



National Safety  
Management  
Society

**DIGEST**

*Updating Members on Safety Management News*

**June 2007**

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## **Welcoming Our New 2007 NSMS Members**

On behalf NSMS President Roosevelt, the NSMS Executive Committee and the NSMS Board of Directors, we like to thank all members who have renewed their 2007 membership to the National Safety Management Society. We would also like to acknowledge and welcome the following new members this month to our Society:

- Muhammad Ovais Alvi, HSE Manager – Samsung Saudi Arabia, Ltd. Tasnee Ethylene Project (Jubail, Saudi Arabia).
- Eric J. Bella, Safety Manager – Alstom-APComPower (Windsor, Connecticut).
- Gregg Richley, Plant Engineer/Safety & Training Coordinator – Ajax TOCCO Magnethermic Corporation (Warren, Ohio).
- Obinna B. Ubani-Ebere, PhD, Executive Director for Southwest Medical Clinic (Greenville, Georgia).

We appreciate your interest in furthering your skills, knowledge and abilities in the management of safety and risks, as well as your interest to networking and professional development. Welcome again to NSMS!

## **NEW DATES for NSMS Annual Conference (November 15-16, 2007)**

Please join the National Safety Management Society for its **2-Day Annual Conference in Las Vegas, Nevada from November 15-16, 2007** (Thursday and Friday). Our original date, which coincided with the Veterans Day weekend did not provide reasonable room rate for our attendees. Our Annual Conference will be held at the:

### **Tuscany Suites and Casino**

(255 E Flamingo Rd., Las Vegas, NV 89169)

Tuscany Room Reservations Toll Free 1-877-887-2261

(Ask for the Safety Management Integration & Operational Excellence Group Rate)

*Enjoy the beauty of Italy in Las Vegas. The Tuscany is on Flamingo Road, just east of the famous Las Vegas Strip. Tuscany offers attractive over sized guest "Suites". Each suite is situated in a lovely European setting that offers a great sense of relaxation and privacy. Their standard suites (king bed or two double beds) are significantly larger than average hotel rooms and are offered at extremely affordable rates for NSMS Conference attendees (\$65/night, plus tax). Additional person in the room will be at \$20 per person, per night, plus room tax. Children twelve (12) and under may share the same room with parents at no additional charge.*  
**Website - <http://www.tuscanylasvegas.com/>**

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Our theme this year is, “Safety Management Integration and Operational Excellence”. This event will offer informative speakers, professional development workshops and networking opportunities to help our members and guests acquire or enhance skills, knowledge and abilities to effectively develop, implement, evaluate and improve its safety management programs in alignment with their organizational missions and business operations, as well as enhance their level of skills, knowledge and abilities to become for competitive advantage and career success. The learning objectives of this conference is to provide attendees with the latest concepts, best practices and professional development skills to help them partner with, and integrate safety management practices into, business operations, as well as gain competitive advantage for career advancement and professional success. Current dues-paying members will receive deep discounts in registration fees compared to non-member attendees, and “Early Bird” registration and payment (before August 15, 2007) will result in further significant savings. Online and hardcopy registration forms will be available shortly.

## **“Safety Management Integration and Operational Excellence”**

*(Program Agenda - Preliminary Draft)*

### **Day 1 – November 15, 2007**

7:30 am to 8:30 am	Conference Registration/Check-in
8:30 am to 9:00 am	Welcome/Introductions/Announcements (NSMS President Smith/Executive Director Chung)
9:00 am to 10:15 am	Speaker #1 (1 <sup>st</sup> Keynote Address)
10:15 am to 10:30 am	Morning Refreshment Break
10:45 am to 11:45 am	Speaker #2
11:45 am to 12:45 pm	Group Lunch (possible Luncheon Speaker)
1:00 pm to 3:00 pm	Professional Development Workshop “A” (Problem Solving Tools for the Safety and Health Manager/Professional) [Facilitators – Chung/Caiazza]
3:00 pm to 3:15 pm	Afternoon Refreshment Break
3:15 pm to 5:45 pm	Vendor Exhibits and Poster Session
5:45 pm to 6:15 pm	Vendor(s)-Sponsored Networking Session
6:30 pm to 8:30 pm	Group Dinner or Free Evening

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## **Day 2 – November 16, 2007**

