



*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 Pays!**

**James Lehrke-SCI**

**of the week**

## SCI Safety Tip: Fleet Drivers Driven to Distraction? Take Action

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

Date: August 29, 2011

What are you doing to protect your fleet and your drivers from distracted driving accidents? Read about one employer that's experiencing significant success with a strict driving policy.

In 2009, 5,500 people were killed as a result of distracted driving accidents. Twenty percent of injury crashes involved reports of distracted driving, resulting in half a million injuries.

Despite a slight drop in the rates from the previous year, distractions continue to kill and injure Americans in alarming numbers.

There are many types of distractions, including:

- Talking or texting on a cell phone;
- Surfing the Internet with a smart phone;
- Eating, drinking, or grooming;
- Talking to passengers;
- Using a PDA or GPS;
- Using an MP3 player;
- Changing the radio station or CD; and
- Believe it or not, reading or watching video while driving!

### Confronting the Problem

KCI Technologies, Inc., is an employee-owned, multidisciplinary engineering firm headquartered near Baltimore. According to CEO Terry Neimeyer, the firm employs around 850 people, operates 28 offices, and has a fleet of 192 vehicles driven by survey crews, construction inspectors, and others.

Regular monitoring revealed that the bulk of KCI's vehicle accidents were related to distracted driving, especially cell phone use.

"We're engineers, and we like to solve problems," Neimeyer explains. "So we said, 'Let's figure this out.'" At the same time, KCI was launching a self-insurance program, which provided a strong financial incentive to reduce accidents.

### Taking Action

The first step was easy, recalls Neimeyer: "We said there would be no cell phone use in cars. End of conversation." Those who needed to take or make a call would have to pull off the road.

The company's cell phone policy reads: *Employees will avoid using the cell phone or other electronic devices while driving. Allow voice mail to handle your calls, and if you must use a cell phone, safely pull off the road and stop the vehicle.*

Employees said the business would suffer. "We thanked them for their concern," says Neimeyer, "but we said our business was getting them home safely to their families. And we had documented proof to show the impact." The second step also elicited some "screams and wails." Every KCI employee found to be at fault in a vehicle accident would be required to pay half the price of repairing the vehicle, up to \$1,000.

The third action was a required review of employees' motor vehicle records before letting them drive for the company. Any who show dangerous or reckless behavior are required to take an online defensive driving course. KCI made other changes, including installing GPS systems that can detect unsafe driving. Neimeyer said some considered the onboard system intrusive. But his thinking was that an employee who is driving safely and following the rules has nothing to worry about.

### Enjoying Success

Neimeyer is confident that the investment in reducing driving distractions is money well spent. KCI monitors accidents quarterly and takes careful note of trends. In 2007, the year the changes took effect, KCI logged 21 at-fault accidents and averaged around 180,000 miles between accidents. In 2009, there was considerable improvement—9 at-fault accidents with 339,000 miles between accidents.

## OSHA News: How Much Are Accidents Really Costing You? Find Out

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

Date: August 30, 2011

*Want to estimate the costs of workplace accidents? OSHA has a tool for doing just that.*

In addition to the costs in pain and suffering to workers and their families, workplace accidents have a major impact on your bottom line. The Liberty Mutual Workplace Safety Index for 2010 estimates that employers nationwide pay over \$1 billion per week for direct workers' compensation costs alone.

But that's only half the story, since costs of workplace injuries and illnesses include both direct *and* indirect costs.

- **Direct costs** include workers' compensation payments, medical expenses, and costs for legal services.
- **Indirect costs** include training replacement employees, accident investigation and implementation of corrective measures, lost productivity, repairs of damaged equipment and property, and costs associated with lower employee morale and absenteeism.

To estimate how much accidents in your workplace are really costing your organization, you can consult OSHA's "\$afety Pays" program.

"\$afety Pays is an interactive expert system to assist you in estimating the costs of occupational injuries and illnesses and the impact on your company's profitability.

This system uses a company's profit margin, the average costs of an injury or illness, and an indirect cost multiplier to project the amount of sales a company would need to generate in order to cover those costs.

### Predict Costs

OSHA says you can use this information to predict the direct and indirect impact of injuries and illnesses on your workplace. This will give you yet another piece of ammunition to use to support your argument for investing in safety and health programs.

\$afety Pays is easy to use and:

- Offers choices from a set of lost workday injuries and illnesses
- Prompts you for information to do the analysis
- Allows you to input the actual loss figures or workers' compensation costs
- Generates a report of the costs and the sales needed to cover those costs

To find out more about the \$afety Pays program and to access the interactive system go to the [\\$afety Pays page](#) on OSHA's website.

Quick Tips for Healthy Living

**HEALTHY BITES**

 PREVEA  
Health & Wellness

## WHAT IS ARTHRITIS?

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The word arthritis often makes people think of painful, stiff joints. To the surprise of many, there are many different kinds of arthritis, each with different symptoms and treatments. Most types of arthritis are chronic, meaning they can go on for a long period of time.

### COMMON KINDS of ARTHRITIS

Arthritis is one of the most common diseases in the United States, with elderly people most often contracting osteoarthritis, rheumatoid arthritis or gout.

OSTEOARTHRITIS (OA) is the most common type of arthritis in older people. OA starts when cartilage, which pads the bones in a joint, begins to wear away. When the cartilage has worn away, your bones rub against each other. OA most often happens in your hands, neck, lower back or the large weight-bearing joints of your body like knees and hips.

RHEUMATOID ARTHRITIS (RA) is an autoimmune disease, a type of illness that makes your body attack itself. RA causes pain, swelling and stiffness that lasts for hours. RA can happen in many different joints at the same time. People with RA often feel tired or run a fever. RA is more common in women than men.

GOUT is one of the most painful kinds of arthritis. It most often happens in the big toe, but other joints can also be affected. Swelling may cause the skin to pull tightly around the joint and make the area red or purple and very tender.

## BLOOD PRESSURE

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“Blood pressure” is the force of blood pushing against the walls of the arteries as the heart pumps out blood. If this pressure rises and stays high over time, it can damage the body in many ways. About one in three adults in the United States have High Blood Pressure (HBP). HBP itself usually has no symptoms. You can have it for years without knowing it. During this time, though, it can damage the heart, blood vessels, kidneys and other parts of your body.

For this reason, knowing your blood pressure is important even when you’re feeling fine. If your blood pressure is normal, you can work with your health care team to remain healthy. If your blood pressure is too high, you may need treatment to prevent damage to your body’s organs.



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

*In Loving  
Memory of Jessica Lehrke*

When was the last time you had an eye exam?

Prescriptions for glasses and contact lenses are only good for one year, and a medical eye exam is recommended when the prescription expires to keep your eyes healthy and your vision strong.

If you or a family member has diabetes or a family history of eye problems, like glaucoma, lazy eye or macular degeneration, check with your provider to determine an appropriate medical eye exam schedule for your personal needs. Prevea Eye Care can be reached by calling (920) 272-1250.