

SAFETY MATTERS

and Health

ESD 113 Workers' Compensation Trust Newsletter
Promoting School District Employees' Safety and Health

Spring 2003



Preventing Injuries:

Accident prevention is one of the key goals of every safety program. Accomplishing that goal is, of course, the challenging part. I believe there are at least three foundation blocks to a successful accident prevention program.

- 1) Attitude or personal opinion regarding safety.
- 2) Identify the exposure, risk, or hazard.
- 3) Training and educating of those risks.

Numbers 2 and 3 usually have few critics, but number one raises questions, such as, what does opinion or attitude have to do with safety and injury? How you view safety will determine how serious you take and adhere to safety guidelines. For instance, is safety a waste of time, or time well spent? Having a positive attitude toward safety is characterized by:

- ✓ Being involved in safety by sharing ideas.
- ✓ Being concerned with yours and others personal safety and health.
- ✓ You are supportive of other people's ideas and opinions.
- ✓ Safety is priority on and off the job.
- ✓ If you are negative toward safety, the opposite of supportive is true.

Identify:

At the time of this writing, our 45 members had incurred 779 accidents, of those accidents, 422 required medical care and 357 did not. Types of accidents reported by percentages were:

Slips/trips/falls = 24%
Struck by objects = 22%
Overexertion = 20%
Bodily reactions = 15%
Exposure = 5%



In the effort to reduce injuries, the National Safety Council recommends that:

- 1) All workplaces should operate with a comprehensive safety and health plan.
- 2) Greater efforts are needed to increase awareness of safe practices on and off the job.
- 3) Greater educational effort by American companies with their work forces is needed to help reduce the rate of on the job and off the job injuries.

Bits & Pieces:

“There are really only three types of people: those who make things happen, those who watch things happen, and those that say what happened?” UNKNOWN





Safety & Health Training Presentations Available:

Several new training programs have been added to your Cooperative's accident prevention resources. Each of the sixteen programs listed below were developed based on the accident history of our forty-five members since July 1983. The trainings can be tailored for a specific department, job classification, or all staff members. Each program is a stand-alone training ranging from 30-45 minutes, or trainings can be combined for one workshop. Each of the trainings can be presented at your district for your staff, or as some districts have done, you can combine with neighboring districts.

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| 1. Accident Investigation | 2. Ergonomic/Lifting Techniques |
| 3. Personal Protective Equipment (PPE) | 4. Slips/Trips/Falls |
| 5. Ladder Safety | 6. Forklift Compliance |
| 7. Hearing Conservation | 8. Office Ergonomics |
| 9. Safety Committee Guidelines | 10. Fall Protection Guidelines |
| 11. Lockout/Tagout | 12. Hand-Tool Safety |
| 13. Machine Guarding | 14. Material Safety Data (MSDS) |
| 15. Attitudes Affecting Safety | 16. Respirators – Safety Guidelines |



"If there is no wind, row" Latin Proverb

School Districts Utilizing Trainings In 2002-03:

So far this school year, your Cooperative has presented thirty-eight onsite trainings involving more than 850 employees and administrators. Safety & health topics were identified and trainings tailored to each department. Topics included: body mechanics, accident investigation procedures, slips & falls awareness, lifting techniques, office ergonomics, forklift training, etc. The following is a list of school districts that have made good use of the onsite training opportunities.

- ✓ Aberdeen, two training sessions, 57 employees;
- ✓ Centralia, three training sessions, 38 employees;
- ✓ Chehalis, two sessions, 16 employees;
- ✓ Griffin, one session, 6 employees;
- ✓ Hood Canal, one session, 3 employees;
- ✓ Montesano, two sessions, 26 employees;
- ✓ Mossyrock/White Pass/Onalaska, one session, 30 employees;
- ✓ North Beach, one session, 20 employees;
- ✓ North Thurston Public Schools, four sessions, 145 employees;
- ✓ Ocosta, one session, 15 employees;
- ✓ Olympia, three sessions, 102 employees;
- ✓ Pioneer, two sessions, 27 employees;
- ✓ Quinalt, one session, 6 employees;
- ✓ Raymond, one session, 8 employees;
- ✓ Shelton, five sessions, 134 employees;
- ✓ Director Training, 30 admin staff;
- ✓ Tumwater, three sessions, 137 employees;
- ✓ Yelm, two sessions, 50 employees

For more information on any of our training materials, or to make an appointment for onsite training, contact your Workers' Compensation Trust Safety & Health Consultant, Bob Pierce at 360-586-4948 or email Bob at: rpierce@esd113.k12.wa.us.

The Final Word:

The National Safety Council noted "Nearly 9 out of 10 deaths and about three-fifths of the disabling injuries suffered by American workers in 2001 occurred off-the-job." The key to success in managing safety in any environment is training and educating. Safety is not just a workplace concern. Safety is not achieved by the efforts of one but is, and always will be, a team effort. Identify the hazards, take precautions, and make safety a lifestyle change. Everyone benefits.

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