

# Weekly Safety Tip



“Your Connection for Workplace Safety”

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

## SCI Personal Safety Tip: June is National Safety Month Week 4 Summer Safety

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

Date: June 24, 2010

### Beat the Summer Heat

Summer is a great time to be outdoors; however, being exposed to hot weather for too long can result in serious health problems. In 2006, between the months of May to August, 611 unintentional-injury deaths occurred due to heat exposure. Take precautions to prevent heat-related illnesses and monitor children and the elderly during heat waves.

Summer is also a time of increased travel on our nation's roads. Fatalities between motorists and motorcycle riders have increased 131 percent between 1998 and 2008. Remember to watch for motorcyclists this summer when navigating the roadways. Source: [www.nsc.org](http://www.nsc.org)

Recommend that your employees follow these health-smart tips for beating summer heat hazards, both on and off the job.

- 1. Practice prehydration.** Before the activity starts, your workers should drink up to 16 ounces of fluid. After the activity begins, they should drink 8 ounces every 20 minutes during the activity.
- 2. Drink the right stuff.** Studies have shown that flavored water is more effective than plain water at providing hydration. This is simply because plain water is much better at quenching thirst and, therefore, people drink less of it. People will drink a larger volume of flavored water because they will continue to feel thirsty. Also, remind employees that they should never drink alcoholic beverages when working in the heat. Of course, that's prohibited on the job, but they should be careful off the job as well.
- 3. Become acclimated to the heat slowly.** According to the Centers for Disease Control and Prevention (CDC), a heat acclimation schedule can be induced in 5 to 7 days of exposure. For workers who have had previous experience with the job, CDC recommends an exposure regimen of 50 percent on day 1, 60 percent on day 2, 80 percent on day 3, and 100 percent on day 4. For new workers, CDC recommends 20 percent exposure on day 1 and a 20 percent increase on each additional day. Remember that after approximately 4 days of working in cool conditions, your workers' heat acclimation will decrease.
- 4. Take off that hat.** The body loses a lot of heat out of the top of the head. In winter, you want to wear a hat to keep the heat in. But in summer, you want to release body heat. So if your workers are in hot shade, advise them against wearing a hat. If they are in direct sun and need shading, recommend that they wear a visor rather than a cap.

*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  
Hydrate  
James Lehrke-SCI**

**of the week**

**5. Wear the right fabric.** Cotton is great at absorbing moisture from the skin while sweating, but it can create a problem if the fabric becomes soaked. If possible, recommend that your workers wear a loose, thin, white, synthetic t-shirt while working in the heat. Synthetic material does not absorb sweat, but instead, sends it off the skin to be quickly evaporated. Synthetic fabrics will keep your workers cooler and safer from dangers of heat illness.

**6. Don't remove personal protective equipment (PPE).** Workers must wear all required PPE even when working in hot conditions. However, be sure to listen to your workers and offer breaks when needed.

Additional NSC summer safety and health [fact sheets](#):

Link to Summer Safety Tip fact sheets: [http://www.nsc.org/nsc\\_events/Nat\\_Safe\\_Month/Pages/Week5.aspx](http://www.nsc.org/nsc_events/Nat_Safe_Month/Pages/Week5.aspx)

## OSHA Compliance: Are there any OSHA interpretations or other guidance available on the use of programmable logic controllers for use in interlocks?

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

Date: June 24, 2010

The response below provides information about federal OSHA's interpretation of the use of PLC systems for the protection of employees from equipment failure. We could not find any additional workplace safety regulatory information in California that addresses PLCs. Industry consensus standards are copyrighted (e.g., ANSI, ASME, etc.) and we could not access any workplace safety-related PLC guidance from them.

