

# Safety Update

## Ohio BWC Library

### Workers' Compensation Insurance Primer for Public Health

NIOSH announces a new resource, prepared with stakeholder input, to serve as a primer on the elements of U.S. workers' compensation insurance programs and the potential to utilize workers' compensation data for public health purposes. Workers' compensation records are a valuable resource that can be used to help prevent workplace injuries and illnesses.

This new [document](#), comes from the recently launched NIOSH [Center for Workers' Compensation Studies](#), which aims to further encourage workers' compensation prevention research among public and private sector partners. In this [entry](#) on the NIOSH Science Blog, the authors give some detail about the primer, how it was created and how workers' compensation data can be used to conduct occupational safety and health research and surveillance and to identify intervention needs.

### NIOSH News

#### New NIOSH Study Sheds Light on Long-Haul Truck Driver Health

A new [study](#) from NIOSH finds that U.S. long-haul truck drivers were twice as likely to be obese compared to the adult working population, as well as more likely to smoke and suffer from other risk factors for chronic disease. The study, published in the American Journal of Industrial Medicine, is the first to provide a comprehensive look at the health status, risk factors, and work practices of long-haul truck drivers in the U.S. A link to the study abstract is found on the NIOSH website. For more information on this article you can contact the BWC Library.

#### Training Videos Based on NIOSH Fatality Reports

The Center for Construction Research and Training has three [training videos](#) that are based on Fatality Assessment and Control Evaluation (FACE) Program Reports. These videos depict real life accidents showing a fall from a ladder, contact with power lines and a trench collapse all of which resulted in a fatality. The videos show the actions that led to the accident and what could have been done to prevent it.

## OSHA News

### **Worker Safety in Hospitals <https://www.osha.gov/dsg/hospitals/>**

Did you know that a hospital is one of the most hazardous places to work? In 2011, U.S. hospitals recorded 253,700 work-related injuries and illnesses, a rate of 6.8 work-related injuries and illnesses for every 100 full-time employees. This is almost twice the rate for private industry as a whole.

OSHA created a suite of resources to help hospitals assess workplace safety needs, implement safety and health management systems, and enhance their safe patient handling programs. Visit the [Worker Safety in Hospitals](#) page and learn how to be safer on the job.

### **OSHA Hazard Alert for Removal of Snow from Rooftops**

It's been a cold and snowy winter so far across the Northeast. OSHA has posted an [alert](#) on the dangers of removal of heavy snowfall from rooftops and other elevated locations. The alert discusses how to remove snow from a roof safely, what fall protection is required, how to use ladders and other aerial equipment safely and how to avoid electrical and other hazards. Links are provided to web sites discussing snow load (the weight of snow) and weather data.

### **OSHA Winter Weather Websites**

We have been hit with not one but two polar vortices this year! Protection from the cold for outdoor workers is critical. OSHA has a [Winter Weather](#) page on their website to help employers protect their workers from cold stress injuries such as frostbite and hypothermia. The page also includes a link to OSHA's [Cold Stress Safety and Health Guide](#). Learn the risk factors, symptoms and first aid treatment for frostbite, hypothermia and trench foot.

### **Two Entries from the US Department of Labor Work in Progress Blog**

- [Working in a Winter Wonderland: 4 Things to Know in the Snow](#)  
This winter has been a tough one so far and it shows no signs of letting go. The temperatures have been bitterly cold. Some workers must be outside in brutal conditions. Employers should be aware of the dangers, and plan accordingly.
- [Improving Hospital Safety Culture – Cincinnati Children's Hospital](#)  
Cincinnati Children's Hospital's safety culture is highlighted in this blog post. Staff meet every day to discuss safety and have reduced lost time days by 83 percent in just three years.

## Other News

### **Emergency Car Kit**

Keep the appropriate safety items in your car. The National Safety Council has a [Vehicle Emergency Supply Kit](#) list to help you put the appropriate supplies in your car to help you in an emergency.

### **National Safety Council Cell Phone Policy Kit**

If your business is ready to implement a cell phone policy, the National Safety Council has some [tools](#) for you including presentations, phone message scripts, written documents and training.

## Winter Storm and Extreme Cold on Ready.gov

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The [Ready.gov](#) website has information for you to use to protect yourself before, during and after winter storms and extreme cold. Learn how to winterize your vehicle and your home, what to put in an emergency kit and the dangers of carbon monoxide.

## Chemical Safety Board Video on Recent High School Chemical Laboratory Explosion

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["After the Rainbow"](#) is a video safety message focusing on preventing accidents in high school chemistry laboratories. The experiment shown in the video has caused a number of accidents in school chemistry labs. These accidents are preventable if these laboratories have good safety practices in place and follow them every time chemicals are in use.

If you are looking for laboratory safety information here are some links to information available online.

- National Research Council. [Prudent Practices in the Laboratory: Handling and Management of Chemical Hazards, Updated Version](#). Washington, DC: The National Academies Press, 2011.
- NIOSH/CDC [School Chemistry Laboratory Safety Guide](#)
- National Science Teachers Assoc. [Safety in the Science Classroom – Books and Resources](#)

## Centers for Disease Control (CDC) Report Highlights Benefits of Flu Vaccine

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Flu vaccination prevented an estimated 6.6 million influenza-associated illnesses, 3.2 million medically attended illnesses, and 79,000 hospitalizations during the 2012-2013 flu season, according to a CDC report in the *Morbidity and Mortality Weekly Report (MMWR)*. This [infographic](#) from the CDC shows the benefits gained from the flu vaccine during the 2012-2013 flu season.

Getting an annual flu vaccine is the best way to protect yourself from the flu. It's recommended for most individuals, ages six months and older. It's not too late to protect yourself. Flu season is in full swing now.

In addition to the flu vaccine, there are steps you can take to [avoid getting and spreading the flu](#):

- Wash your hands often with soap and water, or an alcohol-based hand rub;
- Avoid touching your eyes, nose, and mouth;
- Avoid close contact with sick people;
- Practice good health habits (get adequate sleep, exercise, and nutrition; and manage stress);
- Cover your nose and mouth with a tissue when you cough or sneeze;
- Stay home if you have the flu.

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.