



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

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

Weekly Safety Tip

September 24, 2018

SCI Safety Tip: Using injury and illness records to prevent incidents

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

Date: September 20, 2018

As an employer, you may have wondered why OSHA and OSHA-authorized states refer to occurrences in which workers are injured or killed as *incidents*, not *accidents*. The main reason is that, by the dictionary definition, an accident is an “unexpected or unforeseen” incident that usually results in injury or damage. To take an extreme example, an airplane that loses power and crashes into the roof of a factory is, from the perspective of the factory, an accident because neither the factory owner nor the employees in the factory could have foreseen this happening. But OSHA’s position is that most worker injuries are not unforeseen even if they are not exactly expected.

“Most workplace injuries and illnesses don’t just happen—they are usually *predictable* and *preventable*,” states OSHA in one of its [Safe + Sound](#) publications.

Learning from history

One of the most effective ways to understand which types of incidents causing worker injury may occur in the workplace is to have a clear and comprehensive knowledge of which types of incidents have occurred in the past. In this way, the circumstances that created the hazard and injury/death/illness in the past can be corrected before another similar incident occurs.

“It’s a shift toward prevention—finding and fixing hazards before they lead to injury or illness,” states OSHA. “It’s like choosing between putting out fires after they damage people and property and making sure fires never start in the first place.”



SCI Safety Slogan

**WORK SAFELY TODAY
...REMEMBER...
SOMEBODY
EXPECTS YOU
HOME TONIGHT!**

James Lehrke - SCI



Using 300 logs for hazard identification

All this is OSHA's way of promoting use of the OSHA 300 log. The 300 log is a form all employers with 10 or more employees on payroll (including hourly, salaried, executive, part-time, seasonal, or migrant workers), with limited exceptions for low-hazard industries, must use to record certain injuries and illnesses that occur in the workplace. Information entered into the 300 log should indicate the types of injuries or illnesses that have occurred; where and when they occurred; their frequency; the specific processes, activities, tasks, or equipment/material involved; the name and job title of the employee injured or made sick; and the number of days the employee was away from work or on restricted or light duty, if any. Employers must save the 300 log for 5 years and update it to include any newly discovered recordable injuries or illnesses.

"The log is not just a way to look at your past safety and health record, and it's not just something for OSHA," says OSHA. "It's a powerful tool to help you identify hazards in your workplace so you can correct them and prevent future injuries and illnesses." OSHA gives the following examples:

- Slip-and-fall injuries might tell you that there are housekeeping-related hazards to correct or procedures to adjust.
- A back injury might show you that there is a need for lifting equipment or better training in safe lifting techniques.
- A needlestick injury might indicate that you need to improve your needlestick prevention program and/or implement safer needle devices.
- A fall-related injury might indicate the need for improvements in fall protection or training.

Next steps

OSHA points out that using the 300 log to identify injury and illness trends is a good first step in identifying hazards and demonstrating management commitment to safety and health. Eventually, employers can build on this step and add other means of identifying hazards, such as self-inspections, job hazard analyses, and maintenance work order trends.

Also, hazard identification and incident prevention will rarely be successful if it is not collaborative.

"Involving workers in reviewing the log and making recommendations for correcting hazards will make this step much more effective," says OSHA. "In fact, management leadership and worker participation—along with a systematic approach to finding and fixing hazards—are key components of all successful safety and health programs."

SCI OSHA News: Is it Construction or Maintenance?

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

Date: September 18, 2018

Do you know the difference between what is considered construction and maintenance? The type of work performed dictates what OSHA standards you need to follow. Use this infographic to find out if your task is considered construction or maintenance. *Does maintenance fall under construction standards or General Industry?* (See Page 3)



Get Outdoors For Healthy Vision

For kids, playing outside is simply fun. It's good for their physical health. Surprisingly, it also appears to be good for their vision.

Multiple studies have found that children who spend more time outdoors are less likely to develop nearsightedness (myopia) than children who spend more time indoors.

One study found differences in two groups of students in nearby schools. Students who spent more recess time outdoors had lower levels of nearsightedness than students who spent more time indoors. If the children already had some myopia, it progressed more slowly when they spent more time outdoors.

Sunlight triggers the production of dopamine. That's a natural neurotransmitter that can help keep eyes from becoming too long. When the eyeball becomes longer than it should be, it can't focus correctly. It can become nearsighted. That means distant objects are blurry. Things that are close are in focus.

You may wonder if there's a vision affect when kids are indoors looking at screens or books. A sizable study in the UK found no correlation between nearsightedness and time spent doing close-up work. However, lots of close-up work can cause strain and eye fatigue. Even though screen time may not cause myopia, it's still better for your eyes to limit time looking at screens.

Myopia Is a Growing Concern

Nearsightedness is becoming more common in America. About 42 percent of people age 12 to 54 are nearsighted. That's up from 25 percent in 1971. It may be a good idea for you to get outside with your kids!



Why does it matter?
The type of work that is performed dictates what standards you need to follow.

Construction v. Maintenance

<p>OSHA defines construction work in its rules.</p> <p>Construction work is covered by OSHA's construction standards at 29 CFR 1926.</p> <p>Construction work is "construction, alteration, and/or repair, including painting and decorating."</p> <p>Construction work is not limited to new construction and can include repairs of existing facilities or the replacement of structures and components.</p>	<p>OSHA does not define maintenance work in its rules, but does define it in a letter of interpretation.</p> <p>Maintenance work is covered by OSHA's general industry standards at 29 CFR 1910.</p> <p>Maintenance work is "keeping equipment or a structure in proper condition through routine, scheduled or anticipated measures without having to significantly alter the structure or equipment in the process."</p> <p>Maintenance work keeps equipment working in its existing state to prevent its failure or decline.</p>
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To determine if the task is construction or maintenance ask these questions:

<p>What is the scale and complexity of the task?</p> <p>Large-scale, more complex tasks are considered construction.</p> <p>Replacing a deteriorated steel beam with a new beam is construction.</p>	<p>Small-scale, less complex tasks are considered maintenance.</p> <p>Replacing a common water shut-off valve in a small heating system is maintenance.</p>
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<p>How long will the work take?</p> <p>Time is a factor in measuring a task's scale or complexity.</p> <p>Larger, more complex tasks that take more time, including tasks that are performed regularly, are construction.</p> <p>Stripping and repainting a bridge even on a regular basis is construction.</p>	<p>Smaller, less complex, tasks that take less time and are anticipated, routine, or periodic are maintenance.</p> <p>Stripping and repainting a power pole as a routine task is maintenance.</p>
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<p>Does the task improve the original condition or preserve it?</p> <p>Improvement = construction</p> <p>Replacing one utility pole with an improved pole or equipment is construction.</p>	<p>Preservation = maintenance</p> <p>Replacing one utility pole with a new, identical pole is maintenance.</p>
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In Loving Memory... Jessica, Kristin and Nick



Save Tomorrow; Think Safety Today!