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Weekly Safety Tip

September 17, 2018

SCI Safety Tip: Can mindfulness prevent potentially hazardous errors?

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

Date: January 17, 2014

This week's report of a passenger jet landing at the wrong airport has led to discussions about attentiveness at work. Can you help employees avoid accidents by training them to be more mindful about what they're doing? Keep reading to learn more.

We all let our minds and attention wander from time to time. But depending on the type of work being performed, moments of inattention can lead to dangerous conditions or deadly accidents. At the University of California, Irvine (UCI), safety culture training for lab workers and other employees addresses mindfulness.

Assistant Vice Chancellor Marc Gomez oversees environment, health, and safety (EHS) at the university. “We see the main cause of accidents is inattention and a lack of mindfulness about one's circumstances and surroundings,” says Gomez. To combat the problem, the university hired psychologist Jessica Drew de Paz to incorporate mindfulness into the employee safety-training curriculum. The idea is to make workers more aware of their surroundings and remain in the moment rather than being pulled away by distractions. Mindfulness not only helps prevent accidents but can also reduce stress, chronic pain, anxiety, and depression.



SCI Safety Slogan

**SOMEBODY IS
ANXIOUSLY WAITING
FOR YOU AT HOME,
EVERYDAY.
TRY TO REACH
YOUR HOME SAFE.**

James Lehrke - SCI



Share these tips for staying focused

You don't have to be a mindfulness expert to improve your ability to stay focused on the task and avoid serious mistakes. A few simple behavioral changes can help.

- Focus on your breathing to help you stay in the moment.
- Take occasional brief breaks and let your mind deliberately wander, then return to the task more focused.
- Stay well fed and well hydrated so that thirst and hunger don't distract you.
- Write down thoughts about things you need to remember to do at home. This gets them out of your head and helps you concentrate on the task at hand.
- Create a work environment that helps you concentrate. For example, you might position yourself to get more daylight or to get away from noisy coworkers.
- Be mindful of the risks of repetitive work. Focus can lag when workers do the same thing over and over again. Consider job rotation to avoid the risk.

SCI OSHA News: Groups ask court to block OSHA's suspension of Electronic Reporting Rule

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

Date: September 13, 2018

Three public interest groups have petitioned the U.S. District Court for the District of Columbia to order OSHA to lift its suspension of portions of its rule requiring employers to electronically submit to OSHA certain information about injuries and illnesses that occur in their workplaces. According to the petition before the court, OSHA suspended the requirement to submit the information without providing the public the opportunity to comment on the action as required by the Administrative Procedures Act (APA).

Employee identities protected

Issued under the Obama administration, the Improve Tracking of Workplace Injuries and Illnesses Rule (May 12, 2016, *Federal Register (FR)*), or Electronic Reporting Rule, required covered establishments to submit to OSHA, by July 1, 2018, the following:

- OSHA Form 300—a record of each recordable employee injury and illness; called the log
- OSHA Form 301—a supplementary incident report that provides additional details about each case recorded
- OSHA Form 300A—an annual summary report derived from information in the log.

In the final rule, OSHA stated that with “the information obtained through this final rule, employers, employees, employee representatives, the government, and researchers may be better able to identify and mitigate workplace hazards and thereby prevent worker injuries and illnesses.” OSHA further stated that it intended to post the establishment-specific injury and illness data it collects on its public website and that it would make publicly available all the fields collected in OSHA Forms 300, 300A, and 301. The agency added that it did not intend to post any information on the website that could be used to identify individual employees.

Suspension announced

In May 2018, OSHA announced the suspension of the July 1, 2018, deadline for the electronic submission of 2017 OSHA Forms 300 and 301. OSHA stated that it would not accept Form 300 and 301 information at this time and also that it would issue a proposed rule to reconsider, revise, or remove provisions of the Electronic Reporting Rule, including the collection of the Forms 300/301 data. The Agency said it was proposing to remove the requirements to protect workers from having their personally identifiable information disclosed under the Freedom of Information Act (FOIA). On July 30, 2018, OSHA issued a notice of proposed rulemaking, reiterating its intention to end collection of OSHA Forms 300 and 301. The public comment period on the proposal ends September 28, 2018.



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.

Plaintiff arguments

The plaintiffs' request that the court order OSHA to implement the reporting rule in its entirety is based on two arguments. First, the APA generally requires agencies to give interested individuals notice and the opportunity to comment before promulgating rules and also empowers courts to hold unlawful and set aside agency actions taken without observance of procedure required by law. Here, "there is no question that the Electronic Reporting Rule is a substantive rule that required notice-and-comment rulemaking," state the plaintiffs. OSHA's notice proposing to eliminate the requirement that establishments submit Forms 300 and 301 in the future does not excuse the agency's unlawful suspension of the Electronic Reporting Rule's July 1, 2018, deadline without engaging in notice-and-comment rulemaking, the plaintiffs continue, and emphasize that OSHA's provision of notice-and-comment procedures *after* the suspension does not cure the failure to provide them *before* the suspension. Second, the plaintiffs contend that OSHA's action was arbitrary and capricious based on what it did *not* consider. "Specifically,

OSHA failed to acknowledge the benefits of the requirement that covered establishments submit their 2017 OSHA Forms 300 and 301—that is, the reasons why it thought the Electronic Reporting Rule appropriate in the first place—let alone explain why it now assigned those interests less weight," state the plaintiffs. "Put simply, OSHA entirely failed to consider an important aspect of the problem." Furthermore, say the plaintiffs, OSHA does not explain why covered establishments' submission of 2017 Form 300 and 301 data in accordance with the July 1, 2018, deadline would have any effect on OSHA's ability to reconsider or revise the rule.

The plaintiffs asked the court to order OSHA to require and accept the Form 300 and 301 submissions as specified in the Electronic Reporting Rule within 30 days after the September 7, 2018, filing of the petition.

The petition to the district court is at https://www.citizen.org/system/files/case_documents/motion_and_memo_for_preliminary_injunction.pdf

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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