7:30 am to 8:30 am	Conference Registration Check-in
8:30 am to 9:45 am	Speaker #3 (2 <sup>nd</sup> Keynote Address)
9:45 am to 10:00 am	Morning Refreshment Break
10:15 am to 11:15 am	Speaker #4 (Emerging Issues – The Aging Workforce: Chung)
11:30 am to 12:30 pm	Speaker #5
12:45 pm to 1:45 pm	Lunch (possible Luncheon Speaker)
2:00 pm to 3:30 pm	Speaker #6
3:30 pm to 3:45 pm	Afternoon Refreshment Break
3:45 pm to 4:45 pm-	Speaker #7
4:45 pm to 5:15 pm	Closing Comments/Program Evaluation/Final Thoughts

## **NSMS Annual Conference – Call for Presenters and Papers**

A formal request for papers and presentations is being made by the conference planning committee for sharing at the National Safety Management Society 2-Day Annual Conference in Las Vegas, Nevada from November 15-16, 2007. Our theme this year is, “Safety Management Integration and Operational Excellence”. Having informative speakers will help our conference attendees achieve our learning objectives of providing everyone with the latest concepts, best practices and professional development skills to help them partner with, and integrate safety management practices into, business operations, as well as gain competitive advantage for career advancement and professional success. Our goal is to provide speakers that will share with our attendees:

- Key issues facing business executives, safety/risk manager and front line supervisors and those professionals and technicians anticipating or entering into such a role.
- Insights into best safety management practices.
- Skills, knowledge and abilities for professional development.
- How to prepare for the challenges in the occupational safety and risk management fields.

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If you are interested in being considered as a speaker for this conference or wish to share your publication without presenting it, please prepare a short abstract (one or two paragraphs) of your topic, along with your complete contact information (include email and daytime phone number). If suggesting a speaker other than yourself, please include contact information for the proposed speaker. Submit your proposal or speaker recommendation **no later than July 15, 2007** to:

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(248) 370-2664

The members of the NSMS Annual Conference planning committee will evaluate all proposals. You will be notified whether or not your proposal was selected for the conference by August 1, 2007. Written papers are to be in Microsoft Word format and presentations developed with Microsoft PowerPoint and copies provided for inclusion in our conference program compendium.

## **NSMS Annual Conference Vendor Invitation**

The National Safety Management Society is hosting a 2-Day Annual Conference in Las Vegas, Nevada from November 15-16, 2007. Our theme this year is, "Safety Management Integration and Operational Excellence". This event is packed with informative speakers, professional development workshops and networking opportunities to help our members and other attendees learn more about the current state of safety and health practices, as well as resources and products that may facilitate their program implementation and worker protection.

Our conference agenda includes dedicating a portion of the afternoon (2.5 hours) on November 15, 2007 for interested vendors to set-up exhibit booths/display tables to for resources sharing and information exchange. NSMS would like to invite your company to showcase its safety products and services to our attendees. The exhibitor participation fee is \$150. We are also looking for a vendor(s) who may be interested in sponsoring either a mid-session "hospitality break" and/or a "Networking Social Hour" immediately following the exhibit session (from 5 pm to 6 pm).

Contact Walter Caiazza ([wcaiazza@roadrunner.com](mailto:wcaiazza@roadrunner.com)) to reserve your slot if your organization would like to participate in the afternoon vendor exhibit session or sponsor hospitality. Space is limited.

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## **The NSMS “Blog” is Here**

Steve Geigle has created and launched the “NSMS Blog” on the NSMS website. It will allow members and others to post comments, remarks and initiate discussions about a variety of safety management topics and issues. You can participate in the Blog by going to the NSMS website (<http://www.nsms.us>) and look for the link on the home page along the left-hand column of navigation areas.

## **FREE ACCESS: Online Certified Safety and Health Manager (CSHM) Educational and Exam Preparation Reference Materials**

As a benefit for our current and future dues-paying members, NSMS is **permanently** offering free access to the Certified Safety and Health Manager (CSHM) preparation and educational materials. The online resources, created by NSMS member Steve Geigle, can be found at [www.cshmprep.com](http://www.cshmprep.com) and the only action an NSMS member needs to take is to register for the CSHM exam (through the Institute for Safety and Health Management – ISHM) and then emailing Steve to request access from that website. You will need to include your current NSMS member number (found on your membership card and certificate). Once the number and membership status are verified, you will be granted a username and password to access the online reference materials. This is a great opportunity to brush up on your safety management and technical knowledge and prepare for a successful passing of the CSHM certification examination.

## **OSHA Announces Targeted Inspection Plan for 2007** (Agency targets approximately 4,150 high-hazard worksites)

The U.S Department of Labor’s Occupational Safety and Health Administration (OSHA) today announced that its [2007 Site-Specific Targeting \(SST\) plan](http://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=DIRECTIVES&p_id=3549) ([http://www.osha.gov/pls/oshaweb/owadisp.show\\_document?p\\_table=DIRECTIVES&p\\_id=3549](http://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=DIRECTIVES&p_id=3549)) will focus on approximately 4,150 high-hazard worksites in its primary list for unannounced comprehensive inspections for the coming year.

