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Weekly Safety Tip

March 19, 2018

SCI Safety Tip: Cleaning chemicals: Know the risks

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

Date: November 27, 2017

Breathing problems. Itchy skin, rashes and burns. Irritated eyes. For some workers, including maintenance workers, janitors and housekeepers, these symptoms may have a common factor: cleaning products.

Chemicals in certain cleaning products also can cause asthma or trigger asthma attacks, OSHA cautions, adding that “some cleaning products contain hazardous chemicals that can enter the body through skin contact or from breathing gases into the lungs.”

What can be done to keep workers who use these products safe?

Stay informed

A number of factors should be considered before choosing a cleaning product, including ingredients, how it will be stored, whether ventilation is adequate where it's being used, if it can come in contact with a worker's skin, and whether mists or vapors are released.

If employees will be using hazardous cleaning chemicals, they need to be trained. Required training under OSHA's Hazard Communication Standard (1910.1200) includes understanding:

- The health and physical hazards of cleaning chemicals
- How to properly handle, use and store the products
- What type of personal protective equipment to wear
- How to use the hazard information, including labels and Safety Data Sheets
- Procedures to follow in the event of a spill

Workers also should know to never mix different chemicals, because life-threatening gases potentially can be released. For example, OSHA warns that mixing cleaning products that contain bleach with ammonia can result in severe lung damage or death.



SCI Safety Slogan



James Lehrke - SCI



SCI OSHA News: Lawmakers seek OSHA standard on workplace violence prevention in health care

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

Date: March 14, 2018

Washington — Rep. Ro Khanna (D-CA) and 12 other House Democrats have introduced legislation intended to curb workplace violence in health care facilities.

The **Health Care Workplace Violence Prevention Act**, introduced March 8, would direct OSHA to create a standard that would require health care facilities to develop and implement facility- and unit-specific workplace violence prevention plans.

According to the Bureau of Labor Statistics' **Census of Fatal Occupational Injuries**, at least 58 hospital workers died as a result of workplace violence between 2011 and 2016. In 2016, the Government Accountability Office found that health care workers at inpatient facilities were five to 12 times more likely to encounter nonfatal workplace violence than all other workers.

The legislation follows **regulation enacted in 2014 in California**, which went into effect in 2017, directing Cal/OSHA to craft a workplace violence prevention standard. The law requires all covered health care employers in California to develop and issue – by April 1 – plans to prevent workplace violence and ensure the safety of patients and workers.

The bill introduced by Khanna is similar: Workplaces would create and implement comprehensive violence prevention plans with input from doctors, nurses and custodial workers. The bill stresses prevention, training and worker participation. It defines workplace violence broadly to include not only physical acts of violence, but threats of violence. It emphasizes staffing as a crucial ingredient in preventing violence from occurring and responding quickly when it does.

“Health care workers, doctors and nurses are continuously at risk of workplace violence incidents – strangling, punching, kicking and other physical attacks – that can cause severe injury or death,” Khanna said in a March 8 press release. “This is simply unacceptable. The Health Care Workplace Violence Prevention Act puts a comprehensive plan in place and is a national solution to this widespread problem modeled after the success seen in California.”

National Nurses United, the nation’s largest union of registered nurses, applauded the bill.

“Right now, health care facilities are not doing enough to prevent these violent incidents,” NNU Co-President Deborah Burger said in a press release. “Under the proposed federal standard, hospitals would need to assess and correct for environmental risk factors, patient specific risk factors, staffing and security system sufficiency. There are a number of interventions that can reduce violence in the hospital.

“For example, affixing furniture and lighting so they can’t be used as weapons, maintaining clear lines of sight between workers while they are caring for patients, and providing easy access to panic buttons or phones to call for help. It is imperative that nurses, doctors, and other health care workers, along with security staff and custodial personnel, are all involved in the development and implementation of these plans.”

SCI Security News: Sincerely Stefanie: History Repeats Itself (Part 2)

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

By: Stefanie Valentic |

Date: Feb 27, 2018

The sad fact is there always is going to be someone who wants to hurt others, and no matter what, whether you ban all guns, video games or try to disable any factors that might be perceived to be causing the issue, the sad fact is that people who want to do these things are going to continue to do them.

Whatever the cause, Moseman told attendees, shooters already make the decision to commit the act and plan ahead of time. “Once they’ve made that decision, that person is like a train on a track – they’re very hard to derail,” he said.

A shooter will scope or plan out the incident. In mass shooter situations, researchers have found that the perpetrator reads about prior active shooting situations in order to learn from past mistakes.

“We now know that shooters are learning from previous shootings,” he said.

In safety, we talk about preventable measures. The United States, as a reactionary society, seems to have tons of opinions but never



It's Free, Easy and Can Improve Health

Let's see... there's chuckle, giggle, chortle, crack up, split your sides and to be in stitches. As you might have guessed, our topic is laughing. It can improve your mental and physical health!

Laughter is a physiological response that, oddly enough, we share with apes and rats, says National Geographic.

With humans, evidence is building that laughing actually prompts short-term physical changes for the better in our bodies. Laughing:

- Reduces your stress response, releases feel-good hormones such as endorphins and boosts your heart rate.
- Increases the amount of oxygen-rich air you take in and stimulates circulation, which is good for your heart, lungs and muscles.
- Relieves tension. Changes resulting from laughing will make you feel better and more relaxed.

As a bonus, laughter also has some long-term benefits for you. It:

- Enhances your mood beyond the short term and helps manage depression.
- Reduces anxiety.
- Increases blood flow in your body. That helps reduce the risk of cardiovascular problems and improve brain function.
- Boosts your immune system. Stress can prompt chemical reactions in the body that can reduce your natural immunity. Laughing counteracts negative thoughts by releasing neuropeptides that help fight stress and reduce risks for diseases.

implements any solutions.

So, now that this has happened again, what are we going to do? The issue cannot be boiled down to mental illness, or access to guns, or breakdown of a family. In fact, it's all of those and more. However, we've spent too much time arguing that one problem or circumstance is the main culprit rather than working together to reduce the chance of another shooting or act of violence and, furthermore, saving as many lives as possible when an incident occurs.

The fact is, there is not one correct answer, and sharing posts on social media is just causing more fear and misinformation to spread. However, we need to be vocal and take steps to implement measures of protection so that children, workers and average citizens can go in public without fear and arrive home safely every day.

When Sophie Scholl, a German student during the Third Reich, spoke out against Nazi atrocities and openly said people needed to stop being apathetic, she was sentenced to death. People still remember her unwillingness to step down when she was being told she was treasonous, even when the naysayers remained silent even if they agreed.

We all need to learn to stop arguing and start taking care of one another, no matter if we share different political views or values. And we need to do it without using computers as a crutch. Social media can only aid, not solve.

Next time you sit back and you're about to click 'share,' instead think about volunteering at a school so a child can feel safe in a learning environment, or petitioning your congressperson about better mental health care or stricter gun laws. Take training courses.

Whatever your beliefs are, sitting behind a computer will only breed apathy, but showing you care could change how society prevents and reacts, one person at a time.

Most importantly, we must not forget when school shootings and acts of violence occur, because history inevitably repeats itself. Because when that happens, we need to be able to recognize what we need to do to move forward and stand strong, together.

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!