



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

**One safe act can lead to another.
James Lehrke-SCI**

of the week

SCI Safety Tip: The Case of the Mixed-Up Dough: Why New Employee Safety Orientation Is So Important

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

Date: January 18, 2012

New employees are often eager, but equally often inexperienced and unaware of the specific safety hazards of your workplace. That's why safety orientation is so important, as this case study proves to new workers.

Case studies are a great way to train employees about workplace hazards and protections. You can use them effectively in both safety training and orientation programs. Today, we feature a case study from BLR's [OSHA Accident Case Studies](#) that is designed to show new employees why their safety orientation is so important, and why they should pay careful attention to what they're being taught those first few crucial days on the job.

The accident and serious injury in this case, like most workplace accidents, could easily have been prevented had the new employee known the proper actions required to protect his safety. Instead, he placed himself in danger and was injured because he was unaware of the risks and the rules.

The Case

Employee #1, an experienced worker, is cleaning a dough mixer with the lid open. An interlock on the lid deactivates the mixer blades, so they are not operating. But the air-lock blades, through which scrap dough is returned to the mixer, are still operational and not deactivated by the interlock.

Employee #1 is called away to do another job. He leaves the mixer with the lid up.

Employee #2, who is new, enters the machinery area to learn more and to move up to a better job. He approaches the dough mixer and sees that the mixing blades are shut off. He approaches the mixer unaware that the air-lock scrap dough return blades are still on.

While standing in front of the mixer, Employee #2 puts his hand into the air-lock to clear or clean it. His fingers strike against the moving air-lock blades. He suffers a partial amputation of the middle, ring, and little fingers on his right hand.

Discussion

[OSHA Accident Case Studies](#) encourage interaction. So once the accident scenario has been presented, questions designed to stimulate discussion are introduced. For example, in this case trainees are asked questions like:

- Do you think injured Employee #2 properly trained to clean the mixer?

- Should Employee #2 have reached into the mixer?
- What kind of training should new or transferred employees receive?
- Do you think Employee #1, who walked away from the mixer, partly to blame for this accident?

Analysis

Once new employees have discussed these questions, it's time to look at the causes of this accident and how it could have been prevented. The program suggests the following factors:

- Employee #1 did not properly lock out the machine and then left it unattended. If the machine had been locked out properly, the curious new Employee #2 would not have suffered the same injuries when he reached into the machine.
- Employee #2 was new to the work area. He was unaware of the hazards of the equipment in this area. He had not been trained to operate or clean the equipment. He had no idea, for example that the air-lock blades were still operational and therefore extremely hazardous. He probably assumed that the power to the machine was turned off because he had observed the other worker cleaning it.
- Employee #2 wanted to help. He wanted to make a good impression with co-workers and prove that he was willing to help out. He also wanted to learn about the machinery. Although it's good to be enthusiastic about their job and want to learn new things, new employees also must be sure they understand the hazards and the safety rules—in this case, the dangers of the equipment and the rule which says stay away from hazardous equipment unless trained and authorized.

Accident Prevention

Accidents like this one can easily be prevented. But to do so, you must create awareness of safety issues and instill a good safety attitude right from the start, before new employees have a chance to make a mistake and get injured.

That's what the orientation period is for. Using a case study such as this one is an easy and effective way to engage new employees in the orientation process and prepare them to become safe workers.

OSHA Compliance: Electrical Safety (Quickcard)

Source: www.osha.gov

Electrical hazards can cause burns, shocks and electrocution (death).

- Assume that all overhead wires are energized at lethal voltages. Never assume that a wire is safe to touch even if it is down or appears to be insulated.
- Never touch a fallen overhead power line. Call the electric utility company to report fallen electrical lines.
- Stay at least 10 feet (3 meters) away from overhead wires during cleanup and other activities. If working at heights or handling long objects, survey the area before starting work for the presence of overhead wires.
- If an overhead wire falls across your vehicle while you are driving, stay inside the vehicle and continue to drive away from the line. If the engine stalls, do not leave your vehicle. Warn people not to touch the vehicle or the wire. Call or ask someone to call the local electric utility company and emergency services.
- Never operate electrical equipment while you are standing in water.
- Never repair electrical cords or equipment unless qualified and authorized.
- Have a qualified electrician inspect electrical equipment that has gotten wet before energizing it.

- If working in damp locations, inspect electric cords and equipment to ensure that they are in good condition and free of defects, and use a ground-fault circuit interrupter (GFCI).
- Always use caution when working near electricity.

Health Tip: Stretch Away Employee Pain and Stretch Your Profit Margin (Part 2)

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

Date: January 10, 2012

Posture pose. This move will stretch the muscles in your back, sides, and arms. From a seated or standing position lace the fingers together and stretch them toward the ceiling. Breathe deeply as you stretch as high as you can. Then exhale, open the arms, and sweep them down. Repeat 8 to 10 times.

Point and stretch. Pointing the fingers is good for the hands, wrists, and forearms. Stretch one hand out in front and point the fingers to the floor. Use the opposite hand to gently increase the stretch by pushing the fingers toward the body. Switch hands.

Torso twist. Stand behind a sturdy chair and grab the back of it with one hand. Then grab the arm of the chair with the opposite hand. Gently twist your torso toward the back of the room. Hold the twist, come back to neutral, and repeat on the other side.

Big hug. Hug yourself, placing your right hand over your left shoulder and the left hand on the right shoulder. Breathe in and out, releasing the often-tight area between the shoulder blades.

Leg hug. Sit on the edge of a nonrolling chair with feet together and flat on the floor. Lean over with chest to knees and let the arms dangle loosely to the floor. Bring your hands behind your legs with the right hand grasping the left wrist, forearm, or elbow, as the left hand grasps the right. This will stretch the back, shoulders, and neck.

Quick Tips for Healthy Living

HEALTHY BITES

PREVEA
Health & Wellness



Relax your muscles. Stress causes tension in your muscles. Try stretching or taking a hot shower to help you relax.

What do you think?
Send us an email at:
jlconnections@aol.com
See our bold new look @
<http://www.safetyconnections.com/>

*In Loving
Memory of Jessica Lehrke*