"Over the past nine years, OSHA has used a site-specific targeting inspection program based on injury and illness data," said Assistant Secretary of Labor for OSHA Edwin G. Foulke Jr. "This approach allows us to focus our enforcement efforts on those workplaces with the highest numbers of injuries and illnesses."

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This year's program (SST-07) stems from the agency's Data Initiative for 2006, which surveyed approximately 80,000 employers to obtain their injury and illness numbers for 2005. The program will initially cover worksites on the primary list that reported 11 or more injuries or illnesses resulting in days away from work, restricted work activity, or job transfer for every 100 full-time employees (known as the DART rate).

The primary list will also include sites based on a Days Away from Work Injury and Illness (DAFWII) rate of 9.0 or higher. Employers not on the primary list who reported DART rates of between 7.0 and 11.0, or DAFWII rates of between 4.0 and 9.0, will be placed on a secondary list for possible inspection. The national incident DART rate in 2005 for private industry was 2.4, while the national incident DAFWII rate was 1.4.

OSHA will inspect nursing homes and personal care facilities, but only the highest 50 percent of rated establishments will be included on the primary list. Inspections will focus primarily on ergonomic hazards relating to resident handling; exposure to blood and other potentially infectious materials; exposure to tuberculosis; and slips, trips, and falls.

The agency will also randomly select and inspect approximately 100 workplaces (with 100 or more employees) nationwide that reported low injury and illness rates for the purpose of reviewing the actual degree of compliance with OSHA requirements. These establishments are selected from those industries with DART and DAFWII rates that are higher than the national rate.

Finally, the agency will include on the primary list some establishments that did not respond to the 2006 data survey.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing a safe and healthful workplace for their employees. OSHA's role is to assure the safety and health of America's working men and women by setting and enforcing standards; providing training, outreach and education; establishing partnerships; and encouraging continual process improvement in workplace safety and health.

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## **U.S. Labor Department's OSHA Launches Youth Job Safety Campaign** (Education, industry and labor support construction safety awareness initiative)

*Note: Most youth find paid employment, either during the summer or year-round, before graduating from high school. Young workers, ages 14-24, are at risk of workplace injury because of their inexperience at work and their physical, cognitive, and emotional developmental characteristics. They often hesitate to ask questions and may fail to recognize workplace dangers. OSHA has made young workers a priority within the agency and is committed to identifying ways to improve young worker safety and health. OSHA's Young Worker Initiative addresses this group's safety and health through a multi-pronged outreach program.*

Assistant Secretary of Labor for Occupational Safety and Health (OSHA) Edwin G. Foulke Jr. and key construction industry stakeholders today launched OSHA's national 2007 Teen Summer Job Safety Campaign to help keep teenagers safe and healthy on the job.

"OSHA has a strong and long-standing relationship with the construction community," said Foulke. "Through this campaign, we hope to instill a culture of safety and health at a young age in America's next generation of employees. We look forward to working with this country's construction safety and health leaders to further our goal of ensuring teenagers learn lifelong habits that allow them to go home safe and healthy at the end of the day."

Through the campaign, OSHA, in collaboration with the agency's 13 national and numerous regional construction industry-related alliances, will provide information on working safely and avoiding construction hazards.

A kick-off event at the Thomas Edison High School of Technology in Silver Spring, Md., featured speakers Ronald DeJuliis, Maryland commissioner of labor and industry and Tim Lawrence, executive director of SkillsUSA, as well as support from the National Parent Teacher Association; the National Association of Home Builders; Associated Builders and Contractors; Associated General Contractors of America; the United Brotherhood of Carpenters and Joiners of America; the International Association of Bridge, Structural, Ornamental and Reinforcing Iron Workers; the International Union of Painters and Allied Trades; the Center to Protect Workers Rights; the Building and Construction Trades Department-AFL/CIO; the Construction Safety Council; the Laborers International Union of North America; and the U.S. Department of Labor's Employment Standards Administration.

