Employee Safety
Health Education Module

Developed by the Risk Management Unit

SAFETY FIRST
EVERYONE IS SAFER WHEN WE WORK TOGETHER

The Human Toll
Nearly 11 American workers die on the job each day.
That's almost 4,000 a year.

For more information on this and other safety topics, please log on to the member education section of mca.org.

Proud Member
Slips, Trips, and Falls

- From 2000-2010, State of NH employees experienced 2,236 same level slips, trips, and falls (STF). This equates to over 18 per month.
- To date, the State has paid $15.8 million in costs related to those claims. This comes to an average of over $7000 per STF.
- STF accounted for 22% of all claims from 2000-2010 and resulted in 55,724 lost workdays.
Preventing STF

- Routine facility safety inspections can identify STF hazards.
- Encourage employees to report STF hazards.
- Create policies specifying footwear selection for specialized work areas.
- Maintain good housekeeping in your work area.
What You Can Do

- Immediately report STF incidents.
- Report a STF hazard if you see one.
- Clean liquid spills immediately.
- Use extra caution in parking lots, especially in winter.
Ladders and Step Stools

- Always use caution with ladders and step stools.
- Make sure to use the correct size ladder for the job.
- Inspect the ladder before use.
- Never use a chair or table to elevate yourself.
Driving Safety

- It is easy to become complacent to the hazards of driving.

Motor vehicle crashes are the **leading cause of death** among workers in the U.S.

18,716 work-related crash fatalities between 2003 and 2012

12,458 deaths in single- or multiple-vehicle crashes on public roadways

2,942 deaths in crashes that occurred off the highway or on industrial premises

3,316 pedestrian worker deaths as a result of being struck by a motor vehicle

Source: National Institute for Occupational Safety and Health
NH Roadway Fatalities

- From 1/1/16 to 11/30/16, NH had 117 fatalities caused by motor-vehicle crashes or about 11 deaths each month.

Source: NH Driving Towards Zero and WMUR.com
NH Motor Vehicle Fatalities Map

Source: NH Driving Towards Zero
Distracted Driving

- Texting while driving is illegal in NH. Despite this fact, drivers continue to text while driving.

- In 2010 AT&T created a campaign to educate consumers about the dangers of texting while driving. The link below will take you to a compelling documentary that sends a strong message against texting while driving.

https://www.youtube.com/watch?v=dht-Vy25jPs&list=PL7FEF61DA1F5293A0&index=71
Cell Phones

- NH has a “hands free” law, RSA 265-79:c Use of Mobile Electronic Devices While Driving.

- Check with your agency regarding its policy on mobile electronic devices.
Backing

- Backing accounted for the highest cause of State of NH fleet claims from 2010-2014.

- Why?
  - Most of our driving is spent moving forward.
  - We don’t get a lot of experience backing.
  - Conditions can constantly change.

- The U.S. Department of Transportation’s National Highway Traffic Safety Administration (NHTSA) issued a final rule requiring rear visibility technology in all new vehicles under 10,000 pounds by May 2018.

Source: nhtsa.gov
Backing

- Avoid backing if possible.
- Get out and look (GOAL).
- Ensure mirrors are properly adjusted.
- Constantly scan area for hazards.
Road Rage

- **7 ways to avoid road rage:**
  - Use an “I’m sorry” gesture (e.g. wave) to attempt to defuse the situation.
  - Plan ahead; allow time for delays during your journey.
  - Consider whether you’ve done something to annoy the other driver and adjust your driving accordingly.
  - Listen to music you enjoy.
  - Use your horn sparingly.
  - Avoid eye contact with angry drivers and give them plenty of room.
  - Move over if someone is tailgating you.
Seat Belts

According to the data presented below, NH has room for improvement.
Seat Belts

- **What Do We Know?**
  - Most drivers and passengers killed in crashes are unrestrained.
  - Seat belts dramatically reduce risk of death and serious injury.
  - Seat belts prevent drivers and passengers from being ejected during a crash.
  - Seat belts save thousands of lives each year and increasing use would save thousands more.
  - These facts show that increasing seat belt use is critical to reduce injury and saving lives.

Source: cdc.gov
Back Safety

- Maintaining the natural curves in your back is the key to back safety.
- Always maintain a “neutral spine” by maintaining the curves in your back.
- The pressure on the discs in your back is evenly distributed when in neutral spine.
- Lifting improperly can place uneven pressure on your discs.
Back Safety

- When possible use equipment to help with moving heavy items.

- Always try and store heavy items at waist-height as this is your power zone.

- Avoid storing heavy items below the knees or above the shoulders.
Computer Workstation Ergonomics

- Maintaining proper postures at your computer is important.
- OSHA has an e-tool that can help you set up your computer properly:

Computer Workstation Ergonomics

- Remember to periodically move around and stretch.
- There are many stretches that can be done even when sitting at your computer workstation.
- The Community Health Reimbursement Program offers classes on stretching.
- Moving just 30 minutes a day can lower health risks (click on folder to view entire article from National Safety Council).
Fire Safety

- Familiarize yourself with your building layout.
- Know your exits and make sure they are clear.
- Never overload an electrical circuit.
- Warm electrical wires or fuses blown repeatedly are warning signs and maintenance should be called in either of these situations.
Electrical Safety

- Never use electrical cords that have damaged insulation or missing ground pin.
Fire Safety at Home

- Always have an escape plan and meeting place established.
- Remember to test your smoke alarms regularly.
- Remember to change the batteries in your smoke alarms every year.
- The National Fire Protection Association recommends replacing your smoke alarms every 10 years because they can become less sensitive over time.
Fire Safety at Home

- Remember, fire can spread fast, and thick black smoke can quickly develop.
- Heat and smoke from fire can be more dangerous than the flames.
- Fire produces poisonous gases that make you disoriented and drowsy.
- Asphyxiation is the leading cause of fire deaths.
Summary of Main Points

- Avoid slips and falls by wearing appropriate footwear and report hazardous conditions.
- Wear your seat belt and avoid distracted driving.
- Always lift properly by maintaining a neutral spine.
- Maintain proper postures at your computer workstation.
- Maintain your home smoke alarms.
Summary: Staying Safe

- Whether you are at work or home, staying safe is critical to your well-being.
- The slides you just went through are designed to raise awareness and remind everyone about common hazards to help you stay safe.
- If your agency has a safety committee, that is a great place to get involved to improve workplace safety.