



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

Your Safety is the minimum promise to your family
James Lehrke-SCI

of the week

SCI Safety Tip: Holiday Safety Tips

Sources: <http://www.harfordcountyhealth.com/Download/1826.pdf>

Toy Safety

Before purchasing a toy this holiday season, keep in mind the following:

- **Be sure the toy is age-appropriate.** Check the age recommendation on products, but also keep in mind the mental and physical abilities of the child for whom you are buying.
- **Avoid certain toys.** Steer clear of those which contain loose parts, sharp edges, or paint that could chip with chewing and playing.
- **Consider younger siblings.** Be cautious of buying any toy that would pose a threat to a younger brother or sister if they were to get a hold of it.
- **Don't forget a helmet.** If purchasing a riding toy, remember to include a helmet and be aware of keeping these toys away from stairs, traffic, and water.
- **Remember to clean up.** Discard of all plastic and string immediately after presents are opened to eliminate danger to small children.

Travel Safety

The holiday season is a great time to visit family and friends, but before traveling don't forget to:

- **Check conditions.** Before leaving, check your area's road and weather conditions, as well as the areas through which you will be traveling. If inclement weather is expected, let someone at your destination know when you are leaving and when to expect you.
- **Winterize your car.** Before traveling, be sure that oil level, tire pressure, defroster, antifreeze, and breaks are all checked by a certified mechanic, and that any necessary repairs and/or services are made.
- **Be prepared.** Begin with a full tank of gas and and be prepared for any emergency. Things to have in your vehicle may include: snow scraper, flashlight, jumper cables, flares, first aid kit, blankets, and bottled water.
- **Leave early.** Heavy traffic during the holidays is inevitable. Allow yourself plenty of time to get to your destination safely and with less stress.
- **Plan ahead.** If consuming alcohol, plan for a designated driver. Never drink and drive or allow another person to drink and drive.

Home Safety

Whether spending the holidays at home or away, it is important to keep your house safe. To prevent any danger in your home, be sure to:

- **Have chimney and fireplace inspected and cleaned.**
- **Test all smoke detectors** and replace batteries if it's needed.
- **Be prepared for power outages.** Stock up on non-perishable food items and battery-operated devices. Remember to keep generators at least 20 feet away from the house
- **Have your heating system serviced** to ensure it is working safely and correctly
- **Install a carbon monoxide (CO) detector** in your home to alert you of any presence of the deadly gas
- **Coat driveways and walkways** with cat litter or sand when ice is present

Mental Health

Stress can be at an all-time high during the holidays, which can pose a threat to your heart and overall health. Keep stress levels down by:

- **Doing only what you can.** There can be lots of activities to attend this time of year on top of an endless amount shopping and work around the home to get done. Keep in mind that you don't have to do it all. Don't be afraid to say "no" to commitments that aren't practical for you.
- **Utilizing friends and family when help is needed.**
- **Getting adequate rest.** Stress becomes increasingly more difficult to manage when you are sleep-deprived.
- **Being aware of spending.** Money is a main stressor during the holidays, so create a budget and be sure to stick to it.
- **Exercising.** Not only does working out help you physically, but also helps to reduce stress and maintain a positive outlook during the holidays.
- **Slowing down.** Remind yourself what the holidays are about and that everything does not need to be perfect to be enjoyed.

OSHA Compliance: LOTO Requirements: More Questions, More Answers

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

Date: December 1, 2011

Yesterday, we answered some key questions about lockout/tagout requirements. Today, we answer additional questions, and tell you about a safety resource that can answer so many more—about lockout and a multitude of other safety and health concerns.

Q. Can a duplicate key for the purpose of lock removal under LOTO be held in a secure area with a procedure in place for access to the key and returning the key that does not jeopardize the employee's safety? A. Here is a paragraph from an OSHA letter of interpretation dated February 28, 2000, which may be applicable to your situation:

The use of a master key to remove a lockout device would be deemed equivalent (to the removal of the lock by the person who applied it) only if it is performed under the employer's direction and in accordance with the requirements established in 1910.147(e)(3).

Obviously, the "one person, one lock, one key" practice is the preferred means and is accepted across industry lines, but it is not the only method to meet the language of the standard. However, prior to the use of the master key method, specific

procedures and training, meeting the §1910.147(e)(3) exception, must be developed, documented, and incorporated into your energy control program.

Among the features essential to a compliant master key procedure is a reliable method to ensure that access to the master key will be carefully controlled by the employer such that only those persons authorized and trained to use the master key in accordance with the employer's program can gain access.

Q. If equipment has a safety interlock and it's own safety disconnect built in the unit, would it still need to be included in a lockout/tagout policy?

A. According to 1910.147(c)(4)(i), procedures must be developed, documented and utilized for the control of potentially hazardous energy when employees are engaged in the activities covered by this section.

You need not document the required procedure for a particular piece of equipment, however, if you can show that your machine meets the following conditions:

1. The machine or equipment has no potential for stored or residual energy or reaccumulation of stored energy after shut down which could endanger employees;
2. The machine or equipment has a single energy source, which can be readily identified and isolated;
3. The isolation and locking out of that energy source will completely deenergize and deactivate the machine or equipment;
4. The machine or equipment is isolated from that energy source and locked out during servicing or maintenance;
5. A single lockout device will achieve a locked-out condition;
6. The lockout device is under the exclusive control of the authorized employee performing the servicing or maintenance;
7. The servicing or maintenance does not create hazards for other employees; *and*
8. In utilizing this exception, you have had no accidents involving the unexpected activation or reenergization of the machine or equipment during servicing or maintenance.

HEALTHY BITES

Quick Tips for Healthy Living

PREVEA
Health & Wellness

Relax your muscles. Stress causes tension in your muscles. Try stretching or taking a hot shower to help you relax.



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

The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other. ~Burton Hillis
Source: <http://www.quotegarden.com/christmas.html>

From all of us at SGI have a safe and happy holiday season!

*In Loving
Memory of Jessica Lefrke*