



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

James Lehrke-SCI

of the week

Safety Poll Question:

“Has anyone found a utility knife “Safety Knife” that works and employees like? We are looking for recommendations for a cutting device that offers a good safety feature, is capable of slabbing large rolls of *tissue/paper*, cuts *film/plastic* and offers the capability of being a general purpose cutting device.

We are not opposed to offering two cutting devices, if need be, but would prefer one if at all possible. Thank you in advance for your advice. Please send your response to

Phyllis@safetyconnections.com

SCI Safety Tip: There's No Place Like (a Safe) Home

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

Date: August 16, 2012

National Safe at Home Week is August 27 to 31, which is a great time for a brief home safety training session. You can help keep your workers safe at home—and, therefore keep them on the job—by conducting occasional off-the-job safety training.

In your training, make the connection for your workers that the safety practices they follow on the job are just as important to follow at home. And since your workers, by virtue of their safety training on the job, are probably the “safety experts” in their families, they can be the safety trainers at home by sharing their knowledge of safe practices with everyone in their families.

General Hazards

The largest number of serious accidents at home result from:

- Falls
- Fires
- Drowning
- Poisoning
- Faulty electrical connections

Home Workshops

Many of your workers probably have tools at home. Do they follow the same precautions they use with tools on the job? They need to. Remind them to take these safety steps:

- **Read instructions** on tools and machinery before you use them.
- **Choose the right tool** for the job.

- **Keep tools in good working condition.**
- **Keep your work area neat** and the floor clear.
- **Turn off and unplug tools and machines before making repairs** or adjustments.
- **Use protective clothing.** Home workers need safety goggles when they're using things like saws, chain saws, drills, sanders, trimmers, weed whackers, and lawn mowers, and gloves and sturdy shoes for almost any task. Don't wear loose clothing or jewelry that could get caught in machinery, and watch out for long hair, too. If home workers are using very loud equipment, invest in a pair of earplugs or ear coverings.

Safety Procedures

Reinforce to workers that the safety procedures they follow at work are just as important at home. There are a few other general principles to keep in mind.

- **Plan jobs.** Think about potential hazards and how to prevent them from becoming dangerous.
- **Be prepared.** Know how you'll handle an emergency.
- **Don't overdo it.** Know your own physical limits and beware of heat stroke, pulled or strained muscles, and general overexertion.
- **Practice safe lifting.** Someone's back can go out just as easily lifting a piece of furniture as it can lifting boxes at work.
- **Think safety.** If safety can become second nature at work, it can become second nature at home, too.

Why It Matters

- More people die and are injured in accidents at home than at work.
- Over 20,000 people die in home accidents every year, and about a third of all injuries occur at home.
- Like accidents on the job, most of these can be prevented by knowing where the risks lie and taking some steps to reduce those risks and promote safety.

SCI OSHA News: OSHA Cracks Down on Retaliation for Whistleblowing (Part 1)

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

Date: August 14, 2012

Whistleblower violations can be costly, both in dollars and in the kind of publicity no company wants. Here's a case in point.

OSHA has found that Norfolk Southern Railway Co. violated the whistleblower protection provisions of the Federal Railroad Safety Act (FRSA) and has ordered the company to pay three whistleblowers \$802,168.70 in damages, including \$525,000 in punitive damages and attorneys' fees.

Furthermore, the company has been ordered to:

- Expunge the disciplinary records of the whistleblowers
- Post workplace notices regarding railroad employees' whistleblower protection rights
- Provide training to its employees about OSHA rights

Investigations Reveal Reasonable Cause

Three concurrent investigations were completed by OSHA's offices in Columbia, SC, Nashville, TN, and Harrisburg, PA. The investigations revealed reasonable cause to believe that the employees' reporting of their workplace injuries led to internal investigations and, ultimately, to dismissals from the company.

Here's what the investigations revealed:

- A laborer based in Greenville, SC, was terminated on Aug. 14, 2009, after reporting an injury as a result of being hit by the company's gang truck. The railroad charged the employee with improper performance of duties.
- An engineer at a Norfolk Southern facility in Louisville, KY, was terminated on March 31, 2010, after reporting an injury as a result of tripping and falling in a locomotive restroom. The railroad, after an investigative hearing, charged the employee with falsifying his injury.
- A railroad conductor based in Harrisburg, PA, was terminated after reporting a head injury sustained when he blacked out and fell down steps while returning from the locomotive lavatory. The company, after an investigative hearing presided over by management officials, found the employee guilty of falsifying a report of a work-related injury, failing to promptly report the injury, and making false and conflicting statements. The day before the injury, the employee had been lauded for excellent performance, highlighted by no lost work time due to injuries in his 35-year career.

Next week we reveal OSHA'S ruling.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

DISEASE

- Got heart disease? Look on the bright side; it could save your life. Optimism in heart patients is linked to better survival.
 - Would it kill you to smile? Never! But could it kill you to not? A recent study published in the Archives of Internal Medicine suggests that heart patients' outcomes may be connected to their outlook. The study, which tracked nearly 3,000 patients, found that those who believed they would make a full recovery fared better than those who weren't so optimistic. Does that mean that developing a positive outlook just might help you become more resilient and help your body heal better? More research is needed to tell for sure, but the evidence is encouraging. Past studies have shown that looking on the bright side of life may boost the immune system, while a pessimistic attitude depresses it. What we do know is that negative emotions like pessimism and hopelessness can make people less likely to take care of themselves — which, in turn, can lead to worse health. Take a moment or two to practice positive thinking by reflecting on the good things that happen to you each day
- Watching your blood pressure? Your soda habit could be increasing your risk of hypertension. Nix cola and other sugary drinks.
 - When trying to keep your blood pressure down, salt isn't the only villain to look out for. A daily soft drink habit could be elevating your blood pressure. And, believe it or not, it has nothing to do with caffeine. The culprit here is sugar. Researchers found that sugar-sweetened drinks like fruit punch, lemonade and cola are associated with higher blood pressure levels. If you have a

serious habit, cutting back by just one serving a day can help bring numbers down. Of course, we recommend kicking it to the curb completely. Giving up sugary beverages can reduce your daily calorie count by the hundreds. Besides, soft drinks have been linked to all sorts of health issues, including diabetes, pancreatic cancer and gout.



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

*In Loving
Memory of Jessica Lehrke*