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

Weekly Safety Tip

October 8, 2018

SCI Safety News: Keeping older drivers safe

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

Date: October 1, 2018

America’s aging population includes many people over the age of 55 who drive to and from work and have jobs that require driving. The National Institute for Occupational Safety and Health (NIOSH) estimates that by 2020, 25 percent of workers will be aged 55 or older, and there will be 40 million licensed drivers. Also, motor vehicle crashes account for 32 percent of work-related deaths among workers aged 55 or older. Generally, older drivers are better drivers, who are more likely to practice safe driving. But NIOSH points out that because of declining mental and physical faculties, older drivers are at greater risk of dying if they are in a motor vehicle crash. All this strongly indicates that both the employers of older drivers and the drivers themselves must make a firm commitment to understanding the particular risks that older drivers face and taking actions that meaningfully lessen those risks.

NIOSH has published a fact sheet on the physical and mental conditions that may impair older drivers and the measures that both employers and employees should undertake to avoid life-threatening incidents. Following are important points NIOSH makes in the fact sheet.

Impairment

- Aging is often accompanied by a decline in vision and hearing, both critical to safe driving. Older drivers need more light and more time to adjust when light changes, so it can be hard to see clearly, especially at dawn, dusk, and night. Older drivers may become more sensitive to glare from headlights, streetlights, and the sun. Age-related hearing loss can make it harder to hear horns, sirens, and noises from cars, which warn of possible dangers.
- Illnesses, such as diabetes, can lead to drowsiness, while arthritis and Parkinson’s disease can limit a driver’s ability to steer, brake, and turn quickly to see behind them or to the sides.



SCI Safety Slogan

*Be Safe at Work or
You Might Miss, A
Welcome Home - A
Hug - A Kiss*

James Lehrke - SCI



NIOSH points out that declining coordination may make it challenging for some older drivers to perform two actions at once, i.e., turning and braking.

- Declining mental abilities limit attention span, judgment, and ability to make decisions and react quickly, particularly in stressful situations, such as heavy traffic or where there is a high concentration of pedestrians.

Measures to take

In work situations, the responsibility to follow procedures that promote safe driving rest with both the employer and the employee. For example:

- Employers should:
 - Consider whether the work can be done without driving.
 - Set work schedules and deadlines that encourage workers to obey speed limits.
 - Establish a driver's route ahead of time.
 - Ban texting and handheld phone use during driving and consider banning the use of hands-free phones.
 - Allow workers to take a nap of less than 30 minutes by stopping in a safe location if they are too tired to drive safely.
 - Assess driving ability rather than rely on an assessment of general health to determine how safely an employee can drive.
 - Provide refresher training that includes topics such as changes in road rules, regulations on distracted driving, and new vehicle safety features.
- Employees should:
 - Use their seat belt at all times and require passengers to do the same.
 - Not drive under the influence of alcohol or drugs.
 - Talk with their doctors or pharmacists about any potential effects of medication on driving.
 - Talk with their doctors about how their medical conditions may affect driving.
 - Maintain good health through physical exercise, a balanced diet, and getting 7 to 9 hours of sleep a night.
 - Get an eye exam every 1 to 2 years.

Workers in some jobs will resist informing their employers about any age-based conditions that limit their driving ability. Accordingly, employers must be vigilant to identify potential problems and act in a manner that will protect the well-being of workers and others who may be endangered by unsafe driving. The NIOSH fact sheet is available [here](#).

SCI OSHA News: Wisconsin Manufacturer Settles Whistleblower Allegations

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

Date: October 5, 2018

MENASHA, WI - The U.S. District Court for the Eastern Division of Wisconsin in Green Bay has awarded a machine operator \$100,000 in back wages and compensatory damages after his employer Dura-Fibre LLC - based in Menasha, Wisconsin - terminated him for reporting injuries he and a co-worker sustained.

The judgment resolves a lawsuit filed by the U.S. Department of Labor against Dura-Fibre LLC under the anti-retaliation provision of the Occupational Safety and Health Act (OSH Act). The court considered whether the company terminated the employee based on the company's policy of assigning disciplinary points to employees who reported injuries. The court found this policy to be a potential deterrent to reporting work-related injuries.

"This employee's commitment to workplace safety should be commended," said Occupational Safety and Health Administration Chicago Regional Administrator Kenneth Nishiyama Atha. "Dura-Fibre has agreed to change its policy to allow employees to report work-related injuries without fear of discipline or retaliation."

In addition to paying back wages and damages, Dura-Fibre agreed to expunge the termination and all references to this action from the employee's record. The company will also train managers and employees on proper reporting of injuries and illness; inform employees of their rights under the OSH Act, and post information about OSHA whistleblower rights.



October is Sudden Cardiac Arrest Awareness Month

Heart Attack or Sudden Cardiac Arrest: How Are They Different?

People often use these terms interchangeably, but they are not synonyms. A [heart attack](#) is when blood flow to the heart is blocked, and sudden [cardiac arrest](#) is when the heart malfunctions and suddenly stops beating unexpectedly. A heart attack is a “circulation” problem and sudden cardiac arrest is an “electrical” problem.

What to do: Sudden Cardiac Arrest

Cardiac arrest is reversible in most victims if it's treated within a few minutes. First, **call 9-1-1** for emergency medical services. Then get an automated external defibrillator if one is available and use it as soon as it arrives. Begin CPR immediately and continue until professional emergency medical services arrive. If two people are available to help, one should begin CPR immediately while the other calls 9-1-1 and finds an AED.

Sudden cardiac arrest is a leading cause of death – over 320,000 out-of-hospital cardiac arrests occur annually in the United States. By performing Hands-Only CPR to the beat of the classic disco song “Stayin’ Alive,” you can double or even triple a victim’s chance of survival. Learn the two easy steps to save a life at heart.org/handsonlycpr.

Source: American Heart Association

OSHA enforces the whistleblower provisions of [22 statutes](#) protecting employees who report violations of various airline, commercial motor carrier, consumer product, environmental, financial reform, food safety, motor vehicle safety, healthcare reform, nuclear, pipeline, public transportation agency, railroad, maritime, and securities laws. For more information on whistleblower protections, visit OSHA’s [Whistleblower Protection Programs webpage](#).

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

What are the behaviors to look for?

Behaviors to Watch For

Regardless of a situation’s potential for violence, problems must be addressed promptly.

- Attendance
- Issues requiring excessive amounts of supervisor/ manager’s time
- Decreased productivity
- Work pattern
- Relationships
- Concentration
- Safety concerns
- Poor health and hygiene
- Behavior changes
- Fascination with guns or other weapons
- Possible substance abuse
- Stress
- Excuses
- Depression



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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!