



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

**Safety Awareness
Open the door to
success!**

**James Lehrke-SCI
Of the week**

SCI Safety Tip: Back Injuries: Eliminate the 'Usual Suspects'

Source: www.blr.com

By: C Kilbourne

Date: July 15, 2009

Strains and sprains are the leading cause of workplace injuries and illnesses, and the back is one of the parts of the body most affected.

According to the federal Bureau of Labor Statistics, back injuries account for nearly 20 percent of all injuries and illnesses in the workplace, affecting more than 1 million workers annually.

The National Institute for Occupational Safety and Health (NIOSH) says that back injuries cost the nation an estimated \$20 billion to \$50 billion per year. One-fourth of all compensation indemnity claims involve back injuries.

NIOSH believes that the most effective way to prevent back injuries is to implement an ergonomics program that focuses on redesigning the work environment and work tasks to reduce back hazards.

Round Up the Usual Suspects

According to OSHA's *Technical Manual: Back Disorders and Injuries*, back injuries result from exceeding the capability of muscles, tendons, disks, or from the cumulative effect of several contributors, including:

- Reaching while lifting
- Poor posture (how one sits or stands)
- Staying in one position for too long
- How one lifts, pushes, pulls, or carries objects
- Losing the strength and endurance to perform physical tasks without strain
- Poor design of job or workstation
- Repetitive lifting of awkward items, equipment, or patients in healthcare facilities
- Twisting while lifting
- Bending while lifting
- Maintaining bent postures
- Heavy lifting
- Fatigue

- Poor footing, such as slippery floors, or constrained posture
- Lifting with forceful movement
- Vibration, such as with forklift and delivery truck operators

How to 'Back Up' Your Back Safety Program

If you're thinking of revamping your back safety program, here are a few tips to facilitate your efforts:

- Encourage employees to let you know if work is causing them discomfort.
- Pay attention to their concerns and investigate them. If necessary, bring in a professional to conduct an assessment.
- If you have a safety committee in place, consider developing an ergonomics subcommittee. Get members the training they need, and charge them with specific tasks, including research.
- Look for low-cost resources, like risk management services provided by your workers' compensation carrier, an ergonomics expert from a local college, programs developed by a trade group or labor union, or your OSHA area office.
- If you opt for outside expertise, choose carefully. Hire experience and a proven track record, check references, and look for appropriate education and designation or certification.

SCI OSHA News: Back injuries in healthcare: A \$20 billion problem

Source: www.blr.com

Date: June 25, 2014

OSHA has developed a new document to help employers and employees stem the tide of crippling, costly musculoskeletal injuries in the healthcare industry. Get details and check your knowledge of the facts about patient lifting.

According to OSHA, musculoskeletal injuries are the single biggest worker injury in the healthcare sector. In 2012, nursing and residential care workers experienced twice as many injuries and illnesses as construction workers. Common ailments among health workers include muscle strains, low back and rotator cuff injuries, and tendonitis. In many cases, the cause is manual patient lifting and handling.

The new OSHA brochure describes a safe patient-handling program with elements including:

- Input from employees who work directly with patients,
- Commitment to the program by all levels of management,
- Hazard assessment,
- Technology,
- Training, *and*
- Equipment to control hazards.

Healthcare workers also face other serious safety and health risks like bloodborne pathogens and biological hazards, laser hazards, workplace violence, chemical exposure, and radioactive material and X-ray hazards. Several states, including California, Maryland, New York, Texas, and Ohio, have passed safe patient-handling legislation.

Myths and facts about safe patient handling

The new OSHA brochure corrects some common myths about patient handling initiatives. Among them:

Myth: Mechanical lifting is not as safe and comfortable for patients as manual lifting.

Fact: Once patients realize the ease and comfort of lifts, they are more likely to accept them. Mechanical lifts are safer for patients and healthcare workers.

Myth: It's much faster to manually move patients.

Fact: If equipment is located conveniently, accessing it does not take a long time. OSHA says it's often more time-consuming to round up a team of workers to manually lift a patient than to get and use safe patient handling equipment.

Myth: Manual lifting is less expensive than mechanical lifting.

Fact: Research shows the use of assistive technology like mechanical lifts reduces worker injuries and reduces costs associated with workers' compensation, lost productivity, and turnover.

You can download the new brochure as a PDF from the OSHA website, <https://www.osha.gov/SLTC/nursinghome>

Quick Tips for Healthy Living

HEALTHY BITES



Dietary Fats

Fat is a major source of energy and aids your body in absorbing vitamins. It's important for proper growth, development and keeping you healthy. Fat provides taste to foods and helps you feel full. Fats are an especially important source of calories and nutrients for infants and toddlers. Dietary fat also plays a major role in your cholesterol levels.

But not all fats are the same. You should try to avoid

- Saturated fats such as butter, solid shortening, lard and fatback
- *Trans* fats, found in vegetable shortenings, some margarines, crackers, cookies, snack foods and other foods made with or fried in partially hydrogenated oils

Try to replace them with oils such as corn, canola, olive, safflower, soybean and sunflower. Of course, eating too much fat will put on the pounds.

Food and Drug Administration



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