

REMOVING REPEAT ACCIDENTS

Here's what you can do to help break a cycle of repeat accidents in your workplace:

DO:

- Make no more repeat accidents a Number One safety objective.
- Talk about your priority every day.
- Be a safety advocate. Remind co-workers not to take shortcuts, use substitute tools, or otherwise increase their risks for accidents.
- Be a cheerleader, not a critic for safety responsibility in your work area.
- Always be on the lookout for potential safety problems.

DON'T:

- Don't criticize co-workers without also offering suggestions and support.
- Don't lecture. Lectures only annoy. And they turn co-workers into passive receptors rather than actors in improving their own safety performance.
- Don't blame. Even if a co-worker makes a mistake, remember the goal is to fix the error, not to point fingers.
- Don't assume the worst of people. This assumption can backfire by becoming a selffulfilling prophecy for the singled-out person.
- Don't give pep talks with simplistic answers. Actions speak louder than words so back up encouraging words by making real changes and offers of assistance.

You play an important role in preventing repeat accidents—both your own and your co-workers'.



Riddles of the Month

- 1). What is lengthened by being cut at both ends?
- 2). What always remains down even when it flies up in the air?
- 3). What is it that no one wishes to have yet no one wishes to lose?

Answers on page 2 Safety Bits & Pieces

Safety Matters



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Healthy Back Quiz

How do you prevent back problems?

Back problems plague many American workers in all kinds of jobs. That means a whole lot of hurt and inconvenience for a whole lot of people. Take this back health quiz to see if you might be one of them. If you don't get every answer right, you could be looking at a back injury down the road.

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| 1. A back injury can be painful but it doesn't affect your daily activities. | T | F |
| 2. Poor physical condition can cause back injuries. | T | F |
| 3. Sitting helps relax your back. | T | F |
| 4. Bend at the waist when lifting. | T | F |
| 5. It's better to pull than to push heavy objects on a cart or hand truck. | T | F |
| 6. It's better to lift and carry one big load than to make several trips. | T | F |
| 7. Prevent back strain by shifting your position frequently, whether you're sitting or standing. | T | F |
| 8. Diet and exercise have little impact on back health. | T | F |
| 9. An important part of safe lifting is planning the lift. | T | F |
| 10. Back injuries can be caused by sudden twisting or frequent bending. | T | F |
| 11. It's safer to lift an awkwardly shaped load alone. | T | F |
| 12. If you're working on your back, be sure to keep your legs straight. | T | F |
| 13. When you carry a load, hold it close to your body. | T | F |
| 14. Doing stomach crunches regularly can help prevent back injuries. | T | F |
| 15. Stand with ears, shoulders, and hips aligned to avoid back strain. | T | F |

Answers:

- (1) F. Back injuries can be disabling.
- (2) T
- (3) F. Sitting is a major cause of back strain.
- (4) F. Bend your knees, not your back, and lift with your legs.
- (5) F. Pushing puts less strain on your back.
- (6) F. Straining to move one big load is more likely to injure your back.
- (7) T
- (8) F. If you're out of shape, you're more likely to injure your back.
- (9) T
- (10) T
- (11) F. It's safer to get help with awkward loads.
- (12) F. Keep your knees bent. This will keep your back flat and cause less strain.
- (13) T
- (14) T
- (15) T

Safety Tip of the Month

Before you shovel snow and ice do some stretching exercises. You can march in place or walk for a couple of minutes. With your muscles all warm, not only will you work more efficiently, you also reduce the risk of injuring yourself.

Safety Bits & Pieces

HANDS ON

Your hands are one of your most outstanding features. They build, guide, communicate, carry, manipulate, and work hard for you every day.

Each hand has 27 bones, 24 muscles, 30 joints and pivotal points. Seven to eight muscles cooperate to move a finger. Thirty joints and 50 muscles in the hand, wrist, arm, and shoulder are brought into play just to spoon a bowl of soup. A normal grip exerts 90 pounds of force, but some can exert 150 pounds or more.

Work, play, and curiosity are constantly getting hands into trouble. **The hands are injured more than any other body part.** Amputations of hands or fingers are a particularly serious hazard for people who work with machinery. Of course, today, badly mutilated hands can often be restored to use, but not always.

Stop for a moment to consider the thousands of tasks you use your hands for each day. Think about how valuable your hands are. Then think about ways to protect them both on and off the job.

DON'T TAKE SAFETY FOR GRANTED

Did you know that one of the personality factors associated with the tendency to have repeat accidents is overconfidence? Accident-prone people assume they can handle all problems. Such overconfidence often leads to taking risks, which are followed by frequent accidents and injuries.

Don't take anything for granted when it comes to safety on the job. Always check and double check.

RIDDLES OF THE MONTH ANSWERS

- 1). A ditch
- 2). A feather
- 3). A bald head



Back Braces

What you need to know

Workers whose jobs require frequent and/or heavy lifting and/or awkward positions often end up with back problems. Some decide to use back braces. But do braces help? It depends.

The Occupational Safety and Health Administration (OSHA) spelled out its position in a 1998 Letter of interpretation:

OSHA's preferred approach to prevention of injuries and illnesses, including back injuries, is to eliminate the hazardous condition in the workplace, primarily through engineering controls. Back belts are not recognized by OSHA as effective engineering controls to prevent back injury. While they may be accepted by individual workers because they feel as if they provide additional support, the effectiveness of back belts in the prevention of low back injuries has not been proven in the work environment. Thus, OSHA does not forbid the use of back belts and similar devices, nor does it endorse their use.

The National Institute of Occupational Safety and Health (NIOSH) has done extensive research on the use of back belts in the workplace and concluded there is **"insufficient evidence to recommend the use of back belts as a back injury prevention measure."**

However, for some workers with preexisting back injuries, healthcare providers may recommend the use of back braces to heal and/or prevent further injuries. **Consult with your healthcare provider if you experience back pain to determine whether using a back brace is right for you.**

QUOTATION OF THE MONTH

"No evil propensity of the human heart is so powerful that it may not be subdued by discipline."

Seneca (c. 4 BC - AD 65)

Roman Philosopher & Statesman

Safety Tidbit

According to Safe Kids Worldwide, the total cost of pedestrian death and injury among children ages 14 and younger is \$5.2 billion per year.

ON THE LIGHTER SIDE...

Standing on the first tee, a golfer said to his playing partner: "Why don't you try this ball - you can't lose it?"

"What do you mean you can't lose it?"

"It's a special ball. If you hit the woods, it beeps. If you hit it in water, it sends up bubbles, if it lands in deep rough, it emits a plum of smoke."

"Wow! That's fantastic. Where did you get it?"
"I found it!!"

The Eyes Have It

Protect what you have

January is **National Eye Care Month**, which is a great time to be reminded of the preciousness of our eyesight and the need to use eye protection. Consider these basics of eyecare safety.

- ① **Identify each eye hazard** you face on the job and know specifically how a particular type of safety eyewear protects you from each hazard.
- ② **Know the consequences** of failing to use required eye protection. Have you heard horror stories—or miracle stories—about how workers' eyes have been injured because they weren't wearing eye protection or their eyesight was saved because they were?
- ③ **Recognize that eye protection gives you more control** over your own safety. The simple practice of donning appropriate Personal Protective Equipment (PPE) in the face of particular hazards gives you that extra measure of control.
- ④ **Be a vision leader.** Always use required eye protection in the work area. Make sure visitors use it, too—even if they're just passing through an "Eye Protection Required" work area. The example you set for co-workers is always a powerful message.

Always protect your eyes with a clear vision for eye safety on the job.