



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

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

## *Weekly Safety Tip*

*April 30, 2018*

### SCI Safety Tip: NSC Alerts Employers to 6 Areas of Safety Concern for Employees

Source: <https://www.nsc.org>

Date: April 26, 2018

Itasca, IL – In recognition of Workers' Memorial Day on April 28, the National Safety Council is drawing attention to six areas of safety concern for U.S. employees.

“Workers' Memorial Day is a time to remember those who lost their lives on the job, to reflect on lessons learned and to bolster our commitment to worker safety,” said Mark P. Vergnano, chairman of the National Safety Council Board and president and CEO of The Chemours Company. “We believe every injury is preventable, and by drawing attention to these critical areas we can improve employee safety, while remembering those we have lost.”

While worker safety should be a top priority for all employers, statistics show that certain populations of workers – or workers in certain situations – are more prone to become injured or die on the job. Fatal work injuries reached 5,190 in 2016, the third consecutive annual increase.

“Workers' safety has been one of the IBEW's and the labor movement's top goals since our very beginning,” said International Brotherhood of Electrical Workers President Lonnie R. Stephenson. “Workers' Memorial Day honors those who have lost their lives on the job and inspires us to continue to fight for safer working conditions for every employee.”

**Driving on the job:** The most common fatal event for workers in 2016 was death involving a transportation-related incident. Those deaths totaled 2,083, up from 2,054 the year prior, according to the Bureau of Labor Statistics. Employers have a significant role in reducing vehicle crashes.



### *SCI Safety Slogan*

One earnest worker can do more by  
personal suggestion to prevent accidents  
than a carload of safety signs.  
*Making Paper*

*James Lehrke - SCI*



Through workplace policies and education, employers can help protect their workforce, protect their organizations and, in turn, protect employees' families and communities. The National Safety Council offers a free [Safe Driving Kit](#), and employers can also join the [Road to Zero coalition](#) to help end fatalities on U.S. roadways.

**Older workers:** Deaths among workers age 55 and older totaled 1,848 in 2016, a 9.9% increase from 2015. Baby boomers are aging and often remain in the workforce longer, which may be contributing to the rise in deaths for older workers. Workplace injuries suffered by people in this category also can be more serious due to age. Employers should be cognizant of the potential risks to older employees and take appropriate measures to address them.

**Contract/temporary workers:** Of the 5,190 fatal work injuries in 2016, 856 were suffered by contract workers. Contract or temporary workers can often perform higher-risk jobs at work sites, at times with little to no management supervision. Employers can help protect contract or temporary workers by including a formal contractor management program in their overall health and safety plan.

**Falls:** Fall, slip and trip deaths totaled 849 in 2016 – an increase of 6% from 2015 – and men are mostly at risk. A worker doesn't have to fall from a high level to suffer fatal injuries. Whether working from a ladder, roof or scaffolding, supervisors should first determine whether working from a height is absolutely necessary. If so, it's important to plan ahead, assess the risk and use the right equipment.

**Workplace violence:** Homicides in the workplace increased 19.9% in 2016 from 2015, now totaling 500 deaths. 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 and adopting a zero-tolerance policy toward workplace violence.

**Drugs and alcohol:** Overdoses from non-medical use of drugs or alcohol while on the job increased to 217 in 2016, a 32% increase from 2015. Employers should have a clear, written policy on drugs and alcohol in the workplace, and they should insist on conservative prescribing guidelines for pain management from all participating providers in their medical, workers' compensation and occupational health programs. In addition, employers should consider employee assistance programs, as well as rehire policies for individuals who have gone through treatment.

The National Safety Council has produced a [video](#) and [infographic](#) in honor of Workers' Memorial Day.

### About the National Safety Council

The National Safety Council is a nonprofit organization whose mission is to eliminate preventable deaths at work, in homes and communities, and on the road through leadership, research, education and advocacy. Founded in 1913 and chartered by Congress, NSC advances this mission by partnering with businesses, government agencies, elected officials and the public in areas where we can make the most impact.

