



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

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

Weekly Safety Tip

July 16, 2018

SCI Safety Tip: FACE-Value: Worker dies after falling from scaffold

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

Date: June 24, 2018

Case report: #OR 2015-12-1*

Issued by: Oregon Fatality Assessment and Control Evaluation (FACE) Program

Date of incident: July 1, 2015

A 46-year-old owner of a residential siding company died from injuries sustained from a 20- to 25-foot fall onto a concrete slab. On the day of the incident, a subcontractor was installing siding in a breezeway. To work around concrete stairs and other structures, workers used only one pump jack pole and the stair landing to support the other end of the platform. To raise the platform above landing height, the workers placed a stepladder on the landing and raised the pump jack pole on the other side. The victim was attempting to use a second stepladder placed on top of the scaffold platform when he fell. He died the next day.

To help prevent similar occurrences:

- Evaluate site-specific conditions to determine the most appropriate means of safely accessing the work area.
- Require and ensure the use of fall protection.
- Establish a program that includes provisions for qualified persons to conduct regular and frequent inspections.
- Develop a site-specific safety plan that addresses conditions that may affect safety or safety equipment.
- Encourage workers to voice concerns about unsafe conditions.
- Don't take shortcuts.



SCI Safety Slogan

*“A Harness is
Better Than a
Hearse”*

James Lehrke- SCI



SCI OSHA News: Safe + Sound Week on August 13th

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

Date: July 12, 2018

WASHINGTON, DC – The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) encourages Americans to commit to workplace safety and health by participating in Safe + Sound Week, August 13-19, 2018.

Establishing a safety and health program is simple.

Some steps to get started include worker training, hazard identification, and seeking worker input to maintaining safety on the job.

Over 200 organizations and businesses are partnering with OSHA to promote the importance of safety and health programs. Implementing a safety and health program is one of the most effective ways to reduce injuries and illnesses, and improve business. Effective programs can increase worker satisfaction, improve productivity, and reduce costs associated with workplace injuries.

Participating in [Safe + Sound Week](#) is easy. Organizations of any size or in any industry looking for an opportunity to show their commitment to safety can participate. Start by visiting www.osha.gov/safeandsoundweek for more information, resources, and tools to help plan and promote safety events.

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 help 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.

SCI Security Tips: Taking Action Against Acts of Workplace Violence (Part 3)

Source: www.ehstoday.com

Date: June 17, 2018

“Contractor management programs help account for any non-employee presence onsite and having protocols for contractors to “check in” upon arrival ensures they are expected and have approval to provide services,” Harper says. When a threat or incident occurs, a structured response needs to take place in order to keep workers safe.

“Once a threat is identified, the question becomes — do we contain the threat, assuming we can, or do we advise employees and customers to initiate a lockdown?” Merjanian says. The first step workers should take is to immediately contact security or law enforcement. Then, employees can move coworkers, themselves, and any potential customers in to a safer place if they are able to, he says.

“It is generally not advisable to approach the threat,” Merjanian says. “If you do see a weapon and decide the only option is to approach the threat, the employee must make sure to commit to their actions and not hesitate.”

In an active situation, the best advice is to stay calm and exercise one of three options: run, hide or fight, Harper says (See “Run, Hide, Fight”).

“Some people commit violence because of revenge, robbery or ideology – with or without a component of mental illness,” Harper says. “There is no way of knowing when an attack is imminent. So it’s important to be vigilant and alert, and to have prepared ahead of time, being sure to train employees on appropriate responses.”

Types of Workplace Violence

TYPE 1: Violent acts by criminals who have no other connection with the workplace other than to enter to commit robbery or another crime.



Try These Helpful Cardiovascular Conditioning Tips

As the cornerstone of physical fitness, cardiovascular conditioning uses the large muscles of the body in a rhythmic and continual manner to increase heart rate and breathing for a sustained period of time.

The beauty of cardiovascular conditioning is: It's fun! Examples of cardiovascular exercises: brisk walking, jogging, running, swimming, bicycling, inline skating and cross-country skiing.

When selecting a conditioning exercise, give it some careful consideration. Depending on your goals, your current physical condition and medical history, certain types of conditioning exercises may be better for you than others.

Your best conditioning plan is to use several appropriate exercise options. This helps reduce the possibility of overuse injuries while creating a balanced conditioning program. Multiple exercises may also enhance your enjoyment of cardiovascular conditioning — this can increase the likelihood that you follow through on your commitment to conditioning.

Although cardiovascular training of 30 to 60 minutes/per session is preferred, it's a good idea to take a couple of weeks to build up to this level of training. To progress, your goal should be to engage in cardiovascular exercise for at least three times a week using your current training level as the baseline.

Cardiovascular Conditioning Dos and Don'ts:

- Consult with your physician before beginning any exercise program.
- Dress properly for your activity and environment. This can reduce your risk of injury.
- Use a helmet when bicycling or inline skating.
- Wear wrist guards and kneepads when inline skating.
- Dress in layers for cross-country skiing or cold weather activities.
- Use extra care to keep your feet warm and dry in cold weather.

If you have questions about your cardiovascular conditioning, ask your health care provider.

Type 1 violence by criminals otherwise unconnected to the workplace accounts for the vast majority—nearly 80%—of workplace homicides. In these incidents, the motive is usually theft, and in a great many cases, the criminal is carrying a gun or other weapon, increasing the likelihood that the victim will be killed or seriously wounded. This type of violence falls heavily in industries where workers' jobs make them vulnerable: taxi drivers such as late-night retail or gas station clerks, and others who are on duty at night, who work in isolation.

TYPE 2: Violence directed at employees by customers, clients, patients, students, inmates, or any others for whom an organization provides services.

Type 2 cases typically involve assaults on a worker by a customer, patient or someone else receiving a service. In general, the violent acts occur as workers are performing their normal tasks. In some occupations, dealing with dangerous people is inherent in the job, as in the case of a police officer, correctional officer, security guard, or mental health worker. For other occupations, violent reactions by a customer or client are unpredictable, triggered by an argument, anger at the quality of service or denial of service, delays, or some other precipitating event.

TYPE 3: Violence against coworkers, supervisors, or managers by a present or former worker.

TYPE 4: Violence committed in the workplace by someone who doesn't work there, but has a personal relationship with an employee—an abusive spouse or domestic partner.

Type 3 and Type 4 violence comprise of incidents involving violence by past or present employees and acts committed by domestic abusers or arising from other personal relationships that follow a worker into their place of employment. Violence in these categories is no less or more dangerous or damaging than any other violent act. When the violence comes from a worker or someone close to that worker, there is a much greater chance that some warning sign will have reached the employer in the form of observable behavior.

Source: U.S. Department of Justice, Federal Bureau of Investigation

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!