

NEED TO KNOW

TRAIN YOUR STAFF ON HANDS-ONLY CPR

Chest compressions alone or Hands-Only Cardiopulmonary Resuscitation (CPR) can be used to help an adult who suddenly collapses, according to a new American Heart Association scientific study. Without immediate, effective CPR from a bystander, a person's chance of survival decreases 7%–10% per minute. By using Hands-Only CPR, bystanders can still act to improve the odds of survival, whether they are trained in conventional CPR or not. More information on CPR training can be found at <http://www.handsonlycpr.org>.

OBESITY INCREASES COST OF INJURIES

Work-related injuries are far more costly if the injured worker is obese, concludes a recent study by the National Council on Compensation Insurance. The dramatically higher medical costs suggest that the types and nature of injuries sustained by obese workers, especially the "morbidly obese," are more likely to result in permanent disabilities. The study is available at www.ncci.com/documents/obesity_research_brief.pdf.

TOBACCO SMOKE IN THE WORKPLACE

The Surgeon General's report on tobacco smoke and health details the adverse effects of even small amounts of tobacco smoke. The National Institute for Occupational Safety and Health offers online resources to help employers and workers prevent workplace exposures to tobacco smoke and to encourage workplace-based smoking cessation programs. Learn more at www.cdc.gov/niosh/topics/tobacco.

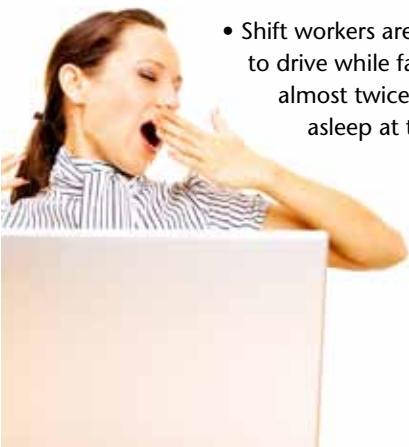


WAKE UP TO WORKER FATIGUE

While most of us are watching prime time television or are sound asleep, a growing number of Americans are busy at work. Flexible work hours, including evening shifts, night shifts and rotating shifts, have gained prominence with more than a quarter of all workers, according to the U.S. Bureau of Labor Statistics. As a result, the issue of worker fatigue is a major concern for many employers.

"Without sufficient sleep, workers can easily lose focus, causing harm to themselves and others," notes EMC Industrial Hygienist Craig Black. A recent study from the National Sleep Foundation supports Black's statement. The study shows that:

- Sleep deprivation is greatest among shift workers, who average only 6.5 hours of sleep compared to 6.8 hours for people on regular "9-to-5" jobs.
- Shift workers are more likely to suffer from insomnia as well as excessive daytime sleepiness.
- Shift workers are more likely to drive while fatigued and almost twice as likely to fall asleep at the wheel.



Loss Control Strategies For Worker Fatigue

Black suggests the following fatigue-fighting tips from the Sleep Science Center at the University of Illinois:

- Break up the monotony of repetitive tasks.
- Schedule more frequent breaks, especially if the task is dangerous.
- Install high-intensity lighting, which has been proven to have a stimulant effect on workers.
- Plan naps into workers' schedules by combining two 15-minute breaks. (Naps can lead to a significant recovery of function.)

The Sleep Science Center also encourages shift workers to gain the support of their families to ensure a restful environment during sleep hours.

Count On EMC® To Help Fight Fatigue

According to the American College of Occupational and Environmental Health, nearly 40% of U.S. workers experience fatigue. Your EMC loss control representative can help you and your employees improve workplace safety by fighting fatigue day and night. Other helpful resources Black suggests include:

- National Sleep Foundation: www.sleepfoundation.org
- Society for Human Resource Management: www.shrm.org
- National Highway Traffic Safety Administration: www.nhsta.com

Take Special Precaution When Rain Is In The Forecast

Your outdoor job is difficult enough. Add rain into the mix and your job can become harder and much more dangerous. Here are work practices from the California Occupational Safety and Health Administration that will help prevent accidents and injuries when working in the rain.

MOVE MORE SLOWLY AND CAREFULLY

It is a natural reaction to try to work more quickly to get out of the rain. However, you should work more slowly and deliberately to prevent slipping and falling.

USE THE CORRECT EQUIPMENT

Do not use electrical tools and equipment that are not specifically rated for outdoor use. When using hand tools, use tools with textured, nonslip grip handles.

