



“Your Connection for Workplace Safety”
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Weekly Safety Tip

Life Is All About Choices![®]

December 22, 2014

SCI Safety Tip: Holiday Hazards Ice and Snow Removal

By: Jennifer Busick

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

Date: December 9, 2014

Holiday decorations and merchandise seem to go out earlier and earlier—and this year, winter came along with them, arriving with a hard freeze that hit all 50 U.S. states—including Hawaii!—in mid-November, and following that with a snowstorm that dumped 6 feet of snow on Buffalo, New York, overnight. It could be a long, cold winter. If your workers have to dig out, can they do it without hurting themselves?



Most workers know that shoveling snow and breaking up ice can be exhausting, but they

may not be aware of the extent of their risks.

Cold Weather Hazards

Encourage workers to take the hazards of heavy work in cold weather seriously:

- Snow shoveling causes an average of nearly 100 deaths and 11,500 emergency department visits each year in the United States.



SCI Safety Slogan

Tis the Season to Be Safe

James Lehrke-SCI

- The most frequently injured area of the body is the lower back (34%).
- Heart problems make up 7% of the injuries—but 100% of the deaths.
- The most common cause of injuries was acute musculoskeletal exertion (54%).
- Slips or falls (20%) are the second most common cause of injuries.

Snow Shovel Safety Shoveling snow is an extremely strenuous activity, especially if there's a lot of snow or if the snow is wet and heavy. Use ice melt, salt, or sand to decrease the hazard of icy surfaces—and the stress of clearing them.

- Snow shoveling may cause a quick increase in heart rate and blood pressure.
- Cold air makes it harder to work and breathe, which adds extra strain on the body.
- Check with your doctor to see if you should be able to do at least moderate shoveling.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- Plastic shovels weigh less than metal shovels, and snow is not as likely to stick to them.
- These factors add less weight to your load.
- Spray the blade with a lubricant to keep snow from sticking.
- Pick up smaller loads of snow. It's best to shovel by sections.
- If you are experiencing snowfall levels of 12-inches or higher, take it easy and shovel 2 inches off at a time.
- Try to clear snow early and often—take frequent breaks. Begin shoveling/blowing when a light covering of snow is on the ground.

SCI OSHA Compliance: What to Expect from OSHA in 2015 Latest Regulatory Agenda Addresses Confined Spaces, Other Issues (Part 2)

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

Date: December 12, 2014

- *Occupational exposure to beryllium.* Exposure can lead to chronic beryllium disease and an increased risk of cancer, according to OSHA. A notice of proposed rulemaking is expected in January.
- *Amendments to the [cranes and derricks in construction](#) standard.* Among other changes, the proposed amendments correct references to power line voltage for direct current (DC) voltages as well as alternating current (AC) voltages; broaden the exclusion for forklifts carrying loads under the forks from “winch or hook” to with a “winch and boom,” and clarify an exclusion for work activities by articulating cranes. A notice of proposed rulemaking is expected out in January.
- *Clarification of employers' continuing obligation to make and maintain accurate records of each recordable [injury and illness](#).* OSHA is proposing to amend its recordkeeping rules to clarify that the duty to make and maintain accurate records is an ongoing obligation.
- *An update to standards on [eye and face protection](#).* This involves updating the rules to reflect updates in consensus standards.
- *Crane operation qualification in construction.* Following publication of a final crane standard, stakeholders told OSHA that certification did not establish a safe enough level of experience and competence—rather, employers must be responsible to ensure that crane operators are *qualified*. OSHA postponed the deadline for certification as it addresses the



Quick Tips for Healthy Living

PREVEA

Health & Wellness

Tips to Reduce Stress

Focus on positive thoughts: [Learn more](#) about the benefits of positive thinking and self-talk.

Take part in physical activity or exercise: Physical activity is a natural stress reliever. [Here are some exercises](#) designed to help you relax.

Take time to do things you enjoy: This article has [great tips](#) on how to make time for your hobbies.

Eat a healthy diet: Check out our [portion control tips](#) to help make eating healthy second nature.

Get an adequate amount of sleep each night: See what the [National Sleep Foundation](#) has to say about the right number of hours for you.

Avoid smoking: If you're trying to quit, [here](#) is a list of some resources for support.

Talk to a close friend or a health care provider: It always helps to talk to someone, and if you'd like to talk to a professional, [our experts](#) are always available.

qualification issue. A noticed of proposed rulemaking is anticipated in March.

- *Quantitative fit testing protocol.* OSHA is considering three new quantitative fit test protocols for [respirators](#). A notice of proposed rulemaking is expected in March.

Prerules

- Actions include:
- *Bloodborne pathogens.* The issue is whether the BBP standard is necessary and whether it overlaps or conflicts with other regulations. A review is projected to be completed by May.
- *Infectious diseases.* The agency continues to analyze the need for regulations to protect workers from exposure to diseases including tuberculosis, measles, varicella, and others. It's a timely topic with attention on healthcare worker exposure to Ebola.
- *Chemical management and permissible exposure limits (PELs).* There is general agreement that OSHA's PELs, many adopted in the 1970s, are [woefully out of date](#). The agency is working on developing more effective ways to address occupational exposure to chemicals.
- *Process safety management and prevention of major chemical accidents.* In late 2013, the agency issued a request for information regarding possible modernization of the PSM rules in order to prevent major chemical accidents. A small business review is expected to begin in June.
- *Shipyard fall protection—scaffolds, ladders, and other working surfaces.* OSHA says existing requirements are not comprehensive in their coverage of fall hazards in shipyards. The agency is considering dividing the rulemaking into 3 parts—stairways, ladders, and other egress; fall protection; and scaffolds. A request for information is expected in January.
- *Communication towers.* The agency is concerned about a spate of cell phone tower deaths—13 in 2013. OSHA says current rules do not adequately protect employees working in communication tower construction and maintenance activities. A request for information has been issued.
- *Emergency response and preparedness.* The agency is addressing deficiencies in its emergency preparedness regulations.



What do you think?
 Send us an email at: jlconnections@aol.com
 See our bold new look
 @ <http://www.safetyconnections.com/>
 In Loving Memory of Jessica Lehrke

