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Weekly Safety Tip

June 4, 2018

SCI Safety Tip: Red Cross Offers Summer Safety Tips for All Season Long (Part 1)

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

Date: May 25, 2018

Here's how to stay safe while enjoying outdoor summer fun
WASHINGTON, Friday, May 25, 2018 — The long Memorial Day weekend – the unofficial start of summer – is here. With it comes outdoor fun in the sunshine, whether at the beach or pool, or right in your own backyard. The American Red Cross wants you to have fun and be safe with tips you can follow to have a great holiday weekend and entire summer season.

DRIVING SAFETY

1. Be well rested and alert, use seat belts, observe speed limits and follow the rules of the road. Clean your headlights and turn them on as dusk approaches or in inclement weather.
2. Don't drink and drive. Have a designated driver available.
3. Give your full attention to the road. Avoid distractions such as cell phones.
4. Use caution in work zones. There are lots of construction projects underway on the highways.
5. Don't follow other vehicles too closely.

WATER SAFETY

1. Ensure that everyone in the family becomes water competent. That is, learn to swim well, know your limitations and how to recognize and avoid hazards, and understand how to help prevent and respond to emergencies around water.
2. Adults should actively supervise children and stay within arm's reach of young children and newer swimmers. Kids should follow the rules.



SCI Safety Slogan



James Lehrke - SCI



3. Fence your pool in with four-sided fencing that is at least four-feet in height and use self-closing, self-latching gates.
4. Wear your U.S. Coast Guard-approved life jacket always when on a boat and if in a situation beyond your skill level.
5. Swim as a pair near a lifeguard's chair – everyone, including experienced swimmers, should swim with a buddy in areas protected by lifeguards. If in a location with no lifeguards, such as a residential pool, designate a “Water Watcher” to keep a close eye and constant attention on children in and around the water.

SCI OSHA Compliance: Silica General Industry and Maritime

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

OSHA's Respirable Crystalline Silica standard for general industry and maritime requires employers to limit worker exposures to respirable crystalline silica and to take other steps to protect workers.

Among other things, the standard requires employers to:

- Assess employee exposures to silica if it may be at or above an action level of 25 $\mu\text{g}/\text{m}^3$ (micrograms of silica per cubic meter of air), averaged over an 8-hour day;
- Protect workers from respirable crystalline silica exposures above the permissible exposure limit (PEL) of 50 $\mu\text{g}/\text{m}^3$, averaged over an 8-hour day;
- Limit workers' access to areas where they could be exposed above the PEL;
- Use dust controls to protect workers from silica exposures above the PEL;
- Provide respirators to workers when dust controls cannot limit exposures to the PEL;
- Use housekeeping methods that do not create airborne dust, if feasible;
- Establish and implement a written exposure control plan that identifies tasks that involve exposure and methods used to protect workers;
- Offer medical exams - including chest X-rays and lung function tests - every three years for workers exposed at or above the action level for 30 or more days per year;
- Train workers on work operations that result in silica exposure and ways to limit exposure; and
- Keep records of exposure measurements, objective data, and medical exams.

General industry and maritime employers must comply with all requirements of the standard by June 23, 2018, except for the following:

Medical surveillance must be offered to employees who will be exposed at or above the action level for 30 or more days a year starting on June 23, 2020. (Medical surveillance must be offered to employees who will be exposed above the PEL for 30 or more days a year starting on June 23, 2018.)

SCI Security Tips: New Workplace Violence Prevention Recommendations (Part 2)

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

By: Barbara Braun

Date: April 19, 2018

Other factors associated with violence are:

- stressful conditions, such as long wait times or crowding in the clinical environment
- lack of organizational policies and training for security and staff to recognize and deescalate hostile and assaultive behaviors
- gang activity



June is Men’s Health Month!
www.menshealthnetwork.org

The purpose of Men’s Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with thousands of awareness activities in the USA and around the globe.

The Silent Health Crisis

- In 1920, the life expectancy gender gap was only 1 year. By 2014, men were dying almost 5 years sooner than women.
- Almost twice as many men as women die of ischemic heart disease.

Why Men are at High Risk

- A higher percentage of men have no healthcare coverage.
- Men make ½ as many physician visits for prevention.
- Men are employed in the most dangerous occupations.
- Society discourages healthy behaviors in men and boys.
- Research on male-specific diseases is underfunded.
- Men may have less healthy lifestyles including risk-taking at younger ages.

Effect on the Aging Population

- More males than females are born (105 vs 100), but from age 35, women outnumber men.
- Of the 9 million+ older persons living alone, 80% are women.
- At age 100, women outnumber men 8 to 1.

- domestic disputes
- the presence of firearms or other weapons
 - inadequate security and mental health personnel on site
 - understaffing, especially during mealtimes and visiting hours
 - staff working in isolation or in situations in which they can be trapped without an escape route
 - poor lighting or other factors restricting vision in corridors, rooms, parking lots and other areas
 - no access to emergency communication, such as a cell phone or call bell
 - unrestricted public access to hospital rooms and clinics
 - lack of community mental health care

Actions Beyond Increasing Security

Simply adding more security staff or technology won’t reverse this tide. The Joint Commission recommends seven actions to combat workplace violence on all levels.

Clearly define workplace violence and put systems into place across the organization that enable staff to report workplace violence instances, including verbal abuse

Recognizing that data come from several sources, capture, track and trend all reports of workplace violence – including verbal abuse and attempted assaults when no harm occurred. Provide appropriate follow-up and support to victims, witnesses and others affected by workplace violence, including psychological counseling and trauma-informed care if necessary

Review each case of workplace violence to determine contributing factors. Analyze data related to workplace violence, and worksite conditions, to determine priority situations for intervention

Develop quality improvement initiatives to reduce incidents of workplace violence

Train all staff, including security, in de-escalation, self-defense and response to emergency codes

Evaluate workplace violence reduction initiatives

- Review and share the alert at your organization to address these recommendations. We also encourage you to share your best practices, articles and resources with peers in the [workplace violence prevention resource center](#).

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!