

# 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.*



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**SCI OSHA NEWS OR COMPLIANCE**



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**We want to hear from you! Send us your feedback and give us ideas for future safety topics.**

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## Safety Slogan

Every accident - every - time if it's predictable it's preventable

**James Lehrke-SCI**

**of the week**

## SCI Safety Tip: Know Lockout/tagout Applicable Regulations: 29 CFR 1910.147

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

Date: August 12, 2010

### 1. Powered Machines and Equipment Are Dangerous If They Start Up Unexpectedly

The electrical, mechanical, hydraulic, or pneumatic energy that powers equipment or the energy stored in springs, steam, or pressurized air or liquids can be dangerous. Working on equipment you believe has been shut off can cause serious injury if there's an unexpected:

- Restart of power
- Release of energy stored in springs, steam, or pressurized air or liquid
- Movement of parts

Unexpected energization could cut, hit, crush, or even kill a person who's working on the machine to perform tasks like:

- Repairs or maintenance
- Cleaning
- Checking mechanical or operational problems

### 2. Take Action to Prevent Accidental Energization

Before working on powered equipment, you must:

- Turn it off, and lock out the power
- Release, drain, and lock out any stored energy

### 3. Lockout Prevents Accidental Energization

- A lock is placed on the machine's energy control switch, circuit breaker, etc.
- The lock locks the device in an "off" position so it can't be started up accidentally.

### 4. OSHA Sets Standards for Lockout/Tagout Locks and Tags

These locks and tags must be:

- **Used only for lockout/tagout**
- **Durable** enough for the job's length and conditions (e.g., temperature, humidity)
- **Standardized** so all facility lockout/tagout locks and tags are the same color, shape, and size
- **Strong** enough to be removed only by heavy force or tools like bolt cutters
- **Identified** with the name of the employee who installs and removes it

Tags must also be:

- **Legible**, even if they get dirty or damp
- Attached by hand with nylon cable ties or other self-locking means that:
  - Can't be reused
  - Need at least 50 pounds of strength to remove

#### 5. You Need Special Training and Authorization to Perform Lockout/Tagout

Lockout/tagout is performed only by authorized employees who are trained to:

- **Recognize** hazardous energy sources and their type and amount of energy
- **Isolate** and control energy to prevent accidents
- **Perform** OSHA's specific, required lockout/tagout steps

**Affected employees** work with powered equipment but aren't authorized to apply or remove locks and tags. They must know:

- Why lockout/tagout is important and how it works
- The requirement to lock/tag out equipment before performing repairs or service
- The importance of not trying to remove or work around locks or tags
- **Other employees** aren't involved with lockout/tagout, but should still understand:
- Lockout/tagout's basic procedures
- The importance of not trying to restart locked or tagged equipment

## OSHA Fatal Facts (Fall from Scaffold)

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

Date: November 1, 2001

### BRIEF DESCRIPTION OF ACCIDENT

Two employees were sandblasting a 110 foot water tank while working on a two-point suspension scaffold 60-70 feet above the ground. The scaffold attachment point failed, releasing the scaffold cables, and the scaffold fell to the ground. The employees were not tied off independently, nor was the scaffold equipped with an independent attachment system.

### INSPECTION RESULTS

As a result of the investigation, OSHA issued a serious citation for eight violations and five other violations.

### ACCIDENT PREVENTION RECOMMENDATIONS

- Instruct employees in the recognition and avoidance of unsafe conditions [CFR 291926.21 (b)(2)].
- Use scaffold tie backs as secondary anchorage on two-point suspension scaffolds [29 CFR 1926.451(i)(4)].
- Attach employee lifelines to substantial members of the structure, not scaffold [29 CFR 1926.451(i)(8)].
- Conduct periodic inspections while the scaffold is in use [29 CFR 1926.451(i)(7)].
- Use scaffold attachment components capable of sustaining four times the maximum load [29 CFR 1926.451(i)(2)].

### SOURCES OF HELP

- OSHA General Industry Standards [CFR parts 1900-1910] and OSHA Construction Standards [CFR Part 1926] which together include all OSHA job safety and health rules and regulations covering construction.
- OSHA Safety and Health Training Guidelines for Construction (Available from the National Technical Information Service, 5285 Port Royal Road, Springfield, VA 22161; 703/487-4650; Order No. PB-239-312/AS): a set of 15 guidelines to help construction employers establish a training program in the safe use of equipment, tools, and machinery on the job.
- Courses in construction safety are offered by the OSHA Training Institute, 1555 Times Drive, Des Plaines, IL 60018, 708/297-4810.

**NOTE:** The case here described was selected as being representative of fatalities caused by improper work practices. No special emphasis or priority is implied nor is the case necessarily a recent occurrence. The legal aspects of the incident have been resolved, and the case is now closed.

## SCI Health Facts: 5 Mind-Blowing Benefits of Exercise

Source: [www.mercola.com](http://www.mercola.com)

Date: July 24, 2010

U.S. News & World Report reveals five ways that exercise can enhance your brainpower and mood:

- **It reverses the detrimental effects of stress.** Exercise boosts levels of soothing brain chemicals like serotonin, dopamine, and norepinephrine. Exercise may actually work on a cellular level to reverse stress's toll on your aging process.
- **It lifts depression.** Sustained, sweat-inducing activity can reduce symptoms of depression about as effectively as antidepressants.
- **It improves learning.** Exercise increases the level of brain chemicals called growth factors that help make new brain cells.
- **It builds self-esteem and improves body image.** Even simply seeing fitness improvements, like running a faster mile or lifting more weight, can improve your self-esteem and body image.
- **It leaves you feeling euphoric.** High-intensity exercise can leave you with a feeling of euphoria. Try running, biking, or swimming as fast as you can for 30 to 40 seconds and then reduce your speed to a gentle pace for five minutes before sprinting again.

Further, a new study by researchers at Northwestern University's Feinberg School of Medicine in Chicago have revealed impressive insights into *why* exercise is so good for your brain. In short, it appears that exercise lowers the activity of bone-morphogenetic protein or BMP, which slows the production of new brain cells.

At the same time, exercise increases Noggin, a brain protein that acts as a BMP antagonist.

According to NYTimes.com:

*"The more Noggin in your brain, the less BMP activity exists and the more stem cell divisions and neurogenesis [production of new brain cells] you experience."*

### Sources:

[U.S. News & World Report June 30, 2010](#)

[NYTimes.com July 7, 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*

**Health Slogan:** *"Take care of your body, it's the only place you have to live".*

**SCI Health Commentary:** *The slogan is fitting... no pun intended. We work hard to stay safe in our jobs and at home. But do you realize that we jeopardize safety because of our health? Many times exhaustion, pain and discomfort come from the way our bodies have been used and sometimes abused, causing injury or death. A change in lifestyle may result in a safer and healthier YOU! Take thirty minutes from your day for YOURSELF. Provide time to bike, walk, roller blade, or any activities that may result in becoming stress free! Remember, "take care of your body" and live a happier life!*