



Safety News

1st Quarter
2010

TPG SAFETY CONSORTIUM

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COME JOIN US FOR OUR 1ST SAFETY CONSORTIUM FOR 2010!

2/24/2010
8:30 AM—11:00 AM
In Ephrata

WE WILL BE OFFERING THE REQUIRED ANNUAL TRAINING FOR ALL OF YOUR CERTIFIED SAFETY COMMITTEE MEMBERS

Provided by a qualified safety committee trainer, by PA Department of Labor & Industry requirements

Following this training, we'll be having an open discussion format, to discuss those pressing issues in your business that have affected business practices and processes. We encourage everyone to bring with them examples of ongoing challenges to share with the group as they relate to this topic. We look forward to your feedback, ideas, and participation!

Please contact Anne McCaulley at The Performance Group for further details (717) 733-6367 Ext. 7107 or at amccaulley@ppstaffing.com
Register by 2/19

- Performance Safety Committee Members**
- Anne McCaulley, RN
 - Shari Franey
 - Bonnie Turner
 - Corrie Hoffman
 - Kim Mohr
 - Shirell Chatman
 - Barry Harsch
 - Zulma Mendez
 - Meg Homan

The Performance Group Safety Consortium's goal is to provide a unique networking opportunity for Safety Professionals, Human Resource Managers, Supervisors, Team Leaders, Committee Members, and other safety-minded personnel where we can come together to exchange ideas, address challenges, learn new things, and serve as a resource to one another. The Consortium will meet on a quarterly basis, covering topics relevant to its members and attendees, at varying locations geographically throughout Central PA, Berks, and the Lehigh Valley.

PA Snow/Ice Removal Law



New York legislators proposed this law in 2005 after the tragic death of Jessica Smith, who was killed when a 9-foot piece of ice dislodged and flew from

the top of an 18-wheel truck into the windshield of a truck traveling in the opposite direction. The driver of the damaged truck consequently lost control of his vehicle and crashed into Jessica's car, killing her.

This law went into effect in PA on July 10, 2006, and

as a result, motorists will face severe fines if snow or ice that falls from their vehicle causes injury or death to other motorists or pedestrians. When snow or ice is dislodged or falls from a moving vehicle and strikes another vehicle or pedestrian causing death or serious bodily injury, the operator of the vehicle from which the snow or ice came is subject to a fine of \$200 to \$1,000 for each offense. Penn DOT urges motorists to remove all ice and snow from their vehicles before traveling.

Heart Attack & Shoveling Snow

The good news is that 15 minutes of snow shoveling counts as moderate physical activity according to the 1996 Surgeon General's Report on Physical Activity and Health. We all should aim for at least 30 minutes of moderate physical activity of some kind on most days of the week. Brisk walking or social dancing are other ways to fit in moderate physical activity during cold winter months.

The bad news is that researchers have reported an increase in the number of fatal heart attacks among snow shovelers after heavy snowfalls. This rise may be due to the sudden demand that shoveling places on an

individual's heart. Snow shoveling may cause a quick increase in heart rate and blood pressure. One study determined that after only two minutes of shoveling, sedentary men's heart rates rose to levels higher than those normally recommended during aerobic exercise.

Shoveling may be *vigorous* activity even for healthy college-aged students. A study performed by researchers at North Dakota State University determined that, based on heart rate, shoveling was a moderately intense activity for college-aged subjects most of the time but was vigorous activity during about one-third of their shoveling time of 14 minutes.



Commonwealth Court Bench Blogs

The Pennsylvania Workers' Compensation Act allows a workers' comp insurance carrier to obtain an "Independent Medical Examination" (IME) at "reasonable" intervals". If an injured worker refuses to attend an ordered IME, a Workers' Compensation Judge (WCJ) can suspend the injured worker's benefits under Section 314(a). This was usually interpreted to mean "indemnity" or wage loss benefits, as opposed to medical benefits. Whether medical benefits could be suspended was an open question.

In *Giant Eagle v. Workers' Compensation Appeal Board (Givner)*, decided by the Commonwealth Court of Pennsylvania recently, this issue was addressed. The workers' compensation insurance carrier asked the WCJ to suspend compensation benefits of an injured worker who refused to attend a court-ordered IME. The WCJ issued a decision, granting the request of the insurance carrier, that "compensation benefits" be suspended until the injured worker attends the IME. The Workers' Compensation Appeal Board (WCAB) agreed and affirmed the decision.

On appeal, the workers' comp insurance carrier asked that medical benefits be suspended along with the indemnity benefits. The insurance carrier argued that the injured worker should be deprived of all compensation for failing to attend the ordered IME. This position was rejected by the Court, which held that medical benefits are separate from indemnity benefits, and are not included in the term "compensation." The Court found that, in this case, medical benefits were not suspended because the decision of the WCJ cited only "compensation."

