



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

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

## *Weekly Safety Tip*

*June 11, 2018*

### SCI Safety Tip: Red Cross Offers Summer Safety Tips for All Season Long (Part 2)

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

Date: May 25, 2018

#### **BEACH SAFETY**

1. If you plan to swim in the ocean, a lake or river, be aware that swimming in these environments is different than swimming in a pool. Be sure you have the skills for these environments.
2. Swim only at a beach with a lifeguard, within the designated swimming area. Obey all instructions and orders from lifeguards and ask them about local conditions.
3. Make sure you swim sober and that you always swim with a buddy. Know your limitations and make sure you have enough energy to swim back to shore.
4. Protect your neck – don't dive headfirst. Walk carefully into open waters. Watch out for and avoid aquatic life.
5. If you are caught in a rip current, try not to panic. Signal to those on shore that you need assistance. Swim parallel to the shore until you are out of the current. Once you are free, swim toward shore. If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.

#### **GRILLING SAFETY**

1. Always supervise a barbecue grill when in use. Don't add charcoal starter fluid when coals have already been ignited.
2. Never grill indoors – not in your house, camper, tent or any enclosed area.



#### **SCI Safety Slogan**

**“When It's HOT,  
Drink Plenty Of  
FLUIDS.”**

**James Lehrke- SCI**



3. Make sure everyone, including pets, stays away from the grill.
4. Keep the grill out in the open, away from the house, deck, tree branches, or anything that could catch fire.
5. Use the long-handled tools especially made for cooking on the grill to keep the chef safe.

## SCI OSHA Compliance: U.S. Department of Labor Issues Memorandum Outlining Enforcement of Silica Standard for General Industry and Maritime

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

Date: June 8, 2018

---

**WASHINGTON, DC** – The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) today issued a [memorandum](#) outlining the initial enforcement of the [standard for respirable crystalline silica in general industry and maritime](#). Most provisions of the standard become enforceable on June 23, 2018. The standard establishes a new 8-hour time-weighted average permissible exposure limit, action level, and associated ancillary requirements.

During the first 30 days of enforcement, OSHA will offer compliance assistance for employers who make good faith efforts to comply with the new standard. OSHA intends to issue interim enforcement guidance until a compliance directive on the new standards is finalized.

OSHA’s [Small Entity Compliance Guide for the Respirable Crystalline Silica Standard for General Industry and Maritime](#) discusses methods of compliance, such as using engineering and work practice controls, assessing exposure levels, respirator use, medical surveillance, and written exposure plans.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA’s role is to ensure these conditions for America’s working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit [www.osha.gov](http://www.osha.gov).

## SCI Behavior Tips: Angry Kids: Dealing With Explosive Behavior (Part 1)

Source: <https://childmind.org/>

Date: 2018

---

### How to respond when a child lashes out

When a child—even a small child—melts down and becomes aggressive, he can pose a serious risk to himself and others, including parents and siblings.

It’s not uncommon for kids who have trouble handling their emotions to lose control and direct their distress at a caregiver, screaming and cursing, throwing dangerous objects, or hitting and biting. It can be a scary, stressful experience for you and your child, too. Children often feel sorry after they’ve worn themselves out and calmed down.

So what are you to do?

It’s helpful to first understand that behavior is communication. A child who is so overwhelmed that he is lashing out is a distressed child. He doesn’t have the skill to manage his feelings and express them in a more mature way. He may lack language, or impulse control, or problem-solving abilities. Sometimes parents see this kind of explosive behavior as manipulative. But kids who lash out are usually unable to handle frustration or anger in a more effective way—say, by talking and figuring out how to achieve what they want,



### Surprising Heart Health Risks of 1 Cigarette a Day

Knowing about our health risks can help us take important steps toward reducing them. We know eating empty calories and living a sedentary life are big health risks. We also know we can reduce these risks by eating less junk food and spending less time on the couch.

Another well-known health risk is smoking. It increases the risks for conditions such as stroke and heart disease — the No. 1 cause of death in America.

Can smoking less reduce your risks for developing heart disease or stroke? A major *new study* found the answer. You might think that the risks from smoking one cigarette per day would be a lot less than the risk of smoking 20 per day. Here's what the study found:

- **Men** who smoke just one cigarette per day still have 46% of the risk for heart disease of 20-cigarette per day smokers.
- **Women** who smoke one cigarette per day still have 31% of the heart disease risk of 20-cigarette per day smokers.

The study also researched the risk for stroke from one cigarette per day compared to 20. The proportions are similar to heart disease risks — 41% of the risk for men and 34% for women.

#### It's Not Too Late for Heart Health

Whether you're a light smoker, heavy smoker or have never smoked, heart disease remains a serious health risk. One in four deaths in the U.S. results from heart disease.

You can *turn around your heart health* by making some lifestyle improvements:

- **Quit smoking.** This is good for so many reasons!
- **Lose weight.** Check with your health care clinician about the right weight for you. Knowing your *body mass index* is a good guide.
- Eat a **heart healthy diet.** A diet good for your heart is good for your whole body!
- **Get active!** Pick activities you enjoy and then make them habits.

Nonetheless, how you react when a child lashes out has an effect on whether he will continue to respond to distress in the same way, or [learn better ways to handle feelings](#) so they don't become overwhelming. Some pointers:

- **Stay calm.** Faced with a raging child, it's easy to feel out of control and find yourself yelling at him. But when you shout, you have less chance of reaching him. Instead, you will only be making him more aggressive and defiant. As hard as it may be, if you can stay calm and in control of your own emotions, you can be a model for your child and teach him to do the same thing.
- **Don't give in.** Don't encourage him to continue this behavior by agreeing to what he wants in order to make it stop.
- **Praise appropriate behavior.** When he has calmed down, praise him for pulling himself together. And when he does try to express his feelings verbally, calmly, or try to find a compromise on an area of disagreement, praise him for those efforts.
- **Help him practice problem-solving skills.** When your child is not upset is the time to help him try out communicating his feelings and coming up with solutions to conflicts before they escalate into aggressive outbursts. You can ask him how he feels, and how he thinks you might solve a problem.
- **Time outs and reward systems.** [Time outs](#) for nonviolent misbehavior can work well with children younger than 7 or 8 years old. If a child is too old for time outs, you want to move to a system of positive reinforcement for appropriate behavior—points or tokens toward something he wants.
- **Avoid triggers.** Dr. Vasco Lopes, a clinical psychologist, says most kids who have frequent meltdowns do it at very predictable times, like homework time, bedtime, or when it's time to stop playing, whether it's Legos or the Xbox. The trigger is usually being asked to do something they don't like, or to stop doing something they do like. Time warnings ("we're going in 10 minutes"), breaking tasks down into one-step directions ("first, put on your shoes"), and preparing your child for situations ("please ask to be excused before you leave Grandma's table") can all help avoid meltdowns. *(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!