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

Weekly Safety Tip

June 18, 2018

SCI Safety Tip: June is National Safety Month (Fall Prevention)

Source: <https://www.reliableplant.com>

The National Safety Month Web site provides a [list of tips](#) for protecting against accidental falls, both at home and at work:

- Aisles, stairs and walkways should be clutter-free; spills should be wiped, dropped objects picked up and cabinet drawers closed when not in use.
- Use handrails in stairways; take one step at a time and report or repair broken stairs or loose stair coverings.
- Apply nonskid floor coatings and slip-resistant mats where falls are likely. Slow down and take small steps when walking on a wet or slippery surface.
- Inspect ladders before and after every use.

The Web site also includes specific tips for aging adults, including:

- Wear proper footwear. Athletic shoes greatly reduce the risk of falls among the elderly. The risk of falling increases if in stocking feet or barefoot.
- Use non-skid throw rugs to reduce chances of slipping on linoleum.
- Store frequently used items in easy-to-reach areas.
- Exercise regularly. The stronger the body, the more likely a person is to sustain a fall with minimal injury.

Following these tips, as well as the others detailed on the National Safety Month Web site, promotes safety around the home, on the road, and at the workplace. Voluntary consensus standards can help to ensure the effectiveness of these suggestions in preventing accidents and injuries. Several American National Standards provide safety requirements for ladders. [ANSI A14.1-2007](#), Ladders - Wood - Safety Requirements, prescribes rules and establishes minimum requirements for the construction, testing, care, and use of portable wood ladders. Metal ladders are also



SCI Safety Slogan



James Lehrke - SCI



covered by standards for safety: [ANSI A14.2-2007](#), Ladders - Portable Metal - Safety Requirements provides equivalent safety standards for metal ladders. These standards were developed by the [American Ladder Institute](#) (ALI), an ANSI organizational member and accredited standards developer.

Slip-resistant mats, ideal for slick floors at work and at home, are also covered by an American National Standard. [ANSI/ASSE A1264.2-2006](#), Standard for the Provision of Slip Resistance on Walking/Working Surfaces is especially relevant to aging adults, who may be faced with more serious consequences from a fall. This standard was developed by ANSI organizational member and accredited standards developer the [American Society of Safety Engineers](#)(ASSE).

Whether climbing high at work or walking leisurely through the home, consumers are protected by standards that ensure safety and reduce injuries. Visit the [National Safety Month Web site](#) for more information on safety and accident prevention.

SCI OSHA News: Wisconsin Contractor Continues To Expose Roofers to Falls and Other Safety Hazards

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

Date: June 12, 2018

APPLETON, WI – The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) has cited Appleton roofing contractor Hector Hernandez again after OSHA inspectors observed employees exposed to falls and other safety hazards at two Wisconsin job sites. OSHA proposed penalties of \$120,320.

Hernandez, who operates Town City Construction, was cited for one repeated and two willful violations for failing to provide fall protection, train workers on fall hazards, properly install an extension ladder for safe egress, and provide required ladder jack scaffold components.

“Employers are required to provide fall protection to employees working in construction at heights above 6 feet,” said Robert Bonack, OSHA Appleton Area Office Director. “This employer’s repeated failure to comply with federal safety requirements exposes employees to fatal injuries from fall hazards.”

SCI Behavior Tips: Angry Kids: Dealing With Explosive Behavior (Part 2)

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

Date: 2018

What kind of tantrum is it?

How you respond to a tantrum also depends on its severity. The first rule in handling nonviolent tantrums is to ignore them as often as possible, since even negative attention, like telling the child to stop, can be encouraging.

But when a child is getting physical, ignoring is not recommended since it can result in harm to others as well as your child. In this situation, Dr. Lopes advises putting the child in a safe environment that does not give her access to you or any other potential rewards.

If the child is young (usually 7 or younger), try placing her in a time out chair. If she won’t stay in the chair, take her to a backup area where she can calm down on her own without anyone else in the room. Again, for this approach to work there shouldn’t be any toys or games in the area that might make it rewarding.

Your daughter should stay in that room for one minute, and must be calm before she is allowed out. Then she should come back to the chair for time out. “What this does is gives your child an immediate and consistent consequence for her aggression and it removes all access to reinforcing things in her environment,” explains Dr. Lopes.

