



*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 the biggest investment.**

**James Lehrke-SCI**

**of the week**

## SCI Safety Tip: What to Look for in Foot Protection

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

Date: August 23, 2012

OSHA says that it's your job to make sure employees use foot protection when there is a danger of foot injuries. That makes selecting the right protection for the hazard a priority.

OSHA's general industry foot protection standard (29 CFR 1910.136) says: "The employer shall ensure that each affected employee uses protective footwear when working in areas where there is a danger of foot injuries due to falling or rolling objects, or objects piercing the sole, and where such employee's feet are exposed to electrical hazards."

OSHA also requires foot protection to be designed to comply with any of the following consensus standards:

- ASTM F-2412-2005, "Standard Test Methods for Foot Protection," and ASTM F-2413-2005, "Standard Specification for Performance Requirements for Protective Footwear," which are incorporated by reference in § 1910.6;
- ANSI Z41-1999, "American National Standard for Personal Protection — Protective Footwear," which is incorporated by reference in § 1910.6; or
- ANSI Z41-1991, "American National Standard for Personal Protection — Protective Footwear," which is incorporated by reference in § 1910.6.

In addition, safety footwear manufacturers provide tags and labels that inform you of the footwear's intended purpose. For example, the tag might indicate that the footwear is slip resistant, protects from falling objects, or protects from electrical hazards. It is dangerous to assume that a shoe will also protect against a hazard that is not specifically identified on a tag.

### Key Selection Issues

- Just like everyday footwear, when selecting work shoes it is important that they fit properly and are comfortable, especially if workers are going to spend 8 to 12 hours a day in them. Lightweight footwear, for example, will reduce fatigue.
- When fitting footwear, employees should make sure boots fit snugly around the heel and ankle when laced up. But they should leave plenty of wiggle room for toes. It's best for workers to try on work shoes after a work shift when feet are likely to be swollen to their maximum size.

- Shoes that don't fit properly could contribute to musculoskeletal disorders such as plantar fasciitis and heel pain from heavy heel impact and chronic stress in the heel area. Ankle, knee, and possible low back pain are also common when there is excessive strain on the weight-bearing skeletal system.
- All sorts of insoles are available on the market today. But soft, cushion, and gel insoles only provide short-term relief. Because they are soft, these products cannot stabilize the foot and just collapse as the foot and ankle go through their normal range of motion. They do not provide the needed support.
- Prefabricated over-the-counter orthotics can be purchased for a reasonable price. They support and control the normal collapse of the foot. They can provide the arch support that is needed but might be missing in many types of foot protection.

## SCI OSHA News: OSHA Cracks Down on Retaliation for Whistleblowing (Part 2)

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

Date: August 14, 2012

### OSHA Rulings

In the South Carolina case, OSHA found that the employee was treated disparately in comparison to four other employees involved in the incident. The laborer was the only employee injured and, thus, the only employee who reported an injury. He also was the only employee terminated. OSHA has ordered the railroad to pay punitive damages of \$200,000 as well as compensatory damages of \$110,852 and attorney's fees of \$14,325.

In the Kentucky case, OSHA found that the company's investigative hearing was flawed and orchestrated to intentionally support the decision to terminate the employee. OSHA has ordered the railroad to pay the employee \$150,000 in punitive damages, \$50,000 in compensatory damages and \$7,375 in attorney's fees.

In the Pennsylvania case, OSHA found that the investigative hearing was flawed, and there was no evidence the employee intended to misrepresent his injury. OSHA has ordered the railroad to pay the employee \$175,000 in punitive damages, \$76,623.27 in back wages plus interest and \$17,993.43 in compensatory damages, as well as all fringe benefits.

### OSHA Will Go After Violators

"Firing workers for reporting an injury is not only illegal, it also endangers all workers. When workers are discouraged from reporting injuries, no investigation into the cause of an injury can occur," said OSHA chief Dr. David Michaels in response to these cases.