During the event, Thomas Edison students demonstrated safe and healthful work practices such as proper use of hearing protection and other personal protective equipment, safe use of hand tools and tips to avoid falls. In addition, OSHA launched its "Construction: Build a Safe Work Foundation" Web page at <http://www.osha.gov/SLTC/teenworkers/construction/>

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Now in the second of a five-year campaign, OSHA is striving to reduce work-related injuries among teenagers by teaching them on-the-job safety and how to integrate safety principles into their work from the beginning. The campaign highlights the Department of Labor's Youth Rules! Initiative, which is designed to bring teenagers, parents, educators, employers, government, unions and advocacy groups together to ensure youth have safe and rewarding work experiences. For more information on working teens, visit

<http://www.osha.gov/SLTC/teenworkers/construction/> and <http://www.youthrules.dol.gov/>

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 assure the safety and health of America's working men and women by setting and enforcing standards; providing training, outreach and education; establishing partnerships; and encouraging continual process improvement in workplace safety and health. For more information, visit

<http://www.osha.gov/index.html>

## **Registration Deadline Nears for 9/11 Program**

The estimated 100,000 emergency workers and volunteers who responded to the 9/11 terrorist attacks in New York face an August 14, 2007 deadline to register for a special federal workers' compensation program.

The program will cover medical bills and wages if they fall sick someday due to exposure to the toxic dust unleashed on Lower Manhattan when the World Trade Center was reduced to rubble six years ago, state officials said at a gathering yesterday on the Jersey City waterfront, directly opposite the World Trade Center site. They urged everyone who joined in the rescue and recovery effort to register in order to protect their right to file a workers' compensation claim in the future.

Congress in 2002 created a special \$175 million workers' comp fund for 9/11 responders -- both professionals and volunteers. The fund is administered by New York, but the two-page registration form can be downloaded from the New Jersey Department of Labor Web site ([www.nj.gov/labor](http://www.nj.gov/labor)) or a copy can be obtained by calling (877) 632-4996. The registration form has to be filled out manually, notarized and mailed to the New York State Workers' Compensation Board. Registration isn't the same as filing a workers' comp claim -- it just preserves the individual's right to file such a claim if an illness strikes in the future.

So far, only 15,880 have registered, mostly New Yorkers, and New Jersey Labor Commissioner David Socolow estimated "tens of thousands of New Jerseyans are eligible," but very few have registered.

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State Health Commissioner Fred Jacobs said those who worked at Ground Zero "were exposed to massive amounts of dust and debris, metal dust, pulverized glass and concrete and 400 airborne substances including dioxin and asbestos. Many people are already sick, and others may yet become sick, and they need to register to protect themselves and their families."

## **Due Diligence - Why Is It Important?**

Due Diligence is something that people recognize as being important - especially when a company is defending itself in court. However it actually has a much more significant meaning with respect to workplace safety. Organizations that are truly "diligent" are doing "the right thing"; that is, everything important to ensure workplace safety. This makes the organization good for workers who want to go home every night - healthy and safe. It also can make good business sense.

What does Due Diligence mean in the court sense? It is an argument a company makes to defend itself in a court of law. An organization can argue that it has taken all steps necessary and reasonable under a set of circumstances to prevent injuries or accidents in the workplace.

How does an employer establish a Due Diligence Program? A number of critical steps must be taken. All of these criteria must be achieved:

- Employers have evaluated the risks, hazards, skills and training required and developed written policies, practices and procedures (PPP) to protect employees during the course of their work.
- Managers, supervisors and employees are properly trained in order to carry out their work according to the PPP as well as in their requirements for complying with health and safety legislation.
- Activities to monitor and control and ensure compliance with the PPP are documented and used.
- Enforcement measures to comply with the PPP are documented and disciplinary procedures are used actively to handle safety infractions.
- An accident investigation and reporting system which ensures that all incidents and even "near misses" are documented and reported to the employer will ensure that the PPP are reviewed, revised and improved over time. A series of accidents with no change to the PPP will demonstrate the employer is ineffective with resolving safety issues.
- All the actions above must be clearly documented, and a history of improvements in the program over time will ensure that an employer is and will be seen as being diligent.

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- It's important to understand that you cannot wait until after an injury or accident to create a Due Diligence program as a defense. Your program must be present, implemented and enforced to be real - preventative not reactive action.

Developing a Due Diligence program can be an effective method of preventing workplace injuries or accidents in the workplace as well as improving your workplace environment and bottom line. Do it - it makes good business sense!

## **The Need for Health and Safety in Human Resources Management**

What immediately comes to mind when you think of Human Resources, also referred to as HR? For many of us, HR is associated with hiring, firing, and compensation issues. But for some Human Resources professionals, these job responsibilities represent only the tip of the iceberg. The range of issues and responsibilities they deal with are broad and often complex. They may include everything from developing workplace policies to developing skills in their employees, as well as ensuring that programs are in place to keep those same people safe and healthy at work.

