

The
Performance
Group

Safety News

2nd Quarter

2010

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Performance Safety Committee Members

Anne McCaulley, RN
Shari Franey
Bonnie Turner
Corrie Hoffman
Kim Mohr
Barry Harsch
Zulma Mendez
Meg Homan
Katrina Fasnacht

Join us for our 2nd SAFETY CONSORTIUM

In Partnership with Hanover Hospital

May 26, 2010

8:00 a.m. to 11:30 a.m.

at

The Hanover Community Health & Education Center
400 York St. in Hanover, PA

AGENDA

The Aging Workforce

Presented by Anne McCaulley, RN

Community Health Improvement Services

Presented by Janice Swartz, CHES

HanoverWorks Occupational Health Services

Presented by Dr. Warren Daniels, M.D.

Work Tolerance Screens

Presented by Jeffrey Weinman, OTR/L

HANOVERHOSPITAL

When performance counts.

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

Please register by 5/14

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.

BBQ Food Safety

Spring is finally here! Cooking outdoors with family and friends is a favorite activity in nice weather. It is important to follow food safety guidelines to prevent harmful bacteria which can cause illness.

Thawing: Completely thaw meat in fridge before grilling so it cooks evenly

Temperature: Keep food at or below 40 degrees until ready to cook

Marinating: Marinate in the refrigerator, never on the counter. Poultry can marinate for 2 days and beef, pork and veal up to 5 days. Do not use marinade as a sauce if it was exposed to raw meat.



Cooking: Cook all meat to a safe internal temperature. Poultry—165°, Ground beef—160° and pork—160°

Serving Food: Use a clean platter to serve cooked food; do not use anything that was used for the raw meat

Smoking: This is a way to cook meat more slowly. Less tender meats do well with smoking. The smoker must remain at 250-300° at all times.

Pit Roasting: Cooking in a pit can take up to 12 hours to cook and it may be difficult to tell if the meat reaches safe internal temperatures.

Combat Obesity in the Workplace



Did you know that movie theater seats went from 19 inches wide to 23 inches wide, revolving doors from 6 feet to 8 feet wide, and supermarket aisles expanded from 5 feet to 7 feet? Obesity-related healthcare costs are estimated to be over \$8 billion. Research

shows that the economic cost of obesity reveals 39 million lost work days, 90 million hospital bed stays and 63 million doctor visits. The associated health problems associated with obesity, in particular diabetes, are responsible for higher health care costs. The CDC states that obesity has a significant impact on worker productivity because the more chronic medical conditions an employee has, the higher the probability of absenteeism. A recent report in *The*

American Journal of Health Promotion points out that obese workers with diabetes are less productive at their job and more susceptible to severe injuries that result in higher insurance costs. One way to combat obesity in the workplace is to offer workplace wellness programs. Some low-cost ideas for employers who want to help employees stay healthy:

1. Offer healthy food choices in vending machines
2. Organize lunchtime walks
3. Make the stairwells more attractive—e.g. adding color, lights, or music
4. Offer programs like Weight Watchers to come to the workplace for meetings
5. Create some friendly competition and incentives for the winners
6. Connect with your medical insurance provider to see what they can offer employees e.g. discount gym memberships

Commonwealth Court Bench Blogs

Prior to the changes to the WC Act in 1996, if a carrier wanted to terminate an employee's WC benefits, the carrier would refer the employee to an actual job. If it did not work out, the wage benefits could continue. Since 1996, rather than sending the employee for an actual job, a vocational specialist compiles an Earning Power Assessment. Then the carrier asks the judge to modify the benefits based on the jobs available in the general area where the employee lives. In *Marx v. Workers' Compensation Appeal Board*, the judge selected the highest paying job and modified the benefits. The court upheld the judge's decision that the judge can choose any job he/she wishes, here the highest paying one. The court also upheld that the judge was correct in not considering any injuries or conditions other than those formally accepted as related to the work injury.

