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Weekly Safety Tip

Life Is All About Choices!®

December 11, 2017

SCI Safety Tip: Why do People Die Shoveling Snow?

Source: <http://www.nsc.org/learn/safety>

Date: 2017

Snowmageddon, Snowpocalypse, the Polar Vortex, SnOMG!

There is no end to the terms for "really big snowstorm," and those terms came in handy, particularly during the 2014-'15 winter. Just check out snowfall totals in the [Top 10 Snowiest Cities](#), according to Accuweather.com:

- Syracuse, NY – 117.1"
- Worcester, MA – 115.6"
- Buffalo, NY – 109.3"

But with really big snow storms – and even everyday, run-of-the-mill snowfalls – comes a risk of death by shoveling. According to CBS News in Chicago, by early February 2015, [around 18 people in the Chicago area had died in snow shoveling-related incidents](#). They ranged in age from their 40s to 75. Nationwide, snow shoveling is responsible for thousands of injuries and as many as 100 deaths each year. So, why so many deaths? Shoveling snow is just another household chore, right?

Not at all, says Harvard Health Executive Editor Patrick J. Skerrett. "Picking up a shovel and [moving hundreds of pounds of snow, particularly after doing nothing physical for several months, can put a big strain on the heart](#)," Skerrett wrote in February 2013.

Pushing a heavy snow blower also can cause injury. And, there's the cold factor. Cold weather can increase heart rate and blood pressure. It can make blood clot more easily and constrict arteries, which decreases blood supply. This is true even in healthy people. Individuals over the age of 40 or who are relatively inactive should be particularly careful.



SCI Safety Slogan

When
Riding
On Snow,
You Better
Drive
Slow

James Lehrke - SCI

National Safety Council recommends the following tips to shovel safely.

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion

Don't pick up that shovel without a doctor's [permission](#) if you have a history of heart disease. If you feel tightness in the chest or dizziness, stop immediately. A clear driveway is not worth your life.

Snow Blower Safety

Be safe with these tips from the American Society for Surgery of the Hand and the American Academy of Orthopedic Surgeons:

- If the blower jams, turn it off
- Keep your hands away from the moving parts
- Do not drink alcohol and use the snow blower
- Be aware of the carbon monoxide risk of running a snow blower in an enclosed space
- Refuel your snow blower when it is off, never when it is running

SCI OSHA News: OSHA head nominee Scott Mugno underscores teamwork during Senate confirmation hearing

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

Date: December 7, 2017

Washington — Scott Mugno, President Donald Trump's [nominee to lead OSHA](#) as assistant secretary of labor, emphasized the importance of teamwork during his [Dec. 5 confirmation hearing](#) before the Senate Health, Education, Labor and Pensions Committee.

"If confirmed, I will work very hard every day side by side with the best safety professionals at America's ultimate safety department," Mugno said in his opening statement. "The discussions or debates on how to reach that goal (of safety) can, at times, lead some to believe one side or another doesn't believe in the goal. Nothing could be further from the truth."

Mugno is the vice president of safety, sustainability and vehicle maintenance at FedEx Ground, where he has worked since August 1994, joining the company as a senior attorney. From February 2000 to December 2011, he was managing director of corporate safety, health and fire prevention until his promotion to vice president.

Mugno also served as OSHA subcommittee chairman for the U.S. Chamber of Commerce, a noted regulatory opponent. If confirmed as OSHA administrator, Mugno would take over from Loren Sweatt, who has served as acting assistant secretary of labor since July 24. Sweatt is OSHA's deputy assistant secretary of labor.

The two-and-a-half-hour hearing shed no light on Mugno's positions on regulations such as injury/illness reporting or silica. Sharing time with three other nominees, Mugno would not commit to changing OSHA's press release policy and did not give a firm answer on whether the Department of Labor should avoid contracts with companies that are health and safety violators.

When asked by Sen. Johnny Isakson (R-GA) whether FedEx considered OSHA an enemy or friend, Mugno said, "I would always say that they were an ally. . . . OSHA has much to bring to the table, as well. Granted, they have enforcement powers, which are needed in some cases for other actors."

Other committee members pointed to a [2006 Business Insurance report](#) on a U.S. Chamber of Commerce event that quoted Mugno as saying, "We've got to free OSHA from its own statutory and regulatory handcuffs." The article also noted that he suggested some of the agency's regulations should have sunset provisions.