WEAR APPROPRIATE RAIN GEAR

Rain gear which includes both a coat and pants or overalls and is ventilated should be worn for prolonged wet-weather work. If it's cold and rainy, wool or synthetic fibers specifically designed for cold weather use are the best for wear under rain gear.

WEAR APPROPRIATE FOOTWEAR

Footwear for use in inclement weather should have deep treads to help prevent slipping. To keep water out of shoes or boots, make sure the top of the shoe or boot extends above the ankle and rain gear extends to the ankles. Also, the top of the boot or shoe should be inside the pant leg.

MAKE SURE THAT YOU CAN SEE

Be sure the area in which you are working is well lit; if needed, light the area using lights rated for outdoor use. Wear hoods or hats to keep rain out of your eyes. Make it a point to turn your head to look both ways and above and below you when wearing a hood in the rain.

MAKE SURE YOU CAN BE SEEN

Always wear bright-colored, reflective vests or rain gear, even during the day.

Source: *Business & Legal Resources & Employer Resource Institute, www.BLR.com*



STEER CLEAR OF ACCIDENTS IN THE RAIN

Annually more than 450,000 injuries are caused by crashes in adverse weather conditions, according to the U.S. Department of Transportation (DOT). With spring rain in the forecast, now is a good time for your drivers to review the following wet weather driving tips from EMC's loss control experts.

Be Wiper Ready—If your wipers are dry and brittle, they can't do their job. Be sure your wipers are ready for action at all times. And don't forget to fill up on washer fluid, too!

Slow Down—Drive at least five to 10 miles per hour slower on wet pavement and allow at least twice the normal following distance between cars to provide ample room for stopping.

Don't Be Fooled By Standing Water—It doesn't take much water to carry away vehicles, including SUVs and pickups. So stay clear of flooded areas, even if it's just a foot deep!

Focus—Even in good weather, accidents tend to happen when drivers are tired or distracted. So be alert at all times when driving in wet weather.

Skid Recovery—Keep calm. Don't slam on the brakes and do not pump the brakes if you have an anti-lock braking system (ABS). To get out of a skid, apply pressure to the brakes in a firm manner and steer the car in the direction of the skid.

In Case Of Hydroplaning—Don't panic. Take your foot off the gas, hold the steering wheel in place and lightly apply the brakes. If you have a manual transmission, push in the clutch and let the car slow down on its own.

INSIGHTS ONLINE



SCHOOLS

Propane Refueling Safety

The Propane Education & Resource Council has two new videos available online that show viewers how to refuel certain types of propane autogas systems on school buses and selected propane systems on commercial mowers. Visit www.autogasusa.org/video-library.

Teacher-On-Teacher Bullying Policies

Several schools are addressing the problem of teachers bullying other teachers. "Schools cannot persuade students not to bully their peers if they see a principal bullying a teacher," says Gary Namie, cofounder of the Workplace Bullying Institute. Learn more about developing a teacher-on-teacher bullying policy.



MUNICIPALITIES

Free Firefighter Training

The Firefighter Support Foundation maintains a collection of free training materials. The materials include written articles, webcasts, news, discussion forums and streaming training videos. You can access these materials at www.fireengineering.com/index/training.html.

Limitations On Public Employer Drug Testing

While drug testing of employees has become a normal part of the workplace, public employers should be mindful of constitutional and other restrictions that are placed on the testing of your employees. Learn more about developing and implementing a proper drug testing program for your municipality.

IT'S TIME TO PLAY

Work Comp OR Not Work Comp

Imagine a game show where contestants are asked to evaluate workers' compensation claims to determine whether or not they should be covered by the employer's work comp plan. Let's see how you might do as a contestant. **READY TO PLAY?**

	COVERED	NOT COVERED
1 A FOREMAN PLUMBER SUFFERS AN INJURY WHILE DRIVING FOR COFFEE IN THE COURSE OF HIS EMPLOYMENT.	<input type="checkbox"/>	<input type="checkbox"/>
2 A TEACHER SUFFERS AN INJURY WHILE SERVING AS A CHAPERONE FOR THE SCHOOL'S SKI CLUB.	<input type="checkbox"/>	<input type="checkbox"/>
3 A RESTAURANT SERVER IS INJURED WHEN A CO-WORKER THROWS ICE AT HIM WHILE THEY ARE HORSEING AROUND.	<input type="checkbox"/>	<input type="checkbox"/>
4 A WORKER IS INJURED WHILE GO-KART RACING DURING A MANDATORY OFF-SITE TEAM-BUILDING EVENT.	<input type="checkbox"/>	<input type="checkbox"/>

As you can see, it is often difficult to determine what types of injuries are and are not covered by your workers' compensation plan. It is even more difficult because rules vary from state to state. Rather than taking a guess, EMC Insurance Companies recommends you contact your local claims office and discuss with them. They can let you know whether you need to file a report, whether one should be filed for information only or whether it is an issue that needs further investigation.