## SCI OSHA News: U.S. Department of Labor Cites Ohio Plastics Company, Proposes \$261,454 in Penalties for Workplace Safety Hazards

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

Date: April 20, 2018

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*Penalties are steep for not taking action when it comes to hazards in the workplace. Why not take the proactive approach to safety?*

**BELLEVUE, OH** – The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) cited Bellevue-based plastics company Wilbert Inc. for multiple safety violations after an inspection found employees exposed to fall, machine, and electrical hazards. OSHA proposed penalties of \$261,454.

OSHA investigators determined that Wilbert Inc., which operates as Wilbert Plastic Services, exposed its employees to crush injuries, burns, and fall hazards while they conducted maintenance on plastic injection molding presses. Inspectors cited the employer for failing to ensure employees had adequate personal protective equipment and clothing, and for permitting the use of damaged electrical devices.

"Using proper safety controls, and removing damaged devices from service can protect employees from exposure to known hazards in the workplace," said Kim Nelson, OSHA Toledo Area Office Director.

Wilbert Inc. has 15 business days from receipt of its [citations](#) and penalties to comply, request an informal conference with OSHA's area director, or contest the findings before the independent [Occupational Safety and Health Review Commission](#).



## 10 Lifestyle Changes to Help Prevent Lower Back Pain

About 80% of us will experience [lower back pain](#) at some point in our lives. Fortunately, lower back pain (LBP) usually gets better on its own. However, for some it may become an annoying recurring condition.

Lower back pain is not a diagnosis, it's a symptom. We can't always determine the underlying medical cause of lower back pain, but we can try to identify as much as possible about the root issues.

You can reduce the chances that you experience lower back pain by making these positive lifestyle changes.

1. Eat healthfully so you keep your body weight within a healthy range.
2. Get regular exercise to keep your back muscles fit and flexible.
3. Avoid prolonged sitting.
4. When you do sit, maintain good posture.
5. Use proper techniques for lifting (lift with your legs rather than your back).
6. Avoid frequent bending and twisting. Especially avoid bending, twisting and lifting at the same time (like shoveling snow).
7. Avoid situations where your spine is vibrated for long periods of time.
8. Get enough sleep each day.
9. Stop smoking.
10. If you have depression and/or anxiety, visit with your health care clinician about ways to manage it.

If you have back pain that doesn't improve within about six weeks, see your health care clinician or a back specialist.

See a clinician immediately if:

- The pain becomes intolerable.
- You develop leg numbness or weakness.
- You have difficulty in controlling bladder or bowel.

## SCI Security Tips: Workplace Violence 2018

Source: [www.communityresponsesystems.com](http://www.communityresponsesystems.com)

Date: January 31, 2018

Violence in the workplace is a constant issue that plagues the United States. One of the most common forms of violence in the workplace is of the psychological nature. Bullying, intimidation and verbal threats are the least reported but the most common forms of workplace violence. However, according to [FBI statistics](#), 80% of active shooter incidents occur in the workplace as well. Approximately 2 million people a year are affected by some form of workplace violence.

Workplace violence is not always about work-related issues. Most people assume that disgruntled workers are usually the culprit. However, that is not necessarily the case. As reported by the Bureau of Labor Statistics, in two-thirds of workplace homicides, the attacker has no known personal relationship with the victims. Furthermore, most assailants who are employees commit workplace violence due to something else going on in their lives. Some of the more typical reasons for workplace violence are mental illness, drug abuse, divorce, or perceived personal failure. Close to half of all workplace violence happens in a public environment. It is virtually impossible to work on solving the issue of violence in the workplace when most companies do not see it as a problem. The estimated cost of a workplace homicide to the employer is a whopping \$800,000.00. It is safe to say that it would be less expensive to take action against workplace violence. Moreover, did you know that 27% of businesses have experienced at least one violent workplace incident within the last five years?

### Risk Factors for Violence in the Workplace from an Outside Assailant

Working alone or in an isolated area  
Where alcohol is served  
Working late at night  
Working in high crime rate areas  
An environment where money is exchanged with the public

### Indicators for Violence in the Workplace as a Whole

Verbal threats to other employees  
Displaying paranoia  
A fascination with violence  
Bizarre behaviors  
Being unreasonable  
Irresponsible actions  
A vindictive nature  
Chronic depression  
Substance / Alcohol Abuse  
Changes in performance

*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!