

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 1 Teen Driving

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

Date: June 5, 2010

Teen Driving Safety is next week's theme, so refresh your workers on the limits and precautions on teen drivers in the workplace. The number one hazard for teen work-related deaths and injuries on the job is working in or around motor vehicles, either driving or riding in cars or trucks or having an accident with a vehicle while walking or riding a bicycle. Teen jobs in this category may involve:

- Delivery, e.g., furniture, parcels, pizzas
- Traveling to provide home-based services, e.g., landscaping, appliance repair
- Residential trash pickup
- Road maintenance or construction
- Gas station or auto-repair work

Teens have also been injured operating tractors, forklifts, loaders, and other heavy equipment. **Because of the dangers, only teenagers 17 and older may drive on the job.** And even these driving teens have limitations on their driving job duties. They may drive as part of their jobs only if they:

- Have no record of moving violations when hired
- Drive 6,000 pound or lighter vehicles, equipped with seat belts, on public roads during daylight hours
- Are instructed to use seat belts
- Are licensed for that type of driving, after successfully completing state-approved driver education
- Drive inside a 30-mile radius from the workplace for up to a third of a workday or 20 percent of a workweek
- Make no more than two daily trips from their primary workplace to deliver goods to a customer or to transport passengers
- Do not tow, make route deliveries, route sales, urgent or time-sensitive deliveries, or transport property, goods, or passengers for hire
- Transport no more than three passengers, even if they are

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

JUST SAY NO to Distracted Driving!

James Lehrke-SCI

of the week

other employees

Keep teenagers and their co-workers safe on the job by making sure both older workers and teenagers know and follow these restrictions on teen driving in the workplace.

Why It Matters

- For 16- to 20-year-olds, nearly one in every three deaths is caused by a crash.
- Collisions are the number one cause of teen death.
- Vehicle crashes are the leading cause of death and injury for U.S. teens between the ages of 15 to 19.
- The death toll is equivalent to about 17 deaths per day for people involved in teen driver crashes.
- For teens, the likelihood of being in a crash is at a lifetime high in the first 12 months and 1,000 miles of driving.

OSHA Compliance: Enhancing Federal Worker Safety and Health is Focus of OSHA Training Event

Source: <http://www.osha.gov>

Date: June 1, 2010

WASHINGTON - OSHA has scheduled a three-day OSHA training event for federal agency staff responsible for workplace safety and health issues that is designed to enhance their knowledge and skills for keeping federal workers safe and healthy on the job.

The OSHA Training Institute (OTI), in collaboration with OSHA's Office of Federal Agency Programs, will conduct a series of half-day seminars that discuss potential hazards such as ergonomics, pandemic influenza, indoor air quality and fire protection, among other topics. OSHA developed this training event to assure that federal workplaces had safety programs and standards consistent with those in the private sector.

The event will be held June 22-24, 2010, at the OSHA Training Institute, 2020 South Arlington Heights Rd., Arlington Heights, Ill. Registration will be open until June 8, 2010. Students can access registration forms, course descriptions and other details at www.osha.gov/dep/fap/index.html. Completed registration forms must be emailed to OTI Student Services at oti.registration@dol.gov.

Government agency personnel will not be charged tuition or fees to attend the training courses. However, Department of Labor regulations require OSHA to charge tuition to private sector attendees and federal government contractors.

The OTI provides training and education in occupational safety and health for federal and state compliance officers, state consultants, other federal agency personnel, and the private sector.

For more information on OTI, visit OSHA's [Directorate of Training and Education Web page](#). Part of OSHA's Office of [Federal Agency Programs](#) responsibilities include coordinating OSHA investigations of safety and health complaints, as well as coordinating OSHA inspections to ensure agencies provide federal workers with safe work environments.

Under Section 19 of the Occupational Safety and Health Act of 1970 and Executive Order 12196, the head of each agency is responsible for providing safe and healthful workplaces for their employees. OSHA's role is to assure these conditions for all Federal employees by setting and enforcing standards, and providing training, education and assistance. For more information, visit <http://www.osha.gov>.

Link to OSHA fact sheet: <http://www.osha.gov/as/opa/proposed-rulemaking-factsheet.html>

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

SCI Testimonial

I have seen your program a couple of times and continue to be amazed at your ability to obtain involvement from all in attendance. Additionally, I have seen first hand the "Want" you can create among all levels of employees which is what ultimately leads to a safer environment for everyone. Your passion comes out in your words and actions and I am proud to be associated with your company.

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SCI Health News: 10 Minutes of Exercise Yields Hour-Long Effects

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

Date: June 4, 2010 and

Ten minutes of brisk exercise triggers metabolic changes that last at least an hour. What's more, the more fit you are, the more benefits you will get. Researchers measured biochemical changes in the blood of a variety of people. Metabolic changes that began after 10 minutes on a treadmill still were measurable 60 minutes after people cooled down. According to USA Today:

"Checking a metabolite of fat breakdown, the team found people who were more fit — as measured by oxygen intake during exercise -- appeared to be burning more fat than the less fit ... The extremely fit -- 25 Boston Marathon runners -- had ten-fold increases in that metabolite after the race."

Source: USA Today June 1, 2010

Tips to enjoy exercise <http://www.mercola.com> **Source:** Lifehack.org October 19, 2007

A lot of people complain about not having enough time to stay in shape. Are you one of them? Does exercise always get bumped to the bottom of your list of things to do? The problem may have nothing to do with time – it might just be that you hate exercise...

If that's the case, some of these tips may be just what you need to change your attitude, and in return, exercise might just change your whole life. For the full list of all 13 tips, see the Lifehack link below, but here are a few good ones:

- o **Tune Your Challenge Level** – Don't start out by running until you're winded and dry-heaving into a ditch, and don't just mess around in the gym without doing anything strenuous at all. Instead, make it your goal to set a workout routine that is challenging, but not overwhelming. Challenge is key to enjoyment.
- o **Set Goals** – Don't just set weight-loss or muscle gain goals, set fitness goals. Set goals to beat your past records in distance, push-ups, or chin-ups you can do, weight you can lift, or degree you can stretch. Make it a game where you strive to beat your previous high-score.
- o **Music** – This shouldn't come as a surprise, but music can enhance a workout, making it far more enjoyable and less like "work."
- o **Short Workouts** – Don't have time or enthusiasm to last an hour? Just go for twenty or thirty minutes. Shorter, but higher-intensity workouts can be better than longer ones and you can become more focused as a result.
- o **Make Exercise Your Stress Relief** – Many swear by using the gym to relieve stress. Exercising can be cathartic and release negative feelings if you get used to using it that way. Then instead of avoiding the gym because of a stressful day, it will be your reason to go.



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*

