



Health & Safety

Rutherford County Ins.

Jul - Sep 2010

Health Wellness Survey

Safety

Slips, Trips & Falls

- Causes of Slips, Trips & Falls
- Slip, Trip & Fall Prevention

Quarterly Safety Award

Did You Know

Take your height and divide by eight. That is how tall your head is!

Safety Quote

“Safety is like a lock but you are the key”

The Lighter Side



Slips, Trips & Falls

Most of us are very experienced walkers. After all, we've been walking almost all of our lives. So why is it that simply putting one foot in front of the other to get from place to place results in so many injuries? After all, slips, trips and falls are a major cause of injuries, both at work and away from work.

- According to OSHA, they cause 15% of all accidental deaths, second only to motor vehicles.
- Nationally, 10% of all injuries are caused by slips, trips and falls.
- In 2009 33% of our on the job injuries were due to slips, trips and falls.

Admittedly, some of these injuries involve falls from ladders or other heights. However, most of them resulted from folks just walking from one place to another. Why does this happen?

What causes slips, trips and falls?

Slips can occur when floors or other working surfaces become slippery due to wet or oily processes, floor cleaning, leaks, or from materials and debris left in walkways. Trips can occur due to uneven floor or working surfaces, protruding nails and boards, from stretched carpet or bunched floor mats intended to prevent slipping, and from holes or depressions in working surfaces. Both slips and trips can result in falls. In addition, falls can occur when ladders are not maintained properly, and when people become careless on stairways and elevated working surfaces.

Wellness Survey

We recently sent a Wellness Survey to our employees. The survey was answered by over 1600 people. Thanks to the many employees who made great suggestions! Some of these suggestions are currently available. Did you know:

- Gym discounts are available to you at local facilities such as The Wellness Center, YMCA, Gold's Gym, Flex and Snap Fitness.
- One-on-one meetings are available with a Registered Dietitian and Exercise Physiologist through CareHere.
- Walking for My Wii contest is running through 9/7/10. An employee will win for the most activity logged on. Start!

Upcoming Events

- “Caring for Aging Parents” August 8-10th from 5-6:30p at the Training Lab (EMA building).
- “Retirement & Estate Planning” will be presented by Teb Batey on August 17th from 11-12p at the Property Assessor's Conference Room.

<http://www.rutherfordcountyttn.gov/insurance/wellness.htm>

How can we prevent Slips, Trips & Falls?

- Where there are wet or oily processes, maintain drainage and provide platforms or nonslip mats.
- Use slip-resistant footwear.
- Clean up floors and working surfaces promptly and frequently when they become wet.
- Use prudent housekeeping procedures such as cleaning only one side of a passageway at a time.
- Provide warning signs for wet floor areas.
- Provide floor plugs for equipment, so power cords need not run across pathways.
- Temporary electrical cords that must cross aisles should be taped or anchored to the floor.
- Aisles and passageways should be sufficiently wide for easy movement and should be kept clear at all times.
- Re-lay or stretch carpets that bulge or have become bunched to prevent tripping hazards.
- Eliminate cluttered or obstructed work areas and keep file cabinet drawers closed.
- Provide good lighting for all halls and stairwells.
- Use the handrail on stairs, to avoid undue speed, and to maintain an unobstructed view of the stairs ahead of them even if that means requesting help to manage a bulky load.
- Make sure elevated storage and work surfaces have guardrails and toe boards.
- Use only properly maintained ladders and not stools, chairs or boxes as substitutes for ladders.

Rutherford Co. Safety Award

Rutherford County along with Liberty Mutual would like to recognize Linda Wilson (Administrative Assistant for Rutherford County's Drug Court) as this quarters recipient of the County's Safety Award. Linda has long demonstrated her concern for safety. She maintains a constant vigil for hazards ranging from insuring the wet floor signs are posted to representing her department at the County's Quarterly Safety Meeting providing insight and safety recommendations. Please join us in congratulating her for dedicative service.

