

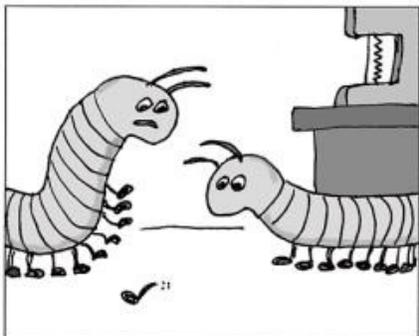
news & notes

EMPHASIS ON AMPUTATIONS

The Occupational Safety and Health Administration (OSHA) has updated its National Emphasis Program (NEP) on Amputations. The agency says the NEP uses current enforcement and injury data to assist with site targeting. The NEP targets industries with high numbers and rates of amputations, with manufacturing as a prime target.

According to the most recent data from the Bureau of Labor Statistics, manufacturing employers report that 2,000 workers suffered amputations in 2013. The rate of amputations in the manufacturing sector was more than twice as much as that of all private industry.

"Workers injured from unguarded machinery and equipment can suffer permanent disability or lose their lives," said Assistant Secretary of Labor for Occupational Safety and Health David Michaels, PhD. "This directive will help ensure that employers identify and eliminate serious workplace hazards and provide safe workplaces for all workers."



"Mine? No, Dave, I'm pretty sure that's one of yours."



April 2016

All about amputation

Know how to protect yourself

You don't want to lose a finger—or a hand, arm, foot, or leg—while operating machinery and equipment. Here's what you need to know to keep yourself safe!

Types of motion that can put you at risk of amputation include:

- **Rotation:** circular or spinning movement
- **Reciprocation:** back-and-forth movement
- **Transverse motion:** Motion in a straight, continuous line that contacts a fixed object
- **Cutting action:** A motion that can be rotating, reciprocating, or transverse
- **Punching action:** Stamping or punching metal or other materials
- **Shearing action:** When a slide or knife is used to trim or shear material
- **Bending action:** When a slide is used to draw or stamp material
- **In-running nip points or pinch points:** When two parts move together and at least one moves in a circular manner

You may be exposed to these hazards while you are:

- Operating a machine
- Setting up, threading, or preparing to operate the machine
- Clearing jams
- Making running adjustments while a machine is operating
- Cleaning a machine
- Oiling or greasing a machine or machine pans
- Performing maintenance activities
- Locking out or tagging out a machine

To protect yourself while the machinery is operating:

- Follow safe operating procedures.
- Wear required personal protective equipment.
- Inspect your equipment thoroughly.
- Adjust guards properly.
- Secure the workpiece.
- Stay clear of unshielded moving parts.
- Keep the work area clean and free of clutter.

To protect yourself while the machine is shut down:

- Stop the machine.
- Neutralize and lock out all potential hazardous energy sources.
- Remove all stray items.
- Observe any machine-specific precautions.

news & notes

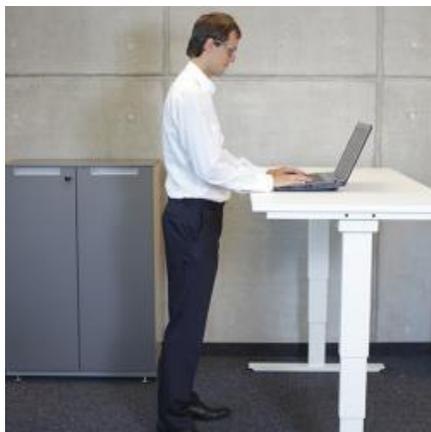
TRAFFIC DEATHS RISE

There was a sharp increase in traffic deaths during the first 9 months of 2015, according to the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA).

Transportation Secretary Anthony Foxx noted that for decades, safety improvements have resulted in a steady decline in highway deaths. "But the apparent increase in 2015 is a signal that we need to do more," he said.

The NHTSA estimates that more than 26,000 people died in traffic crashes in the first 9 months of 2015, compared to 23,796 fatalities during the same period of 2014. The estimated increase of more than 9 percent follows years of gradual declines—more than 22 percent from 2000 to 2014.

Although the NHTSA says it's too early to pinpoint the causes of the spike in road fatalities, the agency is responding to this statistical red flag and not waiting for the situation to worsen. That means taking on new initiatives and addressing persistent issues like drunk driving and failure to wear seat belts.



Keep up with your checkups

Use your preventive health services

The U.S. Centers for Disease Control and Prevention (CDC) reports that Americans use preventive services at about half the recommended rate, despite insurance covering 100% of these costs. Preventive care includes health services such as screenings, checkups, patient counseling, vaccinations, and immunizations.

"Annual checkups are critical to our personal health. They provide us with an opportunity to check on our most important health numbers such as BMI, cholesterol, and blood pressure, allowing us to gauge our overall well-being," according to Isaac Martinez, MD, utilization management medical director at Cigna, in a press release (www.cigna.com/newsroom/news-releases/2015/nearly-half-of-insured-us-adults-dont-know-they-should-have-an-annual-check-up).

"Without scheduled visits with your health care professional, it becomes possible for conditions such as heart disease, stroke, diabetes, and obesity to go undetected and, therefore, untreated for extended periods of time," commented Cindy Cooke, DNP, FNP-C, FAANP, and president of the American Association of Nurse Practitioners. "It is essential for all Americans to get their preventive care screenings, which can be discussed at their scheduled checkups."

"Asking your healthcare professional to give you your biometric numbers and knowing your numbers can help you stay healthier and potentially prevent certain health conditions from developing. This is one of those cases where what we don't know can hurt us," she added.

.....

Sit/stand cycle

Mix it up for maximum health

Carrie Schmitz, the senior manager of ergonomics and wellness research for Ergotron, a leading maker of sit/stand workstations, believes that movement, or postural rotation, is key to finding balance and good health.

"We live in a chair-biased society where one's status is reflected to a large extent in whether one works sitting, as in an administrative job, or standing, as assembly line laborers often do," says Schmitz. She believes this bias can be detected in phrases like "chairman of the board."

Schmitz's list of sitting risks includes back pain and disk degeneration, heart disease, type 2 diabetes, hemorrhoids, muscle degeneration, and others. She says that while the risks are not identical to smoking, the level of danger is the same. "For instance, while smoking can lead to lung cancer, a sedentary lifestyle can cause colon cancer."

Individuals are often unaware of just how much they sit. To help figure that out, Ergotron has developed a tool on its website www.juststand.org. Ergotron recommends a cycle of sitting for no more than 30 minutes, then standing for no more than 30 minutes to keep muscles activated.

According to Schmitz, modern humans have substituted many of the activities we used to do for survival with bouts of vigorous exercise. She advocates reinserting some of that activity back into the day, for example, by taking the stairs, walking to deliver a message rather than e-mailing, and taking stretch breaks.