



*“Our mission is driven by our passion for people.”*

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

## Weekly Safety Tip

*Life Is All About Choices!®*

*February 19, 2018*

### SCI Safety Tip: Safety on the Road

Source: <http://www.nsc.org/learn/Pages/nsc-on-the-road.aspx>

Date: 2018

In 2016, [about 40,000 people died](#) in motor vehicle crashes; the three biggest causes of fatalities on the road are [alcohol](#), speeding and [distracted driving](#).

Impaired driving is driving while drunk, drugged, drowsy and/or distracted. All of these are dangerous. All of these are preventable. In addition to the National Safety Council, these traffic safety and health advocacy organizations are working to end impaired driving:

- Consumer Healthcare Products Association
  - Governors Highway Safety Association
  - National Sleep Foundation
  - Recording Artists, Actors and Athletes Against Drunk Driving
  - Foundation for Advancing Alcohol Responsibility
  - Students Against Destructive Decisions
- Employers are Taking Action

Millions drive as part of their jobs. Some are professionally trained drivers, many are not. If a job does not primarily involve driving, the employee often does not receive the same safety management or engagement in driving safety others may get.

Employers need to manage the safety of employees on the road, just as they manage other risks in the workplace. The NSC [Journey to Safety Excellence](#) incorporates leadership and employee engagement, risk management, safety management systems and measurement to keep employees safe.



### SCI Safety Slogan



**James Lehrke - SCI**



## Defensive Driving Safety Training

Nobody knows driver safety training like the people who pioneered it more than 50 years ago. NSC created the first defensive driving course in 1964 and has been the leader in driver safety training ever since. NSC offers many options for defensive driving safety training for employees who are on the road day in and day out.

Off-the-job crashes account for 80% of employer crash-related health benefit costs, and half of crash-related injuries cause employees to miss work. According to *Injury Facts*, the average economic cost of a crash was more than \$1 million per death and more than \$78,000 per nonfatal disabling injury. Employers pay significant costs associated with off-the-job crashes, including decreases in employee health, well-being, and productivity, and increases in lost time from work and insurance costs.

To prevent motor vehicle crashes involving their employees on and off the job, employers should:

- Apply principles of the [Journey to Safety Excellence](#)
- Engage employees to understand the risks they face while driving, take action to address the risks and implement measures to track progress
- Offer [defensive driving courses](#) and other training specific to the risks faced
- Offer programs for employees with alcohol or prescription or illegal drug problems
- Enact a corporate cell phone policy to prevent all cell phone use behind the wheel
- Enact a policy that requires employees to wear seat belts
- Ask NSC experts to assess your organization's road safety systems, and help design and execute a program

## Paving the Way to Safer Roads

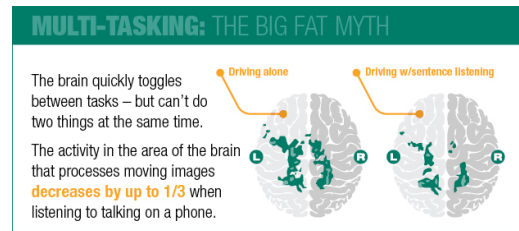
With advancements in cell phone technology, distracted driving has been an increasing and misunderstood trend. In fact, findings from a recent NSC public opinion poll indicate 80% of drivers across America incorrectly believe that hands-free devices are safer than using a handheld phone.

[Learn why](#) distracted driving, regardless if it's hands-free or handheld, is a dangerous threat to roadway safety.

## Educating Teen Drivers

For teens just learning to drive, car crashes are the No. 1 cause of death - mostly due to inexperience. Graduated Driver Licensing systems are proven to reduce crashes involving teen drivers by as much as 40%, minimizing common risks such as passenger distraction, nighttime driving and cell phone use.

[Find more resources](#) to help keep teen drivers safe.



## SCI OSHA News: OSHA lays out upcoming regulatory plans in FY 2019 budget justification

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

Date: February 16, 2018

Washington — OSHA expects to complete revisions to its [beryllium standards](#) by the end of fiscal year 2019, the agency states in a recently released [congressional budget justification](#).

