

Weekly Safety Tip



“Your Connection for Workplace Safety”

Phone: 920-208-7520

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

SCI Personal Safety Tip: Heat Stress

Source: <http://www.ci.phoenix.az.us/FIRE/fireheat.html>

Date: 6/2010

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

**Beat the Heat
Keep Hydrated**

James Lehrke-SCI

of the week

Hot weather triggers a variety of medical emergencies. Even healthy people should take it easy during extremely high temperatures, and those with respiratory and other health problems must be especially careful. Stay out of the sun as much as possible. Drink extra fluids, but avoid alcoholic beverages. Alcohol can cause dehydration.

The best ways to prevent a sun stress emergency are:

- Drink before you're thirsty and drink often.
- Eat a healthy diet.
- Wear a hat or cap, keep the neck covered and wear loose fitting clothing.
- If you can, work in the cool hours of the day or evening.

It's important to wear a hat because it prevents heat load by acting as a barrier from the heat source (usually the sun). Cooling the head and neck may be an effective means of reducing core body temperature in those with heat stress.

The Phoenix Fire Department does not recommend the use of table salt or salt tablets to replace body electrolytes. Many electrolyte replacement drinks are available on the market. Electrolytes are crucial for the proper functioning of the body. Common electrolytes are:

- Calcium
- Sodium
- Potassium

Heat-related injuries fall into three major categories:

- Heat cramps
- Heat exhaustion
- Heatstroke

Heat cramps are muscular pains and spasms that occur when the body loses electrolytes during profuse sweating or when inadequate electrolytes are taken into the body. They usually begin in the arms, legs or abdomen, and often precede heat exhaustion. Treatment for heat cramps is to rest in the shade, get near a fan, spray the person with water and massage the cramp.

Heat exhaustion is a medical emergency. When a person is suffering from heat exhaustion, they will perspire profusely and most likely will be pale.

It is best treated by taking the patient to a cool place, applying cool compresses, elevating the feet and giving the patient fluids.

Heat stroke is the worst heat-related injury. The brain has lost its ability to regulate body temperature. The patient will be hot, reddish and warm to the touch. Their temperature will be markedly high and there will be no perspiration. This is a medical emergency, call 9-1-1.

The emergency care of heatstroke is to cool the body as quickly as possible. One of the best methods for cooling the body during a heat emergency is to wrap the patient in cool, wet sheets.

OSHA Compliance: OSHA Announces Steps Toward Injury and Illness Program Rule

Source: www.blr.com

Date: May 28, 2010

OSHA is moving toward a proposed rule for an Injury and Illness Prevention Program, which it refers to as I2P2. The agency said early this month it will use comments from a series of stakeholder meetings to help develop the proposal. The rule, versions of which have been contemplated in the past, would require employers to develop and implement a program to minimize worker exposure to safety and health hazards. California, which runs its own OSHA program, has had a similar regulation in place since 1991.

Instead of waiting for an OSHA inspection or a workplace incident to address risks, employers would be required to create a plan for proactively identifying and correcting hazards, then implementing the plan. OSHA says workers would participate in development and implementation of such plans.

"We are asking employers to 'find and fix' the hazards in their workplace," said OSHA Chief Dr. David Michaels. "This commonsense rule will help make the Secretary of Labor's vision of 'Good Jobs for Everyone' a reality." Details about the I2P2 initiative are in a Federal Register notice at <http://s.dol.gov/35>.

SCI Health News: Smoke Is Still Settling Over Smoking Ban

Source: http://www.lacrossetribune.com/news/state-and-regional/wi/article_1e3f106e-5d1d-11df-92dd-001cc4c03286.html

http://www.cancer.org/docroot/PED/content/PED_10_13X_Help_for_Cravings.asp

Date: May 11, 2010

MADISON — Wisconsin's bars and restaurants could get around the state's smoking ban by building rooms in which a quarter or more of the walls are windows, under a bill Gov. Jim Doyle signed into law Tuesday.

The Wisconsin Tavern League had been lobbying for a law change that would allow the 5,000 bars and restaurants it represents to have legal outdoor smoking areas, including ones that would be like four-seasons rooms with roofs and partial walls.

