



Consider This

HEALTH & SAFETY NEWSLETTER
MAY 2014

NATIONAL
SAFETY
MONTH

National Safety
Month – June
2014



Prevent
Prescription Drug
Abuse



Stop Spills, Trips,
& Falls



Be Aware of your
Surroundings



Put an End to
Distracted Driving



Summer Safety



Doing Anything Special for National Safety Month – June 2014?

Each June, the National Safety Council celebrates National Safety Month as a time to bring attention to key safety issues. As you plan your 2014 safety calendar, please join the Council and thousands of organizations across the country to help reduce risk of the following safety issues:

2014 Weekly topics:



Week 1: Prevent prescription drug abuse

Week 2: Stop slips, trips and falls

Week 3: Be aware of your surroundings

Week 4: Put an end to distracted driving

Bonus week: Summer safety



REDUCE RISK

The 2014 National Safety Month theme, "**Safety: It takes all of us**," was inspired by the idea of continuous risk reduction — a key pillar in the Journey to Safety Excellence. A successful safety program depends on spotting hazards early, evaluating their risk and removing or controlling them before harm is done. Use this June to find creative ways to engage everyone in reducing risk in your workplaces. A little effort today has the potential to prevent tragedy tomorrow.

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Are you on OSHA's 2014 Target List?

Does a Goal of Zero-Incidents Encourage Underreporting?

Captain Obvious





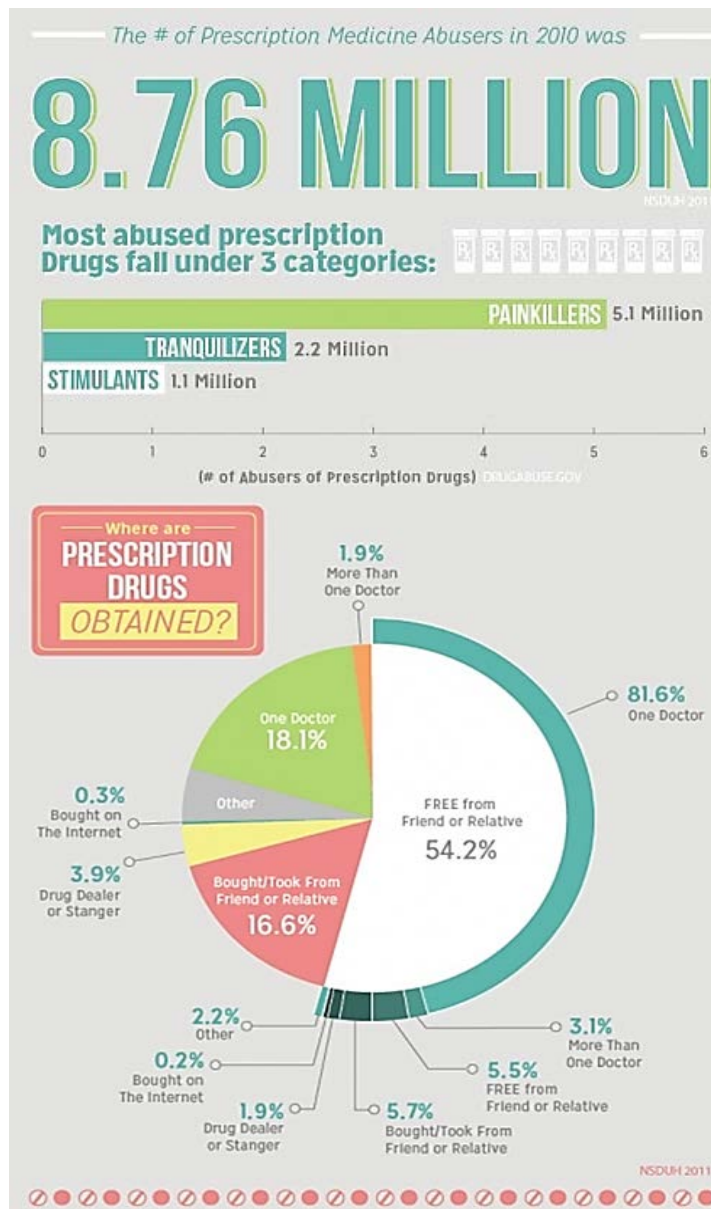
The misuse and abuse of prescription drugs has taken a devastating toll on communities all across America. For insurance companies, the financial impact of rising opioid costs continues to cause concerns, as medical payments exceed indemnity payments.

