

# Safety Flash

January 07, 2015.

## Safety Statistics

First Aid Free Days: 42

### REMINDER

*Remember that safety can distinguish you while Lack of safety can extinguish you.*

Think Safe, Work Safe and Be Safe!!

## Back Injuries.

Preventing back injuries is a major workplace challenge. According to the Bureau of Labor Statistics, more than one million workers suffer back injuries each year, and back injuries account for one of every five workplace injuries or illnesses. Further, one-fourth of all compensation indemnity claims involve back injuries, costing the industry billions of dollars on top of the pain and suffering carried by employees.

Although lifting, placing, carrying, holding and lowering are involved in manual materials handling (the principal cause of compensable work injuries) the BLS survey shows that four out of five of these injuries were to the lower back and that three out of four occurred while the employee was lifting.

No approach has been found for totally eliminating back injuries caused by lifting, though it is felt that a substantial portion can be prevented by an effective control program and ergonomic design of work tasks.

OSHA is considering ways to help employers and employees reduce these injuries through administrative and engineering controls. The former includes carefully selecting and/or training workers so they can safely perform lifting tasks. Engineering controls may attempt to redesign a job so lifting becomes less hazardous.

Suggested administration controls include:

Training employees to utilize lifting techniques that place minimum stress on the lower back.

Physical conditioning or stretching programs to reduce the risk of muscle strain.

*Every reasonable precaution should be taken to protect yourself and promote our ZERO ACCIDENTS culture.*

Be Safe!

**PLEASE PLAN TO HAVE A SAFE DAY!**

### Quote of the Day

“If you can't find the time to do it right, when will you find the time to do it over?”

~Author Unknown.

### Weather Forecast for Edmonton

	Mon. Jan. 05	Tue. Jan. 06	Wed. Jan.07	Thu. Jan. 08	Fri. Jan. 09	Sat. Jan. 10
						
High	-20°C	-22°C	-6°C	-14°C	-10°C	-1°C
Low	-28°C	-26°C	-20°C	-18°C	-16°C	-10°C
Wind	W 15 km/h	N 5 km/h	SE 20 km/h	NW 15 km/h	NE 10 km/h	W 15km/h