OSHA Updates

Reporting MSD's

OSHA is proposing to revise its Occupational Injury and Illness Recording and Reporting regulation by restoring a column on the OSHA Form 300 to better identify work-related musculoskeletal disorders (MSDs). The rule does not change existing requirements for when and under what circumstances employers must record musculoskeletal disorders on their injury and illness logs. It would require employers to place a check mark in a column for all MSDs they have recorded. It will improve the ability of workers and employers to identify and prevent work-related musculoskeletal disorders by providing simple and easily accessible information. It will also improve the accuracy and completeness of national work-related injury and illness data.

OSHA 2011 Budget

OSHA's fiscal 2011 budget calls for \$573 million to help OSHA protect more than 100 million workers nationwide. This proposed increase - \$14 million over OSHA's current operating budget - includes \$4 million to support personnel for developing standards, \$7.7 million for federal enforcement, and \$1.5 million to support State-operated OSHA programs. The budget also requests \$1 million for the On-site Consultation Program that helps small businesses protect workers, and \$250,000 for training grants.

OSHA Pocket Guide on Medical Screening

OSHA updated the Screening and Surveillance: A Guide to OSHA Standards pocket guide that provides occupational health professionals with an overview of OSHA requirements on medical screening and surveillance. It describes what physical examinations and tests, such as chest x-rays, lung function tests and blood tests, are required to measure worker exposure to chemicals and other workplace hazards such as noise and bloodborne pathogens. This quick-reference tool also points to the appropriate standards for more specifics.

Workplaces with high injury and illness rates

OSHA has notified approximately 15,000 employers that injury and illness rates at their worksites are considerably higher than the national average. In a letter sent to those employers, Assistant Secretary of Labor for OSHA David Michaels explained that the notification is an active step to encourage employers to act now to improve safety and health conditions in their workplaces. To view the letter and list of worksites, visit OSHA's Freedom of Information Act Web page.

FOR MORE INFORMATION VISIT WWW.OSHA.GOV

Surviving a Safety Committee Audit

It is highly beneficial for an employer to have a certified safety committee. If your safety committee is certified through the state, you are eligible for a 5% reduction in your WC premium costs. The safety committee is more effective in resolving safety issues and accident prevention measures. The certification process is lengthy and tedious but the benefits of being certified is well worth it! If you are certified, you may be selected for an audit of your safety committee. The purpose of this audit is to ensure that your committee is operational and in full compliance with the Bureau's established criteria.

The Performance Group underwent their first audit by the Bureau and passed with flying colors! We would like to pass on what we learned on "surviving" an audit!

1. You will receive an Information Verification Review Notification Package at least 30 prior to the date of your on-site review—plenty of time to get things together
2. The scope of the review covers the 6 month period prior to initial certification, the 12 month period following initial certification and each subsequent renewal period.
3. The On-Site Review consists of an opening conference—be sure key people who are involved with your safety issues are present. This can take the whole day if you do not have everything organized.
4. The information review: the representative from the bureau will go through your safety committee meeting records page by page. BE ORGANIZED!
5. Prioritize the following:

- Show that employee members are more represented than management
- Show how the committee reviews accidents, makes recommendations, and follows up
- Show that the committee does periodic workplace inspections
- Show timely review of accidents
- Demonstrate how employees report hazards
- Show that you meet on a monthly basis—do not have 2 meetings in one month! Always make meetings in the middle of a month so if one gets postponed you still have time to reschedule the meeting before the month is over
- Show policies that the committee has developed
- Maintain membership list, and be able to show how you rotate your members annually
- Maintain sign in sheet of all meetings
- Have a written agenda for every meeting
- Gather typed minutes of every meeting and show how they are communicated to the rest of the employees
- Show accident reports and hazards discussed
- Show how meetings are educational and encourage participation by all members
- Document annual training records & trainer's credentials

Anne McCaulley, Chairperson of The Performance Group's Certified Safety Committee, can assist your company with preparing for your audit.

Contact her at amccaulley@ppstaffing.com for assistance


1-888-459-9922

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**THE PERFORMANCE
GROUP**

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9th Annual Workers' Compensation Conference

*By the PA Dept of Labor & Industry
Bureau of Workers' Compensation*

June 7-8, 2010

*At the
Hershey Lodge & Convention Center*

*To register and review the conference agenda
go to www.dli.state.pa.us*



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.

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