

# Safety Update

## Ohio BWC Library

### Flu Season Is Coming

The Centers for Disease Control has a [web page](#) devoted to good reasons why you should get a flu shot! The page gives details about the vaccination, its effectiveness, benefits and side effects. Flu prevention is very important. That's why it is also our [Infographic of the Month!](#)

Protect those you care for.



Get your flu vaccine  
and recommend it  
to your patients.



[Learn more >](#)

### NIOSH/CDC News

#### New Tool to Help Employers Create an Aging-friendly Workplace

The National Institute for Occupational Safety and Health (NIOSH) announced a new tool for safety, the [National Center for Productive Aging and Work](#) on Oct. 13, 2015. This new virtual center provides safety information for workers of all ages. The center performs and links to research. This includes surveillance, health effects and the mechanisms of aging and evidence-based practices and intervention for the aging workforce in the U.S. It provides solutions based on that research to help employers create an aging-friendly workplace. Resources include information on safety and health outcomes, research, tools and resources and data and statistics about aging workers and their needs.

#### Best Practices for Keeping Contractors Safe

This [blog post on the NIOSH Science Blog](#) describes new research about contractor safety. The study described from the Campbell Institute at the National Safety Council recommends five practices that help keep contractors safe on a job site. They are pre-qualification, pre-job task and risk assessment, training and orientation, job monitoring and post-job evaluation.

#### The High Cost of Fatal and Non-fatal Injuries in the U.S.

Two reports from the Centers for Disease Control and Prevention (CDC) conclude that non-fatal injuries treated in emergency rooms cost \$456.9 billion. Fatal injuries cost \$214 billion in lifetime medical and work-loss costs. The CDC published the reports Oct. 2 in its Morbidity and Mortality Weekly Report.

- [Estimated Lifetime Medical and Work-Loss Costs of Fatal Injuries — United States, 2013](#)
- [Estimated Lifetime Medical and Work-Loss Costs of Emergency Department-Treated Nonfatal Injuries — United States, 2013](#)

## OSHA News

### OSHA's Top 10 Safety Violations

Patrick Kapust is the deputy director of the Occupational Safety and Health Administration's (OSHA) Directorate of Enforcement Programs. He recently presented the [preliminary top 10 most frequently cited safety regulations](#) at the recent National Safety Council Congress and Expo. The Fall Protection Standard has been the top cited regulation for the past three years.

### Construction Confined Space Regulation Guidance

The new OSHA [Protecting Construction Workers in Confined Spaces: Small Entity Compliance Guide](#) answers your questions about the standard for confined space in construction. The guide has information on what work the new standard covers, employer responsibilities, training, emergency response and much more.

## Other News

### Updated Standards to Protect Farm Workers

The U.S. Environmental Protection Agency outlines [new worker protection standards](#) for agricultural workers. The revisions include:

- Annual mandatory training on required protection;
- Minimum age requirements for handling pesticides;
- Increased signage;
- Changes in protective equipment requirements.

Most of the rule becomes effective 14 months after publication in the Federal Register.

### Forklift Collisions with Pedestrians

If you have forklifts in your workplace [this blog post](#), from Underwriters' Laboratories, has information on the dangers of forklift accidents involving pedestrians. The article points out that struck-by and tip-over are the leading causes of fatalities involving forklifts.

### Governors Highway Safety Association

This [website](#) has information on a variety of topics relating to highway safety. They include distracted driving, teen driving, driving under the influence, drugged driving, speeding and aggressive driving. The site includes publications, graphics, training information and statistics.

### Behavior-based Safety Program Tips

[Occupational Health & Safety magazine](#) brings us 10 items that make a behavior-based safety program work. Check them out to see how many you use in your program.

### New First Aid Guidelines

The American Red Cross and American Heart Association have released co-authored [revised guidelines for administering first aid](#) that include updated recommendations for:

- Treating bleeding;
- Stroke recognition;
- Treating anaphylaxis (severe allergic reaction) and hypoglycemia in diabetics.

The recommendations are in a new [Web-based interface](#) that you can use easily on a mobile device.

## **New NFPA Report on Fire Loss**

The National Fire Protection Association surveyed fire departments about the fires they have responded to and released the [results](#) from that survey. Topics covered were deaths, injuries and property damage for 2014. Fire fatalities for that period totaled 3,275. That was a slight increase from the previous year. Home fires resulted in 84 percent of civilian fire deaths. Cooking is the leading cause of home fires. Smoking is the leading cause of home fire fatalities.

## **Creating Effective Safety Labels**

[This article](#) from the National Electrical Manufacturers Association describes steps you can take to design effective product safety labels. You can use the information for any warning label you might need. The emphasis here is in the use of the signal words – Warning, Danger and Caution, and the specifics of how those words are used.

## **Best Practices for Contractor Management**

The National Safety Council's Campbell Institute has a [Web page devoted to reports on research](#) it has conducted. The Best Practices in Contractor Management report outlines several identified best practices. These include prequalification, pre-job task and risk assessment, contractor training and orientation, monitoring of the job and post job evaluation.

## **Eat Your Fruits and Veggies!**

The Journal Public Library of Science Medicine published an [article](#) on the relationship between fruit and vegetable consumption and weight gain over time. The results show certain fruits and vegetables with higher fiber and/or lower glycemic load such as berries, apples, pears, cauliflower; Brussels sprouts have an inverse association with weight gain. Eating apples may help keep the weight off!

## **Workplace Wellness Report**

A [new resource](#) from Johns Hopkins Bloomberg School of Public Health and Transamerica Center for Health Studies offers guidance to employers about how to develop and maintain effective workplace wellness and health promotion programs. The report includes sections on legal considerations, methods, individual health risk factors, organizational health promotion factors and employer interviews.

## **Rollover Prevention Video**

The Federal Motor Carrier Safety Administration created a [17-minute video](#) for hazardous cargo tank truck drivers. The video educates drivers on highway rollover prevention. The video includes sections on vehicle design and performance, load effects, highway factors and driver factors. The website has additional materials in a cargo tank truck rollover prevention toolbox at the bottom of the page.

## **Disaster Apps**

This [website from the U.S. Department of Health and Human Services](#) has a long list of mobile apps that are applicable in disaster situations. Included are apps from the National Library of Medicine, the Centers for Disease Control, the U.S. Department of Transportation, the Food and Drug Administration and others. Topics cover chemicals, medicine, radiation, transportation and more. You can obtain a wealth of information right from your mobile device with these apps. There are more than 40 apps!

## **New Roadway Fatality Comparison Tool**

The U.S. Department of Transportation Federal Highway Administration Office of Roadway Safety created a new data comparison tool, the [Roadway Safety Data Dashboard](#). This tool helps you to graphically present data elements that characterize fatal crashes on U.S. public roadways. The elements include fatality type, collision type, collision location and type of person involved in the fatal crash. You can view and compare all of these elements at the national, state, regional or metropolitan planning organization level and download the data to Excel spreadsheets. Information is available for the years 200 to 2013.

Please contact the [library@bwc.state.oh.us](mailto:library@bwc.state.oh.us) or 614-466-7388 for more information on any of these items.