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# Safety Solutions

## Injury Prevention and Safety in the Workplace Some Quick Tips to Get You Started

*By Eric Tofte, Director of Training and Consultation, ESC*

I know that safety professionals understand the cost of workplace injuries and illnesses and that part of their job is to provide ways to reduce, if not eliminate, injury costs. Of course there are both direct and indirect costs to injuries such as training replacement, investigation cost, loss of productivity, and so on. With that said here are a few ideas to assist with injury prevention.

One of the first things is to identify your workplace hazards. Perform a Job Hazard Analysis (JHA) to determine safety issues. Pay attention to common incidents. You need to understand what your hazards are at your workplace.

Then be sure to educate your employees regarding identified hazards. Train them in hazard avoidance and job safety. Continually cultivate a safety attitude among both employees and management.

Eliminate all the hazards you can and be sure to provide employees with the proper personal protective equipment. PPE is essential in the workplace and proper use and training is needed from date of first hire.

Incorporate a safety and wellness plan. The basis for a safe work environment is an effective accident prevention and wellness program. The program needs to cover all levels of employee safety and health with the encouragement to report hazards.

Maintain staffing levels. Low staffing levels can lead to overworked employees who may then suffer from exhaustion and cut corners to meet or exceed output. Hiring part-time or seasonal staff could help prevent accidents due to exhaustion.

Beware the shortcut—incidents happen when employees skip steps to get ahead of schedule. Consider developing written procedures for tasks so employees can refer back to them if there are questions.

Make sure equipment is in good working condition and that it is routinely inspected. Have an equipment preventative maintenance program established at your workplace.

Keep your workplace clean and neat. Poor housekeeping can cause serious safety hazards. Slips, trips, and falls are a leading causes of injury, especially with the aging workforce.

Monitor your safety measures. Your safety program needs to be ongoing. Keep track of your incident/accident data and keep reviewing your safety training programs to make sure they are up to date.

Some workers are injured severely enough that they cannot return to work and need ongoing medical care, leading to lost revenue and a reduction in workforce. Providing protective gear and minimal education isn't enough. Follow the above tips, along with an effective accident prevention and wellness program to reduce the number of workplace injuries and the resulting costs.

If you need help, feel free to give Evergreen Safety Council a call.

Announcing Our NEW Program!

**PROFESSIONAL  
SAFETY  
SPECIALIST**

Targeted | Specific  
SAFETY CLASSES by Topic

A series of targeted, by topic courses for the safety professional, those needing to know more about their safety responsibilities, and the safety curious.

See More on Page 2 ->



**Did you know ... ?** Almost 90 percent of people who suffer out-of-hospital cardiac arrests die. 70 percent of those happen in homes. Unfortunately, only about 46% of people who experience an out-of-hospital cardiac arrest get the immediate help that they need. It is estimated that **383,000 out of hospital cardiac arrests occur each year** in the United States. April is CPR/AED Awareness Month.

## The New Professional Safety Specialist Program

*By Tom Odegaard, President/Executive Director ESC*

We are pleased to announce our newest program. Professional Safety Specialist is a 10 course series developed to address the needs of safety professionals, those who have been assigned safety responsibilities, and even those that are just safety curious. It addresses detailed information on a variety of individual subjects that are integral parts of a successful safety program. That means you can take just the class or classes you need—take them on a one-by-one basis as convenient—or take them all as a series.

The series will generally be offered over 12 days throughout two months. Completing the full series of courses will earn an Evergreen Safety Council Professional Safety Specialist Certification. Participants can take the courses in any order they wish but must complete the series within 2 years to earn certification.

The 10 course series consists of one three day course- where participants will earn both the OSHA10 General and Construction cards- and nine one day courses covering targeted and specific topics that are key elements in effective safety programs.

The series will kick off in Kirkland, WA on April 4th with Know the Rules. Know the Rules will also start the series in Spokane, WA, on June 20th, and back in Kirkland, WA, October 3rd. Remember though, you can take the series in any order, take just the ones you need, or take them all to get certified.

### Classes included in the series are:

One 3 day course:

- **Know The Rules** (OSHA10's)

And these 1 day courses

- **Situational Awareness**
- **Incident Investigation**
- **Accident Prevention Program/Safety Committees**
- **Inspections /Audits & Record Keeping**
- **Understanding Workers Comp**
- **Compliance vs Best Work Practices**
- **Workplace Security and Safety**
- **Transportation Safety**
- **Environmental Safety**

**ESC would like to congratulate and thank Dan Weber for his passion & dedication in helping train motorcycle riders, as he celebrates 30 years as a motorcycle safety instructor. Thanks Dan!**



## The PulsePoint App

PulsePoint is a smartphone app to help save lives. Richard Price, a fire chief at the time, had the idea for the app when he was out to lunch one day and his emergency team responded to a cardiac arrest right next door. If he had known, he could have initiated lifesaving CPR

in those precious minutes until his team arrived, increasing the survival rate of the victim.