The managers, specialists and coordinators in Human Resources have a unique vantage point within the organization. They know the workplace, the employees, and their job demands. While they are not always expected to know the technical aspects of workplace health and safety, they have an important role to play in the development and implementation of health and safety policy and programs. In order to meet their health and safety responsibilities, the HR staff must:

- Understand the health and safety responsibilities of employers, managers, supervisors and employees within the organization;
- Develop and implement human resources management policies to ensure that everyone in the workplace is aware of his/her responsibilities;
- Establish effective ways of meeting health and safety responsibilities; and
- Ensure that the employer, managers, supervisors and employees fulfill their health and safety responsibilities as outlined in the organizational policies and programs.

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Human resources professionals need to expand their skills, knowledge and abilities within the occupational safety and health program management realm by partnering and collaborating with the safety professionals. Integrating workplace health and safety in human resources management practices, includes:

- Preventing work related injuries and illnesses;
- Fostering a workplace safety culture in which employees and their supervisors work together
- Establishing administrative procedures that encourage employees to report unsafe conditions and unsafe practices without fear of being disciplined;
- Ensuring that the health and safety policies and procedures conform with the applicable occupational health and safety legislation and accepted best practices in similar organizations;
- Establishing procedures for enforcing company safety rules;
- Maintaining records of injuries, illnesses and workers' compensation;
- Coordinating first aid training and the provision of first aid to employees;
- Providing advice to employees and the employer in matters of occupational health and safety.

**Catch Your “Z's” For Safety** (*Canadian Centre for Occupational Health and Safety Health and Safety Report - Volume 3, Issue 3 - March 2005*)

Although fatigue levels are not easily measured or quantified, studies suggest that fatigue has an impact on work performance. Alberta Human Resources and Employment reports that most accidents occur when people are more likely to want sleep - between midnight and 6 a.m., and between 1 and 3 p.m. And sleep deficit has been linked to large-scale events such as the Exxon Valdez oil spill and the nuclear accident at Chernobyl.

There are many factors that cause fatigue, but the big one is lack of sleep. People with sleeping disorders such as insomnia, sleep apnea or narcolepsy tend not to get enough rest on a given night. Having too much caffeine, alcohol and nicotine in the system can also affect the quality and the amount of sleep. Work-related factors may also cause fatigue, such as shift work, long work hours, long hours of physical or mental activity, insufficient break time between shifts, inadequate rest, excessive stress or a combination of these factors.

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Fatigue and the workplace are never a safe combination. A fatigued worker tends to have a reduced ability to make decisions or complex plans. Communication skills are compromised, as are the worker's productivity and performance, attention and vigilance, and reaction time. A fatigued worker may have difficulty remembering things or handling stress. In addition, a fatigued worker - much like someone who is impaired - has an increased tendency to take risks, make errors in judgment, and even fall asleep while operating machinery or driving a vehicle. These risks, and the feeling of fatigue, can be intensified if the work involves boring or repetitive tasks.

## **What Individuals Can Do To Avoid Fatigue**

People have different needs when it comes to getting enough rest, but the following general guidelines apply to most:

Have a steady, consistent bedtime routine. That means going to bed and getting up at the same time every day, using the bed primarily for sleeping (not for catching up on office work), and minimizing disruptions from the telephone, TV, radio, and family members. People tend to sleep more easily in a room that's dark, quiet, and cool.

Exercise regularly. This improves overall health and may decrease bedtime restlessness.

Adjust your eating and drinking habits. Have at least three meals a day, including a variety of foods from the four recommended food groups. Snack on healthy food during work breaks to stay nourished and energized. Avoid consuming any caffeine during the five hours before bedtime.

## **Organizations Can Help Prevent Fatigue in the Workplace**

There are several approaches the organization can take to help reduce fatigue by considering shift schedules, promoting health, and providing facilities that support the health of the workers.

Promote alertness. Provide a good working environment with proper lighting, comfortable temperatures, reasonable noise levels, and work tasks that are varied and interesting and change throughout the shift.

Shift schedule design. Consider the direction of rotation of shifts (i.e. rotate forward from day to afternoon to night to help circadian rhythms adjust better) and the time at which a shift starts and finishes. Early morning shifts (5 or 6 a.m.) are associated with shorter sleep and greater fatigue.

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Provide rest periods. At least 24 hours after each set of night shifts is advised. The more consecutive nights worked, the more rest time should be allowed before the next rotation occurs.

Provide good cafeteria services. Promote health to your workers and enable them to maintain balanced diets.

## **Protecting Workers' Backs**

When a worker performs manual tasks that involve awkward postures and repeated, forceful movements, injuries to the lower back are the most likely injuries to occur. The key to preventing back injuries resulting from MMH is in the organization of work flow, job design, pre-placement procedures (in some cases) and safety training for the employee.