In 1987, medical losses represented only 46 percent of the dollars spent on workers' compensation claims. Today, medical losses represent roughly 60 percent of the dollars spent on these claims¹. In the Winter edition of the NAMIC Mutual Insurance magazine, the article "Opioids: A Workers' Compensation Epidemic" discussed the Accident Fund Insurance's 60%/40% medical loss/indemnity loss split, in addition to calling opioids workers' compensation's current worst enemy². With approximately 20 percent of all medical spending going towards prescription drugs and workers' compensation, insurers have been working hard to mitigate these costs.

(1) <http://www.ncci.com/>

(2) <http://www.namic.org/in/13winterpre.asp>

(Continued on next page)



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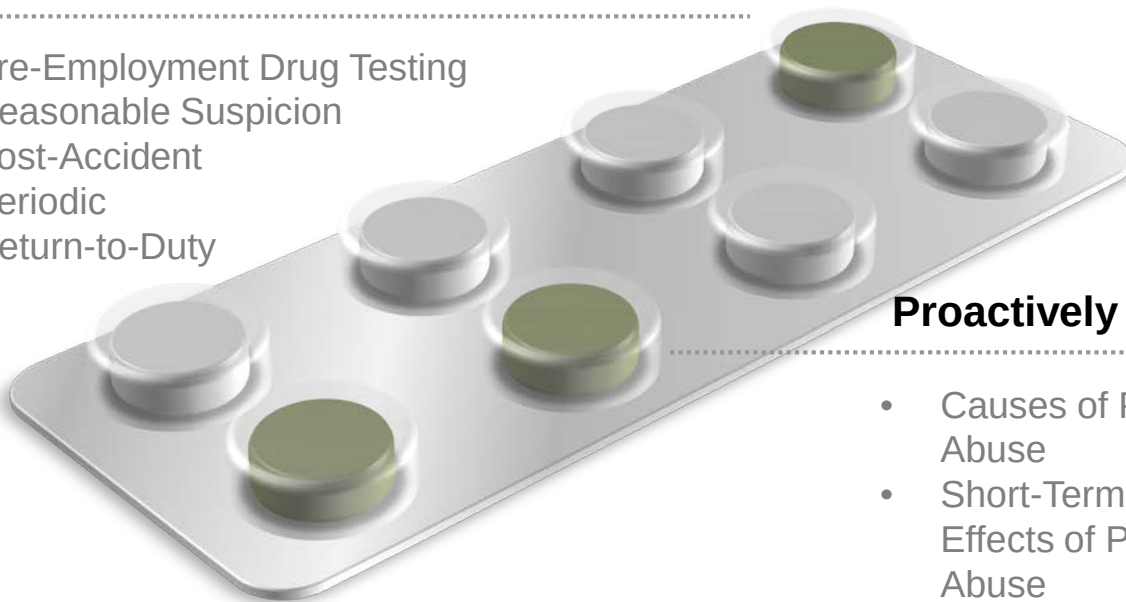
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What preventive measures can companies take to prepare against prescription drug abuse?