The Court states that the ability to suspend both indemnity benefits AND medical benefits is within the "sound discretion of the WCJ" and will be upheld unless abuse of discretion is shown.



Domestic Violence & the Super Bowl

Did you hear that domestic violence reports are highest on Super Bowl Sunday? Not necessarily true. Some studies have shown that there is no such effect on game day. However, it showed a pattern of domestic violence on the third day after the big game. Researchers feel it may be that fans must live the bad game for a week after. Combined with mid-week frustration, simmering resentments, lost bets, and frustration boil over several days later.

The Super Bowl, the most widely-viewed single television program of the year, could be a predictor for domestic violence. While they did find a small increase in domestic violence that day, it was small compared to the cases reported on holidays.

The National Domestic Violence Hotline 1-800-799-7233

The Winter Blues.....

Seasonal affective disorder is a seasonal condition. This means that signs and symptoms come back and go away around the same time every year. Usually, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Problems may start out mild and become more severe as the season progresses.

Symptoms: Depression, hopelessness, anxiety, loss of energy, social withdrawal, oversleeping, loss of interest in activities you once enjoyed, appetite changes, especially a craving for foods high in carbohydrates, weight gain, difficulty concentrating and processing information.

The specific cause of seasonal affective disorder remains unknown. It's likely that mental health, genetics, age and your body's natural chemical makeup play a role. A few specific factors that may affect this condition:

Melatonin levels: The change in season can disrupt the balance of the natural hormone melatonin, which plays a role in sleep patterns and mood.

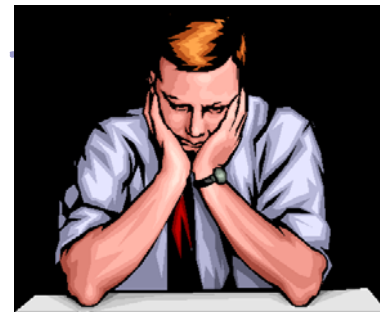
Your biological clock: The reduced level of sunlight in fall and winter may disrupt your body's internal clock, which lets you know when you should sleep or be awake.

Domestic Violence Facts

- An estimated 1.3 million women are victims of physical assault by an intimate partner each year

- 85% of domestic violence victims are women
- Females who are 20-24 years of age are at the greatest risk of non-fatal partner violence
- Children witnessing violence among their parents is the strongest risk factor of transmitting violent behavior from one generation to the next
- Boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults
- Less than one-fifth of victims reporting an injury from partner violence sought medical treatment
- Victims of partner violence lost a total of 8 million days of paid work because of the violence against them
- The cost of intimate partner violence exceeds **\$5.8 billion** each year, \$4.1 billion of which is for medical and mental health services

To find more about these laws in your state visit www.womenslaw.org



Serotonin levels: Reduced sunlight can cause a drop in serotonin, perhaps leading to depression.

The following criteria must be met for a diagnosis of seasonal affective disorder:

- You've experienced depression and other symptoms for at least two consecutive years, during the same season every year.
- The periods of depression have been followed by periods without depression.
- There are no other explanations for the changes in your mood or behavior.

Treatment may include light therapy, and in some cases, anti-depressant medications may be necessary. You can make changes in life to combat the "winter blues" by making your environment sunnier and brighter. Take a long walk outside and exercise regularly. All of these can help elevate your mood !


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Earthquake in Haiti

Haiti is one of the poorest countries in the Western Hemisphere. In Haiti, 80% of the population lives below the poverty line. It is estimated that very few are insured for their tremendous losses suffered in the earthquake on January 12th.

Several top insurance carriers have promised to donate to the relief efforts of Haiti. These generous insurance companies include ACE Group, Allstate, AON Corp., Chubb Group, New York Life and Zurich Financial Services Group.

Please try and donate your time to help those in need in Haiti. Contact your local American Red Cross chapter and ask how you can help!

Partners at Work

Your company's ability to achieve success is directly related to recruiting and retaining a productive, dedicated workforce. Top employers turn to The Performance Group for results-oriented strategic staffing and human resources solutions aligned with their needs and goals.

Founded in 1993, The Performance Group has earned a reputation among top employers for delivering staffing and human resource solutions through strong working relationships.

Specializing in several employment divisions, our dynamic, talented team of more than 50 employees brings focus, expertise and passion to employee recruitment and retention. Throughout our 15+ years in business, we have grown our offerings to meet the ever-evolving needs of the workforce, with solutions that go beyond typical staffing services.

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