**Work flow:** A job becomes more repetitive and strenuous than necessary -- when jobs are poorly planned. Temporarily storing articles in one place and then moving them to another, storing and moving them again are unnecessary steps that can be eliminated with a more efficient workflow.

**Job design/redesign:** Finding ways to eliminate heavy MMH, decrease a job's physical demands and improve environmental conditions is an important step toward preventing back injuries. Powered or mechanical handling systems such as lift tables or conveyors, can take on the heavier handling tasks. Where this equipment is unavailable, it is still possible to decrease manual demands on the worker by, for example, altering the weight of the objects being handled, splitting the loads into smaller ones, changing the layout of the work area, and alternating heavy tasks with lighter ones.

**Training:** With proper training, workers are much better equipped to avoid getting injured. They will learn to warm up the muscles before lifting; stand and grip properly; lift objects by using their body weight and muscles to maximum effect without jerking, twisting or side bending; and only lifting loads they can safely handle. Workers must also be taught to take advantage of rest periods and correct problems before they cause permanent injury.

## **Practice Sun Safety**

Summer is upon us. The good times are here - working while working on your tan, lazy weekends by the pool while the big, bright sun hovers over the skies. Keep in mind of the danger in soaking up those sunny rays.

People who work in the outdoors might have what appears to be a healthy glow, but they are exposed to a very real occupational hazard: the sun's ultraviolet rays. Construction workers, lifeguards, summer camp counselors, agricultural workers, landscapers, fishermen, open-pit miners, and anyone else who works in the outdoors should avoid sun exposure and wear sun protection.

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## **Minimizing the risk**

Avoid unnecessary exposure to the sun, especially to the intense midday rays between 11:00 a.m. and 4:00 p.m. If you can, plan outdoor work for early morning or late afternoon, and work in the shade as much as possible.

Keep in mind that clouds don't necessarily protect you, and that 10 to 85 percent of the sun's UV rays can reflect from water, white sand, concrete, or even snow and ice. Skin and eyes may require extra protection against these indirect, reflected rays. The ideal protective apparel to reduce sun exposure is close-weave, light-colored fabric, with long sleeves and full-length pants or skirts. Loose-fitting, cotton fabrics are comfortable and cool, allowing sweat to evaporate.

Protect your eyes with sunglasses that are UV rated. And don't forget about your head. A wide brimmed hat or "Foreign Legion" style cap with flaps to protect neck and ears, offers the most protection.

As for sunscreens, they should be applied to skin that is not covered *in addition* to, not instead of, working in shade and wearing suitable clothing, hats, and sunglasses. Sunscreens are not intended to extend the exposure time to sunlight, but rather to reduce the effects of sunlight when you must be in the sun. Apply sunscreen 20 or 30 minutes before you are exposed to the sun and when applying, wipe it generously onto the skin, rather than rubbing it in. Your sunscreen should block both UV-B and UV-A and have a SPF (sun protection factor) of at least 15 or more. Be sure to reapply it every two hours or after swimming or exercising.

## **Skin Cancer Alert: Keep a Regular Check on Moles and Freckles**

It's important to check your skin every few months for irregularities such as moles, especially in those areas that are most often exposed to the sun. See a doctor if you have unusual skin conditions that don't heal in four weeks, sore ulcers or a scaly patch on the skin, a white patch on the lips that doesn't heal, or moles that grow quickly, change shape or color, or bleed repeatedly. Get medical care for anything that looks suspicious rather than wait until the problem becomes untreatable.

Most often, skin cancer is the result of overexposure to the sun. UV rays cause skin cancer by creating changes in the cells of the skin. Tans and sunburns are both signs that UV rays have damaged the skin. Burns and skin damage can occur quickly and stay with you for life. At the same time, skin cancer is one of the most preventable forms of cancer. By practicing these simple precautions you can make the most of summer and reduce the risk.

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## **MRSA - Survival Of The Fittest?**

MRSA stands for Methicillin-Resistant Staphylococcus Aureus. MRSA has become an increasingly common cause of disease. The common bacterium staphylococcus aureus (SA), sometimes referred to simply as "staph", can live harmlessly on the skin but if it gets into the body it can cause a minor infection such as boils or pimples, or a serious infection such as pneumonia or an infection of the blood.

