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Weekly Safety Tip

Life Is All About Choices!®

January 15, 2018

SCI Safety Tip: Extension cord safety

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

Date: December 19, 2017

If extension cords are used at your workplace or jobsite, workers should be aware of a number of safety “do’s” and “don’ts” before plugging in a cord, according to the Texas Department of Insurance, Division of Workers’ Compensation.

First, workers need to know that extension cords are for temporary use only, TDI/DWC states. Other “do’s”:

- Check cords for damage before use.
- Ensure cords have the mark of an independent testing laboratory, such as UL.
- Make sure the cord is completely plugged into an outlet.
- Unplug extension cords when not in use, and store the cords indoors.
- Keep cords away from water. Ground fault circuit interrupter protection should be used when extension cords are in wet or damp environments.

Here are some actions to avoid when using extension cords:



SCI Safety Slogan

Electricity can turn you off



James Lehrke - SCI

- Don't use a cord outdoors that is marked for indoor use.
- Don't plug one cord into another.
- Don't run extension cords through walls or holes in the ceiling, and don't run them across floors or doorways.
- Don't force a plug into an outlet.
- Don't overheat an extension cord.
- Don't cover a cord with a rug or carpet.
- Don't drive over an extension cord.



For more information on extension cord use, visit <http://sh-m.ag/2wEhesM>.

SCI OSHA News: Preventing backover incidents (Part 3)

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

By: Alan Ferguson

Date: December 19, 2017

Technology

Walter Jones, occupational safety and health director at the Laborers' Health and Safety Fund of North America, said he first became aware of rearview cameras in the mid-1990s while working for the International Brotherhood of Teamsters. At that time, the price tag was a major obstacle to their widespread use.

When he went to a large national trade show a few years ago, practically every vehicle had the technology, Jones said.

Drewes said he has seen the same thing.

Beginning in May, the National Highway Traffic Safety Administration will require all new passenger vehicles weighing less than 10,000 pounds to be equipped with rearview cameras. That move, which was on track at press time, could drive down the costs on the cameras in heavier work vehicles.

"That's the direction that we're going, and your better contractors are going to be doing it because it's a better way of doing business," Jones said. "I understand the cost, but at some point, it becomes costly *not* to do it."

Drewes said one of the better systems is pairing a camera with a proximity detector, which often uses radar or sonar technology to let drivers know someone or something is in the way.

"When an individual in any piece of equipment is backing that equipment, they are not looking at their dash," he said. "They are looking at their mirrors. The proximity detector has to kick off an alarm that tells the individual, 'Hey, there's something back there.'"

One type of proximity detector is a "tag-based system," where workers in a work zone wear a tag – usually radio-frequency identification – that lets the driver know they're too close to each other.

Staying alert

Technology doesn't replace the need for situational awareness, experts caution. Backovers often happen when drivers or workers





Quick Tips for Healthy Living

Remember How Flu Spreads

How to Prevent Flu from Spreading

If you have cancer now or have had cancer in the past, you are at higher risk for complications from the seasonal flu or influenza, including hospitalization and death. Follow these steps to reduce your risk of getting the flu or spreading it to others.

1. Take time to get a [flu vaccine](#).
2. Develop [good health habits](#) to stop the spread of germs.
 - **Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.**
 - **Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.**
 - **Avoid touching your eyes, nose, or mouth. Germs spread this way.**
 - **Try to stay at least six feet away from people who appear ill.**
 - **If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine. Keep away from others as much as possible to keep from making them sick.**
 - **Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.**
 - **Be prepared in case you get sick with a supply of over-the-counter medicines, alcohol-based hand sanitizer, and tissues.**
3. Take [flu antiviral drugs](#) if your doctor prescribes them.

aren't cognizant of each other's presence or when a worker on foot moves in an unexpected direction, said Steve Hawkins, Tennessee OSHA administrator for the state's Department of Labor and Workforce Development.

To help workers and drivers, NIOSH developed a series of blind-spot diagrams for certain work vehicles, highlighting the danger zones for workers on foot.

"People need to be aware that any place around that piece of equipment, you can be invisible," Drewes said.

Jones said that new technology also doesn't end the need for standard work practices such as checking the area around the vehicle before getting behind the wheel and looking in the mirrors.

Atlanta-based UPS Inc. began installing cameras in its package trucks and vans in 2000, spokesman Dan McMackin said, but using them is last on the company's five rules of backing.

UPS instructs its drivers to go in reverse only when necessary and, if they must back up, to move the vehicle toward the driver's side. Drivers also must scan the area before and during backing, and honk their horn continuously while in reverse.

Looking ahead

With so many ways to mitigate the issue, it's frustrating that backover fatalities and injuries continue to occur, Jones said, "given the fact that we have looked at this issue for a long period of time."

He added that he's hopeful technology will play a more prominent role in helping reduce incidents.

"I'm a little more optimistic on this backing issue than many of my peers because I've seen us come so far from my days as a Teamster," Jones said. "Technology is putting us in a position where we should be better in the future. It's just a culture change of accepting it."

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

In Loving Memory...
Jessica, Kristin a  k

