



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

**Working without safety
is a dead-end job.
James Lehrke-SCI**

of the week

SCI Safety Tip: Visitor Safety Checklist

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

Date: August 7, 2012

How many nonemployees are on your workplace at any given moment? Do you know where they are, what their business is, and whether they pose a risk to your workers or themselves?

This checklist will help you to determine whether you are prepared to keep visitors to your workplace safe while they are in your facility.

Site Control

- Do visitors enter your site in a controlled fashion, through designated entry points?
- Do you know how many visitors are on your site at any given time? If an emergency arises, you will need an accurate head count.
- Do you know where the visitors are? In an emergency, you will need to contact them quickly and move them to safety.
- Do you have measures in place to keep visitors from wandering into dangerous or restricted areas by mistake? Even visitors to sites where safety is a prominent concern have been injured or killed when they found themselves in areas where they did not belong.
- Do your employees know how to identify unauthorized visitors to your site, and what to do if they see such visitors?
- Do you know when all visitors have left your site?

Emergency Planning

- Does your emergency action plan address visitor safety?
- Are visitors informed when they come on-site of the emergency notifications and procedures that might apply to them?
- Do workers know how to ensure visitor safety in the event of an emergency without compromising their own safety?

General Safety Considerations

- If visitors may create hazards (such as contractors who will perform electrical work), have you identified those hazards and taken precautions to protect your workers?

- If visitors may be exposed to hazards (for example, contractors who will be painting in an area where hazardous equipment or chemicals are present), have you informed them of those hazards and of required safe work practices?
- If visitors must wear protective equipment (for example, if hearing protection and safety glasses are required on-site at all times), is this equipment readily available and provided to visitors on entry?

SCI OSHA News: OSHA Steps Up Enforcement on Construction-Related Falls

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

Date: August 30, 2012

OSHA is taking to the streets to reduce an upward trend in construction-related fall fatalities in the Southeast. Falls are one of the four leading causes of employee fatalities in the region.

Beginning August 20, the agency launched an effort to identify sites throughout Alabama, Florida, Georgia, and Mississippi where workers may be exposed to fall hazards. Unannounced inspections will be conducted at those sites. Additionally, according to a statement, "All other hazards in plain sight will be addressed during the inspections." Atlanta-based Regional Administrator Cindy Coe notes, "Our compliance officers will conduct immediate inspections when they observe employees working from elevation without fall protection."

The regional effort is part of a national campaign announced in April to address deadly falls in construction. OSHA and NIOSH are working with trade associations, labor unions, employers, universities, consulates, and community groups to provide education, especially to vulnerable, low-literacy workers.

SCI Environmental: GHS Training: What's On a Chemical Label? (Part2)

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

Date: August 15, 2012

Precautionary statements: These statements describe recommended measures that should be taken to minimize or prevent adverse effects from exposure to a chemical or improper storage or handling.

Four types of precautionary statements appear on a chemical label.

Prevention. For example, "Wash thoroughly after handling."

Response. For example, "If swallowed, immediately call a poison center."

Storage. For example, "Store locked up."

Disposal. For example, "Dispose of in accordance with local, regional, national, and international regulations, as specified."

Pictograms: These include a symbol and other graphic elements intended to convey specific information about the hazards of a chemical. They appear on a white background within a diamond-shaped square with a red border and are placed on the label based on a chemical's hazard classification.

There are eight mandatory hazard symbols used in pictograms. Each conveys the specific hazard of the chemical, with a ninth nonmandatory symbol for environmental hazards. See tomorrow's *Advisor* for a training cheat sheet on these pictograms.

Supplemental information: This includes any additional information provided on the chemical label that is not required or specified by the GHS amendments to HazCom.

HEALTHY BITES

Quick Tips for Healthy Living



Disease

- Stuffy nose? People with hypertension, diabetes, glaucoma, thyroid or prostate issues should ask their doctor before taking decongestants.
 - Got a cold that just won't quit? Relieving sinus pressure with an over-the-counter decongestant is a safe choice for most people. But if you have a history of heart disease, high blood pressure, diabetes, glaucoma, thyroid or prostate issues, it's best to consult your doctor before taking decongestants. Their active ingredients — pseudoephedrine and phenylephrine — work by constricting the blood vessels in the lining of the nose. This reduces swelling in the nasal passages, which allows you to breathe more easily. However, the nose isn't the only place where blood vessels shrink. The drugs impact the entire body and could lead to a dangerous increase in blood pressure for some people. Though generally regarded as safe when taken as directed, over-the-counter decongestants have led to heart attacks, strokes, irregular heart rhythms and other cardiovascular problems. Other ways to ease a plugged-up nose include: using saline nasal spray, a neti pot and a humidifier, drinking warm liquids, and keeping your head slightly elevated when lying down.
- Loud snoring may be linked to metabolic syndrome, a precursor to heart disease. If you snore like a jackhammer, consult your doctor.
 - Common sleep problems, like difficulty falling asleep and frequent loud snoring may be signs of future health conditions. According to a study in the journal SLEEP, having either sleep issue predicted the development of metabolic syndrome, a group of risk factors that increases the risk of heart disease, diabetes and stroke. People with metabolic syndrome have at least three of the following risk factors: high blood pressure, high triglycerides, low "good" HDL cholesterol, high blood sugar levels and abdominal obesity. While the study suggests that trouble sleeping could be a sign of metabolic syndrome, it found that snoring may actually contribute to the condition. Being overweight, smoking, drinking, and using muscle relaxers or other drugs could be to blame. If losing weight, quitting smoking and cutting back on alcohol don't help, talk to your doctor, who may refer you to a sleep specialist
- People who are severely obese and unable to lose weight may want to consider bariatric surgery. It can lead to long-term weight loss.
 - It's never too late to slim down. Obesity is bad for you, and the longer you keep the weight on, the worse your prognosis becomes. Researchers have found that the number of years a person lives with obesity is directly associated with the risk of mortality. In other words, it's a compounding problem. According to research in the journal Circulation, the expected lifespan of a 25-year-old severely obese person is 22 percent lower than someone of normal weight. For that reason, the American Heart Association supports bariatric surgery, saying that, for some people, the long-term cardiac and overall health benefits can outweigh the risks of weight-loss surgery. If efforts to lose weight under medical supervision have failed, people who are severely obese may want to consider surgery. Talk to your doctor to find out if it might be right for you.



Labor Day Quote:

A mind always employed is always happy. This is the true secret, the grand recipe, for felicity. ~Thomas Jefferson ~

Source: <http://www.quotegarden.com/labor-day.html>

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

*In Loving
Memory of Jessica Lehrke*