



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

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

Weekly Safety Tip

April 23, 2018

SCI Safety Tip: Kids and tractors: A dangerous combo (Part 2)

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

Date: April 13, 2018

Youth qualifications

Youths must be able to do/have all of the following to operate a tractor safely:

- Reach and operate controls while wearing a seat belt.
- Have the strength to repeatedly operate controls.
- Be tall enough to have a good field of vision when seated on a tractor.
- Understand and consistently repeat a 10-step process (i.e., 10 steps required to do the job properly and safely).
- Recognize a hazard, problem solve, and respond appropriately.
- React quickly to hazards.
- Be mature enough to consistently do what is expected.
- Think through actions and consequences before acting.
- Avoid loose clothing and clothing with strings; tie back long hair.
- Safely demonstrate the job four to five times.
- Maintain a two-way communication link.

Adult responsibilities

Adult responsibilities include:

- Ensuring the tractor is sized appropriately for youths. Youths must be 16+ years to drive an articulated tractor.
- Ensuring the tractor is mechanically sound and safety features are in place, including rollover protection structures.
- Reviewing developmental guidelines to verify the youth's ability to operate a tractor.
- Demonstrating how to safely drive a tractor.
- Providing appropriate training.



SCI Safety Slogan

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James Lehrke - SCI



- Educating youths to mount a tractor using three points of contact.
- Ensuring the work area is free from as many hazards as possible.
- Educating youth on avoiding/addressing remaining hazards.
- Ensuring youths do not operate a tractor after dark/in bad weather.
- Training youth to call an adult if equipment malfunctions.

SCI OSHA Compliance: Asbestos (Part 2)

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

OSHA Standards

OSHA has three standards to protect workers from the hazards of asbestos depending on the type of workplace. For complete information on all of the requirements, see the standard specific to your type of workplace:

General Industry: [29 CFR 1910.1001](#) covers work in general industry, such as exposure during brake and clutch repair, maintenance work, and manufacture of asbestos-containing products.

Shipyards: [29 CFR 1915.1001](#) covers construction, alteration, repair, maintenance, renovation and demolition of structures containing asbestos during work in shipyards.

Construction: [29 CFR 1926.1101](#) covers construction, alteration, repair, maintenance, or renovation and demolition of structures containing asbestos.

What protections exist in the Standards?

- **Permissible Exposure Limit (PEL)** for asbestos is 0.1 fiber per cubic centimeter of air as an eight-hour time-weighted average (TWA), with an excursion limit (EL) of 1.0 asbestos fibers per cubic centimeter over a 30-minute period. The employer must ensure that no one is exposed above these limits.
- **Assessment** of workplaces covered by the standards must be completed to determine if asbestos is present and if the work will generate airborne fibers by a specific method under each standard.
- **Monitoring** necessary to detect if asbestos exposure is at or above the PEL or EL for workers who are, or may be expected to be exposed to asbestos. Frequency depends on work classification and exposure. The construction and shipyard standards require assessment and monitoring by a competent person.
- If the exposure has the potential to be above the PEL or EL, employers must use proper **engineering controls and work practices** to the extent feasible to keep it at or below the PEL and EL. Where feasible engineering controls and work practices do not ensure worker protection at the exposure limits, employers must reduce the exposures to the lowest level achievable and then supplement with proper **respiratory protection** to meet the PEL. The construction and shipyard standards contain specific control methods depending on work classification, and the general industry standard has specific controls for brake and clutch repair work.
- **Proper hazard communication and demarcation** with warning signs containing specified language in areas that have exposures above the PEL or EL is necessary. No smoking, eating, or drinking should occur in these areas and proper PPE must be provided and used to prevent exposure.
- **Separate decontamination and lunch areas** with proper hygiene practices must be provided to workers exposed above the PEL to avoid contamination.
- **Training** requirements depend on the workplace exposure and classification. Training must be provided to all workers exposed at or above the PEL before work begins and yearly thereafter. All training must be conducted in a manner and language in which the worker is able to understand. Workers who perform housekeeping operations in buildings with presumed asbestos containing materials but not at the PEL must also be provided asbestos awareness training.
- **Medical surveillance** requirements are different depending on the industry. Medical surveillance must be provided for workers who engage in certain classifications of work, or experience exposures at or above the PEL in construction and shipyards. In general industry, medical examinations must be provided for workers who experience exposure at or above the PEL.
- **Records** must be kept on exposure monitoring for asbestos for at least 30 years, and worker medical surveillance records retained for the duration of employment plus 30 years. Training records must be kept for at least 1 year beyond the last date of employment.



Do you have an attitude of gratitude?

Do you have an attitude of gratitude? Did you know implementing a regular gratitude practice you can positively impact your life in so many ways. Positive Psychology Today tells us that practicing gratitude regularly can improve our personal relationships, it can make us happier individual's overall, as well as boost our self-esteem. It also has a huge impact on our health by aiding in lowering blood pressure, improving our sleep, decreasing depressive symptoms, improving immunity, and it has also been shown to help in providing a more speedy recovery from health related issues.

By practicing gratitude, we can physically improve the health of our hearts. The American Psychological Association has participated in multiple studies that show, when we do things that make our hearts happy, we are actually decreasing our risk for cardiac disease. Do you have an attitude of gratitude?

Below are a few examples of activities you can do to implement gratitude in your daily routine:

- Keep a gratitude journal, write down 3 to 5 things you are grateful for each day.
- Do something kind for someone without expecting anything in return.
- Smile at everyone you see today.
- Write a gratitude letter to someone that has made a positive impact in your life and either give it to them personally or send it in the mail.
- Give someone a genuine compliment.
- Live in the present moment without judgement, try to not stress about the past or worry about the future.
- Write down your personal strengths and leave them in a spot that you will be able to see them regularly.
- Take a moment to stop and snap a photo of something that touches you or that you find beautiful.

Have an attitude of gratitude week!

SCI Security Tips: Violence

Source: <http://www.apa.org>

Date: 2018

Violence is an extreme form of aggression, such as assault, rape or murder.

Violence has many causes, including frustration, exposure to violent media, violence in the home or neighborhood and a tendency to see other people's actions as hostile even when they're not. Certain situations also increase the risk of aggression, such as drinking, insults and other provocations and environmental factors like heat and overcrowding. Adapted from the *Encyclopedia of Psychology*.

What You Can Do?

[Gun Violence Prevention](#)

See research on gun violence and learn how to help people in an emotional crisis.

[Abuse of women with disabilities](#)

Women with disabilities may experience unique forms of abuse that are difficult to recognize — making it even harder to get the kind of help they need.

[Abuso de Mujeres con Discapacidad](#)

Las mujeres con discapacidad pueden experimentar formas únicas de abuso que son difíciles de reconocer.

[Warning signs of youth violence](#)

Learn how to recognize danger signs and keep anger from escalating out of control.

[Raising children to resist violence: What you can do](#)

Children learn aggressive behavior early in life. Several strategies can help parents and others teach kids to manage their emotions without using violence.

[Partner Violence: What Can You Do?](#)

This brochure briefly describes violence in the home and provides advice for victims, abusers, and family and friends.

[What makes kids care? Teaching gentleness in a violent world](#)

In a world where violence and cruelty seem to be common and almost acceptable, many parents wonder what they can do to help their children to become kinder and gentler — to develop a sense of caring and compassion for others.

[Understanding and Preventing Violence Directed Against Teachers](#)

Information to help K-12 teachers to cope with and prevent the occurrence and threat of violent incidents in their classrooms.

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!