"I don't think it undermines anything," Tavern League director Pete Madland said of the bill Doyle signed. "It's a very workable and amicable compromise."

The statewide smoking ban passed last year takes effect July 5. Anti-smoking advocates who pushed it said they don't anticipate a widespread attempt to get around its intent, which was to snuff out smoking in all public places.

"If bar owners start to play cute, the public isn't going to be happy about that," said Maureen Busalacchi, executive director of SmokeFree Wisconsin. "To make an investment to throw up some kind of structure like this in this kind of economy, doesn't really make sense. People adjust. They learn to go outside."

The bill Doyle signed Tuesday also closes unintended loopholes in the law that may have allowed for smoking indoors in windowless rooms or in rooms where windows make up at least a quarter of the walls but don't open to allow in fresh air. The Tavern League, which opposed the original ban, supported the technical changes approved by the Legislature and signed by Doyle.

Madland said his organization has heard from bar owners across the state asking if they could begin work on largely open-air rooms where smoking would be legal. Now that the law is signed, Madland said he anticipates many of them will move ahead with construction. He didn't have a good estimate of how many might be built.

SCI's brings safety to your business and cost savings to the bottomline.

SCI Testimonial

Thank you so much. It was an honor to meet you and I truly enjoyed your presentation.

Rod Franson
 Operations Manager
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 Eden Prairie, MN 55344-3761

Wisconsin will become the 28th state to prohibit smoking in all public places once the law takes effect. Many communities are already there: 38 cities or counties already ban smoking in all bars, restaurants and workplaces. That includes the cities of Madison, Appleton, Kenosha, La Crosse and Wausau.

However, smoking is still allowed — at least for the next two months — in Milwaukee, the state's largest city. Busalacchi said she remained confident that the ban would have the desired effect, even if a few outdoor smoking rooms popped up.

"This is going to be good for business and it's going to be great for health," she said of the ban.

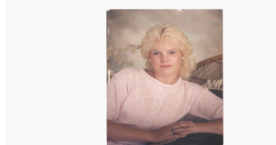
How can I get through rough spots after I stop smoking?

- For the first few days after you quit smoking, spend as much free time as you can in public places where smoking is not allowed. (Places like libraries, malls, museums, theaters, restaurants without bars, and churches are mostly smoke-free, and there may be more in your area.)
- Don't drink alcohol, coffee, or any other drinks you link with smoking. Try something else instead -- maybe different types of waters, sports drinks, or 100% fruit juices. Look for drinks that are low- or no-calorie.
- If you miss the feeling of having a cigarette in your hand, hold something else -- a pencil, a paper clip, a coin, or a marble, for example.
- If you miss the feeling of having something in your mouth, try toothpicks, cinnamon sticks, sugarless gum, sugar-free lollipops, or celery. Some people chew on a straw or stir stick.
- Avoid temptation -- stay away from situations you link with smoking.
- Find new habits and create a non-smoking environment around you.
- Be ready for future situations or crises that might make you want to smoke again, and think of all the important reasons you have decided to quit. To remind yourself of these reasons, you may want to put a picture of your children (or other people who are important to you) in your workplace. Or keep one handy in your purse or wallet.



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*



- Take deep breaths to relax. Picture your lungs filling with fresh, clean air.
- Remember your goal and the fact that the urges to smoke will get better over time.
- Think positive thoughts about how awesome it is that you are quitting smoking and getting healthy -- try to avoid negative ones. Remember that quitting is a learning process. Be patient with yourself.
- Brush your teeth and enjoy that fresh taste.
- Exercise in brief bursts (try alternate tensing and relaxing muscles, push-ups, deep knee bends, walk up a flight of stairs, or touch your toes).
- Call a supportive friend, family member, or a telephone stop-smoking help-line.
- Eat 4 to 6 small meals during the day instead of 1 or 2 large ones. This keeps your blood sugar levels steady, your energy balanced, and helps prevent the urge to smoke. Avoid sugary or spicy foods that may trigger a desire for cigarettes.

Above all, reward yourself for doing your best. Give yourself rewards often if that's what it takes to keep going. Plan to do something fun.

Link to smoking ban fact sheet: http://www.tobwis.org/uploads/media/SFAlm-2.7Smoke-FreeActFactsheet_rev05062010.pdf