Now people trained in CPR can register on the app and help save lives too. Users will be alerted to nearby incidents and if able, can provide support until EMTs arrive.

The American Heart Association estimates that 383,000 out of hospital cardiac arrests occur each year in the United States. Near the end of last year there were more than 1300 separate fire and EMS agencies across the United States setup to use PulsePoint. Check and see if yours is today! [www.pulsepoint.org](http://www.pulsepoint.org)

## 5 Common Myths about Sudden Cardiac Arrest:

- 1 **Myth: SCA is rare.** Fact: The number of people who die from SCA each day is equivalent to the number who would die if two jet planes crashed every single day killing nearly everyone on board.
- 2 **Myth: SCA is the same as a heart attack.** Fact: When people have heart attacks, they are awake and their hearts are beating. When people have SCA, they are not awake and their hearts are not beating. Heart attack can lead to SCA, but there are also many other causes.
- 3 **Myth: SCA only happens to the elderly.** Fact: SCA happens to people of all ages, including more than 6,000 youth under the age of 18 each year.
- 4 **Myth: Only trained personnel are allowed to use AEDs.** Fact: AEDs can be used effectively by anyone who can follow visual and voice prompts.
- 5 **Myth: Victims are better off waiting for professional help to arrive.** Fact: Time is of the essence. Immediate bystander intervention can mean the difference between life and death.

Given the facts and the tremendous opportunity to save so many more lives, we urge the public to seek CPR and AED training to be ready for National CPR/AED Awareness Week. (ESC has a First Aid/CPR Class May 12 in Kirkland)

Our growing number of survivors is a testament to the fact that immediate CPR and defibrillation saves lives. Since most cardiac arrests occur in the home, taking a few minutes to learn CPR and how to use an AED could mean the difference between life and death for your loved one.

# SAFETY STATISTICS

More than 6 billion texts are sent every day in the US—thats over 180 billion texts sent every month. America is responsible for approximately 45% of the world's text volume. At any given time throughout the day, approximately 660,000 drivers are attempting to use their phones while behind the wheel.

# 660,000

## April is Distracted Driving Awareness Month

### Does Your Company Have a Distracted Driving Policy? Should It?

By Tom Odegaard, President/Executive Director ESC

As this article is being written, it is unknown what action the Washington legislature will take with the Distracted Driving bills before them (HB 1371 & SB 5389).

We believe that a stronger, more enforceable law is needed. However, it may be that some who oppose the legislation may hold the same attitude that many Washingtonians have today... "my work is too important" or "I can handle it" and then we point our fingers at all of those "other" drivers "look at that will ya—pay attention and drive!" I think that old adage applies well here "point a finger at someone else and three more are pointing back at you..."

We are all busy and the cell phone has sure made it easier to stay in touch with family, friends and yes, our work. But when it is combined with driving, it comes with a big price:

- In Washington State Distracted driving is a factor in one-third of all traffic deaths making it the third leading cause just behind impairment involved and speeding involved crashes and saw an increase of 32% between 2014-2015.(130-171 deaths).
- Motor vehicle crashes are the leading cause of work fatalities, and employees who use mobile phones for work while driving pose serious risks to themselves, the public and their employer. Yet many employers have no policy in place or have a narrow, ambiguous policy that doesn't eliminate risks.
- Distracted Driving has also been shown to cost employers billions. \$8.2 billion to be more exact per the NETS study of Cost of Motor Vehicle Crashes to Employers-2015™

So...who IS responsible?

**Employers:** You are at least partially responsible, if an employee causes a collision while distracted with an employment-related matter, whether it be answering a phone call, or responding to a text or an email. You are especially at risk if you do not have a written policy regarding cell phones and driving – worse if you encourage or require such use.

#### A Distracted Driving Policy Can Help Protect Your Company

Without a best practice cell phone policy you expose your workers to unnecessary crash risks and your company to possible litigation.

#### So what makes an effective "distracted driving" or mobile phone use policy?

Remember numerous studies have shown that hands-free devices don't necessarily make you less distracted. The policy should ban any and all business-related communication or work by an employee via electronic device while driving, including texting and use of hands-free devices. It should cover all employees, all vehicles, all company-owned devices, and all work-related communication, regardless of who owns the phone or the car. It should lay out clear disciplinary action, and it should be reviewed annually.

