

# Weekly Safety Tip



“Your Connection for Workplace Safety”

Phone: 920-208-7520

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

*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**

**Loved ones don't let friends or family use cell phones while driving**

**James Lehrke-SCI**

**of the week**

## SCI Personal Safety Tip: June is National Safety Month Week 3 Dangers of Cell Phone Use While Driving

Sources: [www.nsc.org](http://www.nsc.org) <http://www.blr.com>

Date: June 2010

An estimated 28 percent of all traffic crashes – or 1.6 million each year – are caused by drivers using cell phones and texting. Cell phone use has increased dramatically during the last 15 years. According to NHTSA, an estimated 11 percent of drivers are talking on cell phones at any point of the day. We need to reverse this alarming trend. Even if you aren't using your phone while driving, it's important to be aware of others who are and to drive defensively. Source: [www.nsc.org](http://www.nsc.org)

Cell phones have become a valuable tool in conducting business as more employees are using them to perform their jobs. Among other things, they help boost productivity by keeping employees connected to the office and to clients. However, cell phones also raise a number of issues involving safety, security, and privacy.

For employers, there are liability issues. For example, if an employee has an auto accident and harms someone while making a work-related cell phone call, the employer as well as the employee may be found liable. Several lawsuits have been filed against employers as well as the employees themselves who have harmed someone allegedly because of cell phone use while driving and doing business at the same time.

The best advice for employers is to check state and local laws and to instruct employees in writing not to use cell phones while driving. They should also be instructed that if they receive a cell phone call, they should let voice mail answer it and/or call back when they can stop at a safe area.

If employees must use cell phones while in their cars, the following safety guidelines may help:

- Always dial while the car isn't moving.
- Never use the phone in heavy traffic or bad weather.
- Use speed dialing as much as possible.
- Use a hands-free phone.
- Never look up phone numbers while driving.
- Never have stressful conversations while driving.
- Keep your eyes on the road while on the phone.

Also know the state and local laws regarding driving and cell phone usage.

Link to states laws regarding cell phones and driving: [http://www.ghsa.org/html/stateinfo/laws/cellphone\\_laws.html](http://www.ghsa.org/html/stateinfo/laws/cellphone_laws.html)

National Safety Council provides posters and tip sheets for further information.

Material link to NSC: [http://www.nsc.org/nsc\\_events/Nat\\_Safe\\_Month/Pages/Week4.aspx](http://www.nsc.org/nsc_events/Nat_Safe_Month/Pages/Week4.aspx)

## OSHA News: Methylene Chloride Standard Is Meeting Its Mark

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

Date: June 16, 2010

OSHA's recent review of its methylene chloride standard indicates the rule is succeeding in protecting workers from the effects of exposure, such as respiratory and central nervous system failure and cancer.

Methylene chloride is a volatile, colorless liquid with a chloroform-like odor. It is used in various industrial processes and in industries like paint stripping, pharmaceutical manufacturing, paint remover production, and metal cleaning and degreasing.

OSHA's review shows that, annually, the standard has been effective in protecting as many as 30,000 to 54,000 workers and preventing approximately 34 deaths from cancer and other illnesses. These estimates are based on the reduced permissible exposure limit required in the final methylene chloride rule published in 1997.

The assessment was conducted as part of the Regulatory Flexibility Act and an Executive Order. Part of the review involved requesting and evaluating public comments on the standard's effectiveness. OSHA learned that the regulation was not burdensome and that employers understood and were able to apply requirements without disruptions in work or services.

## SCI Health News: Cancer Will Kill 13.2 Million a Year by 2030

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

Date: June 19, 2010

Cancer will kill more than 13.2 million people a year by 2030, almost double the number who died from the disease in 2008. Only 7.6 million people died of cancer in 2008.

Around 56 percent of new cancer cases worldwide in 2008 were in developing countries and these regions also accounted for 63 percent of all cancer deaths.

According to Reuters:

*"The projection for annual death rates of 13.2 million and annual diagnosis of 21.4 million were based on assumptions that underlying rates of cancer would remain the same over the next two decades".*

The rate of men dying from melanoma, the deadliest form of skin cancer has doubled over the past three decades. In the late 1970s, fewer than 1.5 per 100,000 men died from melanoma; that figure has now risen to over 3.1 per 100,000.

