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

Weekly Safety Tip

July 30, 2018

SCI Safety Tip: Heat Stress

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

How do I know it’s too hot?

Heat Index	Risk Level	Protective Measures
Less than 91°F	Lower (Caution)	Basic heat safety and planning
91°F to 103°F	Moderate	Implement precautions and heighten awareness
103°F to 115°F	High	Additional precautions to protect workers
Greater than 115°F	Very High to Extreme	Triggers even more aggressive protective measures

- The temperature rises
- Humidity increases
- The sun gets stronger
- There is no air movement



SCI Safety Slogan

*Don't Be A Drip!
Take A Sip!*

James Lehrke- SCI



- No controls are in place to reduce the impacts of equipment that radiates heat
- Protective clothing or gear is worn
- Work is strenuous

The heat index, which takes both temperature and humidity into account, is a useful tool for outdoor workers and employers (see [Using the Heat Index: A Guide for Employers](#)).

Wet Bulb Globe Temperature (WBGT) is the most accurate tool to measure heat hazards for outdoor workers. It takes temperature, humidity, wind speed, and radiant heat into account. The [OSHA Technical Manual Heat Stress Chapter](#) provides WBGT information and calculations, and the National Weather Service provides a prototype [WBGT location tool](#) and work/rest recommendations.

How can heat illness be prevented?

Heat-related illnesses can be prevented. Important ways to reduce heat exposure and the risk of heat-related illness include [engineering controls](#), such as air conditioning and ventilation, that make the work environment cooler, and [work practices](#) such as work/rest cycles, drinking water often, and providing an opportunity for workers to build up a level of tolerance to working in the heat. Employers should include these prevention steps in worksite [training](#) and plans. Also, it's important to know and look out for the [symptoms](#) of heat-related illness in yourself and others during hot weather. Plan for an emergency and know what to do — **acting quickly can save lives!**

SCI OSHA News: The Department of Labor Proposes Rule to Better Protect Personally Identifiable Information

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

Date: July 27, 2018

WASHINGTON, DC – The Department of Labor's Occupational Safety and Health Administration (OSHA) has issued a [Notice of Proposed Rulemaking](#) (NPRM) to better protect personally identifiable information or data that could be re-identified with a particular individual by removing provisions of the "Improve Tracking of Workplace Injuries and Illnesses" rule. OSHA believes this proposal maintains safety and health protections for workers, protects privacy and reduces the burdens of complying with the current rule.

The proposed rule eliminates the requirement to electronically submit information from OSHA Form 300 (Log of Work-Related Injuries and Illnesses), and OSHA Form 301 (Injury and Illness Incident Report) for establishments with 250 or more employees that are currently required to maintain injury and illness records. These establishments would be required to electronically submit information only from OSHA Form 300A (Summary of Work-Related Injuries and Illnesses).

Under the current recordkeeping rule, the deadline for electronic submission of Calendar Year (CY) 2017 information from OSHA Forms 300 and 301 was July 1, 2018. In subsequent years, the deadline is March 2. OSHA is not currently accepting the Form 300 or 301 data and will not enforce the deadlines for these two forms without further notice while this rulemaking is underway. The electronic portal collecting Form 300A data is accepting CY 2017 data, although submissions after July 1, 2018, will be marked late.

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: Workplace-targeted violence: Warning signs, prevention

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

By: Malinda Williams

Date: July 12, 2018

Once again, another deadly incident of targeted workplace violence: an angry man blasted his way into a Maryland newspaper business and shot and killed five journalists and seriously wounded two others. His actions devastated the remaining coworkers and the victims' families and friends.



5 Steps To Hydrate and Safely Boost Stamina

Proper hydration. It's an often overlooked but essential component of athletic performance. Even a small reduction in body fluids (as little as 5 percent) can cause a decrease in endurance, reaction time and/or concentration.

How Much Do You Need To Drink?

The American College of Sports Medicine (ACSM) recommends you know your weight before an intensive exercise session. During exercise, you'll lose body weight in the form of fluids. After exercise, you'll need to replace those fluids.

The ACSM offers these general guidelines for exercise/sports hydration:

1. About four hours *before you exercise* — Drink 16-20 fluid ounces of *water or sports beverage*.
2. 10-15 minutes *before you exercise* — Drink 8-12 fluid ounces of *water*.
3. If you're exercising *less than 60 minutes* — Drink 3-8 fluid ounces of *water* every 15-20 minutes.
4. If you're exercising *more than 60 minutes* — Drink 3-8 fluid ounces of a *sports beverage* every 15-20 minutes. A sports beverage is formulated to replace nutrients your body needs.
5. Within 2 hours *after exercise* — Drink at least 8 fluid ounces every 15-20 minutes, or drink 20-24 fluid ounces for every one pound of body weight you've lost.

Like the perpetrators of many incidences of targeted workplace violence, this man had a long history of bullying, harassing and stalking behavior, letting his anger grow and fester until he thought the only way to deal with his feelings was through murdering people he believed had wronged him.

Most workplace violence is committed without using a weapon, and the largest portion of assaults are committed by someone from outside the workplace. Some occupations have a greater risk for violence. For example, workers in the fields of law enforcement, taxis and transportation, mental health care, alcohol-serving establishments, retail and service industries, and where money is exchanged with the public. Some workplace violence happens when a current or former co-worker with a grudge acts out in extreme ways.

In the United States, there is a near weekly workplace attack. Not all workplace-targeted violence can be prevented, but businesses and other organizations need to take measures to help keep workplaces safer:

- Make sure all employees feel like a part of the organization. Every employee should be assigned someone they can talk to when they have concerns, even minor ones.
- Review all acts of workplace violence even if considered minor. Include physical aggression (shaking fists at someone, pounding on a desk, punching a wall, slamming down items, property damage); bullying and cyberbullying; verbal aggression (demeaning, offensive, or abusive language, screaming at others, threats); harassment and psychological violence (spreading rumors, gaslighting); and stalking or other inappropriate fixation on another person.
- Have zero-tolerance policies, including employees, customers, clients, patients, contractors, and vendors. Be clear what is unacceptable behavior. Always take threats seriously. Even if a specific threat hasn't been made, but someone has a "gut feeling" that someone else is dangerous, this needs to be respected and considered, so appropriate precautions can be taken.
- Remain calm when talking with or confronting an employee.
- Train all staff what to do if violence happens.

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!