Workplace Drug Testing

- Pre-Employment Drug Testing
- Reasonable Suspicion
- Post-Accident
- Periodic
- Return-to-Duty



Proactively Train Personnel

- Causes of Prescription Drug Abuse
- Short-Term & Long-Term Effects of Prescription Drug Abuse
- Dangers of Misuse
- Addiction Scenarios

Implement Substance Abuse Program (Zero Tolerance)

- Zero Tolerance Policy
- Pre-Employment Physical
- Drug Testing
- Self-Disclosure

<http://www.drugabuse.gov/related-topics/trends-statistics/infographics/popping-pills-prescription-drug-abuse-in-america>

Work Safe. Live Safe. Stay Safe.

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When focusing on hazard identification, thoughts generally form around the environment in which we work. On just about every workplace hazard checklist, slip, trip and fall prevention statements are included. There are three crucial precautions that are helpful in eliminating risk exposure to slips, trips and falls. Their simple strategies are applicable regardless of the environment in which we work.

Keep and Eye on the Path and Task



- Scan area for slip/trip hazards prior to moving in any direction.
- Never put any body parts where you have not first visually scanned.
- When walking, keep your eyes focused on the direction of your travel. (i.e. looking behind before backing up)
- Maintain focus on surroundings, body position and equipment when performing a task.

Footing



- Wear the appropriate footwear for the task and season.
- Stay on designated walkways.
- Maintain at least one hand on the handrails when using stairs (3-point contact).
- When climbing up/down ladders, use 3-point contact and keep body facing toward ladder.
- Maintain 3-point contact when getting on or off raised surfaces or any equipment.

Good Housekeeping



- Keep walk areas clear and free of obstacles.
- Clean up spills immediately.
- Identify & communicate potential hazards to others approaching your area.
- Put all tools, equipment and supplies where they belong.
- Keep cords and hoses rolled up and not loose on the floor.
- Repair uneven surfaces inside and outside.

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How did that happen! Where did that come from? I didn't expect that! Sound familiar?

After an injury, these are the types of comments often expressed by the victim – sometimes the witnesses.

No matter who was involved or who witnessed the event, they often state that they had no idea what happened. In some instances this may be true, but typically this is an expression of frustration. They thought they were working safely and it was probably a task that they performed hundreds of times. Heck, the worker could probably do the task blindfolded. Perhaps he did?

TOTAL AWARENESS IS THE KEY

A common factor in injury incidents is a lack of awareness. A thorough pre-operational inspection of workplaces and equipment is one of the most important acts that anyone can do to ensure his or her own safety each day. But a pre-operational inspection is only a start.

Each worker must constantly be aware of changes in his or her environment throughout the shift and be prepared to react appropriately to changes that occur. These differences may occur because of a change in location, or a natural change in the immediate environment. They may be changes that are forced from outside sources, or they may be changes that we create by the work we perform.

An air hose is normally a safe tool. One could consider it a tripping hazard if it crosses a walkway, or it could represent a strain hazard when lifting or pulling. But normally, if in good condition, an air hose is rather innocuous.

But, suppose someone begins to disconnect the hose. Fittings may be difficult to break. Pinch points may be encountered using tools to break the connection. But what if the hose is pressurized? The valve was shut off and the pressure was bled off. But what if the valve leaks and pressure is re-built? What if the wrong hose was bled off? Each of these hazards is easily controlled if the worker is alert and informed.



<http://www.thecrcenter.com/archives/2010/05/04/be-aware-of-your-surroundings/>

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GET INVOLVED: EMPLOYERS

Implementing a distracted driving policy doesn't just make good sense – it makes good business sense! Whether you have a fleet safety or driver safety policy in place, make sure it addresses distracted driving.

Distracted driving is any activity that could divert a person's attention away from the primary task of driving. ALL distractions endanger driver, passenger, and bystander safety.



<http://www.distraction.gov/>
<http://distracteddriveraccidents.com/>

(Continued on next page)

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Employer Costs

A Harvard risk analysis study estimated the annual cost of crashes caused by cell phone use to be \$43 billion. In recent years, numerous plaintiffs have filed and won multi-million dollar actions against employers for injuries arising from negligent driving of an employee who was distracted by the use of a cell phone. Is it your understanding that multitasking while driving is a time-saving solution? Is it worth the risk?



