public way, or open space with access to the outside

Normally, at least two exit routes from a workplace are required to permit safe evacuation of employees and any other people in the building during an emergency.

More than two exits are required, however, if the number of employees, size of the building, or arrangement of the workplace would not allow employees and visitors to evacuate safely with only two emergency exits.

In rare cases, one exit route is permitted, but only if the number of employees, the size of the building, its occupancy, or the arrangement of the workplace allows all employees and visitors to evacuate safely during an emergency.

Basic Requirements

- Exit routes must be located as far away as practical from each other in case one is blocked by fire or smoke.
- Exit routes must be permanent parts of the workplace.
- Exit routes must lead directly outside or to a street, walkway, refuge area, public way, or open space with access to the outside. These exit discharge areas must be large enough to accommodate the building occupants likely to use the exit route.
- Exit stairs that continue beyond the level on which the exit discharge is located must be interrupted at that level by doors, partitions, or other effective means that clearly indicate the direction of travel leading to the exit discharge.
- Exit route doors must be unlocked from the inside. They must be free of devices or alarms that could restrict use of the exit route if the device or alarm fails.
- Side-hinged exit doors must be used to connect rooms to exit routes. These doors must swing out in the direction of exit travel if the room is to be occupied by more than 50 people or if the room is a high-hazard area.
- Exit routes must support the maximum permitted occupant load for each floor served, and the capacity of an exit route may not decrease in the direction of exit route travel to the exit discharge.
- Ceilings of exit routes must be at least 7 feet, 6 inches high.
- An exit access must be at least 28 inches wide at all points. Where there is only one exit access leading to an exit or exit discharge, the width of the exit and exit discharge must be at least equal to the width of the exit access. Objects that project into the exit must not reduce its width.

Quick Tips for Healthy Living

HEALTHY BITES

PREVEA
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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

**By practicing good
foot care, you are
taking a step in
the right direction!**

Use a mirror to look at the bottoms of your feet as often as you think of it. Look for cuts, blisters, and ingrown toenails. If you need assistance, ask a member of your family for help. If you have diabetes, be sure to check your feet every day.

A great way to increase circulation in your feet is by propping them up while you sit down, stretching, walking, or having a gentle foot massage. A warm foot bath is also helpful in increasing circulation in your feet. If you are sitting for a long time, stand up and move around whenever you are able to; this helps circulation tremendously. If you cross your legs, reverse or uncross them often. To avoid infection, make sure your feet are dry before you put on your shoes and always wear shoes when you're outside.

If you have problems with your feet, talk to your family doctor or internist. For severe or reoccurring problems, consult a podiatrist.