

Weekly Safety Tip



“Your Connection for Workplace Safety”

Phone: 920-208-7520

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

SCI Safety Tip: Motorcycle Awareness Month

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

Date: May 1, 2010

Our Weekly Safety Tip provides valuable and current safety information relevant for Work, Home & Play.

And, you will be kept current on the latest Safety Compliance issues.



SCI SAFETY NEWS OR TIP



SCI OSHA NEWS OR COMPLIANCE



SCI HEALTHYLIVING and WELLNESS NEWS

We want to hear from you! Send us your feedback and give us ideas for future safety topics.

Let us know how you feel about our new look!

Safety Slogan

Use your head figuratively—wear a helmet.

James Lehrke-SCI

of the week

Motorcyclists are much more vulnerable to crashes than other drivers. Many crashes occur because motorcycles are hidden in a vehicle's blind spot. It is important that motorists always make a visual check for motorcyclists by checking mirrors and blind spots before entering or leaving a lane of traffic.

May is Motorcycle Safety Awareness Month. Throughout May, the National Safety Council will encourage motorists to share the road with motorcyclists and be extra alert when they are nearby.

Fatalities involving motorists and motorcyclists increased 131 percent between 1998 and 2008. The mileage death rate for motorcyclists in 2007 was 37 times greater than for passenger car occupants.

“Throughout spring and summer the number of motorcyclists on the road will increase. It is important for both motorists and motorcyclists to be aware of one another,” said David Teater, NSC senior director of Transportation Initiatives. “To better defend themselves, motorcyclists should follow the rules of the roadway and wear protective gear, including a Department of Transportation compliant helmet.” NSC offers these tips for motorists and motorcyclists:

Motorists

- Allow greater following distance behind a motorcycle.
- Be extra cautious in intersections. Most crashes occur when a motorist fails to see a motorcyclist and turns left in front of a motorcycle.
- Give a motorcycle the full lane width – never try to share a lane.

Motorcyclists

- Avoid riding in poor weather conditions.
- Position motorcycle in lane where you will be out of a motorist's blind spot.
- Use turn signals for every turn or lane change.

Motorcycle safety

[Basic Motorcycle Rider Course](#) | [Experienced Rider's Course](#) | [Training school forms](#)

Operating a motorcycle can take more skill and concentration than operating a 4-wheeled motor vehicle. Training and experience are the keys to safe operation.

New and experienced riders alike can benefit from the motorcycle rider courses sponsored by the Wisconsin Motorcycle Safety Program.

For a small fee, trained, professional instructors guide riders through classroom and on-the-bike instruction. Completion of the basic course qualifies students for their license without additional [skill testing](#). Advanced training improves rider skills and keeps them sharp.

Courses are provided throughout Wisconsin and through the riding season by [training sponsors](#) in various locations.

Basic Motorcycle Rider Course

The 16-hour Basic Motorcycle Rider course is designed for beginning riders and was developed by the Motorcycle Safety Foundation (MSF). Instructors are certified by the MSF and Wisconsin Department of Transportation (WisDOT). It is taught off-street, out of traffic, and motorcycles and helmets are provided. The course consists of 6 hours of classroom and 10 hours of on-cycle instruction. The Basic Rider Course covers preparing to ride, turning, shifting and braking, street strategies, special situations, increasing riding skills, maintenance and insurance.

Almost all motorcycling groups recommend that you begin riding your motorcycle by taking a basic rider course. As an added advantage, successful completion of the basic course will qualify you for the [class M \(motorcycle\) operators license](#) without an additional Motorcycle in Traffic skill test. Trainees are provided with a helmet, eye protection and a motorcycle for use during the course.

Experienced Rider's Course

An experienced or seasoned motorcyclist understands that riding requires knowledge, attention to the tasks at hand, and sharp reflexes. The Experienced Rider's Course Suite consists of a minimum of five hours of learner-centered activities combining interactive discussion and riding tasks designed to hone a rider's skill and techniques which in turn leads to a safer motorcycling experience.

OSHA Compliance: The Invisible Threat of Compressed Gases Part 2

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

Date: April 23, 2010

When using compressed gases, workers need to follow several precautions. General precautions are listed below. Train your workers on these, plus any specific precautions for the gases they use.

- Keep cylinders away from operations that create sparks, heat, and fire, as well as electrical circuits.
- Don't use oil or grease on cylinders or handle them with oily hands or gloves.
- Don't let oxygen spray on an oily or greasy surface or on your clothes.
- Don't use cylinders in unventilated areas.
- Open valves by hand, not with a wrench or other tool. If they don't open, notify the supplier.
- Don't tamper with safety devices.
- Open, then close, valves quickly. Then open them slowly, standing to the side, rather than in front of the outlet.

Why It Matters

- According to the Office of Compliance, "pressurized cylinders can result in some of the most serious violations" because:
- "A rapid loss of pressure can turn a cylinder into an unguided missile powerful enough to break through a concrete wall."
- "If the cylinder's gas is flammable, that power may also be accompanied by a fire or explosion."

SCI's brings solutions to safety!

SCI Testimonial

We were very impressed with the service quality that you address our company with. You were extremely thorough with all the information that we requested and always willing to take that extra step to get us what we needed.

R&C Stainless

SCI Health News: Quit Smoking Without Gaining Weight? Sure You Can!

Source: www.blr.com

<http://www.webmd.com/smoking-cessation/quit-smoking-10/avoid-weight-gain>

Date: April 27, 2010

Putting down the smokes does not have to mean packing on the pounds, according to an article on the WebMD.com site. Scott McIntosh, director of the Greater Rochester Area Tobacco Cessation Center, estimates only about a third of those who quit smoking gain weight, and the average is 5 to 8 pounds. That's a small price to pay for the possibility of adding years to your life by quitting smoking.

WebMD offers these tips for minimizing weight gain while quitting:

- Avoid crash diets. Rather than radically change the way you eat, make a few easy adjustments that you can stick with.
- Keep low-calorie treats handy. Smoking is associated with putting something in your mouth. Keep low- or no-calorie alternatives with you at all times. Examples are sugar-free candies, carrot or celery sticks, or low-calorie chewing gum.
- Drink plenty of water. Drinking water before and during a meal helps keep you hydrated and can help make you feel full on fewer calories.



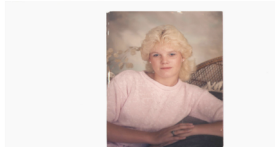
Let us know how you feel about our **new look!** Send us an email at:

jlconnections@aol.com

See us at:

<http://www.safetyconnections.com>

*In Loving
Memory of Jessica Lehrke*



3 steps to take while you quit smoking

Eat Well So You Don't Gain Weight

You don't have to gain a lot of weight when you quit smoking. Try these diet tips to quit smoking without packing on pounds.

Reduce Stress and Learn to Relax Naturally

Deep breathing, yoga, guided imagery. Learn about relaxation techniques that cut cravings for cigarettes.

Identify Your Personal Smoking Triggers

Do you want a cigarette every time you have a drink? Or a cup of coffee? Find out how to avoid your personal smoking triggers.