"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!®

March 12, 2018

SCI Safety Tip: Lockout/tagout inconsistencies

Source: http://www.safetyandhealthmagazine.com/
Date: January 28, 2018

What are the biggest gaps in lockout/tagout programs?

Lockout/tagout is a critical safety component in safeguarding workers around the equipment they operate, service and maintain. For yet another year, OSHA's Lockout/Tagout Standard (1910.147) made the list of the top 10 most frequently cited standards. The most-cited sections within this standard focus on procedure development and use, inspections, employee training, and notification of the application and removal of lockout or tagout devices.

An important first step for lockout/tagout is developing and documenting an energy control program. Creating a written document helps establish and explain the elements of the program to all employees.

One of the most common program gaps is the lack of detailed, machine-specific procedures. Procedures are used to explain the steps for shutting down, isolating, blocking and securing equipment to control hazardous energy, as well as applying and removing lockout/tagout devices. Some best practices include machine-specific photos that identify energy isolation points, tailored messaging to your workforce with the necessary languages and procedure installation at the point of use. By maintaining and formally documenting procedures that tie in with other program elements, such as devices, you have a line of sight into areas requiring additional attention.

With a program and procedures in place, the next step is to instruct employees, communicate processes and conduct periodic inspections.

SCI Safety Slogan

R–E–S–P–E–C–T
let ME tell YOU what it means to ME!

Respect my body.
Respect my mind.
Respect ME.

STOP STREET HARASSMENT

Rogers Park Young Women's Action Team

James Lehrke - SCI

Instruction should include OSHA requirements, as well as customized program elements, such as machine-specific procedures. When OSHA evaluates company performance on lockout/tagout compliance, it looks to training for employees based on three categories: authorized, affected and other employees.

When it comes to locking out equipment, many products are on the market. Selecting the most appropriate solution for your application is key to lockout effectiveness. These products should be easy to positively lock out and simple to use. It also is important to use devices that best fit each lockout point and follow these seven steps for compliance and safety:

1. Notify affected employees of your intent to lock out the equipment.
2. Review the machine-specific written lockout procedures.
3. Perform the normal machine stop.
4. Shut off all energy isolation controls.
5. Lock out the energy isolation controls.
6. Dissipate any stored or residual energies.
7. Verify the zero-energy state to begin servicing safely.

Once you have an effective lockout program in place, consistently reviewing it beyond the required annual inspection and performing audits are essential to identifying gaps or inconsistencies. This allows your company to focus on maintaining a successful program, instead of reacting only when something goes wrong. A sustainable lockout/tagout program not only helps to improve workplace safety, it also reduces costs and increases productivity.

SCI OSHA News: New OSHA fact sheet: Safety walkarounds for owners and management
Source: http://www.safetyandhealthmagazine.com/
Date: March 8, 2018

Washington — Demonstrating a commitment to worker safety, and getting a firsthand look at whether safety and health programs are working. These are two of the reasons business owners and managers should personally conduct periodic walkaround inspections, OSHA states in a recently released fact sheet.
The fact sheet breaks conducting a walkaround into three steps: before, during and after an inspection.

To prepare for an inspection, OSHA suggests becoming familiar with the worksite's history of incidents, near misses, incident investigations, and hazards and their elimination, and then giving priority to areas mentioned in the hazard reports. Anyone conducting a walkaround should be wearing appropriate, correctly fitting personal protective equipment.

"Nothing takes away credibility faster than having the wrong PPE or not wearing it properly," OSHA states in the fact sheet. Limit the number of inspectors involved in the walkaround, OSHA advises, because a larger group can inhibit communication with workers.

While onsite, talk to the workers, both new employees and veterans. OSHA suggests techniques to make workers more likely to share:

- Assure them you're trying to find and fix potential hazards, and aren't interested in blaming – only improving safety.
- Ask open-ended questions.

Following up on any hazards found or concerns voiced is a must, OSHA states, noting that failure to do so "can often stifle worker participation and enthusiasm, which can be hard to regain." Managers should make an abatement plan – hazards found and solutions needed, as well as any further investigation required for more-complicated hazards. Share the plan with managers, supervisors and workers, and give periodic updates.

Aurora Health Care®
Quick Tips for Healthy Living

How Should You Shop Smart for Groceries?
Plan Ahead

Set aside some time each week to sit down and plan out meals and snacks for the week ahead.
Save money by checking weekly store sales and coupons. Update your shopping plan to take advantage of the savings. Include foods like fruits and vegetables, whole grains, low-fat dairy, lean proteins and beans/lentils.

Write out your list and do your best to buy only foods on the list.

When you have the ingredients you need on hand for your meals, it's easier to stick with your plan. When you're prepared, you may find you're less likely to choose a last-minute convenience meal or to dine out.

Budget
Planning ahead is the first step to making grocery dollars go farther. When you follow your plan, you may find that it's more affordable to choose healthy foods. You might also waste less food.

Try to limit buying pre-washed or pre-cut fruits and vegetables. These are usually more expensive.
Buy produce that's in season, or find frozen or canned options without added sugar or sodium. Buy staples in bulk when they're on sale. Bulk buying is great for whole-wheat pasta, dried beans, frozen vegetables and lean meat.

Limit bulk buying foods that you won't be able to eat before the expiration date or that can't be frozen.

Try more affordable store brands; you may not notice a difference.

SCI Security News: Sincerely Stefanie: History Repeats Itself (Part 1)
Source: http://www.safetyandhealthmagazine.com/
By: Stefanie Valentic |
Date: Feb 27, 2018

Violence creates turning points in the never-ending quest to prevent future incidents from occurring, and sharing social media posts only breeds apathy instead of solutions.

I was young, in the fifth grade. I remember hearing the news stories. Some kids decided to take guns into Columbine High School and kill their classmates.

In one of my first stories for *EHS Today*, I sat in a session at the National Safety Congress and Expo about the tragedy.

Don Moseman, who presented a session at the 2016 event, was the fifth officer on scene on the day of the Columbine shootings. At the time, law enforcement officers were instructed to stay out of the building. The tragedy was a turning point, a "cultural shift" for how active shooter situations are handled.

Thirteen students were murdered, 21 were wounded. In addition, 99 homemade explosive devices were placed around the school building and facilities, but only three detonated.
"The intent was to kill every student, teacher and first responder," he said.

One major change in the way responders handle active shooter situations was immediately implemented throughout the country.

"Law enforcement's job now is to go in and face the gunman. That's what changed after Columbine," he said.

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

Save Tomorrow; Think Safety Today!