

# First Aid Depot

## Safety News and Review

The quarterly Newsletter of First Aid Depot

Our 12th year!

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**Special points of interest:**

- Sounding off about Noise!
- Tips on stocking safety.
- Have you updated your disaster plan?
- Be ready for the cold months ahead.
- Spotlighting the Leisure and Hospitality industry
- What is your non-fatal injury risk?

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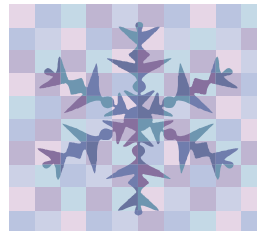
### Protect yourself from the Cold

The cold months are coming. Working or playing out doors poses additional challenges in the winter months. Colder temperatures and wind chill can cause frostbite or hyperthermia if workers are not properly prepared. Please follow these OSHA-recommended precautions to avoid overexposure to winter weather?

- Wear several layers of loose clothing with a base layer made of a wicking material to help keep moisture away from the skin. Covering your head and mouth will help protect your lungs preventing heat loss.
- Go in doors to a warm, dry area for frequent short

breaks

- Be sure to stay hydrated with beverages such as sports drinks, avoiding caffeine and alcohol
- Train workers to recognize the symptoms of cold-



related illnesses and the precautions to avoid them

For frostbite:

- Get them to a warm, dry place and remove any wet

or restrictive clothing that may inhibit blood flow

- Do not rub the skin; rubbing can tissue damage
- Gently place the affective area in warm water of 105 degrees for 25-40 minuets. Do not use hot water.
- When normal skin color, feeling and movement have returned, dry and wrap the area to keep it warm.
- If there's a chance the area may become cold again do not warm it, this may cause tissue damage.
- Seen medical attention as soon as possible

### Noise Facts

According to the National Safety Council, Noise is an area of concern. Noise induced hearing loss is 100% preventable, but once acquired is permanent and irreversible.

- Approximately 30 million workers are exposed to

hazardous noise on the job, an additional 9 million are at risk for hearing loss from other agents such as solvents and metals

- Industries with high numbers of exposed workers include agriculture, mining,

construction, manufacturing, utilities, transportation and military

- Noise-induced hearing loss is the second most self-reported occupational illness of injury; according to studies 44 percent of

### Healthy tips for Living

As reprinted from Health & Safety Magazine of the National Safety Council.



#### Workplace fatigue costs employers \$136.4 Billion.

Nearly 40 percent of workers experience fatigue on the job, costing employers \$136.4 Billion annually in health-related lost productivity. A recent study found employees suffering from fatigue had a 66 percent rate of lost productivity due to

health-related reasons, compared with 26 percent for workers without fatigue. According to researchers, fatigue was mostly common in workers with "high-control" job, relatively well-paid positions with decision-making responsibilities.

#### Preparing for Flu Season

Get a flu vaccine each year. October and November are the best months to get vaccinated because it allows your

body plenty of time to develop antibodies.

If you do get sick, do not try to maintain your normal schedule or you will prolong your illness.

Viruses are spread through contact with contaminated surfaces, the best prevention is proper hand washing.

If you develop flu symptoms, practice good infection control.

### The Leisure and Hospitality Industry

*"Who gets hurt in hotels and how?"*

Many of our clients are in the Leisure and Hospitality field. In 2004 this industry employed 11.8M people. This year that sector reported 95,380 non-fatal injuries involving days away from work.

What types of injuries were experienced:

Sprains and strains 32,720, cut and punctures 14,200, bruises and contusions 9,420, sore-

ness and pain 7,960 and heat burns 6,490.

What body part was injured:

Upper extremities (finger, hand wrist) 28,490, trunk (back, shoulder) 25,900, lower extremities (knee, foot, toe) 21,290 and head (including eyes) 5,660.

How was the injury sustained:

Contact with/struck by/caught in object or equipment 25,810, fall

on same level 22,480, overexerted 15,460, exposure to harmful substances 8,890, and slips, trips 3,770

For those in this business now we would a good time to review work place practices and environments for the purpose of modifying the area to make it safer for the worker minimizing their risk based on job duties and physical requirements.

