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Weekly Safety Tip

Life Is All About Choices![®]

December 29, 2014

SCI Safety Tip: New Years Eve Safety Tips

Source: <https://metrofire.ca.gov>

Date: 2012

Drinking: While this goes under the “common sense” rule, it still must be said, DON'T SIT YOUR DRINK DOWN ANYWHERE! A lot of times people are too trusting within their surrounding and tend to put their drink down where anyone can get to it, keep your drink with you. Even if you have to go to the bathroom, either take it with you or give it to a close friend of yours. Whatever you do, don't leave your drink at a table and then come back to it. While New Year's Eve is super fun it's also super dangerous when it comes to someone spiking your drink while it's unattended. When



you are popping champagne bottles, aim the cork away from people. This may sound funny, however, it's a serious issue, it's all fun and games until someone loses an eye!

Driving: Whatever you do this New Year's Eve,

DON'T DRINK AND DRIVE! Even if you've had only a couple of drinks, have a designated driver to drive you around. You may think that you're not that “buzzed up”, however you're wrong! To avoid problems with accidents and the law, have someone “sober” drive for you. This doesn't count if your designated driver had drinks along with you; make sure your driver is alcohol free for the night.



SCI Safety Slogan

Buzz Driving is Drunk Driving

James Lehrke-SCI

Public Events: Being that it's New Year's Eve I'm sure you're going to want to attend all of the parties and New Year's festivities. When attending these events, beware of your surroundings at all times! This is extremely important since you may be drinking around tons of people you don't know in a place you've probably never been. Never go to these types of places by yourself. This doesn't just go for women it also goes for men! When at public events make sure you have a communication device such as cell phone or laptop just in case anything negative occurs. Be prepared!

No Fireworks or Guns: This will be enforced to the fullest by law enforcement when it comes to New Year's Eve festivities. If you are going to engage in fireworks, leave it up to the professionals. If you are caught with fireworks this New Year's Eve, it may be more than just a fine; it may possibly lead to jail time!

Friends: If you plan on going anywhere for the New Year's Eve holiday, take friends with you! When going to any type of party or function, don't go alone! This is really important when it comes to females going out, always stay in groups!

Pet Safety: Nothing frightens pet's more than sudden loud noises. Extra attention must be given so your pets won't run away in a panic. Scared, running pets can be hit by cars, cause accidents, and become lost...not to mention, frequently bite people.

Other tips for your New Year's Celebration include:

- Make sure all fences and gates are secure.
- Make sure your pet has its ID or dog license, come down and microchip NOW, if you already have a microchip make sure it is current.
- Ask your veterinarian for tranquilizers if your animal has shown signs of extreme uneasiness in the past.
- Keep your pets INSIDE, in a comfortable room, with comforting music playing to drown out scary noises.

SCI OSHA Compliance: Does Your OSHA Poster Meet OSHA's Requirements?

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

By Jennifer Busick

Date: December 17, 2014

Do you know what the requirements are for OSHA's workplace posters? How often do they change? Do they vary from state to state? Can you post them electronically? Where can you get them?

The Occupational Safety and Health Administration's (OSHA) workplace posting requirements should be one of the simplest things to knock off your compliance list. Here's how to get it done.

What Are the Requirements for Workplace Posters?

Who must post an OSHA poster? All employers covered under the Occupational Safety and Health Act (OSH Act) must post in a prominent place an official notice from OSHA to employees, informing them of their rights and obligations under the OSH Act.

What must be on the OSHA poster? The notice must state that for assistance and information, including copies of the OSH Act and of specific safety and health standards, employees should contact the employer or the nearest office of the Department of Labor.

How must the OSHA poster be made available? The notice must be posted in each establishment in a conspicuous place or places where notices to employees are customarily posted. It must be physically posted; unlike safety data sheets, there is no provision for maintaining or making your OSHA poster available in electronic format.

Where can I get an OSHA poster? You can download the OSHA posters for free from www.osha.gov/pls/publications/publication.html.





Quick Tips for Healthy Living



Flu Prevention

Symptoms

People who have the flu often feel some or all of these signs and symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Stay Home if you Are Sick

Stay home until your fever has subsided for at least 24 hours. Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get the flu by touching a surface or object that has the flu virus on it and then touching their own mouth, eyes or possibly their nose.

Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five to seven days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

Flu Prevention Get Vaccinated

- Yearly flu vaccines are the most important step in protecting yourself against this disease.
- The flu vaccine fights a different group of flu viruses every year. Make sure to be vaccinated each year.
- Flu vaccines are especially important for young children, pregnant women, people age 65 and older, and people with chronic health conditions like asthma, diabetes or heart and lung disease.
- Yearly flu vaccination should begin soon after the flu vaccine is available, and ideally by October. However, getting vaccinated even later can be protective, as long as flu viruses are circulating. Call your primary care provider to schedule a flu shot today.
- Take preventative measures to stop the spread of germs
- Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue in the trash after you use it.
- Wash your hands with hot water and soap often, especially before you eat. If you can't get to a sink, use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect surfaces that may harbor flu germs.
- Maintain a healthy lifestyle
- Eat a balanced diet to keep your immune system stay healthy. Consume lean proteins (chicken or fish), fruits and vegetables to get the vitamins and nutrients you need.
- Get enough exercise.

What about third parties who sell the OSHA poster?

Some private companies sell a version of the OSHA poster, but you do not have to buy a compliant poster; OSHA provides them free of charge. In some cases, individuals have fraudulently identified themselves as OSHA representatives and threatened to fine employers that do not buy their OSHA posters. If you encounter such an imposter, OSHA asks that you file a complaint with the Federal Trade Commission (FTC) at <http://www.consumer.ftc.gov/articles/0048-government-imposter-scams>.

Does my OSHA poster have to be specific to the state I'm in? Yes, if you are in one of the 22 states or jurisdictions with an OSHA-approved regulatory program, such as California. Workplaces that are under the jurisdiction of federal OSHA must use the federal poster.

Does the OSHA poster change? It does change, periodically. There is no automatic update service available from OSHA. The best way to keep abreast of changes is to make a point of checking either federal OSHA's publications page or your state OSHA agency's publications page once a year.

What about my workers who do not speak English?

Federal OSHA's workplace poster has long been available in English, Spanish, Portuguese, and Polish. It is also newly available (as of 2014) in Chinese, Nepali, and Korean.

SCI New Year Quote:

"Be at war with your vices, at peace with your neighbors, and let every New Year find you a better man."

~Benjamin Franklin~

Source: <http://www.brainyquote.com/quotes/>



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

