



# 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

**To avoid a scene, keep your workplace clean**

**James Lehrke-SCI  
of the week**

## SCI Safety Tip: Take Control of Slip, Trip, and Fall Hazards

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

Date: January 5, 2011

**One in five lost-work-time incidents is a slip, trip, or fall. Control this common hazard with some no-nonsense, easily implemented strategies.**

Most falls on a level surface don't result in a recordable injury but merely a bump, some bruises, or perhaps scattered papers and spilled coffee. But sometimes these falls can and do cause more serious injuries.

A fall on a level surface can result in broken elbows and knees, fractured ankles and ribs, and even head injuries. In fact, falls on a level surface account for 20 percent of lost-work-time incidents in the United States.

The good news is that you can take simple steps to prevent these accidents in your workplace.

### Why Workers Slip Up

The American Society of Safety Engineers (ASSE) recommends that you look at four factors that can contribute to slip, trip, and fall hazards:

- 1. Worker factors.** Workers may create hazards by using equipment improperly—for example, by dragging cords across walkways or setting up ladders in unsafe locations. They also might suffer from fatigue, making them more prone to falls. And workers can engage in risk-taking behaviors that put them at increased risk, such as running in the workplace or carrying large items up or down stairs.
- 2. Machinery/equipment factors.** Machinery that is improperly designed or maintained may create slip, trip, and fall hazards. For example, a poorly designed piece of equipment could have projections near the floor that create a tripping hazard; a poorly maintained machine may leak hydraulic fluid, creating a slip hazard.
- 3. Environmental factors.** The work environment may include slip and fall hazards. These could be seasonal or weather-related (as when ice forms on sidewalks in winter), or they may result from poor maintenance of the overall environment (as when burned-out light bulbs are not replaced or damaged flooring is not repaired). Some environmental hazards are intermittent. For example, while sprinklers are operating, workers might walk through puddles, track water into the workplace, and leave floors slick.
- 4. Management practices.** All of the factors above can be affected positively or negatively by management practices. If management doesn't train workers in basic walking and working surface safety, workers may not report burned-out lights, clean spills quickly, or inspect ladders before each use. If management does not provide adequate staffing or budget for maintenance, machinery and equipment could become unsafe.

**Don't Fall Down on Safety**

To prevent slips, trips, and falls, you should also:

- **Pay attention to high-traffic areas.** One of the more common hazards is changes in flooring surfaces, such as from carpet to tile. Try to ensure that walking surfaces are predictable, with good traction.
- **Control the pace.** Very few workplaces require employees to run; if it's not necessary, workers should walk.
- **Require appropriate footwear.** Steel-toed shoes can protect a worker's feet from above, but shoes with proper soles for the workplace protect the whole worker from hazards below. In many workplaces, slip-resistant soles are a good idea; in others, spiked or studded soles provide the best possible traction. Don't permit workers to wear inappropriate shoes.
- **Clean up your act.** All walking surfaces should be kept free of spills, especially spills of water, oil, slick powders, and any other substance that may make the floor slippery.
- **Hang a sign.** If workers must walk over slick or uneven surfaces, warn them with appropriate signage. Provide temporary signage to warn workers of wet or damaged floors.
- **Take a report.** Encourage workers to report any hazards they observe that they cannot immediately remove, such as broken tiles or floors that are wet because of roof leaks.
- **Light the way.** Workers are more likely to take a misstep when lighting is poor.
- **Dry it up.** Some areas are prone to moisture. Control slippery hazards in these areas with adequate drainage systems and pumps or elevated walking surfaces. For example, use grated flooring to give workers a high-traction work surface while letting moisture fall through.

Tomorrow, we'll discuss another common workplace hazard that accounts for a high level of injuries—unsafe lifting.

## OSHA Compliance: Employees Must Understand Training Part 2

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

Date: April 28, 2010

**Enforcement Guidance for OSHA Compliance Officers** OSHA compliance officers are responsible for checking and verifying that employers have provided training to employees. In addition, CSHOs must check and verify that the training was provided in a format that the workers being trained could understand.

CSHOs should determine whether the training provided by the employer meets the requirements and intent of the specific standard, considering the language of the standard and all of the facts and circumstances of the particular workplace. For example, CSHOs should look to whether workplace instructions regarding job duties are given in a language other than English and determine whether the employer already is transmitting information with comprehensibility in mind.

CSHOs should also look beyond any basic paper documentation; i.e., an employer may have training records but employees may not have been able to understand the elements included in the training.

If the compliance officer determines that a deficiency exists in the employer's training program, he/she must document evidence of any barriers or impediments to understanding, as well as any other facts that would demonstrate that employees were unable to understand the training and apply it to their specific workplace conditions. If a reasonable person would conclude that the employer had not conveyed the training to its employees in a manner they were capable of understanding, then the violation may be cited as serious if it is within the guidelines set out in the FOM.

## SCI Health News: Top Ten Legal Drugs Linked to Violence

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

Date: January 14, 2011

Some medications have been linked to an increased risk for violent, even homicidal behavior. A recent study identified 31 drugs that are disproportionately linked with violent behavior.

Time Magazine lists the top ten offenders:

- **Varenicline (Chantix):** The number one violence-inducing drug on the list, this anti-smoking medication is 18 times more likely to be linked with violence when compared to other drugs
- **Fluoxetine (Prozac):** This drug was the first well-known SSRI antidepressant
- **Paroxetine (Paxil):** Another SSRI antidepressant, Paxil is also linked with severe withdrawal symptoms and a risk of birth defects
- **Amphetamines: (Various):** Used to treat ADHD
- **Mefoquine (Lariam):** A treatment for malaria which is often linked with reports of strange behavior
- **Atomoxetine (Strattera):** An ADHD drug that affects the neurotransmitter noradrenaline
- **Triazolam (Halcion):** This potentially addictive drug is used to treat insomnia
- **Fluvoxamine (Luvox):** Another SSRI antidepressant
- **Venlafaxine (Effexor):** An antidepressant also used to treat anxiety disorders
- **Desvenlafaxine (Pristiq):** An antidepressant which affects both serotonin and noradrenaline

### Sources:

Time Magazine January 7, 2011

## SCI Environment News: Wisconsin Ban on Oil in Landfills Begins

Source: <http://www.chicagotribune.com/news/chi-ap-wi-oilfilters.0,5942000.story>

Date: January 13, 2011

MADISON, Wis. — **Wisconsin** environmental officials are reminding people they can't throw oil filters and oil absorbents into landfills any more.

A new law banning disposal of used automotive oil filters and oil absorbent materials in landfills took effect on Jan. 1. The ban includes everyone in the state, from homeowners and farmers to businesses and industrial operations. Violators will face fines ranging from \$50 to \$2,000.

The Department of Natural Resources estimates Wisconsin residents throw away about 187,000 gallons of oil in used filters and 1.6 million gallons of oil in absorbents annually.

The **University of Wisconsin** Cooperative Extension website offers a list of recycling options.



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See us at:

<http://www.safetyconnections.com>

*In Loving  
Memory of Jessica Lehrke*