What You Can Do



Educate your personnel on safe driving habits.



Implement a driver safety policy that clearly defines what activities are prohibited when behind the wheel.



Promote distraction-free driving by announcing your commitment, providing informative materials and encouraging safe communication practices while on the road.

EHS Support has developed numerous driver safety policies and provided driver training. Contact us to develop or enhance your policy.



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HOT WEATHER IS QUICKLY APPROACHING

Preparing for reducing the risk of heat-related illness is of utmost importance prior to the onset of hot weather. Prime your personnel ahead of time with the needed information prior to commencement of work and to recognize heat-related illness. Attention to the heat index anticipated for the day or week is paramount in keeping personnel safe this summer.

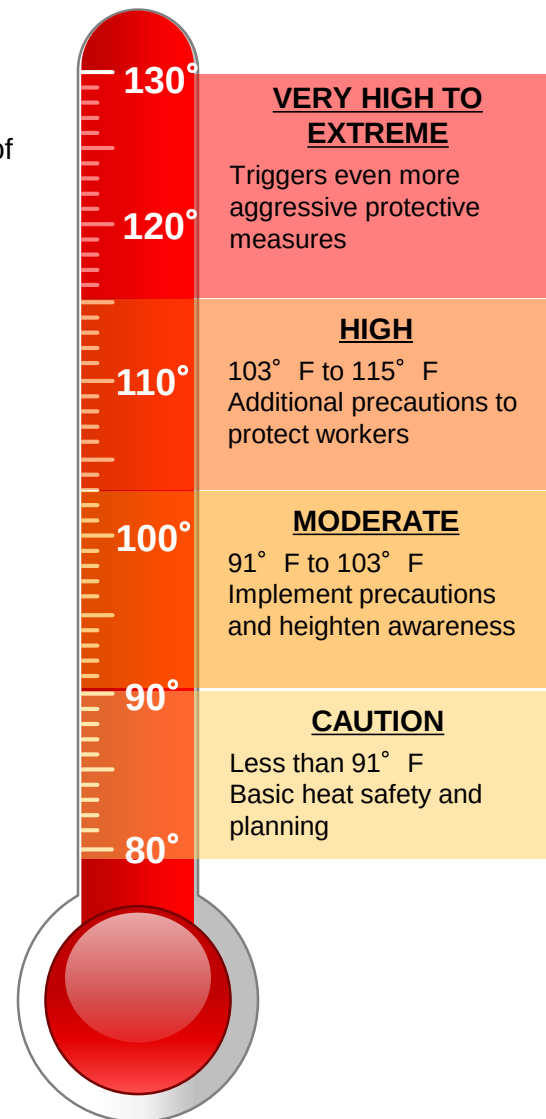
If your company prides itself on being proactive, don't get burned this summer! Our staff can assist you with preparing your personnel and devising a sound hot weather safety program.



Drinking Water

Water should have a palatable (pleasant and odor-free) state and water temperature should be 50° F to 60° F, if possible.

<https://www.osha.gov/SLTC/heatstress/>



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Are you on OSHA's 2014 Target List?



OSHA has released its annual inspection plan targeting workplaces with high rates of injuries and illnesses. So, who is a target for an OSHA inspection? The agency has spelled it out, at least until the beginning of 2015.

The 2014 Site-Specific Targeting Program is based on injury and illness rates collected from a survey of 80,000 workplaces in high-hazard industries with 20 or more employees.

This year's primary inspection list is similar to the previous one and consists of:

- Manufacturing establishments include those with DART rates of 7.0 or greater and DAFWII case rates of 5.0 or greater
- Non-manufacturing establishments being targeted (with the exception of nursing or personal care facilities) have DART rates of 15.0 or greater or DAFWII case rates of 14.0 or greater.

The primary inspection list for SST-14 will include 1,260 establishments. These facilities will be subject to comprehensive OSHA inspections.

