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## *Weekly Safety Tip*

*Life Is All About Choices!*<sup>®</sup>

November 2, 2015

### SCI Safety Tip: Preventing needlestick injuries

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

Date: October 26, 2015



Predominantly a health care-related risk, needlestick and sharps injuries are serious. NIOSH states that these types of injuries occur when a worker comes in contact with a contaminated needle, scalpel or other sharps.

Common ways in which workers sustain needlestick and sharps injuries include recapping needles, handling needles that need to be taken apart after use, working too quickly, and bumping into a needle or sharp that another worker is holding.

NIOSH recommends that to help prevent needlestick and sharps injuries, employers do the following:

- Create a bloodborne pathogens control program covering the requirements of OSHA's standard on bloodborne pathogens.
- Purchase needle device alternatives whenever possible.
- Ensure needle devices used by employees at your workplace have safety features.
- Investigate any injuries related to sharps and needles, and provide post-exposure medical evaluations.

***SCI Safety Slogan***

**When safety is first,  
you last.**

***James Lehrke-SCI***

Tips for employees include:

- Always adhere to standard precautions, infection prevention and general hygiene practices.
- Plan ahead for the safe handling and disposal of needles and sharps.
- Immediately report any injury to your employer.

If you experience a needlestick or sharps injury:

- Wash the area with soap and water.
- Report the incident to your supervisor.

Seek medical help.

## SCI OSHA Compliance: Understanding OSHA's procedures when reporting severe injuries and RRI's

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

By: *Ana Ellington, Legal Editor*

Date: *October 29, 2015*

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Since the Occupational Safety and Health Administration (OSHA) new reporting requirements (29 CFR 1904.39) went into effect in January 2015, the Agency has been inundated with workplace incidents reports. Anticipating a large increase in reports, OSHA issued an internal enforcement memorandum on December 24, 2014, to help the field offices manage these reports. It provides new procedures on when to launch an inspection.

The likelihood of an employer having to report to OSHA a covered severe injury is much higher under the new rule. Specifically, the revised standard requires employers to report all work-related inpatient hospitalizations, amputations, or losses of an eye within 24 hours of the event. The requirement to report any work-related fatality within 8 hours has not changed. The broad definitions for inpatient hospitalization and amputation, which now includes fingertip amputations with or without bone loss, probably contribute to the increase in workplace incidents reports. According to OSHA, the Agency is averaging about 250 new reports each week—taking up a great deal of resources.

When reporting an incident, the following information is required:

- Establishment name;
- Location of the work-related incident;
- Time of the work-related incident;
- Type of reportable event (i.e., fatality, inpatient hospitalization, amputation, or loss of an eye);
- Number and names of employees who suffered a fatality, inpatient hospitalization, amputation, or loss of an eye;
- Contact person and his or her phone number; and
- Brief description of the work-related incident.

The memorandum provides valuable insight into additional questions employers may be asked, and outlines the triage process field offices will use to sort through the data and determine whether to open an on-site inspection or initiate a Rapid Response Investigation (RRI). If an RRI is deemed best, OSHA will send the employer a letter requesting that the employer conduct an investigation and report back to OSHA the root cause of the incident and the corrective actions that will be taken to prevent future incidents and protect employers.

Under the memorandum, OSHA will triage each report into three categories:

### 1. Category 1—Must be inspected.

- All fatalities and reports of two or more inpatient hospitalizations;
- Any injury involving a worker under the age of 18;
- Employers with a known history of multiple injuries (same or similar events in previous 12 months);
- Employers considered repeat offenders (history of egregious, willful, failure-to-abate, or repeated citations);
- Employers in the Severe Violator Enforcement Program;
- Injuries from hazards covered under National Emphasis Programs or Local Emphasis Programs; and
- Any report of imminent danger.



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**Quick Tips for Healthy Living**

**ARE YOU READY FOR SOME FOOTBALL???**

For many people, the coming of fall means the excitement of football season is in the air! Whether you enjoy tailgating at the game or attending game watch parties, here are some suggestions to stay healthy while cheering on your favorite teams.

**THE MEAT-** Avoid the fatty sausages; a single brat or brat patty has 300-350 kcal and 21-28 gm. of fat!

Try something new such as turkey burgers or chicken breasts marinated in fat-free Italian dressing. If red meat is a must for your group, choose lean or extra lean beef burgers and keep patties to the size of a deck of cards or even smaller for sliders. Provide healthy sandwich toppings such as lettuce, tomato and grilled peppers.

**THE SIDES-** Many football gatherings center around an endless variety of high fat dips and snacks. A ¼ cup serving of layered taco dip may contain as much as 150 calories—without the greasy chips!

Healthier dips like salsa, low-fat ranch dressing, hummus or a dill dip made with low-fat or fat-free mayo and sour cream. Below is a healthier version of the always popular layered taco dip. Provide veggies and baked whole grain crackers and chips for dipping. Set up a popcorn bar. Include unbuttered popcorn, individual serving size bags or cups and a variety of popcorn seasonings.

**THE DRINKS-** Beware of the high calorie alcoholic drinks such as heavy beers or ales, margaritas and wine coolers. A flavored malt beverage or ale has 250 calories or more in a 12 ounce serving! If choosing to drink alcohol do so in moderation and choose lower calorie options such as light beer or wine spritzer. Drink plenty of water or other non-calorie options to stay hydrated.

**THE PORTIONS-** Try these suggestions to help control portions. Use a small dessert plate when choosing snacks and resist going back for seconds. Stand or sit *away* from the food table. Grab a friend and go for a short walk during halftime. Eat slowly so you really enjoy the foods you're eating

**Pumpkin Pie Dip**

**Servings:** 12 □ **Size:** 1/2 cup □ **Calories:** 102.9 • **Fat:** 0.1g □ **Protein:** 1.8 g □ **Carb:** 27.7 g □ **Fiber:** 0.9 g

- 15 oz. can pumpkin
- 3/4 cup brown sugar (Splenda would work too)
- 1 tsp vanilla
- 1/8 tsp cinnamon
- 1/8 tsp pumpkin pie spice (or more to taste)
- 6 oz fat free Greek yogurt (I used Chobani)
- 8 oz cool whip free
- cut up apples to dip

Mix pumpkin with brown sugar, vanilla and spices, blend well. Mix in yogurt. Fold in cool whip and chill in refrigerator until ready to eat

If the reported incident does not meet the criteria in Category 1, the area director will have the discretion to determine whether to conduct an on-site inspection based on “yes” responses to multiple questions.

2. Category 2—The following list of questions is not exhaustive, and other factors to particular incidents may be considered.

- Are employees still being exposed to the factors underlying the hazards that resulted in the injury or illness?
- Was the incident the result of a safety program failure, such as permit-required confined spaces, lockout/tagout, process safety management?
- Was the employee exposed to a serious hazard (e.g., explosive materials, combustible dust, falls, heat)?
- Were temporary workers or other vulnerable populations injured or made ill?
- Has another government agency (federal, state, or local) made a referral?
- Does the employer have a prior OSHA inspection history?
- Is there a whistleblower complaint/inspection pending?
- Is the employer a Cooperative Program Participant (e.g., SHARP)?
- Did the incident involve health issues, such as chemical exposures or heat stress?

3. Category 3—Reports will involve situations where the majority of the responses to the Category 2 questions were “no.” The field office will then likely initiate an RRI for Category 3 reports.

The procedures also create a new database that will capture all of the information received from employers. OSHA has not said how these data will be used or whether they will be made available to the public.

*Continued next week*



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*In Loving Memory of Jessica Lehrke*

