

# Weekly Safety Tip



“Your Connection for Workplace Safety”

Phone: 920-208-7520

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

## SCI Personal Safety Tip: June is National Safety Month Week 2 Home Fall Prevention

Source: <http://homesafetycouncil.org>

Date: 2007

### Prevent Falls Inside the Home

The Home Safety Council found that critical falls-prevention measures are missing from the majority of homes in America. According to recent research, less than half of U.S. adults (48 percent) have proper lighting at the top and bottom of stairs, less than a quarter (24 percent) have installed grab bars in the shower, and only 22 percent have handrails on both sides of the stairs.

Families can take the first step toward falls prevention by conducting a home safety walk through and fixing potential falling hazards within the home.

### Bathroom Safety

- Have grab bars in the tub and shower.
- Have a non-slip mat or strips in the tub and shower.
- Have a bath mat with a non-skid bottom on the bathroom floor.
- Wipe up spills when they happen.
- Have nightlights in the bedroom, hall and bathroom.

### Stairway Safety

- Have handrails on both sides of stairs and steps. Make sure handrails go from the top to the bottom of stairs.
- Have bright lights over stairs and steps and on landings.
- It is easy to trip on small rugs. Tape them to the floor or do not use them at all.
- Keep the stairs clear.
- Use baby gates at the top and bottom of the stairs, if babies or toddlers live in or visit your home.

### Protect Against Outdoor Falls

While it's important to remedy indoor falling hazards, plenty of additional falling hazards can be found right outside the front door. In fact, when asked to identify the area where falls are of most concern, four in ten U.S. adults named the risk of falling outside while using a ladder or on the front porch or walkway.

The Home Safety Council recommends adopting the following safety practices to prevent outdoor falls:

*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**

**Un-Clutter to prevent trips and falls**

**James Lehrke-SCI**

**of the week**

**Porch/Walkway Safety**

- Have handrails on both sides of stairs and steps.
- Put bright lights over all porches and walkways.
- Keep sidewalks and paths clear.
- Fix broken or chipped steps and walkways as soon as possible.

**Ladder Safety**

- Before using a ladder outdoors, choose a location that is well away from all power lines and on level ground.
- Use the 4-to-1 rule for extension ladders: for each four feet of distance between the ground and the upper point of contact (such as the wall or roof), move the base of the ladder out one foot.
- Stand at or below the highest safe standing level on a ladder. For a stepladder, the safe standing level is the second rung from the top, and for an extension ladder, it's the fourth rung from the top.

**Playground Safety**

- Cover areas under and around play equipment with soft materials such as hardwood chips, mulch, pea gravel and sand. Materials should be 9 to 12 inches deep and extend six feet from all sides of play equipment.
- Avoid elevated platforms, walkways or ramps on playgrounds that lack adequate guardrails or other barriers.
- Be aware of tripping hazards, such as rocks and exposed roots. Clear this debris from your child's play area.
- Always supervise children when they are using playground equipment.

Links: <http://www.cdc.gov/HomeandRecreationalSafety/Falls/preventfalls.html> - DevCommunityPrg  
[http://homesafetycouncil.org/AboutUs/Media/media\\_w020.asp](http://homesafetycouncil.org/AboutUs/Media/media_w020.asp)

## **OSHA Compliance: New OSHA Training Emphasizes Workers' Rights**

**Source:** <http://www.osha.com>

**Date:** June 11, 2010

**WASHINGTON** - "Introduction to OSHA," a new training [component](#) emphasizing workers' rights, is required content in every OSHA 10- and 30-hour Outreach Training Program class. OSHA developed the information in support of the Secretary of Labor's goal of strengthening the voice of workers. This information affects hundreds of thousands of workers who complete Outreach Training Program classes each year, and more than 50,000 authorized OSHA Outreach Trainers. It focuses on the importance of workers' rights and advises them of their right to

- Safe and healthful workplaces
- Know about the presence and effects of hazardous chemicals
- Review information about injuries and illnesses in their workplaces
- Receive training
- Request/file for an OSHA inspection and participate in the inspection
- Be free from retaliation for exercising their safety and health rights

"For too long workers have avoided making claims of unsafe work conditions out of fear of losing their jobs," said Assistant Secretary of Labor for OSHA David Michaels. "We are confident that this new training will embolden workers to speak up

*SCI's tips weekly help provide value to our customer's training programs.*

### **SCI Testimonial**

*I did attend one seminar and it was a real eye opener. So many places talk up safety but often don't do anything about it. Jim helps to open eyes and make people realize that with time and some effort everyone goes home safe. I enjoy the weekly safety tips. A few months ago the tips were about ladder safety and I had all the info in front of me for my training thus saving me time.*

Seneca Foods

when they find work practices that endanger their lives and the lives of their co-workers." During the 10- and 30-hour outreach training program classes, OSHA trainers will cover topics on whistleblower rights and filing a complaint, and will provide samples of a weekly fatality and catastrophe report, material data safety sheet and the OSHA Log of Work-Related Injuries and Illnesses. Trainers can obtain test and answer sheets from their authorizing training organization. The OSHA Outreach Training Program is a voluntary program that seeks to teach workers about their rights and how to identify, reduce, avoid and prevent job-related hazards. The program includes 10- and 30-hour courses in construction, general or maritime industry safety and health hazard recognition and prevention that is taught through a network of OSHA-authorized trainers. Over the past three years, nearly two million students have received training through this program.

## **SCI Health News: Growing Evidence Links Exercise and Mental Acuity**

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

Date: June 12, 2010

Can exercise help keep your mind sharp? Researchers increasingly say the answer is yes.

John J. Ratey, a psychiatrist who wrote the book *Spark: The Revolutionary New Science of Exercise and the Brain*, says that there is overwhelming evidence that exercise produces large cognitive gains and helps fight dementia.

The *Washington Post* advises:

*"...while the volume of that research grows, the safest course of action for both body and mind appears to be to keep our weight down, follow a regular course of moderate to intense exercise, and stick with it."*

### **Sources:**

[Washington Post May 25, 2010](#)



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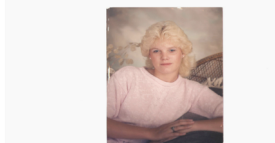
[jlconnections@aol.com](mailto:jlconnections@aol.com)

See us at:

<http://www.safetyconnections.com>

*In Loving*

*Memory of Jessica Lehrke*



## **SCI Environmental Impact Section: The Economic and Ecological dilemma Asian Carp**

**Chicago Shipping Locks Won't Be Closed For Asian Carp** - The **United States Army Corps of Engineers** officially ruled out the closure of the Chicago shipping locks as a practical way of stopping the spread of the **dreaded Asian carp**. The announcement comes after **months of study**, concluding that only by **permanently sealing the locks** would the effort have any effect on the carp problem, a measure that would **ruin Chicago's \$5 billion shipping industry**. While new alternatives to solving the carp problem are being developed, the Corps has begun implementation of **modest measures to increasing carp prevention**, including placing new **electronic barriers** and installing lights and noisemakers to scare the fish away.

Links: <http://www.asiancarp.org/background.asp>

Source: Daniel J. Miske