Safety Connections Inc.

"Your Connection for Workplace Safety"
Phone: 920-208-7520

We're about service, commitment, results, and accountability!

Weekly Safety Tip

Life Is All About Choices!®

SCI Safety Tip: Protect Your Financial Data

Source: https://blog.dieboldnixdorf.com
By: Martin Bally
Date: November 21, 2017

We're about to head into the long Thanksgiving weekend here in North America, unofficially the kick-off weekend for the holiday shopping season. While most of my fellow Americans are looking forward to big sales on Black Friday and Cyber Monday, I always have a little more trepidation this time of year. While we're pulling out our holiday shopping lists, thieves and hackers are gearing up for what they undoubtedly view as "the most wonderful time of the year." Stores are more crowded. You've got a to-do list a mile long. You're probably putting your credit cards and your computer browser on triple overtime. It's the perfect time for fraudulent activity to go unnoticed. So wherever you do your shopping this season, be extra cautious of your transactions. While you're on a spending spree, thieves are on a spree of their own. Here are some things I tell my friends and family about how to keep their data and belongings safe from fraudsters around the holidays.

In-Store Shopping Safety:
Practice crowd-control
On an average Tuesday, you'd probably be concerned if someone was standing "too close" to you at an ATM or self-service kiosk. During the holidays, crowded stores can make it seem a little more normal – and that's where thieves can employ "shoulder surfing," peeking over your shoulder to watch as you enter your PIN or other secure data. That's why my #1 super-easy tip is, *when you're entering your PIN at an ATM or kiosk, always cover your hand.* It seems so "low-tech," but

SCI Safety Slogan

BEST GIFT
You can give your Family is
You, please **STAY SAFE**

James Lehrke - SCI

sometimes the low-tech solutions are the most fool-proof. It prevents fraudulent cameras and recording devices, as well as shoulder surfers from capturing a critical piece of data.

Text for coupons and codes with caution
Think about how easy it would be for a fraudster to put up a sign that encourages you to text a new number in exchange for a coupon code, loyalty offer or other reward. We're all expecting deals coming from every direction, so shoppers may not have their guard up like they do the rest of the year. Carefully consider "who" you're texting before you hit "send," so your mobile phone doesn't end up going straight to a compromised server. And, watch for text messages from unknown senders – there's a very good chance that link they're asking you to click on in the text message is fraudulent, and your click could expose your phone's data to a fraudster.

Lock down your credit
If you didn't already do it after the Equifax breach, please lock down your credit now. With so many shoppers opening new lines of credit around the holidays to take advantage of additional discounts, a fraudulent new-card request could fly right under the radar.

Online Shopping Safety:

Beware the onslaught of phishing scams
Phishing emails are the #1 attack vector to watch out for – and when you're making so many purchases in such a short amount of time, it can be easier for fraudsters to sneak in an email that looks legitimate and requests personal information you normally wouldn't hand out. Today's "social engineers" are extremely sophisticated at impersonating well-known brands, so just remember – don't ever provide info like your credit card number, social security number or any other personal data in response to an email request. And, be extra cautious about clicking on any links provided in an unfamiliar email. When in doubt, call the company.

Be selective with your Wi-Fi choices
"Free" internet access is ubiquitous these days, and we all expect to be able to hop online wherever we are, whether on our laptop at a café or on our mobile at a store. Make sure your connection is secure before you do any shopping or enter personal information online:
Watch out for mobile "hotspots" that could be fake – when you use them, a hacker could be viewing all your login data.
Consider using a VPN (virtual private network) when you're connecting to a public Wi-Fi hotspot.
Check for the "https" at the beginning of the URL – it's a signal that the page is secure.
Opt to sign in to a site before you make a purchase. It's a hassle, but it's also an added layer of security.

Streamline purchasing behavior
Make life easier for yourself by using one credit card as your "online shopping" card, and save your records of every online transaction, just like you save your physical receipts. And whether you're shopping on a phone, tablet or computer, make sure you've upgraded your devices with the latest software and patches.

Remember this: Security breaches stem from flaws in software and processes. Hackers are looking for the easiest ways to exploit their victims, so stay alert this holiday season. Don't give thieves an easy way in to your personal information. Most of these tips shouldn't be a surprise, but we sometimes get a little too lax over time. If it's been awhile since you updated your smartphone,

SCI OSHA Compliance: Injury Tracking Application
Electronic Submission of Injury and Illness Records to OSHA
Source: https://www.osha.gov/injuryreporting/
Date: November 22, 2017

Updated Click on "Launch ITA" to provide OSHA your 2016 OSHA Form 300A information. The date by which certain employers are required to submit to OSHA the information from their completed 2016 Form 300A has been extended to December 15, 2017.

