



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

**When safety is first,
you last.**

James Lehrke-SCI

of the week

SCI Safety Tip: Are You on Schedule with Respirator Cartridge Change?

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

Date: August 16, 2011

Respirator cartridges and canisters don't last forever, and replacing them at the appropriate time is an essential element of protecting employees from respiratory hazards.

Paragraph (d)(3)(iii)(B)(2) of OSHA's respiratory protection standard (29 CFR 1910.134) says that if your employees use air-purifying respirators, you must develop a cartridge/canister change schedule. The useful service life of a respirator cartridge is measured by how long it provides adequate protection from harmful chemicals in the air. The service life of a cartridge depends upon many factors, including

- Environmental conditions
- Breathing rate
- Cartridge filtering capacity
- Amount of contaminants in the air

How to Estimate Service Life

OSHA says that there are three valid ways to estimate a cartridge's service life:

- Conduct experimental tests.
- Use the manufacturer's recommendation.
- Use a math model.

Change Schedule Requirements

Your change schedule should be part of your written respirator program, and it should clearly indicate how often cartridges should be replaced and what information was relied upon to make this judgment. Such information might include:

- Exposure assessment and information based on breakthrough test data;
- Mathematically based estimates; and/or
- Reliable use recommendations from your respirator and/or chemical suppliers.

Note that reliance on odor thresholds and other warning properties is *not* permitted under the standard as the primary basis for determining the service life of gas and vapor cartridges and canisters.

Conservative Approach

OSHA emphasizes that a conservative approach is recommended when evaluating service life testing data. Temperature, humidity, air flow through the filter, the work rate, and the presence of other potential interfering chemicals in the workplace all can have a serious effect on the service life of an air-purifying cartridge or canister.

OSHA Compliance: Are Your Exit Routes OSHA Compliant? (Part 2)

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

Date: August 10, 2011

4. Exit Routes. All employers must comply with OSHA's requirements for exit routes in the workplace.

- Download a QuickCard. [Emergency Exit Routes](#). OSHA Publication 3183 (2003)
- Read a fact sheet. OSHA Fact Sheet: Emergency Exit Routes [[PDF](#)* - 72 KB]
- Read the standards. [29 CFR 1910.34](#), [29 CFR 1910.35](#), [29 CFR 1910.36](#), [29 CFR 1910.37](#)
- **Walking/Working Surfaces.** Floors, aisles, platforms, ladders, stairways, and other walking/working surfaces are present, to some extent, in all general industry workplaces. Slips, trips, and falls from these surfaces constitute the majority of general industry accidents. The OSHA standards for walking and working surfaces apply to all permanent places of employment, except where only domestic, mining, or agricultural work is performed.
- Review an OSHA booklet. [Stairways and Ladders](#). OSHA Publication 3124 (2003). Also available as a 156 KB [PDF](#).
- Read the standards.
- [29 CFR 1910 Subpart D](#)
- [OSHA Safety and Health Topics Page: Walking/Working Surfaces - Standards](#)
- Learn more. [OSHA Safety and Health Topics Page: Walking/Working Surfaces](#)

5. Medical and First Aid. OSHA requires employers to provide medical and first-aid personnel and supplies commensurate with the hazards of the workplace. The details of a workplace medical and first-aid program are dependent on the circumstances of each workplace and employer.

- Read an OSHA booklet. Best Practices Guide: Fundamentals of a Workplace First-Aid Program [[PDF](#)* - 164 KB]. OSHA Publication 3317 (2006)
- Read the standards.
- [29 CFR 1910.151](#)
- [OSHA Safety and Health Topics Page: Medical and First Aid – OSHA Standards](#)
- Learn more. [OSHA Safety and Health Topics Page: Medical and First Aid](#)

NOTE: To find the OSHA standards that are most frequently cited by OSHA inspectors, visit [Frequently Cited OSHA Standards](#). On that Web page, you can find the most frequently cited federal or state OSHA standards based on your industry's Standard Industrial Classification (SIC) code and the number of employees in your establishment.

Quick Tips for Healthy Living

HEALTHY BITES



GET ACTIVE BATHROOM BLURB

Fight the urge to slouch on the couch. Get up and go, and set an example for the children in your life. Physical activity can do more than keep your waistline trim, it can make you healthier by:

- Relieving stress
- Improving your sleep
- Making your bones and muscles stronger
- Making you feel more energetic
- Building overall strength and endurance
- Helping you feel good about yourself
- Giving you something to do when you're bored
- Providing a way to connect to family and friends

Whether it's taking a family walk on a Saturday morning or washing the car together, activity will help your family maintain a healthy weight.

By being active, you're using the calories you take in while eating. Everything your family eats and drinks—from cereal to soda—is stored as energy. If this stored energy isn't used, it creates an imbalance that can lead to weight gain.

Balancing your food intake and activity is possible, and it's not as hard as you might think. Strenuous physical activity burns a lot of energy; but everyday activities also use energy. Simply parking further away from the grocery store and walking the extra distance can increase your energy output.

It's up to you to choose the activities that are right for you and your family. It's also up to you to stick with it. We live in a world where it's easy to be glued to our computers—sending e-mails, playing video games, shopping—both during and after work.

It's the same for your kids. They spend hours sitting at school and while doing homework, and then chat with friends online or sit in front of the TV texting during the evening.

Remember to talk to your Prevea provider before beginning any new exercise or weight loss program



What do you think?

Send us an email at:

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See our bold new look @

<http://www.safetyconnections.com/>

*In Loving
Memory of Jessica Lehrke*