- 1) May be covered. Accidents occurring during coffee breaks for off-site employees can be equivalent to those suffered by on-site workers.
- 2) May be covered. A teacher who acts as chaperone to students participating in a school-sponsored activity may be acting in the course of her employment and is not engaged in "recreational activity."
- 3) May be covered. Joking actions of co-workers are a risk of employment because humans are playful and from time to time engage in pranks, which can be dangerous. (Usually horseplay is not covered but some exceptions.)
- 4) May be covered. The employee's presence was mandatory, and any injuries may be recordable regardless of whether the employee was a participant or spectator.

On The Job With Craig Black



Worker fatigue isn't just an issue in the workplace, it's a big problem on the road as well. Drowsy driving is a factor in more than 100,000 crashes, causing 71,000 injuries

and 1,500 deaths annually, according to the National Highway Traffic Safety Administration. EMC Industrial Hygienist Craig Black provide the following fatigue-fighting tips to drivers:

- First and foremost, get a full eight hours of sleep before heading off on the road.
- Take a break when you experience the warning signs of driver fatigue— yawning, tailgating and losing focus.
- Break up your driving time on longer trips by stopping every two hours or every 100 miles.
- Don't settle for quick fixes. Turning up the radio or opening windows will only keep you awake for a short period of time.
- High calorie and fatty foods can make you sleepy, so eating a healthy diet is important for drivers.
- If possible, drive during daylight hours when your body is programmed to be awake.
- Take time out to exercise. A quick jog or walk at a rest area will get your heart and blood pumping.

CONTRACTORS

Residential Construction Fall Protection Requirements
OSHA recently rescinded a 1995 directive that made it easier for residential construction companies to use fall protection alternatives. Learn how this might impact your operation.

April Is Safe Digging Month
The U.S. Department of Transportation recently reminded the construction industry about the hazards of underground digging following two recent incidents involving excavation workers and high-pressure energy pipelines. The DOT encourages contractors to call 811 before digging.

PETROLEUM MARKETERS

Propane Resources For Consumers
In response to consumer questions, the Propane Education & Research Council created 16 modules that cover many issues in simple language consumers can understand. View the modules at www.usepropane.com.

Expanded Online Access To Safety Standards
The American Petroleum Institute has made available to the public over 160 key industry standards, including a broad range of safety standards. For details, visit www.api.org/standards/index.cfm.

UPDATE: ELECTRIC FIRE PUMP TESTING
Electric fire pumps must be tested (in a no-flow condition) on a monthly basis, according to a revised standard announced by the National Fire Protection Administration (NFPA). The previous standard (NFPA25:Standard for the Inspection, Testing and Maintenance of Water-Based Fire Protection Systems) required testing on a weekly basis. Weekly testing is still recommended on diesel pumps.

For complete industry updates, visit www.emcins.com, click **Loss Control** on the homepage and then **INSIGHTS ONLINE**.



New CD Helps Keep Petroleum Marketers And Convenience Stores Safe

An inspection of a convenience store reveals that an employee painting the curb around the parking lot has to kneel on the ground for several hours, which could result in back or knee injuries. The EMC loss control representative conducting the inspection recommends the purchase of a long-handle roller so the job can be done while standing in a much more comfortable position.

This is just one of the many situations presented in a new interactive CD from EMC.

Designed to make petroleum marketers and convenience stores more aware of loss control risks they may face, the CD covers five basic areas—facility, worker, driver, customer and operations safety. An EMC loss control representative walks viewers through each area, pointing out possible risks and providing recommendations on ways to reduce the likelihood and severity of losses.

Ask your local EMC branch office or independent insurance agent for a copy of this informative loss control presentation. You can also view it online in the Loss Control section at www.emcins.com.

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IN THIS ISSUE:

- Wake Up To Worker Fatigue
- Take Precaution When Rain Is In The Forecast
- It's Time To Play Work Comp Or Not Work Comp

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