2

Aurora Health Care®
Quick Tips for Healthy Living

Pumpkin Facts and a Recipe!

- Pumpkins are low in calories - one cup of canned pumpkin only has 49 calories. They are high in fiber – 3 grams per cup. They are a good sources of Vitamin A, Vitamin C, potassium, protein, and iron.
- Pumpkins are 90% water.
- Each pumpkin has about 500 seeds. Pumpkin seeds are high in iron, and can be roasted to eat.
- Everything on the pumpkin is edible even the flowers that grow on pumpkin vines.
- Mathis Willemijns, a 24 year old from Belgium, holds the record for growing the world's largest pumpkin. In 2016 he grew a pumpkin that weighed, 2,625 pounds.
- According to the USDA, farmers in the U.S. grew 90,000 acres of pumpkins in 2014, producing about 1.5 billion pounds of pumpkins.

Toppings: Chopped avocado, cilantro, sour cream or plain yogurt, sliced avocado, crushed tortilla chips, sliced black olives, sliced radishes

1. Warm oil in a pot over medium-high heat. Add onion, carrots, celery and bell pepper, sprinkle with salt and cook, stirring occasionally, until vegetables are tender and beginning to caramelize, about 7 to 10 minutes. Add garlic, jalapeno, chili powder, cumin, cinnamon and cayenne and cook, stirring, until fragrant, about 1 minute. Stir in pumpkin and cook, stirring until well incorporated, 1 minute longer.
2. Stir in tomatoes, broth, beans and bay leaf. Season with salt and pepper. Bring to a boil, then reduce heat to medium-low and simmer for 30 minutes, until thickened, stirring occasionally. Stir in lime juice. Taste and season with additional salt and pepper, if desired.
3. Divide chili among bowls and serve with toppings.

Pumpkin Chili
Yield: 6 ½ cups (serves 4 to 6)

- 2 Tbsp. grapeseed oil
- 1 large onion (15 oz.), chopped (2 cups)
- 2 carrots (about 2 oz. each), chopped (2/3 cup)
- 2 ribs celery (about 3 oz. each), chopped (3/4 cup)
- 1 medium red bell pepper (about 6 oz.), seeded and chopped (3/4 cup)
- Salt and pepper
- 3 cloves garlic, minced (1 Tbsp.)
- 1 medium jalapeno (about 1 1/2 oz.), seeded and minced (3 Tbsp.)
- 2 Tbsp. chili powder
- 2 tsp. cumin
- 1/2 tsp. cinnamon
- ¼ tsp. cayenne
- 1 15-oz. can pumpkin puree
- 1 14.5-oz. can fire-roasted diced tomatoes
- 2 cups low-sodium vegetable broth
- 1 15-oz. can black beans, drained and rinsed
- 1 bay leaf
- 1 Tbsp. lime juice

Who: Establishments with 250 or more employees that are currently required to keep OSHA injury and illness records, and establishments with 20-249 employees that are classified in certain industries with historically high rates of occupational injuries and illnesses. *Note that the following OSHA-approved State Plans have not yet adopted the requirement to submit injury and illness reports electronically*: CA, MD, MN, SC, UT, WA and WY. Establishments in these states are not currently required to submit their summary data through the ITA. Similarly, state and local government establishments in IL, ME, NJ, and NY are not currently required to submit their data through the ITA. Contact information for each of the State Plans can be found at https://www.osha.gov/dcsp/osp/states.html.

What: Covered establishments with 250 or more employees must electronically submit information from OSHA Forms 300 (Log of Work-Related Injuries and Illnesses), 300A (Summary of Work-Related Injuries and Illnesses), and 301 (Injury and Illness Incident Report). Covered establishments with 20-249 employees must electronically submit information from OSHA Form 300A.

When: The requirement became effective on January 1, 2017. The new reporting requirements will be phased in over two years. In 2017, all covered establishments must submit information from their completed 2016 Form 300A by December 15, 2017. In 2018, covered establishments with 250 or more employees must submit information from all completed 2017 forms (300A, 300, and 301) by July 1, 2018, and covered establishments with 20-249 employees must submit information from their completed 2017 Form 300A by July 1, 2018. Beginning in 2019 and every year thereafter, covered establishments must submit the information by March 2.

How: OSHA will provide a secure website that offers three options for data submission. First, users will be able to manually enter data into a web form. Second, users will be able to upload a CSV file to process single or multiple establishments at the same time. Last, users of automated recordkeeping systems will have the ability to transmit data electronically via an API (application programming interface). We will provide status updates and related information here as it becomes available.

We'd always like your feedback. Let us know what articles you'd like to see!

In Loving Memory…
Jessica, Kristin a ❤ k