



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

We’re about service, commitment, results, and accountability!

Weekly Safety Tip

April 16, 2018

SCI Safety Tip: Kids and tractors: A dangerous combo (Part 1)

Source: <https://safety.blr.com>

Date: April 13, 2018

In 2017, the National Children’s Center for Rural and Agricultural Health and Safety [reported](#) that every 3 days, a child dies in an agricultural-related accident. Of the leading sources of fatalities among all youth, 25 percent involved machinery, 17 percent involved motor vehicles (including all-terrain vehicles (ATVs)), and 16 percent were drownings. For working youth, tractors were the leading cause of fatalities. For those who need more convincing that farmwork poses life-threatening risks to youth, the Children’s Center noted that from 2003 to 2010, among workers younger than 16, the number of fatalities in agriculture was consistently higher than in *all nonagricultural industries combined*.

“While overall numbers of farm injuries are declining, injuries to household youth [*visiting* youth are the other category] have held steady,” says the Children’s Center.

The Center is funded by the National Institute for Occupational Safety and Health (NIOSH) and, according to NIOSH, “is the only center with an exclusive focus on childhood agricultural safety.” The Center’s main area of concentration is preventing traumatic injuries among children who work, live, or play on farms. Also, the Center develops guidelines that adult farmers should follow to prevent injuries to any youth engaging in agricultural tasks.

Physical and developmental ability

According to the Center, there is no task that is more hazardous to a young person than operating a tractor or being in the vicinity of a tractor that is being operated by a youth. “Youths who are operating tractors before they are physically or developmentally ready contribute to many of these incidents,” says the Center.



SCI Safety Slogan



James Lehrke - SCI



“For instance, this past spring, a 10-year-old Kansas girl operating a tractor ran over her 9-year-old brother.”

The Center offers the following *Agricultural Youth Work Guidelines* that can help parents and supervisors determine if a youth has the physical and cognitive abilities to operate a tractor on a farm. *Next week we will discover the qualifications and adult responsibilities*

SCI OSHA Compliance: Asbestos (Part 1)

Source: <http://www.osha.gov>

Asbestos

Asbestos is a naturally occurring mineral fiber. It was used in numerous building materials and vehicle products for its strength and ability to resist heat and corrosion before its dangerous health effects were discovered. Individual asbestos fibers cannot be seen by the naked eye, which puts workers at an increased risk. The Occupational Safety and Health Administration (OSHA) has regulations to protect workers from the hazards of asbestos.

What is the hazard?

Asbestos fibers are released into the air during activities that disturb asbestos-containing materials.

The asbestos fibers can then be inhaled without knowing and trapped in the lungs. If swallowed, they can become embedded into the digestive tract as well.

Asbestos is a known human carcinogen and can cause chronic lung disease as well as lung and other cancers. Symptoms and/or cancer may take many years to develop following exposure.

Where is the hazard?

The hazard may occur during manufacturing of asbestos-containing products; performing brake or clutch repairs; renovating or demolishing buildings or ships; or cleanup from those activities; contact with deteriorating asbestos-containing materials and during [cleanup after natural disasters](#)*.

Some materials are presumed to contain asbestos if installed before 1981. Examples of these materials, as well as other presumed asbestos-containing materials are:

- Thermal system insulation
- Roofing and siding shingles
- [Vinyl floor tiles](#)*
- Plaster, cement, putties and caulk
- Ceiling tiles and spray-on coatings
- Industrial pipe wrapping
- Heat-resistant textiles
- Automobile brake linings and clutch pads

SCI Security News: Is Your Workplace Prone to Violence? (Part 2)

Source: <https://www.nsc.org/work-safety/safety-topics/workplace-violence>

No matter who initiates the confrontation, the deadliest situations involve an active shooter. [U.S. Department of Homeland Security](#) defines active shooter as someone "actively engaged in killing or attempting to kill people in a confined and populated area."

A lot can happen in the chaotic minutes before police arrive; [DHS advises](#) staying calm and exercising one of three options: Run, hide or fight.

- If there is an accessible escape route, leave your belongings and get out
- If evacuation is not possible, find a hiding place where you won't be trapped should the shooter find you, lock and blockade the door, and silence your phone





Benefits of a Stronger Core

Spring is a time to: rejoice, relax, renew, refresh, refocus, recharge, remain in the moment, and why not revive your core...

In an article from Harvard Medical they discuss "the real-world benefits of strengthening your core". No matter where motion starts, it ripples upward and downward through the core. That means a strong, flexible core is so important in everything we do.

Everyday acts. Bending to put on shoes or pick up a package, turning to look behind you, sitting in a chair, or simply standing still are just a few of the many daily actions that rely on your core. Even basic activities of daily living, like bathing or dressing, call on core muscles.

On-the-job tasks. Jobs that involve lifting, twisting, and standing all rely on core muscles. But less obvious tasks — like sitting at your desk for hours — engage your core, too. Phone calls, typing, computer use, and similar work can make back muscles surprisingly stiff and sore, particularly if you're not strong enough to practice good posture and aren't taking breaks when needed.

A healthy back. Low back pain can be prevented by exercises that promote well-balanced, resilient core muscles. When back pain strikes, a regimen of core exercises is often prescribed to relieve it, coupled with medications, physical therapy, or other treatments if necessary.

Sports and other activities. Biking, running, swimming, golf, tennis or other racquet sports, baseball, volleyball, kayaking, rowing, and many other athletic activities are powered by a strong core. Sexual activity also calls for core power and flexibility.

Housework, fix-it work, and gardening. Bending, lifting, twisting, carrying, hammering, reaching overhead — even vacuuming, mopping, and dusting spring from, or pass through, the core.

Balance and stability. Your core stabilizes your body, allowing you to move in any direction, even on the bumpiest terrain — or stand in one spot without losing your balance. Core exercises reduce your risk of falling by improving your ability to balance.

Good posture. Good posture trims your silhouette, projects confidence, lessens wear and tear on the spine, and allows you to breathe deeply. By contributing to slouching, weak core muscles undermine these benefits.

Information source: www.health.harvard.edu/healthbeat/the-real-world-benefits-of-strengthening-your-core

- As a last resort and only when your life is in imminent danger, attempt to incapacitate the shooter by throwing items, improvising weapons and yelling

Every Organization Needs to Address Workplace Violence

Managers and safety professionals at every workplace should develop a policy on violence that includes:

- Employee training
- Creating an emergency action plan
- Conducting mock training exercises with local law enforcement
- Adopting a zero-tolerance policy toward workplace violence

Know the Warning Signs

Some people commit violence because of revenge, robbery or ideology – with or without a component of mental illness. While there is no way to predict an attack, you can be aware of behaviors in coworkers that might signal future violence:

- Excessive use of alcohol or drugs
- Unexplained absenteeism, change in behavior or decline in job performance
- Depression, withdrawal or suicidal comments
- Resistance to changes at work or persistent complaining about unfair treatment
- Violation of company policies
- Emotional responses to criticism, mood swings

Paranoia

Most every "place" is somebody's workplace. So whether you are a patron or an employee, it's important to be alert.

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!