The death rates for women have also risen, from 1.5 per 100,000 to 2.2 per 100,000.

According to BBC News:

*"The figures suggest men are either not aware of skin cancer symptoms or are ignoring them and putting off going to see their [doctor]"*.

In addition, a new study joins the evidence showing just how profound of an effect pesticide use can have on human health. Researchers found that women with a history of farming had a greater risk of developing breast cancer.

The scientists were attempting to find groups with heightened cancer risks because of their jobs. They assumed the most common group would be male industrial workers, but to their surprise, they found it was women with breast cancer who had a history of farming.

According to Sustainable Food:

*"Researchers believe chemicals and pesticides are to blame for the increased breast cancer rates in female farm workers. Some pesticides and farm chemicals are carcinogens, while others mimic estrogen. Chemicals that mimic estrogen are linked to cancer and other diseases, particularly if exposure occurred during childhood."*

Meanwhile, cancer research keeps discovering the power of foods against cancer.

For example, breast cancer cells, even those of the most aggressive type, died after treatments with peach and plum extracts in laboratory tests. Normal cells were not harmed in the process. Two phenolic compounds are responsible for the cancer cell deaths. Phenols are slightly acidic and may be associated with traits such as aroma, taste or color.

Eurekalert reports:

*"According to the National Cancer Institute, there were 192,370 new cases of breast cancer in females and 1,910 cases in males in 2009. That year, 40,170 women and 440 men died from breast cancer."*

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

**SCI Testimonial**

*I receive the weekly safety tip and find the information extremely helpful. I have even implemented some of the information in my training sessions. Keep on sending the tips and work safely. Employees need to take ownership for their own actions.*

Mike Elliott

*The World Health Organization reports that breast cancer accounts for 16 percent of the cancer deaths of women globally."*

Sources:

- Reuters June 1, 2010
- BBC News May 30, 2010
- Sustainable Food May 14, 2010
- Eurekalert June 2, 2010

**Simple Things You Can Do NOW to Prevent Cancer**

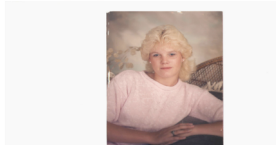
Here are all of the simple steps you can take to virtually eliminate your cancer risk:

1. **Normalize your vitamin D levels** with safe amounts of sun exposure. This works primarily by optimizing your vitamin D level. Ideally, it would be best to monitor your **vitamin D levels**.
2. **Control your insulin levels:** Make certain that you limit your intake of processed foods and sugars as much as possible.
3. Get appropriate amounts of animal-based **omega-3 fats**.
4. Get appropriate **exercise**. One of the primary reasons exercise works is that it drives your insulin levels down. Controlling insulin levels is one of the most powerful ways to reduce your cancer risks.
5. **Eat according to your nutritional type**. The potent anti-cancer effects of this principle are very much underappreciated. When we treat cancer patients in our clinic this is one of the most powerful anti-cancer strategies we have.
6. Have a tool to permanently erase the neurological short-circuiting that can activate cancer genes. Even the CDC states that **85 percent of disease is caused by emotions**. It is likely that this factor may be more important than all the



Let us know how you feel about our **new look!** Send us an email at: [jlconnections@aol.com](mailto:jlconnections@aol.com)  
See us at: <http://www.safetyconnections.com>

*In Loving Memory of Jessica Lehrke*



other physical ones listed here, so make sure this is addressed. My particular favorite tool for this purpose, as you may know, is the **Emotional Freedom Technique**.

7. Only 25 percent of people eat enough vegetables, so by all means **eat as many vegetables as you are comfortable with**. Ideally, they should be fresh and **organic**. However, please understand that, frequently, fresh conventionally grown vegetables are healthier than organic ones that are older and wilted in the grocery store. They are certainly better than no vegetables at all, so don't use that as an excuse. If you are a carb nutritional type you may need up to 300 percent more vegetables than a protein nutritional type.
8. Make sure you are not in the two-thirds of the population who are overweight **and maintain an ideal body weight**.
9. Get enough **high-quality sleep**.
10. Reduce your exposure to **environmental toxins** like pesticides, household chemical cleaners, **synthetic air fresheners** and air pollution.
11. Boil, poach or steam your foods, rather than **frying or charbroiling them**.