If you have an older child who is being aggressive and you aren’t able to carry her into an isolated area to calm down, Dr. Lopes advises removing yourself from her vicinity. This ensures that she is not getting any attention or reinforcement from you and keeps you safe. In extreme instances, it may be necessary to call 911 to ensure your and your child’s safety.

Help with behavioral techniques

If your child is doing a lot of lashing out—enough that it is frequently frightening you and disrupting your family—it’s



Aurora Health Care® Quick Tips for Healthy Living

Jun 2, 2017

The emotional power of a short walk

"He thinks that the moment by legs begin to move my thoughts begin to flow."

— Henry David Thoreau

What's a great way to start your day? Take a walk: a few minutes in the morning spent walking away from your worries and into a state of well-being is key to a successful day. Walking can reduce stress, help you solve problems and boost your sense of well-being.



Walk your way into new ideas, creative solutions and immense gratitude for what you have. With each step feel empowered to make today a positive day! Here are three ways that regular walking improves your emotional and mental health.

Regular walking can help keep your brain sharp.



While exercise and a healthy diet can't cure dementia, they can help protect your brain against age-related cognitive decline. Research has found that regular aerobic exercise like walking increases the size of the hippocampus, the area of the brain responsible for memory and learning.

Regular walking makes you feel more productive and energetic.



Feeling uninspired in your cubicle or having a rough day at the office? The solution might be a short walk away! Research shows that workers who take time for exercise on a regular basis are more productive and have more energy than their sedentary peers, and walking also boosts creative thinking. While busy schedules make it tough to squeeze in a gym session, fitting in small 5- to 10-minute walks throughout your day can help.

Walking gives you time to think.



During a walk you are giving yourself something incredibly valuable that many don't or can't give themselves — time! Time to just think. Time to just feel. Walking gives you essential breathing space that juggling and multi-tasking in modern day life takes away. Walking switches off your autopilot so you can be more mindful of your surroundings and ponder. Within just 10 minutes you feel less stressed. Then you start to notice more, connect more, and become more appreciative — and make sure to add some gratitude to each step that you take!

For more walking ideas and resources, read the [Aurora Walking Week story](#). And remember to **submit the total number of minutes** you walked at the end of the week for a chance to win a pair of Summerfest tickets!

Post your walking pictures!

Taking a walk this week? Post your photos on [Facebook](#) or [Instagram](#) with the hashtag [#ThisIsAurora](#).

important to get some professional help. There are good behavioral therapies that can help you and your child get past the aggression, relieve your stress and improve your relationship. You can learn techniques for managing his behavior more effectively, and he can learn to rein in disruptive behavior and enjoy a much more positive relationship with you.

- **Parent-child interaction therapy.** PCIT has been shown to be very helpful for children between the ages of 2 and 7. The parent and child work together through a set of exercises while a therapist coaches parents through an ear bud. You learn how to pay more attention to your child's positive behavior, ignore minor misbehaviors, and provide consistent consequences for negative and aggressive behavior, all while remaining calm.
- **Parent Management Training.** PMT teaches similar techniques as PCIT, though the therapist usually works with parents, not the child.
- **Collaborative and Proactive Solutions.** CPS is a program based on the idea that explosive or disruptive behavior is the result of lagging skills rather than, say, an attempt to get attention or test limits. The idea is to teach children the skills they lack to respond to a situation in a more effective way than throwing a tantrum.

Figuring out explosive behavior

Tantrums and meltdowns are especially concerning when they occur more often, more intensely, or past the age in which they're developmentally expected—those terrible twos up through preschool. As a child gets older, aggression becomes more and more dangerous to you, and the child. And it can become a big problem for him at school and with friends, too.

If your child has a pattern of lashing out it may be because of an underlying problem that needs treatment. Some possible reasons for aggressive behavior include:

- **ADHD:** Kids with ADHD are frustrated easily, especially in certain situations, such as when they're supposed to do homework or go to bed.
- **Anxiety:** An anxious child may keep his worries secret, then lash out when the demands at school or at home put pressure on him that he can't handle. Often, a child who "keeps it together" at school loses it with one or both parents.
- **Undiagnosed learning disability:** When your child acts out repeatedly in school or during homework time, it could be because the work is very hard for him. *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!