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Weekly Safety Tip

Life Is All About Choices!®

April 6, 2015

SCI Safety Tip: 7 tips to ensure that a close call doesn't become something worse

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

Date: April 2, 2015

Are employees at your site encouraged to report near misses? Do you share lessons learned from these close calls to prevent actual incidents? Read on to find out why, and how, you should be doing this.



According to the National Safety Council (NSC), a near miss is an unplanned event that did not result in an injury, illness, or damage. But it could have. “Only a fortunate break in the chain of events prevented an injury, fatality, or damage; in other words, a miss that was nonetheless very near.”

Much like a slight tremor that precedes an earthquake, near misses often occur in advance of more serious incidents. But when there's no harm or damage, they are easy to overlook. At prevention-oriented workplaces, employees are encouraged to share their near miss experiences without fear of reprisal.

Some experts estimate that for every worker fatality, as many as



SCI Safety Slogan

***Use Your Head Not
Your Back
Spring into Safety***

James Lehrke-SCI

10,000 unsafe acts are committed. When reporting occurs, the data gets discussed and changes can be made, reducing the chance for an actual injury or loss.

Tips to improve your near miss reporting program

Leaders set the tone for a no-blame reporting culture where near misses are fully investigated, just as actual incidents would be. Make sure you're doing the following to get the most out of close calls:

- Get employees involved in investigations.
- Make sure your inquiry answers the big six questions: who, what, when, where, why, and how.
- Distinguish between facts and opinions, although both should be presented.
- Avoid automatically blaming the employee who was involved. Consider an anonymous reporting system.
- Use findings from your investigation in toolbox talks, as part of safety training, and to improve policies and practices.
- Consider motivating employees to report near misses, for example by rewarding them with recognition or a non-monetary treat.



Develop a reporting system that is easy for employees to understand and use.

SCI OSHA News: Guidance for protecting healthcare and social service workers.

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

Date: April 2, 2015

WASHINGTON — In 2013, the Bureau of Labor Statistics reported more than 23,000 significant injuries due to assault at work. More than 70 percent of these assaults were in healthcare and social service settings. Health care and social service workers are almost four times as likely to be injured as a result of violence than the average private sector worker. To reduce the risk, the Occupational Safety and Health Administration today released an update to its [Guidelines for Preventing Workplace Violence for Healthcare and Social Service Workers*](#). The publication includes industry best practices and highlights the most effective ways to reduce the risk of violence in various healthcare and social service settings.



"It is unacceptable that the people who dedicate their lives to caring for our loved ones often work in fear of injury or death," said Assistant Secretary of Labor for Occupational Safety and Health Dr. David Michaels. "This updated booklet will help employers implement effective measures to reduce or eliminate workplace violence hazards." The revised guidelines - which update OSHA's 1996 and 2004 guidelines - incorporate research in the last decade into the causes of workplace violence on healthcare and social service settings, risk factors that accompany working with patients or clients who display violent behavior, and the appropriate preventive measures that can be taken, amid the variety of settings in which health care and social service employees work. The guidelines also stress the importance of developing a written workplace violence prevention program. The program should include management commitment and employee participation, worksite analysis, hazard prevention and control, safety and health training, and recordkeeping and program evaluation.

More information on violence prevention in all workplace settings is available on OSHA's [Workplace Violence Web page](#). Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to ensure these conditions for America's working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit www.osha.gov

Continued on next page, tips for hospital workers



Aurora Health Care®

Quick Tips for Healthy Living

Stay Active!

If you exercise regularly, you know the health benefits it brings: improved energy, increased self-confidence, better sleep, weight control, stress management, and more.

Beyond these more immediate benefits, it can also help you fight off serious health conditions like high blood pressure, high cholesterol, and reduce your risk for diseases like heart disease, diabetes, cancer, and more.

You might wonder if certain exercises are better for you than others. The answer to that is ... it depends.

You want to make sure whatever activity you do, it accomplishes the following:

- Gets your heart pumping.
- Uses the large muscles in your body (chest, legs, butt, back, and abdomen), and
- Gives you enough pleasure that you enjoy doing it three to five times a week

How to start getting active

According to the American Heart Association, you should aim for at least 30 minutes of moderate intensity exercise at least five days a week to achieve good cardiovascular health. If 30 minutes a day, five days a week is hard for you, remember that some exercise is better than no exercise.

When you begin a new exercise regimen, start out slow and build yourself up. Each time you exercise warm up and cool down your muscles by stretching. This can help reduce your risk of injury.

Exercises that can improve heart health

To get the most benefit for your heart from exercise, you need to get your heart rate up and be breathing a little faster. You should be able to talk – but if you can sing, you need to pick up the pace.

What to do if you're new to exercise or have special goals

Talking to your doctor before starting any exercise program is always recommended, especially if you're not in good shape or have health issues. They can help you get off on the right foot and make sure that what you're doing is safe.

According to the CDC and NIOSH Source:

<http://www.cdc.gov/niosh/docs/2002-101/> April 2002

Safety Tips for Hospital Workers

Watch for signals that may be associated with impending violence:

- Verbally expressed anger and frustration
- Body language such as threatening gestures
- Signs of drug or alcohol use
- Presence of a weapon

Maintain behavior that helps diffuse anger:

- Present a calm, caring attitude.
- Don't match the threats.
- Don't give orders.
- Acknowledge the person's feelings (for example, "I know you are frustrated").
- Avoid any behavior that may be interpreted as aggressive (for example, moving rapidly, getting too close, touching, or speaking loudly).

Be alert:

- Evaluate each situation for potential violence when you enter a room or begin to relate to a patient or visitor.
- Be vigilant throughout the encounter.
- Don't isolate yourself with a potentially violent person.
- Always keep an open path for exiting-don't let the potentially violent person stand between you and the door.

Take these steps if you can't defuse the situation quickly:

- Remove yourself from the situation.
- Call security for help.
- Report any violent incidents to your management.



What do you think?

Send us an email at: jlconnections@aol.com

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@ <http://www.safetyconnections.com/>

In Loving Memory of Jessica Lehrke

**SAVE TOMORROW
THINK SAFETY TODAY**