



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

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

# Weekly Safety Tip

September 10, 2018

## SCI Safety Tip: Get it all down with this near-miss checklist

Source: <https://safety.blr.com>

Date: August 08, 2016

If an accident at your worksite causes a serious injury, you’re certain to hear about it. Unfortunately, at that point it’s too late to do anything but react. If you want to get a handle on hazards before someone gets hurt, you need workers to understand, report, and investigate near misses.

Do your workers know to immediately report near misses to their supervisor? And that the purpose of such reporting is to prevent more serious incidents, not to assign blame?

Here’s a checklist of additional questions to help you use near misses to identify and address hazards proactively.

### Do workers reporting a near miss immediately complete a reporting form that captures:

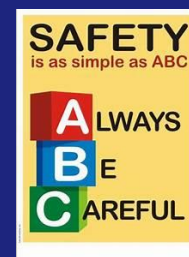
- The job task that was being performed at the time of the incident?
- What happened?
- Where and when it happened?
- The equipment or material involved?
- The individuals who were present?

### A near-miss investigation should try to identify all factors that were involved in the incident, including (but not limited to):

- Equipment malfunction or failure
- Equipment in need of repair or maintenance
- Facility factors, like poor visibility, damaged walking/working surfaces, or slip-and-trip hazards
- Operator error



## SCI Safety Slogan



James Lehrke - SCI



- Unauthorized personnel in a work area or performing a job task
- Production pressures
- Failure to take time to do the job properly
- Failure to inspect equipment or missed inspection items
- Inattention
- Horseplay
- Lack of training

**A near-miss investigation should also note:**

- Any warning signs observed before the incident
- The consequences
- What the consequences might have been, including property damage, injury to workers, coworkers, or members of the public

**To prevent future incidents, workers and supervisors should brainstorm:**

- Engineering interventions, such as additional guards, repairs and maintenance, stronger materials (for example, ropes and connectors), ventilation, fire prevention, and similar passive devices;
- Work practice controls like written safe work practices, permit procedures, or inspection requirements;
- Training interventions that identify the hazard, safe work practices, and other valuable information; *and*
- Personal protective equipment that could minimize the risk to workers.

## SCI OSHA News: U.S. Department of Labor to Hold Meeting to Solicit Public Input On Whistleblower Issues in the Finance Industry

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

Date: September 5, 2018

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**WASHINGTON, DC** – The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) has scheduled a meeting October 16, 2018, in Washington, DC, to solicit public comments and suggestions from stakeholders on whistleblower issues in the finance industry within OSHA’s jurisdiction.

This is the second in a series of meetings at which OSHA is seeking public input on how it can improve whistleblower customer service, and enhance understanding of the whistleblower laws it enforces.

Open to the public, the [meeting](#) will be held from 1:00-3:00 p.m. EDT at the Department’s national headquarters in the Frances Perkins Building, 200 Constitution Ave. NW, Washington, DC 20210 in Room N-4437 A-B. Those interested in participating or attending the meeting, either in-person or via telephone, [must register by September 30, 2018](#). There is no fee to register.

Comments related to the “Scope of Meeting” section of the Federal Register notice must be submitted electronically or in writing by October 9, 2018. All materials may be submitted electronically at <http://www.regulations.gov>, which is the Federal eRulemaking Portal using OSHA Docket No. OSHA-2018-0005.

OSHA enforces the whistleblower provisions of 22 statutes protecting employees who report violations of airline, commercial motor vehicle, consumer product, environmental, financial reform, food safety, health care reform, nuclear, pipeline, public transportation agency, railroad, maritime, and securities laws. More information is available at <http://www.whistleblowers.gov>. For information about OSHA, visit <http://www.osha.gov>.



### September is Whole Grains Month

According to the Whole Grains Council, the medical evidence is clear that whole grains reduce risks of heart disease, stroke, cancer, diabetes and obesity. Few foods can offer such diverse benefits.

People who eat whole grains regularly have a lower risk of obesity, as measured by their body mass index and waist-to-hip ratios. They also have lower cholesterol levels.

Because of the phytochemicals and antioxidants, people who eat three daily servings of whole grains have been shown to reduce their risk of heart disease by 25-36%, stroke by 37%, Type II diabetes by 21-27%, digestive system cancers by 21-43%, and hormone-related cancers by 10-40%.

Try these steps to incorporate more whole grains into your diet:

- Buy three different loaves of whole grain bread and taste them to see what one your family likes best.
- Serve bulgar or brown rice instead of potatoes for dinner one night this month.
- Try a new breakfast cereal with at least 16 grams of whole grain per serving.
- Try whole wheat pasta.
- Make a favorite whole grain recipe to share with a friend.
- Make a pizza with a whole wheat pita crust.
- Substitute whole wheat flour for white flour the next time you make your favorite cookies.
- Serve hamburgers with whole wheat buns.

## SCI Security: Bullied at work? You are not alone

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

Date: February 23, 2018

A new university study of 17,524 adults found that workplace harassment is directly tied to physical and psychological problems experienced by victims, such as stress, loss of sleep, depression, and symptoms of post-traumatic stress disorder.

Lead Author Jagdish Khubchandani of Ball State University said the results of the study suggest American workers are being exposed to harassment and that their health is suffering. "Harassment harms victims, witnesses, and organizations where such interactions occur," he said.

The research found that over a 12-month period:

- About 8 percent of respondents said they were threatened, harassed, or bullied at work.
- Those reporting higher rates of harassment include hourly workers, those working for state and local governments, multiple jobholders, nightshift workers, and those working nonregular schedules.
- Female victims reported higher rates of psychosocial distress, smoking, and pain disorders like migraines.

If you are subject to workplace harassment, you should alert your supervisor to any concerns about your safety or security, and report all incidents immediately in writing. Discuss with your employer what stress debriefing sessions and posttraumatic counseling services are available to you. Attend personal safety training programs to learn how to recognize, avoid, or diffuse potentially violent situations.

*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!