



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

Be Prepared!

James Lehrke-SCI

of the week

SCI Safety Tip: Emergency Preparedness: All Systems "Go"? National Preparedness Month

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

Date: June 7, 2011

The one thing most workplace emergencies have in common is that you can rarely predict when they'll strike. So effective warning systems are the best defense against widespread injuries and destruction.

OSHA requirements for emergency alarm systems are detailed in 29 CFR 1910.38 (Emergency Action Plans) and 29 CFR 1910.165 (Employee Alarm Systems).

Check your preparedness concerning alarm systems with this compliance checklist, courtesy of [Safety Audit Checklists](#):

- Do you have an established employee alarm system?
- Is there a distinctive sound for each alarm purpose?
- Is the alarm easily identifiable over workplace noise and light levels?
- Is the alarm distinctive enough so that employees will easily recognize it as a signal to evacuate the area or perform critical functions under the emergency action plan?
- Have you explained to each employee the preferred method of reporting emergencies (e.g., manual pull alarms, PA system, radio, or telephone)?
- Are emergency numbers posted near telephones, employee notice boards, etc.?
- Are employee alarm systems maintained in operating condition except when undergoing repairs or maintenance?
- Are alarms tested at least annually?
- Are alarm boxes unobstructed, conspicuous, and easily accessible?

Fire-Detection Systems

OSHA's fire-detection systems standard (29 CFR 1910.164) includes these requirements:

- Your fire-detection systems must be maintained in operating condition except during maintenance and repairs.

- You must test and adjust fire-detection systems as often as necessary to maintain reliable performance.
- Systems should be restored to normal operating condition after each test or alarm.
- Systems must be protected from mechanical or physical impact and corrosion.
- Fire-detection systems installed for the purpose of actuating fire extinguishment or suppression systems must be designed to operate in time to control or extinguish a fire.

You must assure that the number, spacing, and location of fire detectors is based upon design data obtained from field experience, tests, engineering surveys, the manufacturer's recommendations, or a recognized testing laboratory listing.

OSHA News: OSHA Addresses Workplace Violence

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

Date: September 9, 2011

The Occupational Safety and Health Administration issued a directive on [Enforcement Procedures for Investigating or Inspecting Incidents of Workplace Violence](#). The directive establishes uniform procedures for OSHA field staff for responding to incidents and complaints of workplace violence and conducting inspections in industries considered vulnerable to workplace violence, such as healthcare and social service settings, and late-night retail establishments.

Workplace violence is a serious recognized occupational hazard, ranking among the top four causes of death in workplaces during the past 15 years. More than 3,000 people died from workplace homicide between 2006 and 2010, according to the Bureau of Labor Statistics (BLS). Additional BLS data indicate that an average of more than 15,000 nonfatal workplace injury cases was reported annually during this time.

Studies by the National Institute for Occupational Safety and Health and other organizations show that employers who implement effective safety measures can reduce the incidence of workplace violence. These measures include training employees on workplace violence, encouraging employees to report assaults or threats, and conducting workplace violence hazard analyses. Other methods such as using entrance door detectors or buzzer systems in retail establishments, and providing adequately trained staff, alarms and employee "safe rooms" for use during emergencies in healthcare settings can help minimize risk.



Quick Tips for Healthy Living

HEALTHY BITES

 PREVEA
Health & Wellness

Coronary Artery Disease

Coronary artery disease (CAD), also called coronary heart disease, is a condition in which plaque builds up inside the coronary arteries. These arteries supply your heart muscle with oxygen-rich blood.

Plaque is made up of fat, cholesterol, calcium and other substances found in the blood. When plaque builds up in the arteries, the condition is called atherosclerosis.

Plaque narrows the arteries and reduces blood flow to your heart muscle. It also makes it more likely that blood clots will form in your arteries. Blood clots can partially or completely block blood flow.

When your coronary arteries are narrowed or blocked, oxygen-rich blood can't reach your heart muscle. This can cause angina or a heart attack.

Angina is chest pain or discomfort that occurs when not enough oxygen-rich blood is flowing to an area of your heart muscle. Angina may feel like pressure or squeezing in your chest. The pain also may occur in your shoulders, arms, neck, jaw, or back.

A heart attack occurs when blood flow to an area of your heart muscle is completely blocked. This prevents oxygen-rich blood from reaching that area of heart muscle and causes it to die. Without quick treatment, a heart attack can lead to serious problems and even death.

Over time, CAD can weaken the heart muscle and lead to heart failure and arrhythmias. Heart failure is a condition in which your heart can't pump enough blood throughout your body. Arrhythmias are problems with the speed or rhythm of your heartbeat.

Tips on How to Eat Less

It may be hard to stick to a "diet." Try a healthy eating plan based on your likes and dislikes instead—just be sure to include a variety of healthy foods with the nutrients needed for good health. Try the following:

1. Eat a healthy breakfast every day.
2. When eating in a restaurant, wrap half of your entree and take it home.
3. Drinking a glass of water before you eat will take the edge off your hunger.
4. Don't watch TV while you eat.
5. Eat slowly. It takes 20 minutes for your brain to recognize that you're full.
6. Make less food look like more by serving your meal on a salad or breakfast plate.
7. Don't grocery shop on an empty stomach, and make your list before you leave home.



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