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Weekly Safety Tip

Life Is All About Choices!®

SCI Safety News: Ongoing training is key to promoting culture of safety

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

Date: April 8, 2016

Safety training is most effective when it is part of a comprehensive program that promotes a culture of safety and actively engages employees in keeping the workplace safe.

Take Rockline Industries' behavioral-based safety program. The program trains employees to observe work tasks and to provide feedback about safety procedures. “It also trains production team members to serve as safety coordinators, who help improve training and communication at a smaller, teachable team level,” the company explains.

Rockline Industries credits its safety training with helping two of its plants in Arkansas attain significant safety milestones this past fall. The company’s Springdale manufacturing facility was honored by the state for achieving 6 million safe work hours. In addition, the Booneville plant was recognized by state agencies with the “Four Year Accumulative Safety Award” for going 4 years without 1 lost day of work due to work-related injury or illness.

Educating employees about—and involving them in—the safety process has also helped The Kraft Heinz Company in Fort Smith, Arizona, attain 3 million work hours without a lost day due to job injury or illness. Drake McGruder, operational risk manager at the plant, attributes that accomplishment in large part to the fact that employees at all levels own the safety process and feel personally accountable for their own and others’ well-being.



SCI Safety Slogan

**SAFETY ISN'T
A SLOGAN.
IT'S A WAY
OF LIFE.**

James Lehrke-SCI

“We talk safety every single day and we begin every meeting with safety. It’s so top of mind—not a day goes by where employees are not hearing something safety related,” says McGruder.

Employees serve voluntarily on safety committees, which is one of the ways they stay engaged in the process. McGruder says the site has an active reporting structure and a formal behavior observation process. In addition, employees do not hesitate to let coworkers know on an informal basis if they see them working unsafely or making risky choices. Here are some additional training-related best practices to help create a safety mindset in your organization.

Train new hires. You have an obligation to keep workers safe on the job from day one. Even if new hires have experience elsewhere, make sure they understand your company’s safety standards and protocols, which might differ from what they learned in previous jobs.

Provide refresher training. In addition to mandated refresher training, it is important to review key topics with employees. This includes keeping them in the loop when processes or procedures change—and the potential safety ramifications of not following new procedures. Mix it up a bit with your training approach when revisiting the same topic. If you present the same information in the same format over and over, learners might not pay attention.

Offer periodic safety reminders. Keep safety top of mind by offering safety messages in person, electronically, and in writing—during staff meetings, in e-mails, on your intranet, and on company bulletin boards, for example. This can include reminders to stay focused—and to avoid letting job-related distractions or personal issues detract from safety.

Keep workers aware of changing variables. Employees need to be trained on hazards that change depending on location, season, staffing, and other variables. For example, a job that poses no hazards outdoors could turn toxic indoors, where hazardous vapors could accumulate.

Train supervisors to lead by example. If managers and supervisors do not follow safety protocols, rank-and-file employees might interpret that to mean that they do not have to do so either.

SCI OSHA News: The Form 300 shows your most frequent injuries—but what’s most costly? Part 1

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

Date: March 18, 2016

Your Form 300, Log of Work-Related Injuries and Illnesses, provides a critical record of where and how work-related injuries occurred in your workplace in the preceding year. But it lacks one piece of information that could be extremely important in prioritizing your health and safety efforts in the coming year: the financial cost of those injuries to you.

Fortunately, the recently released 2016 Liberty Mutual Workplace Safety Index fills that gap, ranking the top 10 causes of serious, nonfatal workplace injuries along with information about how much those injuries cost.

You know which injuries occur most frequently in your workplace; keep reading to find out which ones likely cost you the most.

Straining budgets

According to Liberty Mutual, disabling workplace injuries cost American employers nearly \$62 billion in 2013. The 10 most frequently occurring disabling injuries accounted for about 83 percent of that total, or \$51 billion.

Check these cost drivers against the leading causes of workplace injuries:

1. *Overexertion and bodily reaction injuries.* In 2013, overexertion and bodily reaction injuries (resulting from slipping, flailing, or other attempts to recover from a loss of equilibrium that don’t result in a fall or hard impact) were the leading cause of recordable work-related injury in the workplace, accounting for 34.4 percent of all such injuries, according to the U.S. Bureau of Labor Statistics (BLS). Liberty Mutual breaks these types of injuries into three subcategories. “Overexertion involving outside source” is the most costly single category, accounting for the lion’s share of costs to business: \$15.08 billion, or about 25 percent of total injury costs.

The subcategory “other exertions or bodily reactions” was Liberty Mutual’s fifth most costly cause of injury, costing employers \$4.15



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Quick Tips for Healthy Living

How to Manage Stress

1. Control what you can

- Once you perceive a stressor as out of your control, it has the potential of having a more significant impact on you.
- Signs and symptoms of stress may become more pronounced and there may be more adverse effects on your health.
- Thus, it is important to take control of what you can and to do so in positive ways.
- A good place to start is to manage your own response to the stressor by calming yourself down (see #4 below).

2. Choose the positive actions you will take

- The simple act of consciously choosing what you will do in response to the stressor can help you begin to take control in the stressful situation.
- Choose actions and coping strategies that are helpful and life affirming (see #'s 3, 4 & 5 below).

3. Change your negative thinking

- Catching and stopping your negative thinking is essential to stress management and overall emotional health.
- Once you've caught yourself thinking negatively, take a deep breath and replace the negative thought with more realistic thinking.

4. Practice deep breathing

- Deep breathing is possibly the single most important component of a stress management plan.

5. Increase your activity level

- Increasing physical activity is an excellent way to manage stress and improve your overall health. You may want to discuss this with your physician before beginning to exercise.
- There are many different ways to increase one's activity level, from aerobic exercise to yoga to simply doing household chores.
- It's important to choose something that is good for your body and fits your lifestyle.
- If you have any medical issues or health problems please consult with a physician before beginning an exercise program.

billion (6.7 percent of total injury costs). The third subcategory, "repetitive motions involving micro-tasks," came in 10th place expenditure-wise, costing employers \$1.82 billion (2.9 percent of total injury costs). Together, the three overexertion subcategories cost employers \$21.05 billion (34 percent of all nonfatal workplace injury expenditures), right in line with the percentage of injuries caused by these hazards.

2. *Falls.* According to the BLS, "slips, trips, and falls" accounted for one-quarter (25.5 percent) of recordable injuries at work in 2013. Liberty Mutual divides this BLS category into three subcategories: "Falls on the same level" and "falls to a lower level" were the second and third most costly causes of injury in 2013, and "slip or trip without fall" was the seventh most costly category. Falls on the same level cost employers \$10.17 billion (16.4 percent of total injury costs) in 2013, while falls to a lower level cost employers \$5.4 billion (8.7 percent of total injury costs). Slips or trips without a fall cost employers \$2.35 billion (3.8 percent of total injury costs). Together, the three subcategories accounted for \$17.92 billion, or 29 percent of total injury costs.

Continued next week



In Loving Memory... Jessica,
Kristin and Nick



*What do you think?
Send us an email at:
jconnections@aol.com
See our bold*

