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Weekly Safety Tip

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January 26, 2015

SCI Safety Tip: New NIOSH Guide Helps You Train to Prevent MSDs

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

By: Heather Hunt

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A new publication from the National Institute for Occupational Safety and Health (NIOSH) highlights how workers in grocery stores can reduce strains and sprains when moving materials from the delivery truck to the sales floor.

Designed for retail workers and safety experts, *Ergonomic Solutions for Retailers* uses a series of illustrations to show how and where employees in a retail setting, such as a grocery store, would use mechanical assist devices to lift, push, or pull heavy materials—job tasks that can lead to musculoskeletal injuries.



“Data has shown us that not only do musculoskeletal injuries result in time away from work across all industry sectors, but data shows that they affect workers in the wholesale and retail trade at a higher rate,” said NIOSH Director John Howard, MD. “This new resource is an invaluable tool for workers in this industry to help decrease injuries and increase productivity.”

According to the Bureau of Labor Statistics, musculoskeletal

SCI Safety Slogan

***A good safety culture
is built over time. It is
never given.***

James Lehrke-SCI

injuries, also called overexertion injuries, accounted for approximately 30% of occupational injuries that resulted in time away from work. Additionally, laborers and freight, stock, and material movers experience the highest number of overexertion injuries. These injuries often involve strains and sprains to the lower back, shoulders, and upper limbs.

Recommendations Beyond Retail

While the publication focuses on the grocery sector, the suggestions can be adapted to other scenarios, including for those working in warehouse and storage facilities. The technology presented may also support a retailer's growing Internet sales that depend on moving large quantities of merchandise, often with fewer employees.

The guide recommends using mechanical assist devices during tasks that include unloading trucks and transporting merchandise to the store using a conveyor, transporting and unloading merchandise from the truck to the sales floor, transporting and unloading merchandise onto storage racks, and transporting and unloading merchandise from storage onto the sales floor.

Some of the equipment recommended in the guide includes:

- Height-adjustable conveyors to transport products without the risks of bending and reaching injuries or dropped products (reduces bending and reaching);
- Powered pallet movers to unload pallets from a trailer (reduces bending and reaching);
- Self-adjusting handcarts for moving products to the sales floor (reduces bending and reaching);
- Flat carts with spring-loaded platforms for moving excess merchandise to a storage rack (reduces bending and lifting);
- Pallet stackers to move loaded pallets to storage racks (reduces lifting and carrying forces);
- Vacuum lifts to move bags of material from pallets (reduces lifting and lowering forces);
- Stocking carts to place products on shelves (reduces bending and awkward postures); *and*
- Pallet jacks to move boxes from storage to the sales floor (reduces lifting and carrying).

Training Is Key

The guide cautions, however, that material-handling equipment can introduce new hazards, and employees must be properly trained to use it. For example, while powered pallet movers reduce the risk of sprain and strain injuries, they can increase the risk of contact-with-object injuries. Similarly, using a pallet jack to transport products can reduce the number of trips between the backroom and the sales floor, but pallets can also pose a trip hazard to those in the immediate area and can block customers' access to products.

SCI OSHA Compliance: When PPE is the only choice, make it the right choice

Source: <http://www.blr.com> (Part 1)

Date: January 10, 2014

Get the latest on trends and ways to improve compliance

When you can't eliminate a hazard any other way, it's your duty under the law to provide apparel or gear to protect the worker from that hazard. Personal protective equipment (PPE) is the last line of defense after engineering controls, work practices, and administrative controls have been exhausted. OSHA estimates that more than 20,000 workplace injuries could be avoided each year with proper use of PPE.

In this *Compliance Report*, you'll find valuable updates on equipment innovations, best practices from industry and the military, and news on a voluntary standard that could help you learn what you're really getting when you purchase PPE.

What's your PPE IQ?

OSHA requires use of protective equipment "to reduce employees' exposures to hazards when engineering and administrative controls are not feasible or effective in reducing these exposures to acceptable levels." If equipment will be used, a PPE program should be established.

The standard states, "Protective equipment, including personal protective equipment for eyes, face, head, and



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Taking care of your health is up to you. It comes down to making the right choices every day. Your personal dreams and goals can be achieved with learning how to change habits and setting SMART Goals. SMART is a handy acronym for the five characteristics of well-designed goals.

Specific: Goals should be straight forward and emphasize what you want to happen.

Measurable: If you can't measure it, you can't manage it.

Achievable: Begin to figure out ways you can make your goals come true.

Realistic: Are your goals doable?

Timed: Set a time frame for the goal. - See more at:

<http://www.prevea.com/Your-Wellness/Resources/SMART-Goals/#sthash.6Gkg3soA.dpuf>

extremities, protective clothing, respiratory devices, and protective shields and barriers shall be provided, used, and maintained in a sanitary and reliable condition wherever it is necessary by reason of hazards of processes or environment, chemical hazards, radiological hazards, or mechanical irritants encountered in a manner capable of causing injury or impairment in the function of any part of the body through absorption, inhalation, or physical contact."

In 2008, a new OSHA regulation regarding payment for PPE took effect.

It required that employers (with certain exceptions) pay for PPE used to comply with OSHA standards. It states that employers cannot require workers to provide their own PPE. When workers do provide their own gear, the employer must ensure that it provides adequate protection from hazards.

Under the rule, employers are not required to pay for items such as everyday clothing (long-sleeve shirts and normal work boots), hairnets and gloves worn for food safety, nonspecialty safety protective footwear, and nonspecialty prescription safety eyewear, as long as the employer permits these to be worn off the job.

Program requirements

Program requirements include identifying and evaluating workplace hazards and determining if PPE is an appropriate control measure. The program should also address how PPE is selected, maintained, and evaluated, as well as employee training, and a means to determine the program's effectiveness.

A PPE hazard analysis should be conducted for all jobs performed at your site. This starts with a list of the potential hazards that could occur. Next, determine if there are engineering, work practice, or administrative controls that could be used to reduce each of these hazards. Determine if there is any PPE that would reduce the possibility of employees being injured by hazards not corrected by other types of controls. Then list the PPE that would best protect workers from the identified hazards.



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