If an area office completes its inspections of all workplaces on its primary inspection list, it can go to the secondary list which consists of:

- Manufacturing facilities reporting DART rates of 5.0 or greater or a DAFWII rate of 4.0 or greater
- Non-manufacturing facilities (excluding nursing and personal care facilities) with a DART of 7.0 or higher or a DAFWII of 5.0 or higher, and
- Nursing and personal care facilities following requirements set out in the National Emphasis Program for that industry.

Reference: www.osha.gov

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Does a Goal of Zero-Incidents Encourage Underreporting?



Is your company's primary goal for the year zero incidents? Typically that goal is found in companies with primarily average or below average safety cultures. Is that offensive to read? If you are measuring safety by zero incidents or failure, then any task completed that did not result in an incident or injury must be safe. Right? We all need to do a litmus test on our current safety culture and check whether we are building our foundation on having a positive and honest safety climate or creating a culture that is constantly reactive in safety management, underreports incidents and relies on performance data.

Click here to listen to the EHS Support Safety Podcast: Does a Goal of Zero-Incidents Encourage Underreporting?



Fall Protection – Don't turn your back on it!

Here's a specific question for you. Do maintenance personnel or equipment operators at your facility climb to the top of equipment to perform repairs or adjustments? Can you say with certainty – they are protected from falling (at a height 4' or higher)?

Here is the fall protection requirements in a nut shell.

Employers are required to:

- ✓ Guard every floor hole into which a worker can accidentally walk by use of a railing and toeboard or a floor hole cover.
- ✓ Provide a guardrail and toeboard around every open-sided platform, floor or runway that is 4 feet for height off the ground or next level.
- ✓ Regardless of height, if a worker can fall into or onto dangerous machines or equipment (such as a vat of acid or a conveyor belt), employers must provide guardrails and toeboards to prevent workers from falling and getting injured.
- ✓ Other means of fall protection that may be required on certain jobs include safety harness and lanyard, safety nets, stair railings and handrails.



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Why is it that safety professionals are getting heckled when we provide reminders on basic safety information and then go into a facility to conduct a mock-OSHA audit and find the same type of potential hazards or non-compliance items over and over again? Here is another 'Captain Obvious' photo to serve as a reminder because we still find these issues every single day! We are devoting one section of this newsletter to sharing simple safety reminders that seem 'obvious' to everyone, but are constantly found during walkthroughs.

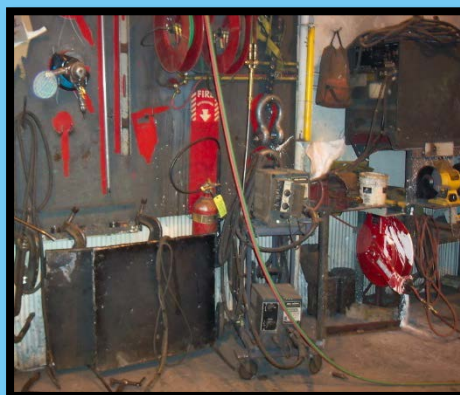
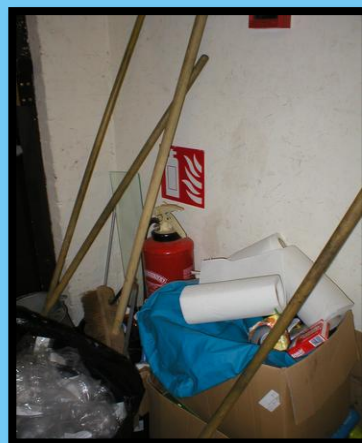
CAPT. OBVIOUS

IT'S SO
OBVIOUS!!!



CORRECTIVE ACTIONS

- Clear a path
- Inspect at least once a month



FINDING

Blocked Fire Extinguisher

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Contact Monica Meyer at Monica.Meyer@ehs-support.com today to learn more about how we can help you manage your health and safety risks.

