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Weekly Safety Tip

May 28, 2018

SCI Safety Tip: NSC Estimates More Than 400 Road Fatalities on Memorial Day Weekend

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

By: *EHS Today Staff*

Date: May 24, 2018

The upcoming Memorial Day weekend is a deadly one on the road.

The National Safety Council has released estimates indicating that 402 fatalities are expected during the holiday period, which begins at 6 p.m. Friday, May 25, and ends at 11:59 p.m. Monday, May 28.

“Memorial Day should mark the start of summer – not a deadly driving season,” said Deborah A.P. Hersman, NSC president and CEO, in a statement. “If we pay attention, slow down and be courteous, we can increase our chances of making it to picnics, beaches and barbecues rather than emergency rooms.”

This is the second consecutive year the organization has forecast more than 400 roadway deaths. The NSC also indicates 45,800 people may be seriously injured on the roads this weekend.

When compared to Thanksgiving, Christmas and New Year's Day, the three summertime holidays – Memorial Day, Independence Day and Labor Day – typically claim over 110 lives each day, the highest average per-day fatality rates, the NSC states.

The NSC's recommendations for a safer holiday weekend include:

- Practice defensive driving. Buckle up, designate a sober driver or arrange alternative transportation, get plenty of sleep to avoid fatigue, and drive attentively, avoiding distractions.
- Recognize the dangers of drugged driving, including impairment from prescription opioids.
- Stay engaged in teens' driving habits.
- Learn about your vehicle's safety systems and how to use them.
- Fix recalls immediately.



SCI Safety Slogan

James Lehrke- SCI



Ask lawmakers and state leaders to protect travelers on state roadways. Read the State of Safety report to find out which states have the strongest and weakest traffic safety laws.

Join the Road to Zero coalition to understand how safety professionals are addressing motor vehicle fatalities.

Supplemental information about the Memorial Day holiday fatality estimates, and additional motor vehicle data and research, can be found at injuryfacts.nsc.org.

SCI OSHA News: U.S. Department of Labor Cites Wisconsin Battery Company For Exposing Employees to Lead, Other Hazards

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

Date: May 18, 2018

MILWAUKEE, WI – The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) cited C & D Technologies Inc. for exposing employees to lead and failing to implement an effective lead management program. The Milwaukee battery manufacturer faces proposed penalties of \$147,822 for two repeated and six serious violations.

OSHA inspected the facility, and determined that 14 employees were exposed to airborne lead at levels 11 times the permissible exposure limit. The company failed to implement sufficient controls to prevent exposure; monitor ventilation for the presence of lead; post warning signs in work areas that exceeded the permissible exposure limit; provide respiratory protection; install machine guarding; and guard floor holes. OSHA cited the company for similar violations in 2010.

“Employers are required to continually evaluate their facilities for hazards, and use the proper safety controls and equipment to keep their worksites safe and healthful,” said Chris Zortman, OSHA Milwaukee Area Director. “This company failed to protect their employees from the serious risks of lead exposure.”

C & D Technologies 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](#).

SCI Security Tips: New Workplace Violence Prevention Recommendations (Part 1)

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

By: Barbara Braun

Date: April 19, 2018

While much of the recent focus on violence in the U.S. has centered around school environments, there’s been no reversal of the physical and verbal threats against healthcare workers.

In our continuing effort to contribute solutions, in addition to our [Workplace Violence Prevention Resources for Health Care](#), The Joint Commission has now released [Sentinel Event Alert 59: Physical and Verbal Violence Against Healthcare Workers](#) to help organizations better prepare staff to handle violence and more effectively address the aftermath.

As a reminder, under The Joint Commission’s Sentinel Event policy, rape, assault (leading to death, permanent harm, or severe temporary harm), or homicide of a patient, staff member, licensed independent practitioner, visitor, or vendor while on site at an organization is a sentinel event that warrants a comprehensive systematic analysis. While the policy does not include other forms of violence, it is up to every organization to specifically define acceptable and unacceptable behavior and the severity of harm that will trigger an investigation.

Culture of Under-Reporting

According to the Occupational Safety and Health Administration (OSHA), approximately 75 percent of nearly 25,000 workplace assaults reported annually occurred in health care and social service settings.

The Joint Commission’s Sentinel Event data show 68 reported incidents of homicide, rape, or assault of hospital staff



4 More Metabolism Myths Debunked

1. **Multiple small meals during the day is better for metabolism than three square meals.** Studies show the multiple small meals plan does not boost metabolism, so this is a myth.

That said, this approach can stave off between-meal hunger, so some people have success losing weight this way. However, without good portion control, you can end up eating more.

2. **Turning down the thermostat can turn up your metabolism.** This is a fact! When it's cool, your body turns up your internal thermostat and burns extra calories to warm you up. A temperature around 66 degrees for a couple of hours can boost your metabolism. If you, and those with you, are comfortable, add more cool time for more impact on your metabolism.
3. **Eating spicy food boosts your metabolism.** If you like spicy foods, we have a bit of good news: Spicy foods such as chili peppers do boost your metabolism... a little. Spicy foods can spike a person's body heat, which takes energy to produce. This process can also enhance fat breakdown. You'll need to eat at least a tenth of a chili pepper regularly to get the effect.
4. **Drinking green tea boosts your metabolism.** This one is true. Green tea's antioxidants and caffeine can increase the calories your body burns. When choosing your green tea, look for higher antioxidant and caffeine levels.
If you already consume lots of caffeine, green tea's effect will likely be limited.

members over an eight-year period. However, the actual number of violent incidents involving health care workers is likely much higher because reporting is voluntary and that number doesn't account for ambulatory, behavioral, nursing and all healthcare settings. In fact, researchers at Michigan State University estimated that the actual number of reportable injuries caused by workplace violence was as much as *three times* the number reported by the Bureau of Labor Statistics, which does not record verbal incidents.

All too often, healthcare workers just consider violence "part of the job", regardless of whether the perpetrator is a patient or a colleague.

Another complication is that work-related injuries may be reported into various databases rather than one integrated database. OSHA is doing its part to improve the situation by launching the [Injury Tracking Application](#), a secure website where covered employers submit their workplace injury and illness information, including:

- acute injuries and illnesses
- days away from work
- restricted work activity
- job transfer

Contributing Factors

Though the issue is widespread, some disturbing trends are emerging. Emergency departments (ED) and inpatient psychiatric settings having the most recorded incidents with nurses and doctors in these specialties taking the brunt of the abuse.

However, every health setting has unique challenges. Violence in home care can be quite serious because of the less controlled environment and long-term residential care facilities for the aged, cognitively impaired and mentally ill patients present special challenges.

Common characteristics exhibited by perpetrators of workplace violence are:

- altered mental status associated with dementia, delirium, substance intoxication, or decompensated mental illness
- placement in police custody

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!