



# 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**

**Clean, Separate,  
Cook, Chill  
James Lehrke-SCI**

**of the week**

## SCI Safety Tip: Christmas Decorating

Sources: <http://1.usa.gov/nYI2v8>

Date: November 15, 2012

Each year fires occurring during the holiday season claim lives, cause injuries, and cause millions of dollars in damage. According to the United States Fire Administration (USFA), there are simple life-saving steps you can take to ensure a safe and happy holiday.

**Preventing Holiday Tree Fires** You need to take special fire safety precautions when keeping a live tree in the house. A burning tree can rapidly fill a room with fire and deadly gases.

- Selecting a Tree for the Holiday - Needles should be green and hard to pull back from the branches, and should not break if the tree has been freshly cut. The trunk should be sticky to the touch.
- You can identify old trees by bouncing the tree trunk on the ground. If many needles fall off, the tree has probably dried out, and is a fire hazard.
- Caring for Your Tree - Do not put your live tree up too early or leave it up for longer than two weeks. Keep the tree stand filled with water at all times. Do not place your tree close to a heat source, including a fireplace or heat vent. Be careful not to drop or flick cigarette ashes near a tree.
- Disposing of Your Tree - Never put tree branches or needles in a fireplace or wood burning stove. When the tree becomes dry, discard it promptly. The best way to dispose of your tree is by taking it to a recycling center or having it hauled away by a community pick-up service.
- Never Put Lit Candles on a Tree - Do not go near a holiday tree with an open flame-- candles, lighters, or matches.

### Holiday Lights

- Maintain Your Holiday Lights - Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory.
- Do Not Overload Electrical Outlets - Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires-- they should not be warm to the touch.

### Holiday Decorations

- Use Only Nonflammable Decorations - All decorations should be nonflammable or flame retardant and placed away from heat vents.
- Never Put Wrapping Paper in a Fireplace - It can throw off dangerous sparks and produce a chemical buildup in the home that could cause an explosion.
- Artificial Holiday Trees - If you are using a metallic or artificial tree, make sure it is flame retardant.

Finally, as in every season, have working smoke alarms installed on every level of your home, test them monthly and keep them clean and equipped with fresh batteries at all times. Know when and how to call for help. In addition, remember to practice your home escape plan.

## SCI OSHA Quickcards: Cold Stress (Part 1)

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

### What Happens to the Body:

FREEZING IN DEEP LAYERS OF SKIN AND TISSUE; PALE, WAXY-WHITE SKIN COLOR; SKIN BECOMES HARD and NUMB; USUALLY AFFECTS THE FINGERS, HANDS, TOES, FEET, EARS, and NOSE.

### What Should Be Done: (land temperatures)

- Move the person to a warm dry area. Don't leave the person alone.
- Remove any wet or tight clothing that may cut off blood flow to the affected area.
- **DO NOT** rub the affected area, because rubbing causes damage to the skin and tissue.
- **Gently** place the affected area in a warm (105°F) water bath and monitor the water temperature to **slowly** warm the tissue. Don't pour warm water directly on the affected area because it will warm the tissue too fast causing tissue damage. Warming takes about 25-40 minutes.
- After the affected area has been warmed, it may become puffy and blister. The affected area may have a burning feeling or numbness. When normal feeling, movement, and skin color have returned, the affected area should be dried and wrapped to keep it warm. **NOTE:** If there is a chance the affected area may get cold again, do not warm the skin. If the skin is warmed and then becomes cold again, it will cause severe tissue damage.
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- Seek medical attention as soon as possible.

### HYPOTHERMIA - (Medical Emergency)

### What Happens to the Body:

NORMAL BODY TEMPERATURE (98.6° F/37°C ) DROPS TO OR BELOW 95°F (350 C); FATIGUE OR DROWSINESS; UNCONTROLLED SHIVERING; COOL BLUISH SKIN; SLURRED SPEECH; CLUMSY MOVEMENTS; IRRITABLE, IRRATIONAL OR CONFUSED BEHAVIOR.

### What Should Be Done: (land temperatures)

- Call for emergency help (i.e., Ambulance or Call 911).
- Move the person to a warm, dry area. Don't leave the person alone. Remove any wet clothing and replace with warm, dry clothing or wrap the person in blankets.
- Have the person drink warm, sweet drinks (sugar water or sports-type drinks) if they are alert. **Avoid drinks with caffeine** (coffee, tea, or hot chocolate) or alcohol.
- Have the person move their arms and legs to create muscle heat. If they are unable to do this, place warm bottles or hot packs in the arm pits, groin, neck, and head areas. **DO NOT** rub the person's body or place them in warm water bath. This may stop their heart.

## HEALTHY BITES

Quick Tips for Healthy Living

PREVEA  
Health & Wellness

### Soy

Soy has been shown to reduce LDL (or bad) cholesterol and soy protein can also replace meats and dairy in your diet, thus reducing the amount of saturated fat consumed. Saturated fat should be limited to less than 10 percent of your total daily calories because it boosts the amount of cholesterol in the blood. Choose fat-free or low-fat dairy and moderate portions of lean meats. Try creating smoothies using silken tofu, and add a splash of soymilk to your cereal and coffee.

## SCI Environmental Tip: What You Should Know About Claiming Affirmative Defense (Part 2)

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

Date: November 16, 2012

### Substantive Proof

In developing the affirmative defense provision, the EPA asserted that a source would need to present substantial proof to validate that a legitimate malfunction beyond the source's control had occurred and that the source is not simply disguising a preventable emissions exceedance by claiming it was a malfunction. Therefore, the Agency developed a requirement that an affirmative defense must prove by a preponderance of evidence that the excess emissions:

- Were caused by a sudden, infrequent, and unavoidable failure of air pollution control and monitoring equipment, process equipment, or a process to operate in a normal or usual manner.
- Could not have been prevented through careful planning, proper design, or better operation and maintenance practices.
- Did not stem from any activity or event that could have been foreseen and avoided or planned for.
- Were not part of a recurring pattern indicative of inadequate design, operation, or maintenance.
- The source must also demonstrate that:
  - Repairs were made as expeditiously as possible when the applicable emissions limitations were being exceeded and that off-shift and overtime labor were used to the extent practicable to make these repairs.



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

*In Loving  
Memory of Jessica Lehrke*

The frequency, amount, and duration of the excess emissions (including any bypass) were minimized to the maximum extent practicable during periods of such emissions.

- If the excess emissions resulted from a bypass of control equipment or a process, the bypass was unavoidable to prevent loss of life, personal injury, or severe property damage.
- All possible steps were taken to minimize the impact of the excess emissions on ambient air quality, the environment, and human health.