Methicillin (a type of penicillin) is an antibiotic drug that is commonly used to treat staph infections and is, in most cases, very effective. Some staph bacteria, unfortunately, have developed a resistance to Methicillin and can no longer be killed by this antibiotic. The resistant bacteria are called *Methicillin-resistant staphylococcus aureus*, or **MRSA**. It's all about survival of the fittest! How many of us have ignored the doctor's advice to always finish the entire course of antibiotics, even if we start to feel better? When we don't finish the course, there's a chance that even though most of the bugs will be killed, the ones that survive are likely to be those that are most resistant to antibiotics.

MRSA rarely infects healthy people. It usually infects hospital patients who are elderly or very ill, or people who have had frequent, long-term, or intensive use of antibiotics. Intravenous drug users and persons with long-term illnesses or who are immuno-suppressed are also at increased risk. The infection can develop in an open wound such as a bedsore or when there is a tube such as a urinary catheter that enters the body.

The skin will appear red and inflamed around wound sites. Symptoms in serious cases may include fever, lethargy, and headache. MRSA can cause urinary tract infections, pneumonia, toxic shock syndrome, and even death.

MRSA is usually spread through physical contact. If you are a healthcare worker, you should use standard infection control precautions. Never touch blood, body fluids and contaminated items without wearing gloves. Wash your hands immediately after removing your gloves, between patient contacts and between tasks and procedures. Wear a gown, as well as a mask and face shield, during procedures that are likely to generate splashes or droplets of blood and body fluids. Always properly clean, disinfect and sterilize patient care equipment to limit the transmission of organisms. And when you handle, transport, and process used linen soiled with blood or body fluids, be careful to avoid skin exposure, contamination of clothing and transfer of microorganisms to other patients.

## **Mosquito Season is Here**

Take preventative measures to protect yourselves from West Nile Virus. West Nile Virus is spread by mosquitoes that have fed on the blood of infected birds. Depending on a person's general state of health, symptoms of the virus generally range from none at all, to mild flu-like symptoms (fever, headache and body ache). The risk is more serious in older people or people with chronic disease and weakened immune systems, who may experience health complications such as encephalitis, meningitis and other kinds of neurological, potentially long-term illness.

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The simplest and most effective way to reduce the risk is to avoid mosquito bites. Since mosquitoes breed in stagnant water, you need to regularly drain the water in areas such as bird baths and eaves troughs, and to remove old tires, buckets, or other items where water may collect. If you hear of a case of West Nile in your area,

- Make sure your door and window screens have no holes, and that they fit tightly.
- Wear long-sleeved shirts, long pants and a hat.
- Wear light colored clothing - mosquitoes prefer dark colors.
- Choose an insect repellent that contains DEET or other approved ingredients, and follow the product directions carefully.
- The risk of infection from West Nile Virus starts in mid-April and lasts until the first hard frost in late October.

### **Safety Meeting Strategies – Like Leather** (from article by Richard Hawk Inc. <http://www.richardhawkinc.com>)

At our annual safety meeting, we gave everyone a new leather portfolio with our company logo on it. It had a zipper to keep it closed, so we wanted to give everyone a piece of leather (3" piece) to put on the zipper, making it easier to open and close.

The leather strip became the "object" we opened the meeting with. The leather was handed out to everyone, which definitely sparked curiosity. Then came the little speech (memorized of course!):

"There is a special purpose for the piece of leather. But before I tell you what it is for, I wanted to share something I had thought about while cutting the pieces of leather. I got to thinking about how leather reminded me of you. Leather is so tough, durable, and flexible, just like you all. [We're in construction-- earthwork & demolition.] As I cut these pieces of leather, I was also reminded of how fragile leather can be. With enough force, it can be torn, cut, tarnished, and sometimes completely damaged.

So, even though you are all tough, durable, and flexible out in the field, we all need to remember how important safety is, because although we're tough, durable, and flexible, we can still become injured if we're not practicing 'safety always'." ('Safety Always' is our company's safety motto.)

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At the end of the speech, everyone was listening and ready to start the meeting. The last question was, "Does anyone know what the leather is for?" One or two people had already figured it out, and had their pieces of leather on the zipper of the portfolio.

## **Summer Safety and Health: Why Water?** (The Best Body Coolant for Heat Stress)

### **1) Why not beer?**

Because it inhibits the release of the antidiuretic hormone (ADH), which retains water in the body. Instead of replacing fluids, you will urinate more frequently and lose body fluids. So what is the best thing to drink? Water!

Your main concern after working or playing strenuously in a hot area is to replace the water lost through sweating. Replacing the electrolytes (sodium, potassium, magnesium, calcium) lost along with the sweat is of secondary importance. (Though you should be sure to include some electrolytes in your diet/intake.)

