

news & notes

OSHA 300 LOG

You can request a copy of the log. Your employer may not enter an employee's name on the log if the case involves a privacy concern. Instead, "privacy case" is entered in the space normally used for the employee's name. This protects the privacy of the injured or ill employee when others are provided access to the log. Privacy concern cases include:

- An injury or illness to intimate part of the body or the reproductive system
- An injury or illness from sexual assault
- A mental illness
- An HIV infection
- Hepatitis
- Tuberculosis
- Needlestick injuries
- Other illnesses if employee voluntarily requests that his or her name not be entered on the Log

WHY YOU NEED TO KNOW

1. You need to know what and how to report if you get injured or become sick because of work-related injuries. The sooner you report, the sooner you can be treated.
2. Your employer needs you to know reporting procedures to help them keep track of issues so they can improve safety procedures.
3. Your employer needs to meet reporting requirements to help them investigate incidents so they can prevent further issues.



"Ooooooh... somebody's just begging for a workplace injury!"

EMPLOYEE SAFETY NEWSLETTER

March 2011

Provided by Hierl Insurance, Inc

OSHA Recordkeeping

Know the exceptions

While your employer is responsible for recording illnesses and injuries, you need to know which injuries and illnesses you might experience on the job that you need to report to your employer. OSHA says an injury or illness is work related if an event or exposure in the work environment either caused or contributed to the resulting condition or significantly aggravated a preexisting injury or illness.

But you also need to know these **nine exceptions** that OSHA does not consider to be work-related injuries or illnesses occurring in the work environment.

1. You are in the work environment as a member of the general public when the injury/illness occurs.
2. The injury/illness involves signs or symptoms that surface at work but result solely from a non-work-related event or exposure that occurred outside the work environment.
3. The injury or illness results solely from voluntary participation in a wellness program or in a medical, fitness, or recreational activity, such as blood donation, physical examination, flu shot, exercise class, or sports.
4. The injury or illness is solely the result of your eating, drinking, or preparing food or drink for personal consumption. For example, you are injured by choking on a sandwich while in the employer's establishment.
5. The injury or illness is solely the result of your doing personal tasks (unrelated to your employment) at the establishment outside of your assigned working hours.
6. The injury or illness is solely the result of personal grooming, self-medication for a non-work-related condition, or is intentionally self-inflicted.
7. The injury or illness is caused by a motor vehicle accident that occurs in a company parking lot or on a company access road while you are commuting to or from work.
8. The illness is the common cold or flu that may have been contracted from another employee.
9. The illness is a mental illness.

Employers must establish a method for you to report injuries or illnesses right away. You must be trained and informed about the method you are to use when reporting any injuries or illnesses.

news & notes

NOISE AND HEART RISK

A persistently noisy workplace more than doubles an employee's risk of serious heart disease, according to research published online in the journal *Occupational and Environmental Medicine*. Young male smokers appeared to be particularly at risk.

The researchers based their findings on a national sample of more than 6,000 employees. One in five of them said they had put up with a noisy workplace for an average of nearly 9 consecutive months.

Most of the employees, men of an average age of 40, also tended to weigh and smoke more than those whose workplaces were quiet. Both are risk factors for heart disease.

The subjects who were regularly exposed to loud noise at work were found twice as likely to have isolated diastolic hypertension (IDH). This is a measure of the pressure of the artery walls when the heart relaxes between heartbeats.

NOISE SLOGANS

Make some noise about noise protection:

- **Can you hear me now?** Wear hearing protection when using power tools.
- **Listen Up!** Always use hearing protection when necessary.
- **Listen Up!** Permanent hearing damage can be caused by certain power tools—so wear your PPE!



Poison Pen?

Chemical hazards in the office

March 20 to 26 is Poison Prevention Week, which makes it a good time to realize that today's modern offices have more poison dangers than you may be aware of. In fact, it's just that lack of knowledge about office chemicals that could put you at risk. Don't take these materials for granted:

- Copy machine toner
- Printer ink
- Glue
- Whiteout correction fluid
- Cleaning supplies

Here are general guidelines to prevent poisonings:

- Read chemical labels and follow the manufacturers' instructions to use and store these items safely.
- Use chemicals in well-ventilated areas.
- Use personal protective equipment, such as gloves, to protect yourself.
- Post the national Poison Help Line—800-222-1222—near the workplace first aid kit so that if you or a co-worker has been exposed to poisonous substances, you can call that number immediately. Of course, you can call 911 for any emergency, but if the problem is poison, the best number to call is the Poison Help Line. Healthcare experts will answer the phone and be able to answer your questions and connect you to local poison help right away.

Begin with Breakfast

Get your family off to a good start

According to the East Idaho Public Health District, studies have shown that kids who eat breakfast:

- Are less likely to be absent from or late to school
- Are less likely to visit the school nurse for stomach- or headaches
- Are able to concentrate better and make fewer errors
- Are more creative and work faster
- Cause fewer fights
- Are more cooperative and get along better with classmates
- Are less likely to be sent to the principal's office for discipline

Even with these statistics, many families feel they don't have time for break- fast. The Idaho health district offers these dishes that take 3 minutes to prepare:

1. Toasted English muffin, peanut butter, and glass of milk
2. Cold cereal, banana, and milk
3. Heated leftover cheese pizza
4. Crackers and cheese, orange wedges
5. Carton of yogurt, apple, and wheat toast
6. Ham and cheese sandwich with glass of chocolate milk
7. Heated leftover macaroni and cheese with an apple
8. Instant oatmeal, canned peaches, milk
9. Baby carrots, mozzarella cheese stick, and a bagel
10. Tomato soup made with milk and crackers