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Fun safety committee activities

- ❖ Promote safety through safety posters or slogan contests.
- ❖ Engage employees with safety of the month puzzles such as word search or word unscramblers.
- ❖ Have a special safety fair.
- ❖ Create safety videos with employees.
- ❖ Have safety employee of the month.

We hope you enjoyed our first newsletter and have been looking forward to the next edition, because here it is. 😊 It's October, autumn is in full swing, let's get into the fall mood. Come see us and visit our booth at the Auerfarm Fall Festival on October 14th.

Hazards In The Workplace

One of the "root causes" of workplace injuries, illnesses, and incidents is the failure to identify or recognize hazards that are present, or that could have been anticipated. A critical element of any effective safety and health program is a proactive, ongoing process to identify and assess such hazards. Employers and employees can work together to:

- Collect and review information about any hazards present or likely to be present in the workplace.
- Conduct initial and periodic workplace inspections of the workplace to identify new or recurring hazards.
- Investigate injuries, illnesses, incidents, and close calls/near misses to determine the underlying hazards, their causes, and safety and health program shortcomings.
- Group similar incidents and identify trends in injuries, illnesses, and hazards reported.
- Consider hazards associated with emergency or non-routine situations.
- Determine the severity and likelihood of incidents that could result for each hazard identified, and use this information to prioritize corrective actions.

Have regular safety huddles, appoint safety committees members and safety leaders, fix hazards on the spot, and emphasize the importance of safety and health.

Establishing an Effective Safety Committee

An effective safety committee is comprised of both employees and management from different departments and diverse backgrounds. The goal is to create a group that represents all company employees regardless of position and who will be tasked with preventing employee injuries and minimizing or eliminating workplace hazards.

Once established, an effective committee should meet regularly, perform and report monthly safety checks, have a set agenda to discuss at every meeting, make a written record all information discussed at the meeting, and communicate all pertinent information, findings, and ideas to the rest of the workforce.





Basic Lifting Guidelines

- Plan the lift, including the route and obstacles.
- Estimate/test the weight of the object.
- Spread feet apart about shoulder width.
- Bend your knees.
- Securely grip the load.
- Keep the load close to the body.
- Tighten stomach muscles.
- Lift slowly and evenly, avoid jerky motions.
- Don't twist at the waist, turn entire body at the hips.

SAFE LIFTING TIPS

Bend your knees

Bend your knees, and not your waist. This helps keep your center of balance and lets your leg muscles do the lifting.



"Hug the load"

Try to hold the object you're lifting as close to your body as possible as you gradually straighten into a standing position.



Avoid twisting

Twisting can overload your spine and lead to serious injury. Make sure your feet, knees, and torso are pointed in the same direction when you are lifting.



CALL FOR HELP WITH HEAVY LIFTS

Back Safety

Preventing back injuries is a major workplace safety challenge. According to the Bureau of Labor Statistics (BLS), more than one million workers suffer back injuries each year, and back injuries account for one of every five workplace injuries or illnesses. Furthermore, the BLS has shown that four out of five of these injuries were to the lower back, and that three out of four occurred while the employee was lifting.

Risky Moves

Certain actions are more likely to cause back injuries than others. Anytime you find yourself doing one of these things, you should think: DANGER! My back is at risk!

- Heavy lifting...especially repetitive lifting over a long period of time.
- Twisting at the waist while lifting or holding a heavy load.
- Reaching and lifting...over your head, or across a table or surface.
- Lifting or carrying objects with awkward or odd shapes.
- Working in awkward, uncomfortable positions such as kneeling or tasks that require you to bend over for long periods of time.
- Sitting or standing for too long without shifting.

When you find yourself in one of these situations, take measures to protect your back by using proper lifting procedures, getting help, turning with your feet instead of with your waist, or taking short breaks to stretch and flex your muscles.

8 Tips to Prevent and Ease Back Pain

1. Strengthen Your Core Muscles - Your lower back is under the stress of supporting your entire upper body. Take a few minutes each day to do a couple of simple core exercises.
2. Stretch daily - Many back problems are caused by tight muscles which add stress on your entire spine, including your joints. Get into a habit of daily stretches to promote your spinal health.
3. Avoid sitting and standing with poor posture - If you must sit for long periods of time, remember to get up and walk around every so often.
4. Take walks - Walking is a very safe and good exercise. Brisk walking at work or outside will help you to maintain a healthy weight and keep pressure off your back.
5. Lift correctly - When you lift something heavy, it's very easy to twist the wrong way. This can lead to muscle spasm and pain. Use proper body mechanics by engaging your leg muscles, not your back, when you pick up heavier items. Get help if the item is too much for you to lift alone.
6. Reduce pressure on your back when you sleep - Sleeping flat on your back puts pressure on your spine. Elevate your knees slightly by placing a pillow under them. If you're a side sleeper, put a pillow between your knees to reduce pressure on your back.
7. Watch your weight - Extra weight puts a strain on your back. In order to deal with extra weight, your spine can become tilted and stressed unevenly. The back may lose its proper support and develop an unnatural curvature of the spine over time.
8. Quit smoking - Smoking restricts blood flow to the discs that cushion your vertebrae. This could lead to quicker disc degeneration. Smoking also reduces calcium absorption and new bone growth which can increase the risk of a fracture due to osteoporosis.

Ultimately, it's up to each individual to follow and apply these guidelines and practice safety!