Water is also best because it is absorbed more quickly than special athletic drinks, beverages, and juices that contain glucose, sodium, potassium, and other ingredients. The higher the concentration of ingredients, the slower the rate of absorption.

### **2) Drink it "ice cold."**

Studies conducted with cold fluids have confirmed that drinking ice water does not cause cramps. Large volumes of water hurriedly gulped may, however, cause stomach distress. Cold water (40 degrees F) is preferable to warm water for the following reasons:

It is absorbed faster Cold water increases gastric activity; the water enters the intestines more rapidly, where it is absorbed into the system.

It also cools the body better. Cold water can reduce the stomach temperature by 12 to 30 degrees. This helps cool the body's core and reduces the heat stress.

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## **The Golden Rules of Emergency Care**

### **What To Do:**

- Do obtain consent, when possible.
- Do think the worst. It's best to administer first aid for the gravest possibility.
- Do call or send for help.
- Do remember to identify yourself to the victim.
- Do provide emotional support.
- Do respect the victim's modesty and physical privacy.
- Do care for the most serious injuries first.
- Do be as calm and direct as possible.

### **What NOT To Do:**

- Do not harm further.
- Do not leave the victim alone except to get help.
- Do not assume that the victim's obvious injuries are the only ones.
- Do not deny a victim's physical or emotional coping limitations.
- Do not make any unrealistic promises.
- Do not trust the judgment of a confused victim.
- Do not require the victim to make decisions.

## **Amazing Luck**

In April 2006, Carolyn Holt of St. Charles, Missouri, was driving through the city when she suffered a heart attack. Her car veered across traffic and struck a guardrail before coming to a stop. Other drivers quickly stopped to help. Luckily, two of them were nurses, and after a truck driver used his trailer hitch to smash a window and get Holt out of the car, they immediately started doing CPR.

But Holt wasn't responding--her heart had stopped beating. That's when another motorist who had stopped walked up to the scene. He was a defibrillator salesman. And he had one of the devices in his car. The nurses used it to start Holt's heart beating, and, thanks to the improbable circumstances of her rescue, she survived the ordeal.

One of the nurses, Mary Blome, said, "It was a true miracle that evening." The salesman, Steve Earle, said it was even more of one than they realized. "It was strange luck," he said, "because when we finish up work for the day, a lot of times we'll get in my wife's car and take it out to eat or to pick my daughter up. For some reason we just happened to get into my car."

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**Stretch Your Funny Bone (Safety Meeting Strategy)** (from "Safety Stuff" by Richard Hawk Inc. <http://www.richardhawkinc.com>)

Try instituting a simple office wellness program that includes ergonomic stretching twice a day. Due to increased productive work loads, employees can become a less physically active work force with more physical discomforts. Start a program that would at least stretch everyone's funny bone in the office. Twice a day send employees trivia or a humorous topic of the day to inspire conversation and a laugh along with a cue to stretch. This five minute activity, the stretch and the laugh, relieves stress from the body and the face. Additional benefits include increase camaraderie, safety trivia savvy and rejuvenated employees.

**Loony News: Unusual Classified Ads!**

**Two wire-mesh** butchering gloves, one 5- finger, one 3-finger. Pair: \$15.

**Dog for sale.** Eats anything and is especially fond of children.

**Wanted:** Preparer of food. Must be dependable, like the food business, and be willing to get hands dirty.

**Wanted:** Man to take care of cow that does not smoke or drink.

**Man wanted** to work in dynamite factory. Must be willing to travel.

**Safety Tidbits** (from "Safety Stuff" by Richard Hawk Inc. <http://www.richardhawkinc.com>)

- An American boy, aged 1-4 years, is twice as likely to die as his Swedish counterpart.
- Tropical vacation statistic: You're more likely to die from a falling coconut than a shark attack.
- While bending over to make calls at the 2006 Wimbledon tennis tournament, line judges split 60 pairs of pants.
- Odds that a sports injury will involve the wrist and hand: 25%.
- Most people who are allergic to cats aren't allergic to cat fur, cat dander, cat saliva, or cat urine; they are actually allergic to sebum, a fatty substance secreted by the cat's sebaceous glands.
- During one insurance study, 71% of corporate pilots surveyed admitted to falling asleep on the job.
- "If everyone on earth just stopped breathing for an hour, the greenhouse effect would no longer be a problem." --Jerry Adler, *Newsweek*

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- More than 25,000 individuals sprain an ankle each day in the United States.
- In 2003, the Transportation Security Administration dropped a requirement that air marshals pass a marksmanship test. Some applicants were even hired after they repeatedly shot flight attendants in mock hijacking episodes.
- Studies show: Toast lands butter-side down 62% of the time.

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