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

## *Weekly Safety Tip*

*July 9, 2018*

### SCI Safety Tip: Are you getting enough sleep?

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

Date: June 24, 2018

Although it’s recommended that adults get seven to nine hours of sleep a night, NIOSH notes that multiple factors may contribute to workers being sleep-deprived. These include shift work, work hours, job stress and physically demanding work.

“Additionally, societal factors such as round-the-clock access to technology and the pressure to work harder has increased work hours, and thus also led to an increase of short sleep among U.S. adults,” NIOSH states. So what can workers do to get better sleep?

#### Six tips for better rest

Although you may not be able to control all of the factors that hinder a good night’s sleep, the Mayo Clinic recommends adopting certain habits that may help you get better rest:

1. **Follow a sleep schedule.** Do your best to go to bed at the same time – including on weekends. Being consistent will help reinforce your sleep-wake cycle. If you can’t fall asleep after about 20 minutes, do something relaxing until you feel tired.
2. **Be mindful of what you eat and drink.** Don’t go to bed when you feel hungry or overly full. Avoid nicotine, caffeine and alcohol before bed.
3. **Create a tranquil sleep environment.** Keep your bedroom cool, dark and quiet. Avoid looking at light-emitting screens before bed, and consider using room-darkening shades, earplugs or a white noise machine to help you sleep.



### ***SCI Safety Slogan***

***Is better to lose  
one minute in life...  
than to lose life in  
a minute.***

***James Lehrke- SCI***



4. **Reconsider naps.** Taking long naps during daylight hours can limit nighttime sleep, so if you must nap, limit it to 30 minutes or less. (However, if you work a night shift, you might need to take a nap before work to help make up for lost sleep.)
5. **Stay active.** Regular exercise can help promote better sleep, and spending time outside may be helpful, as well.
6. **Try not to stress.** If worries are keeping you awake, write them down and set them aside for the next day.

## SCI OSHA News: U.S. Department of Labor Cites Illinois Pallet Manufacturer After Employees Are Sickened from Unsafe Carbon Monoxide Levels

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

Date: July 5, 2018

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**GENOA, IL** – The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) has cited Cleary Pallet Sales Inc., a Genoa, Illinois-based pallet manufacturer, after 10 employees required emergency medical treatment for carbon monoxide exposure. The company faces proposed penalties totaling \$216,253.

OSHA investigators inspected the facility in January 2018, and found that employees were exposed to carbon monoxide levels nearly 10 times the permissible exposure limit. OSHA has cited Cleary Pallet Sales Inc. for failing to address high carbon monoxide level warnings; allowing employees to operate defective forklifts; failing to ensure adequate machine guarding; and failing to train workers on hazardous communications and forklift safety. A subsequent inspection conducted one month later found further machine safety violations at the facility.

"Employers are required to regularly conduct workplace hazard assessments to determine appropriate measures to protect workers' safety and health," said OSHA Aurora Area Office Director Jake Scott. "This employer risked the health of several workers, and disregarded basic safety standards."

The company has 15 business days from receipt of the [citations](#) and penalties to comply, request an informal conference with OSHA's area director, or contest the findings before the independent [Occupational Safety and Health Review Commission](#).

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 <https://www.osha.gov/>.

## SCI Security Tips: Taking Action Against Acts of Workplace Violence (Part 2)

Source: [www.ehstoday.com](http://www.ehstoday.com)

Date: June 17, 2018

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### Communication

A survey conducted by Rave Mobile Safety shows the need for effective communication in workplace violence incidents. More than half of Millennial respondents (53%) said they were unaware of their company's emergency plans or that their employer had no plan in place. Only 34% of respondents aged 45 and older indicated the same.

In addition, the survey discovered that only half of those 45 and older were "very likely" to report an issue when it comes to worker safety, and just 8% of Millennials surveyed said the same.

Facilitating the right communications methods is an essential step.

"Initiating quick, direct and informative communication is essential," Merjanian says. "Being able to share what the threat looks like, where the threat is located and any other pertinent details is always helpful to emergency responders."

When it comes to technology, employers should ensure workers have proper cellular access and Wi-Fi connection to facilitate calls should an emergency occur. Emergency applications can be downloaded on smartphones to communicate



### How to Enjoy Summer Picnics and Stay Safe

During the summer months, many people enjoy the outdoors by picnicking or grilling out.

It's important to reduce your risk of a food-borne illness from eating contaminated foods. Food-borne illness is caused by ingesting pathogenic bacteria. Bacteria can grow quickly when kept in the "temperature danger zone" between 41° and 135° F.

Since food-borne illness can be serious — or even fatal — it's important for you to know and practice safe food handling behaviors. These practices will help reduce your risk of accidentally becoming sick from contaminated food.

Here are some tips to lessen your risk for getting sick:

- Wash your hands before and after handling raw meats.
- Store raw meats in a cool place and separate from cooked or ready to eat foods. Keep foods wrapped or in covered containers.
- When grilling in batches, keep the food that's not being grilled in the cooler.
- Use separate platters and utensils for raw and cooked meats to avoid cross contamination.
- Keep cold foods cold in a cooler with plenty of ice on top. Store the cooler out of the sun. Cold foods should be kept at or below 40° F.
- Don't eat anything that has been sitting out in the hot sun for more than 2 hours (1 hour when the temperature is above 90° F)

You cannot simply look at food and tell if harmful levels of microorganisms have been destroyed by grilling. Use a thermometer to check the temperature:

- Poultry should be cooked to 165° F
- Ground beef should be cooked to 160° F
- Pork, beefsteaks and fish should be cooked to 145° F

more directly across the employee network, notify emergency responders and download lifesaving resources such as CPR and first aid instructions.

When it comes to protecting both the workplace and employees, installing security cameras in vulnerable building access points such as loading docks, shipping and receiving entrances, parking garages, or main entrances can deter criminal activity, says Amy Harper, senior director of workplace strategy and consulting operations at the National Safety Council (NSC).

Harper adds that employers have recognized the need to address workplace violence and set up policies to address this through employee training, conducting mock training exercises, adopting a zero-tolerance policy toward workplace violence and creating an emergency action plan.

#### Making a Plan

Emergency response plans should be clear and direct with how workers should react or handle a situation. These plans should include proper procedures for assessing, documenting and acting on potential threats, Merjanian says.

“Unfortunately, we find that many workplaces do not have any plans in place, or have plans that are very outdated and do not address the threats that employees may encounter in today’s workplace,” he says.

When it comes to documentation, companies should have written protocols for terminations and demotions/job changes of workers that identify potential security and employee safety concerns in order to mitigate those, Harper says. Security badges as well as badge-based permissions should be made available to ensure only approved workers are able to access the facility or any restricted areas. *~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*



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