



**“Your Connection for Workplace Safety”**  
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*We're about service, commitment, results, and accountability!*

## *Weekly Safety Tip*

*Life Is All About Choices!®*

January 1, 2018

### SCI Safety Tips: Don't slip up this winter

By: [Tracy Haas Depa](#)

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

Date: *December 19, 2017*

Winter weather is a well-known headache for commuters. But when people arrive at work, they have to face yet another hazard: sidewalks and parking lots that may be icy or slick.

“In 2014, there were 42,480 workplace injuries and illnesses involving ice, sleet or snow that required at least one day away from work to recuperate,” according to data from the Bureau of Labor Statistics. These incidents were the result of falls, slips or trips; overexertion and bodily reaction; transportation incidents; or contact with objects and equipment. Of these injuries and illnesses, 82 percent were results of falls on the same level.

#### **Don't get hurt**

“It seems that every business has at least one serious injury or workers' compensation claim a year related to falls in parking lots or on other exterior grounds,” the Ohio Bureau of Workers' Compensation states.



### ***SCI Safety Slogan***

**Safety First  
because  
Injuries Last**

***James Lehrke - SCI***

To help stay safe while navigating parking lots in wintry conditions, the Snow and Ice Management Association recommends workers:

- Wear appropriate footwear that has visible, heavy treads and a flat bottom.
- Walk slowly and consciously when snow or ice is present, and use handrails if available.
- Look where they're stepping and anticipate slippery surfaces. Black ice – sometimes called clear ice – often appears early in the mornings, in shady areas, or where the sun shines during the day and melted snow refreezes at night.
- Do not listen to music or talk on a cell phone while walking. Also, workers should keep alert for any vehicles and snow removal equipment.
- Watch for wet floors when entering the workplace, as co-workers may have tracked in snow and slush.
- Look up for snow or ice that may fall or break away from awnings, buildings and windows.



## SCI OSHA News: Preventing backover incidents (Part 1)

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

By: Alan Ferguson

Date: December 19, 2017

In April 2008, the Virginia Department of Labor and Industry was two years into crafting a regulation to help prevent workers from being struck by vehicles traveling in reverse. The move was prompted by 30 backover-related deaths recorded from 1992 to April 2008 – nine of which occurred between 2005 and 2007.

During a meeting that month with “interested parties,” including industry and union representatives and a member of the Virginia House of Delegates, Jay Withrow, director of the Virginia department’s Division of Legal Support, had all attendees receive a copy of a document featuring short, detailed paragraphs on each of the 30 recorded incidents. Part of Withrow’s job had been to conduct legal reviews on all fatalities and read the often-jarring interview statements from the drivers.

“They would say, ‘Yeah, there was somebody back there guiding me,’ or ‘I knew there was somebody back there. I saw them, then I didn’t see them, and then I felt a bump,’” Withrow said.

He read selected parts of the fatality details during the meeting – one of the turning points in helping the regulation come to fruition.

“Reverse Signal Operation Safety Requirements for Motor Vehicles, Machinery and Equipment in General Industry and the Construction Industry” went into effect on Sept. 18, 2009. Since then, the state has experienced eight fatalities, cutting its annual average in half. ‘The current standard is not sufficient’

In contrast to Virginia, the annual number of backover-related occupational fatalities nationwide has remained relatively steady from 2012 to 2015 (57, 67, 57 and 64, respectively – after reaching 81 in 2011), according to the latest available data from the Bureau of Labor Statistics.

Last year, the “Preventing Backover Injuries and Fatalities Standard,” a pre-rule-stage regulatory action from federal OSHA, was one of 469 proposed regulations scuttled by the Trump administration when the Department of Labor released its semiannual agenda on July 20.

In a statement to *Safety+Health*, OSHA said the rulemaking was withdrawn “due to resource constraints and other priorities.” OSHA’s standard on motor vehicles (1926.601) requires only a backup alarm “audible above the surrounding noise level” on any





**Quick Tips for Healthy Living**

**Water**

**The average person should drink 64 ounces of water every day.**

Water is the best source for your daily fluid needs. Water is essential for our bodies because it is in EVERY cell, tissue, and organ in your body.

The human body is made up of 50 to 75 percent water, or about 10 to 12 gallons, so replenishing your body’s water supply is crucial for proper function. According to the American Dietetic Association’s Complete Food and Nutrition Guide, the average adult loses about two and a half quarts or about 10 cups of water daily. To maintain your body’s fluid balance, you need to replace it each day.

Your body needs water when you are in hot climates, more physically active, or running a fever. When you are participating in vigorous physical activity, it’s important to drink before you even feel thirsty. Thirst is a signal that your body is on the way to dehydration.

Water helps your body with the following:

- Keeps its temperature normal.
- Lubricates and cushions your joints.
- Protects your spinal cord and other sensitive tissues.
- Gets rid of wastes through urination, perspiration, and bowel movements.

Sources:

Centers for Disease Control and Prevention. (2008). *Water: Meeting Your Daily Fluid Needs*. Accessed online September 14, 2009, at <http://www.cdc.gov/nutrition/everyone/basics/water.html>  
 The American Dietetic Association. (2005). *Water; Water Everywhere...How Much Should You Drink?* Accessed online September 14, 2009, at <http://www.eatright.org/Media/content.aspx?id=1520&terms=water>

vehicle with “an obstructed view to the rear.” If no backup alarm meets the requirement, the driver must not travel in reverse until an observer gives the go-ahead.

No requirements exist for back-up alarms on powered industrial trucks, but if a vehicle has a backup alarm already installed, it cannot be removed, OSHA’s Powered Industrial Trucks Standard (1910.178) states.

“It’s very clear for many, many years that the current standard is not sufficient,” Withrow said. “Just having a backup alarm does not prevent people from getting killed. I think a relatively uncomplicated regulation could be adopted and could make a big difference. I think if [OSHA was] able to reduce fatalities from reverse operational vehicles by 50 percent, they would find that a worthwhile proposition.”

OSHA’s Logging Operations Standard (1910.266) requires drivers to confirm no one is in their path before starting or moving their machines. Virginia used that requirement to craft part of its regulation.

The Virginia rule also calls for a backup alarm to be audible above the surrounding noise level and for the vehicle to be “operated in reverse only when a designated observer or ground guide signals that it is safe to do so” or the driver visually determines that no one is in the way before backing.

Like Virginia, Washington state has its own standard on backovers, but much of it applies only to dump trucks. States are limited on how far they can go with their regulations, Withrow said, because OSHA regulations require states to not “unduly burden” interstate commerce, which covers many vehicles and companies, unless there is a “compelling local condition.”

“That means something would be happening in Virginia that’s very different from the rest of the country,” Withrow said. “That’s a fairly high burden to meet from a legal standard.”

*Continued next week*

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

In Loving Memory...  
 Jessica, Kristin and Nick