According to the document, the final rule for beryllium in the general industry will result in “a proposal either late 2018 or very early 2019.” Fiscal year 2019 begins Oct. 1, and OSHA is slated to release a revised final rule on beryllium in the construction industry and shipyards before then. The agency also is set to issue revisions to its [Recordkeeping rule](#) and respirator [Fit Testing](#)





## Quick Tips for Healthy Living

### USA! USA!

The Olympics are here, and so is the time for you to get healthy. During this past week, the Community Outreach and Wellness department designed an Olympic themed wellness challenge. This challenge is designed for people to set themselves weekly goals to accomplish, which will ultimately improve their overall health. Based on the color of the Olympic rings, this will determine the type of workout for that week. For example, the blue ring equals water, yellow rings equals physical activity, red ring equals cardiovascular, etc. For this week's health tip, we are going to analyze the importance of drinking water and participating in physical activity.

*"The greatest wealth is health"- Virgil*

There are many ways to improving your overall health, but it all starts with making sure that your drinking adequate amounts of water. For example, "People should drink eight 8 ounce glasses a day, which is equal to about 2 liters" (Healthline). This process is important because the human body loses water through sweating, digestion, and breathing. Replenishing the human body is beneficial because of the following:

- Increases energy levels.
- Flushes out multiple toxins
- Increase Immune System strength
- Improves skin quality

In addition to the importance of drinking water, another important way to stay healthy is to stay physically active throughout the day. Physical activity is not just going to the gym and lifting weights. This can be reached through other activities such as; running, swimming, sports, etc. It does not matter the length of time you work out, but the fact of working out is the most important part. According to Mayo Clinic, it is crucial that people spend a minimum of 30 minutes per day exercising. The process of working out the body is beneficial because of the following:

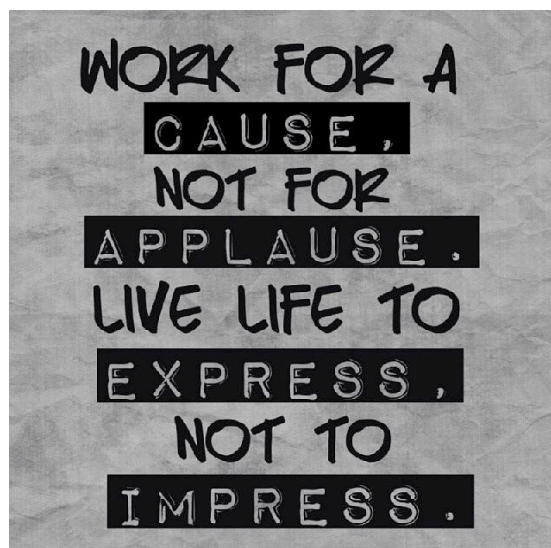
- Controls your weight
- Increases strength in your muscles and bones
- Reduce risks of diseases
- Improvement in one's mood

[Procedures](#)(1910.134 App A) in FY 2018, as well as a proposed update to its [Hazard Communication Standard](#)(1910.1200) to align it with the current version of the [Globally Harmonized System of Classification and Labeling](#).

Another long-awaited proposal to revise the crane operator certification requirements in the [Cranes & Derricks in Construction Standard](#) (1926.1427) is on the horizon, as is one to include ANSI Consensus Standards in OSHA's [Powered Industrial Trucks Standard](#) (1910.178).

OSHA also is scheduled to complete its Standards Improvement Project IV in FY 2018. In FY 2019, the agency plans to "identify additional opportunities for regulatory improvement" and will issue educational materials on topics such as radiation and agricultural hazards.

The Trump administration's [FY 2019 budget proposal](#), released Feb. 12, would give OSHA about \$549 million – identical to its current budget – with an increase of 71 full-time equivalent workers. The agency is seeking 42 new FTE employees for enforcement and 32 for areas such as compliance assistance, outreach and the [Voluntary Protection Programs](#).



*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!