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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**

**Safety in – we ALL win!**

**James Lehrke-SCI**

**of the week**

## SCI Safety Tip: Basic Rules for Safe Forklift Operation

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

Date: June 24, 2011

Do your employees know how to operate a forklift safely? Following is basic information you can convey to them on this important subject.

**The fundamental safety rules for forklift operation are:**

- Only authorized drivers who have been through an approved training program may operate a forklift;
- Always report any forklift-related accidents as quickly as possible;
- Always wear your seat belt;
- No one should ever stand under upraised forks; if the hydraulic system fails, anyone standing under forks could be killed;
- Operate the controls only when sitting in the driver's seat; and
- Never block exits or access to emergency equipment with a forklift.

**What to do if a forklift tips over:**

- Again, always wear your seat belt. You could be killed if you are thrown out. A forklift operator should never try to jump clear of a tipping forklift—you could be crushed by the overhead guard or the mast;
- Hold firmly onto the steering wheel;
- Brace your feet; and
- Lean away from the direction of the fall.

## OSHA News: New report on carcinogens may affect employer Hazard Communication Programs

Source: <http://www.osha.gov>

Date: July 1, 2011

The U.S. Department of Health and Human Services recently released the National Toxicology Program's (NTP) [12th Report on Carcinogens](#) (RoC), one of the two cancer lists referenced in OSHA's Hazard Communication Standard (HCS). As a result, employers that manufacture, distribute, or use any of the eight chemicals with new or updated listings in the 12th RoC need to determine if the changes have any impact on their existing hazard communications programs. The 12th RoC added two substances--formaldehyde and aristolochic acids--to its list of known human carcinogens, and six substances--captafol, cobalt-tungsten carbide (in powder or hard metal form), certain inhalable glass wool fibers, o-nitrotoluene, riddelliine (a botanical, not be confused with the drug Ritalin) and styrene--to its list of chemicals and biological agents that are reasonably anticipated to be human carcinogens. For chemicals like styrene and formaldehyde, which are already listed as carcinogens by the NTP or other organizations, the impact of the listings in the 12th RoC is likely to be minimal because many of the HCS requirements have already been triggered by the previous listings.

Chemicals listed in the RoC are considered carcinogens under OSHA's [Hazard Communication Standard](#). Therefore, manufacturers and importers of a chemical or a product containing a chemical listed in the RoC must list the chemical on Material Safety Data Sheets (MSDSs) if it is present at a concentration of 0.1% or greater when the product has not been tested as a whole, and they must include warning information about cancer in the MSDS. Chemicals listed on the RoC that are present at less than 0.1% must also be listed if they could be released from the product in concentrations that could present a health risk to workers. The MSDS must also indicate that the NTP lists the chemical as a carcinogen.

Employers that use chemicals with new or updated cancer listings in the RoC or products that contain these chemicals should review incoming MSDSs for new information and must train workers about any new chemical or product hazards. Employers must also look at how the chemical or product is used in their workplaces and make sure that the precautions and protective equipment they require are sufficient to protect workers from anticipated exposures. See the [news release](#) for more information about the 12th Report on Carcinogens and OSHA's [Safety and Health Topics Page on Carcinogens](#) to learn more about employer responsibilities to protect workers from exposure to these hazardous substances.

## OSHA News: OSHA Answers Questions on GHS (Part 2)

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

Date: July 26, 2011

Q. Can we begin to author and distribute safety data sheets (SDSs) in the GHS format prior to the adoption of the final rule?

A. Yes, OSHA does not currently require a set format for the SDS. The GHS format is a commonly used format already.

Q. With GHS alignment, what is the minimum information required on a workplace or secondary container label?

A. OSHA did not propose any changes in the requirements for workplace labeling, and any changes in workplace labeling will be announced when the final rule is published.

Q. Has OSHA considered adding a language translation requirement to the regs on MSDS? If not, why not? If yes, what's the status of those considerations?

A. OSHA did not propose any changes in the language requirements in the hazard communication standard. However, GHS is designed to enable workers of limited literacy in the English language to understand the information.

Quick Tips for Healthy Living

# HEALTHY BITES



## CALCIUM BATHROOM BLURB

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Send us an email at [jlconnections@aol.com](mailto:jlconnections@aol.com)  
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<http://www.safetycon.com>

In Loving  
Memory of Jessica  
Lehrke

Experts recommend that adults get 1,000 to 1,300 mg (milligrams) of calcium each day. Although food is the best source of calcium, most Americans do not get enough of it from food sources. Calcium-fortified foods (such as orange juice, bread, cereals) and calcium supplements can fill the gap by ensuring that you meet your daily calcium requirement.

### Calcium is essential for many functions in the body, including:

- regulating the heartbeat
- conducting nerve impulses
- stimulating hormone secretions
- clotting blood
- building and maintaining healthy bones.

Calcium is a mineral found in many foods. Getting enough of this nutrient is important because the human body cannot make it on its own. Even after you are fully grown, adequate calcium intake is important because the body loses calcium every day through the skin, nails, hair, and sweat, as well as through urine and feces. This lost calcium must be replaced daily through the diet. If proper calcium is not taken in through the diet, the body takes calcium from the bones to perform other functions, which makes the bones weaker and more likely to break over time.