"To prevent more injuries, railroad workers must be able to report an injury without fear of retaliation. The Labor Department will continue to protect all employees, including those in the railroad industry, from retaliation for exercising these basic worker rights. Employers found in violation will be held accountable."

## SCI Environmental: GHS Training: What's On a Chemical Label?

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

Date: August 15, 2012

Chemical labeling is the first step in the process of using chemicals safely. And now that hazard communication has been aligned with the Globally Harmonized System for Classification and Labeling of Chemicals (GHS), if you are an employer that that uses, handles, and/or stores chemicals, you've got some training to do on how to read the new labels.

Here's a quick training guide for talking to your workers about reading GHS-compliant chemical labels.

**Supplier identification:** This must include the name, address, and telephone number for the chemical manufacturer, importer, or other supplier.

**Signal words:** The chemical label will include one of two signal words that tell you the relative severity of the hazard presented. It alerts you to a potential hazard.

- "Danger" is used for the more severe hazards.
- "Warning" is used for less severe hazards.

**Hazard statements:** These statements describe the nature of the hazard and, where appropriate, the degree of the hazard. The hazard statement can include information on fatal or toxic exposures, organ damage, and routes of exposure.

For example, a hazard statement could say:

*Highly flammable liquid and vapor. OR May cause liver and kidney damage.*

## HEALTHY BITES

### Quick Tips for Healthy Living



#### Disease

- Pack a one two punch against osteoporosis and green tea and tai chi. The combo may boost health in postmenopausal women
  - To fight frailty, practice tai chi and sip green tea (not at the same time, of course!). The workout and the drink helped strengthen bones in a study of 171 postmenopausal women at risk for osteoporosis. Over a six-month period, women who engaged in both practices (tai chi three times a week, and four to six cups of green tea daily) showed a reduction in the markers for bone loss, an improvement in muscle strength, an improved sense of well-being and lower levels of oxidative stress — a precursor to inflammation. Bone health might not seem like a big deal, but believe us when we say a solid skeleton is vital to good health. Just as a building can't stand without a powerful infrastructure, your chances of staying upright and agile depend on a sturdy support system. Broken hips, for instance, have a high fatality rate in the over-65 set, and even a five percent bone loss can up your risk of fractures by 40 percent. Tai chi is a gentle mind-body workout that's suitable for all ages and abilities — but you should always consult your doctor before starting a new workout program
- Got arthritis? You can reduce pain and improve your quality of life by signing up for an arthritis education program at your hospital.
  - Are you doing everything you can to manage your arthritis pain? Because doctors are pressed for time, they may be less likely to offer advice on how to cope with or alleviate pain. But don't let that stop you. According to a study in the Annals of Family Medicine, weight loss, arthritis education and exercise can significantly improve pain and quality of life for people with arthritis. Research shows arthritis education programs can improve the health of patients up to 30 percent more than medication alone. You can find local classes on pain management, weight loss and better mobility through the Arthritis Foundation, or ask your doctor about educational programs in your area
- People with diabetes should exercise regularly to control blood pressure and glucose levels, and to reduce the risk of complications
  - "You can still exercise, even if you have diabetes. New medical guidelines suggest that people with type 2 diabetes should aim for 150 minutes of moderate to vigorous physical activity a week. Research suggests that working out at least three days a week will benefit patients, regardless of their weight. In the past, doctors were cautious about recommending exercise to patients with diabetes because of their health condition. But the updated guidelines, issued by the American Diabetes Association and the American College of Sports Medicine, state that regular activity is crucial in managing type 2 diabetes. Evidence suggests that physical fitness can improve quality of life and reduce the risk of death by helping to lower blood pressure, control blood glucose levels and boost cardiovascular health. Start by walking three times a week. You may also want to wear a pedometer: Research has shown that people who use pedometers increase their physical activity by 27 percent. To be safe, make sure to check with your doctor before beginning a new exercise routine. "



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

*In Loving  
Memory of Jessica Lefrke*