### Noise Facts Continued



carpenters and 48 percent of plumbers reported that they had a perceived hearing loss. 49 percent of male metal and nonmetal miners will have a hearing impairment by age 50, versus 9 percent of the general population

No national surveillance on injury reporting systems for hearing loss exists, so com-

prehensive data on the economic impact of hearing loss is not available

- Removing hazardous noise from the workplace through engineering controls such as installing a muffler or building an acoustics barrier is the most effective way to prevent noise-induced hearing

loss

- OSHA's permissible exposure limit of 90 decibels over an 8-hour time-weighted average and its 5 dB exchange rate makes the United States one of only two countries in the world using this measurement .

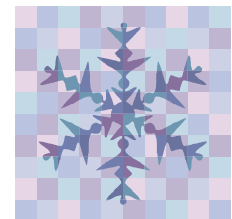
## Protect yourself from the Cold continued

A more emergent condition associated with cold weather is hypothermia, a body temperature less than 95 degrees, causing fatigue, shivering, slurred speech, clumsy movement and erratic behavior:

- Immediately call 911, and do not leave the victim alone
- Get the person to a dry area, remove any wet clothing and wrap him or her in dry clothing or blankets
- If the person is awake and alert, have him or her drink a warm, beverage such as a sports drink
- Have the victim move his or her arms and legs to generate heat in the muscles. Otherwise, place hot packs in the armpits, neck, head and groin area.
- Do not place the person in a warm bath or rub the skin, as this may cause his or her heart to stop

First Aiders needs to also protect themselves when providing care to injured and ill victims by wearing the proper attire, multi-layers, hats, gloves, etc. Remember rescuers are at the same risks for frost bite and hypothermia.

The First Aid Kits should be stocked with a thermal blanket to wrap the victim in a cold environment and heat packs which are used to re-warm the victim if you have delayed access to 911.



## Non-Fatal injury risk

These are the industries with the highest number of nonfatal injuries:

- All industries 341,750
- Construction 54,230
- Manufacturing 74,840
- Retail Trade 51,190
- Transportation 29,410
- Education/Health 26,440

The major cause of these injuries was making contact with or being struck by an object;

- Struck by object 166,400
- Struck against object 91,440
- Caught in object, equipment or material 57,160

These types of injuries also resulted in 911 deaths this

year. These injuries were only second to motor vehicles accidents. Unfortunately the more employees the greater the risk for these industries. The purpose of the article is to inform, if you've experienced injuries of this type it may be time to have the first aid team work with the manufacturing group on ways to minimize these injuries in the future, for more information visit [www.nsc.org](http://www.nsc.org).

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*“Contact with objects can be life threatening”*

## Emergency Preparedness

In a post 911 world some businesses still aren't prepared, according to the standard, key elements of an emergency preparedness program include;

- **Hazard identification.** Conduct an analyses to determine the natural or human events that your organization is most likely to experience
- **Hazard mitigation.** Based on the results of your hazard identification phase, as well as prior experiences with disasters or other incidents, develop a strategy to minimize injuries
- **Planning.** Your emergency plan should ensure your business can continue to operate after a disaster.
- **Regulatory compliance.** Ensure your plan complies with all applicable laws and regulations.
- **Resource management.** Identify in advance the equipment, funding, personnel, training and other resources needed to implement the plan



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## Stocking Safety

Workers involved in stocking product frequently suffer from musculoskeletal problems such as sprains and strains from lifting and repetitive motions. Having an ergonomic program in place to train employees how to properly handle packages can significantly reduce the numbers of such injuries.

OSHA offers the following tips to keep workers safe from ergonomic hazards of stocking materials:

- Use a stable stepladder for stocking items on higher shelves
- Lift items with the legs, and hold packages close to the body to prevent unnecessary strain on the back
- Use knee pads if required to kneel for extended periods while stocking low shelves, if possible sit on a low stool
- Rotate responsibilities so workers are not required to squat, kneel or reach overhead for extended periods of time
- When hauling frozen goods, be sure to wear gloves
- Use a cart to move items from the pallet to the stocking location, and make sure cart wheels are in good working order
- Use correct safety cutters for left and right handed workers, and be sure the blade is sharp
- Always ensure that floor areas are free from spills and debris
- Be sure there is enough room in the area to load, unload and open packages. Employees should not have to lean around or across pallets or carts
- Raise pallets to waist height with a scissor lift or hand jack to prevent workers from lifting with a bent back