Mugno was not asked about those statements during the hearing, but Sen. Patty Murray (D-WA) brought up his opposition to OSHA's enhanced respirator standards in 1995 and to ergonomics standards in 2000. "The list goes on," Murray said, and then asked, "Can you



Quick Tips for Healthy Living

Christmas Treat

Looking for a healthy holiday treat? Here is a quick treat to bring to parties, potlucks, or just to have on-hand for last-minute visitors. It's chocolate, festive and healthy! We usually don't see those three words found in the same sentence, but for this recipe, it's true!



These almond chocolate energy balls are packed with natural sugars and will give you a boost of energy. They are full of nutrients so don't feel guilty popping one in your mouth. You can roll them in coconut flakes, chia seeds, or leave them as-is.

Dates are the star player in this recipe. They are naturally sweet and chewy texture. If you have not used dates before, you'll be hooked after using them in this recipe!

A food processor makes this recipe super easy with little clean up. No-bake and minimal dishes translates to less clean-up and more time to spend with friends and family during the holiday season. Your kids will also love these yummy treats and your friends will be impressed with how fancy these look.

No-bake Chocolate Energy Balls recipe

(Recipe inspired by [No-Bake Almond Joy Balls](#) from [The Healthy Maven](#) and [No Bake Chocolate Chia Power Balls](#) from [The Honour System](#).)

Ingredients:

- 2 cups dates
- 2 cups almonds
- ½ cup chia seeds (another ½ cup for toppings)
- ½ cup shredded coconut (another 1 cup for toppings)
- ¼ cup unsweetened cocoa powder
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- 3 Tablespoons almond milk

Instructions:

1. Roughly chop up dates.
2. Put dates in the food processor and blend.
3. Roughly chop almonds.
4. Separate dates in food processor. Add in chopped almonds, chia seeds, cocoa powder, coconut flakes, salt and vanilla extract. Turn on food processor for two to three minutes.
5. Add in two Tablespoons of almond milk. Process ingredients again. Add another Tablespoon if the mixture is still dry.
6. Roll mixture into about 24 balls.
7. Roll ball in chia seeds, coconut flakes or leave plain.
8. Chill in the refrigerator for at least one hour or overnight. They will last for a few weeks when stored in an airtight container in a refrigerator or freezer.

name a single rule proposed by OSHA that during your career you support in order to enhance worker safety?"

Mugno did not answer, but noted that although he and the U.S. Chamber of Commerce had crafted a number of comments opposing certain regulations, they did not submit comments on other regulations, indicating they had no objections. Sen. Susan Collins (R-ME) asked Mugno about another comment he made at the same 2006 U.S. Chamber of Commerce event on who bears the responsibility for workplace safety.

"We've got to look harder at the employee," Mugno was quoted as saying at the event. The *Business Insurance* report noted that he said workers need to deal with health problems such as obesity. Collins said, "Some people have taken that comment out of context to suggest that you were attributing employee injuries to activities that were off the worksite."

Mugno clarified his statement: "If safety was a sport, it's a team sport, and everybody involved in trying to improve safety and health in the workplace has to have skin in the game, if you will," he said, pointing to the use of health and wellness programs.

Echoing Secretary of Labor R. Alexander Acosta, Mugno touted the potential expansion of the [Voluntary Protection Programs](#) and "other compliance assistance programs." Mugno said that those "should not be viewed as mutually exclusive from the other tools in the toolbox, such as enforcement and standard-setting."

And like Acosta, Mugno said he would help pursue criminal charges against employers "if the circumstances are right, the elements are met and (after) consultation with the solicitor's office at the Department of Justice."

In keeping with the teamwork theme, Mugno acknowledged the role labor unions have played in safety. He said he and his FedEx safety team worked with the flight safety department and the pilots' union on hazardous materials issues and on disease prevention during the H1N1 flu pandemic in 2009.

In a note not found in his other biographies, Mugno said he was a union shop steward at a Macy's department store in New York City when he was a college student in the late 1970s. He went on to law school at Washburn University in Kansas and later served in the U.S. Army's Judge Advocate General's Corps for nearly six years.

"And yes, I wrote grievances, and some of them for safety," he said of his time at Macy's.

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

In Loving Memory...
Jessica, Kristin and Nick



**SAVE TOMORROW
THINK SAFETY TODAY**