



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: Well-Conditioned Backs: Key to Injury Prevention

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

Date: August 17, 2011

Exercise is an important part of back safety. Even moderate amounts of exercise can help prevent painful back injuries at the workplace and at home.

When you think about back safety, think about back conditioning. Back conditioning is easy to do and will help to strengthen employees' backs as well as improve flexibility. Strength and flexibility are key elements to preventing back injuries on and off the job.

Back conditioning does not have to be complicated or expensive. By doing a few simple things, employees can improve the overall health of their backs and associated muscle groups.

Here are some key elements of a well-conditioned back:

- **Physical conditioning.** Physical conditioning of the back means not only improving back muscles but also related muscles such as the ones in the stomach and thighs. Regular exercise should help keep the back strong, maintain your flexibility, and prevent strains and sprains.
- **Flexibility.** Staying flexible and limber is also important. A back exercise program should emphasize flexibility so that workers can bend, turn, and twist their backs without injury.
- **Healthy weight.** Carrying extra weight, especially on the belly puts a lot of extra strain on back muscles and is a frequently cited cause of back stress and pain.

Conditioning Exercises

While employees can certainly join a fitness club to get their exercise, they don't have to. Some of the very best exercises for the back can be done in just a few minutes a day without any special equipment or expense.

Among the best exercises workers can do to help improve the overall health of their backs and spines are the following:

Walking. A program of walking for 30 minutes a day will help strengthen muscles and prevent weight gain. Those new to walking as an exercise should start out slowly and work their way up. Remind workers not try to do too much too soon with any new exercise program.

Stretching and bending. A daily program of stretching exercises will help improve flexibility and keep the back in good condition. Stretching exercises might include bending backwards or sideways, rotating the hips, or twisting gently from side to side.

Sit-ups. Sit-ups help strengthen stomach muscles, which in turn help support the back. This is also a great exercise to help flatten the stomach.

Leg lifts. Leg lifts help strengthen the muscles in hips and buttocks. Leg lifts can be done while standing or while lying on the floor.

Squats. Squats strengthen the back, stomach, and leg muscles, and also help practice good lifting techniques.

OSHA Compliance: Number of Worker Fatalities Held Steady from 2009 to 2010, Says BLS

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

Date: August 26, 2011

Preliminary results from the Bureau of Labor Statistics' National Census of Fatal Occupational Injuries released August 25 show little change in the number of workplace fatalities in 2010 compared with 2009. Last year, 4,547 workers died from work-related injuries, down from a final count of 4,551 fatal work injuries in 2009, reports [BLS](#).

In response, Secretary of Labor Hilda L. Solis said "No worker should have to sacrifice his or her life to earn a living. An average 12 workers die on the job every day, and that reality continues to drive the work of the Labor Department. When the Occupational Safety and Health Act was passed in 1970, the National Safety Council estimated that 14,000 workers died each year on the job. Now, with a workforce that has doubled in size, the annual number of fatalities has dropped significantly. But it's not enough. We cannot relent from our enforcement of laws that keep our nation's workers safe. One worker killed or injured on the job is one too many.

"As our economy continues to strengthen and the workforce expands, we at the Department of Labor will remain resolute in our mission to ensure that safety is not sacrificed as America's workers provide for themselves and their families. My constant focus is 'good jobs for everyone,' and safety is an essential part of that equation."

A [news release](#) about the National Census of Fatal Occupational Injuries is available from the Bureau of Labor Statistics.

Economic factors continue to play a role in the fatal work injury counts. Total hours worked were up slightly in 2010 in contrast to the declines recorded in both 2008 and 2009, but some historically high-risk industries continued to experience declines or slow growth in total hours worked.

Some key findings include the following:

- Fatal work injuries in the private construction sector declined by 10 percent from 2009 to 2010 and are down nearly 40 percent since 2006.
- Work-related fatalities resulting from fires more than doubled from 53 in 2009 to 109 in 2010--the highest count since 2003.
- Workplace homicides declined 7 percent in 2010 to the lowest total ever recorded by the fatality census, but workplace homicides involving women increased by 13 percent.
- Fatal work injuries among non-Hispanic black or African-American workers declined by 9 percent in 2010 while fatalities among non-Hispanic white workers were higher by 2 percent. Fatal work injuries involving Hispanic or Latino workers were down 4 percent in 2010.
- The number of fatal workplace injuries among police officers increased by 40 percent, from 96 in 2009 to 134 in 2010.

Quick Tips for Healthy Living

HEALTHY BITESPREVEA
Health & Wellness

Healthy Eating Tips

With fast food restaurants on every corner, eating right can be hard when you don't feel like cooking. Here are some simple things you can do to eat better:

- Start every day with breakfast. Try a low-fat, whole-grain breakfast bar; fat-free or low-fat yogurt; or whole-grain toast or bagel spread with a little peanut butter, jam or low-fat cream cheese.
- Eat more fruits and vegetables, and choose whole grains like 100 percent whole-wheat bread, oatmeal or brown rice instead of refined grains like white bread and white rice.
- Choose low-fat or fat-free milk instead of whole milk or a milkshake.
- Order a plain hamburger (without sauce or mayonnaise) or a grilled (not fried) chicken sandwich.
- Skip the fries and try a salad with fat-free or low-fat dressing instead.
- Do not keep a lot of sweets like cookies, candy or soda in the house. Too many sweets can crowd out healthier foods.
- Rather than eliminate your favorite home-cooked foods, prepare them in slightly different ways: bake chicken instead of frying it; cook with extra herbs rather than extra butter; and reduce the amount of salt.

Understanding Serving Sizes

To see how many servings a package has, check the "servings per container" listed in the Nutrition Facts. You may be surprised to find that small containers often have more than one serving inside. Learning to recognize standard-serving sizes can help you judge how much you are eating. When cooking at home, look at the serving sizes listed on the Nutrition Facts for the packaged food products you eat.

Use measuring cups and spoons to put the suggested serving size on your plate before you start eating.

This will help you compare the size of a standard serving to how much you would normally eat. Comparing a serving size to an every-day object may also help you visualize how much you should eat. For example, 1/4 cup of raisins is about the size of a large egg. Three ounces of meat or poultry is about the size of a deck of cards.



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