



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

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

Weekly Safety Tip

August 13, 2018

SCI Safety Tip: Back to School Safety Checklist

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

Date: 2018

As summer draws to a close and children start heading back to school, family life can get pretty hectic. It's important to remember – and share with your children – some key tips that will help keep them safe and healthy throughout the school year.

Getting to School

Whether children walk, ride their bicycle or take the bus to school, it is vitally important that they – and the motorists around them – take proper safety precautions.

Walkers »

- Walk on the sidewalk; if there is no sidewalk and you must walk in the street, walk facing traffic
- Before crossing the street, stop and look left, right and left again to see if cars are coming
- Never dart out in front of a parked car
- Parents: Practice walking to school with your child, crossing streets at crosswalks when available
- Never walk while texting or talking on the phone
- Do not walk while using headphones

Bike Riders »

- Always wear a helmet that is **fitted and secured properly**
- Children need to know the rules of the road: Ride single file on the right side of the road, come to a complete stop before crossing the street and walk the bike across



SCI Safety Slogan

*“The Key
To Safety Is in Your
Hands.”*

James Lehrke - SCI



- Watch for opening car doors and other hazards
- Use hand signals when turning
- Wear bright-colored clothing

Bus Riders »

- Teach children the proper way to get on and off the bus
- Line up 6 feet away from the curb as the bus approaches
- If seat belts are available, buckle up
- Wait for the bus to stop completely before standing
- Do not cross in front of the bus if possible, or walk at least 10 feet ahead until you can see the other drivers

Drivers, Share the Road »

- Don't block crosswalks
- Yield to pedestrians in crosswalks, and take extra care in school zones
- Never pass a vehicle stopped for pedestrians
- Never pass a bus loading or unloading children
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them to safely enter and exit the bus

Teen Drivers

Teens crash most often because they are inexperienced. They struggle judging gaps in traffic, driving the right speed for conditions and turning safely, among other things. As your teen becomes a new driver, [learn more](#) about what you can do as a parent to keep them safe.

SCI OSHA News: Some Compliance Dates For General Industry Beryllium Standard

Source: www.osha.gov

Date: August 8, 2018

WASHINGTON, DC – The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) today issued a final rule to extend the compliance date for specific ancillary requirements of the general industry beryllium standard to Dec. 12, 2018.

[This extension](#) affects provisions for methods of compliance, beryllium work areas, regulated areas, personal protective clothing and equipment, hygiene facilities and practices, housekeeping, communication of hazards, and recordkeeping. This compliance date extension does not affect the compliance dates for other requirements of the general industry beryllium standard.

OSHA has determined that the extension will maintain essential safety and health protections for workers while the agency prepares a Notice of Proposed Rulemaking to clarify certain provisions of the beryllium standard that would maintain the standard's worker safety and health protections, and address employers' compliance burdens.

OSHA began enforcing the new permissible exposure limits for general industry, construction, and shipyards, and the general industry provisions for exposure assessment, respiratory protection, medical surveillance, and medical removal on May 11, 2018. Those requirements are unaffected by this rule. Any provisions for which the standard already establishes compliance dates in 2019 (change rooms and showers) or 2020 (engineering controls) are also unaffected by this rule.

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.



Know the Difference: Heart Attack vs. Heart Failure

Heart disease is a major health risk. It's the cause of one in four deaths in the U.S.

Since it's such a big health risk, it's helpful for everyone who has a heart to understand some of the more common heart ailments and the symptoms you may see in others, or yourself, if these disorders develop. [Coronary heart disease](#) (also called coronary artery disease) —

Coronary heart disease (CHD) tends to develop over time. A waxy substance called plaque can build up inside the arteries that provide blood to your heart muscle. This results in a narrowing of the small blood vessels providing blood and oxygen to the heart. This is sometimes called hardening of the arteries.

The reduced flow of blood and oxygen due to CHD can result in:

- A squeezing feeling or pain in your chest or upper body. The pain may go away with rest or the medicine nitroglycerin.
- Shortness of breath or fatigue after moderate activity.

Coronary heart disease can lead to a heart attack or heart failure.

[Heart attack](#)— When heart disease becomes severe, you can have a [heart attack](#). This is when blood flow to the heart is cut off. Heart attacks usually happen suddenly. Without prompt heart attack treatment, the heart muscle begins to die.

The heart attack signs include:

- Upper body pain. Women and men may feel chest pain or pain in the arms, back, neck or jaw.
- Fatigue. This is common for women.
- Shortness of breath.
- Cold sweats.
- Dizziness or nausea
- Irregular heartbeat.

A heart attack is a medical emergency. If someone appears to be having a heart attack, call 911 or your local medical emergency number.

[Heart failure](#)(or congestive heart failure) — When a person's heart function becomes weaker, the heart can't pump enough blood to the body. This usually happens slowly over time. Your heart doesn't stop working, but the weakened blood flow can cause:

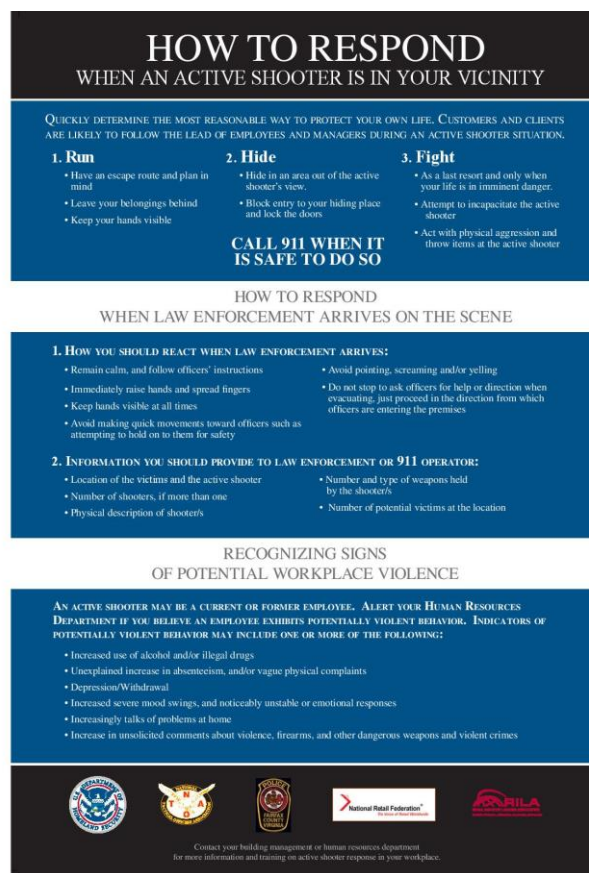
- Fatigue and shortness of breath.
- Nausea or loss of appetite.
- Blood and body fluids to back up into your lungs.
- Swelling due to fluid buildup in your feet, ankles, legs, abdomen and veins in your neck. This buildup is called edema.

SCI Security: How to Respond

Source:<https://www.dhs.gov/publication/active-shooter-poster>

Date: 2017

Free download at link provided above



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!