#### A Distracted Driving Policy Can Help You Put Your Employees' Safety First.

**Employees:** Consider the risk you pose to yourself and your family, other drivers, as well as to your employer – accept your personal responsibility - don't use your cell phone while driving.

**Parents:** Many of you have kids who are new drivers. Establish the rule (it is also Washington state law for new drivers) on how and when it is ok to use the cell phone while they are the driver.

We are all responsible.

[www.distraction.gov](http://www.distraction.gov) has great tips for everyone: teens, parents, educators, and employers. Employers can even download a sample policy to customize and share.



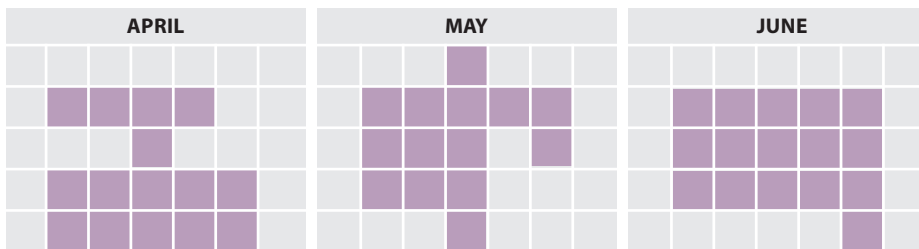


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**or [www.esc.org](http://www.esc.org)**

# Calendar of Events

### April

- 3 - 5 Traffic Control Supervisor Certification - Chehalis WA
- 4 - 6 **Know the Rules** - Kirkland WA
- 6 Traffic Control Supervisor Recertification - Chehalis WA
- 12 **Situational Awareness** - Kirkland WA
- 17 Traffic Control Supervisor Recertification - Portland OR
- 17 - 19 P/EVO Instructor Certification - Kirkland WA
- 18 Forklift Operator Training - Renton WA
- 18 - 20 Traffic Control Supervisor Certification - Portland OR
- 19 **Incident Investigation** - Kirkland WA
- 20 P/EVO Instructor Recertification (web) - Kirkland WA
- 21 Flagger Certification - Kirkland WA
- 24 - 28 COSS Safety Certification - Spokane WA
- 24 - 25 Forklift Instructor Training - Renton, WA
- 26 **Accident Prev Prog/Safety Comm** - Kirkland WA

### May

- 3 **Inspections/Audits & Recordkeeping** - Kirkland WA
- 8 - 10 Traffic Control Supervisor Certification - Kirkland WA
- 10 **Understanding Workers Comp** - Kirkland WA
- 11 Traffic Control Supervisor Recertification - Kirkland WA
- 12 First Aid/CPR Certification - Kirkland WA
- 15 - 17 First Aid/CPR Instructor Certification - Kirkland WA
- 17 **Compliance vs Best Practices** - Kirkland WA

### May (Continued)

- 19 Flagger Certification - Kirkland WA
- 22 - 23 EverSafe Driving Instructor Certification - Kirkland WA
- 22 - 23 Forklift Instructor Training - Renton WA
- 22 - 24 Traffic Control Supervisor Certification - Salem OR
- 24 **Workplace Security & Safety** - Kirkland WA
- 24 Forklift Operator Training - Renton WA
- 31 Transportation Safety - Kirkland WA

### June

- 5 - 7 Safe Supervisor - Kirkland WA
- 7 **Environmental Safety** - Kirkland WA
- 8 EverSafe Driving Instructor Recertification - Kirkland WA
- 9 Lead Renovator Refresher - Kirkland WA
- 12 - 14 Flagger Instructor Certification - Kirkland WA
- 15 P/EVO Instructor Recertification - Kirkland WA
- 16 Flagger Certification - Kirkland WA
- 19 - 21 Traffic Control Supervisor Certification - Kirkland WA
- 19 Traffic Control Supervisor Recertification - Portland OR
- 19 - 20 Forklift Instructor Training - Renton WA
- 20 - 22 Traffic Control Supervisor Certification - Portland OR
- 20 - 22 **Know the Rules** - Spokane WA
- 21 Forklift Operator Training - Renton WA
- 23 Pilot/Escort Vehicle Operator (P/EVO) - Kirkland WA
- 30 - July 28 COSS Safety Certification - Kirkland WA  
(Friday Only Classes: June 30, and July 7,14,21,28)