OSHA has not addressed the use of PLCs as interlocks directly, but they do state in an interpretation letter (see link below) that "circuit control systems, such as the PLC system you describe, are not energy isolating devices as defined at §1910.147(b). As a result, reliance on a PLC system that controls machine or equipment safety functions, such as stopping or preventing hazardous energy (motion), is prohibited by the LOTO standard and, as a result, is presumed to be ineffective employee protection from injuries resulting from hazards such as component failure, program errors, magnetic field interference, electrical surges, and improper use or maintenance." See the OSHA interpretation concerning the use of a PLC system as an alternative measure which provides effective protection for minor servicing activities at [http://osha.gov/pls/oshaweb/owadisp.show\\_document?p\\_table=INTERPRETATIONS&p\\_id=25947](http://osha.gov/pls/oshaweb/owadisp.show_document?p_table=INTERPRETATIONS&p_id=25947)

An OSHA compliance directive concerning control of hazardous energy (CPL 02-00-147) states, "Programmable logic controllers (PLCs) are used in many machine applications, and these control circuit devices are not considered energy isolating devices for purposes of the LOTO [lockout tagout] standard. Safety functions, such as stopping or preventing hazardous energy (motion), can fail due to component failure, program errors, magnetic field interference, electrical surges, improper use or maintenance, etc." See the compliance directive at [http://www.osha.gov/OshDoc/Directive\\_pdf/CPL\\_02-00-147.pdf](http://www.osha.gov/OshDoc/Directive_pdf/CPL_02-00-147.pdf)

## SCI Health News: UV Safety Month Sunglasses, More Than a Fashion Statement

Source: <http://www.aao.org/aaosite/eyemd/uv.cfm>

Date: July 2010

1. **During July, UV Safety Month, the American Academy of Ophthalmology and Eye M.D.s around the country encourage everyone to protect their eyes from UV-related damage.**
  - The same UV-A and UV-B rays that can damage your skin can harm your eyes as well. When you protect yourself from the sun, don't just think sunscreen – think sunglasses and a wide brimmed hat.

*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

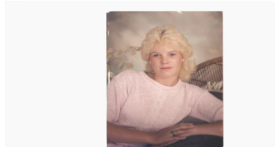
- Excessive, prolonged UV exposure may be linked to the development of eye conditions such as cataracts and age-related macular degeneration.
  - Extensive or intense exposure to UV rays can cause "sunburn" on the surface of your eye. Similar to a skin sunburn, eye surface burns usually disappear within a couple of days, but may lead to further complications later in life so protect your eyes.
- 2. To protect your eyes, wear a brimmed hat and the right kind of sunglasses when you are going to be exposed to UV light.**
- Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays.
  - If you spend time on the water or in the snow, consider purchasing goggles or sunglasses that wrap around your temples because they block the sun's rays from entering on the sides, offering better protection.
  - Remember sunglasses don't have to be expensive to offer the right kind of UV protection. Even inexpensive glasses can protect your eyes if they offer 99 to 100 percent UV-A and UV-B protection.
  - Don't forget the kids. Protect their eyes with hats and sunglasses. In addition, try to keep children out of the sun between 10:00 a.m. and 2:00 p.m. when the sun's ultraviolet rays are the strongest.
- 3. It's important to protect your eyes when UV light is most intense.**
- Generally, UV light is at the greatest level at midday (10:00 a.m. to 2:00 p.m.), but you need to protect your eyes whenever you're outside for a prolonged period, even when it's gray and overcast.
  - Reflected sunlight off water, snow and pavement can be the most dangerous type of UV light because it is intensified.
  - Your eyes can be harmed by UV light sources other than the sun, such as welding lamps or tanning lights. So remember to wear eye protection when using these sources of invisible, high energy UV rays.

## **Law Update**



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*



### **U.S. Supreme Court: Employer Has Right to Access Electronic Data on Handheld Device**

On June 17, 2010, the U.S. Supreme Court issued its decision in *City of Ontario v. Quon*, holding that a public employer's search of an employee's text messages was reasonable under the circumstances, and did not violate that employee's rights under the Fourth Amendment to the U.S. Constitution. In light of this decision, employers should keep in mind a few tips when accessing employee electronic data.

If you have any questions regarding the above, please feel free to contact Attorney Daniel J. Miske of Whyte Hirschboeck Dudek SC at (414) 978-5311 or email him at [dmiske@whdlaw.com](mailto:dmiske@whdlaw.com)