

Workplace Safety

Protecting Your People, Productivity, and Budget

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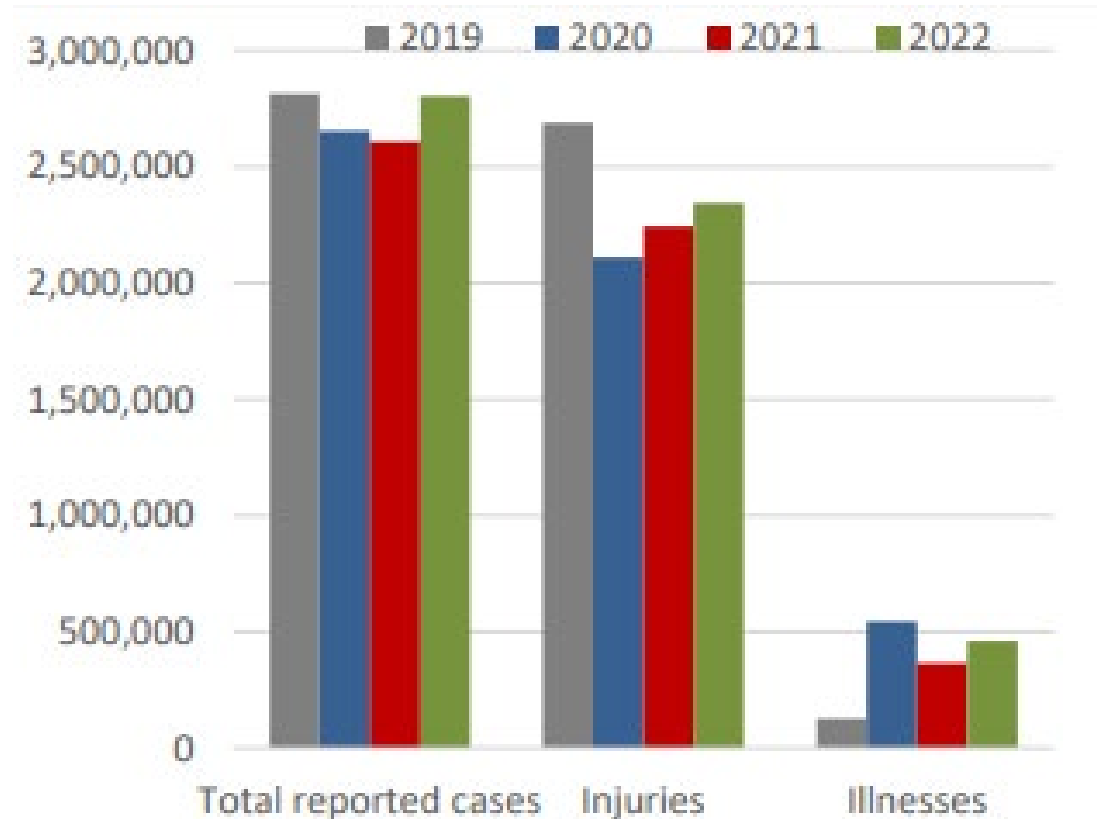
Risk Solutions Consultant

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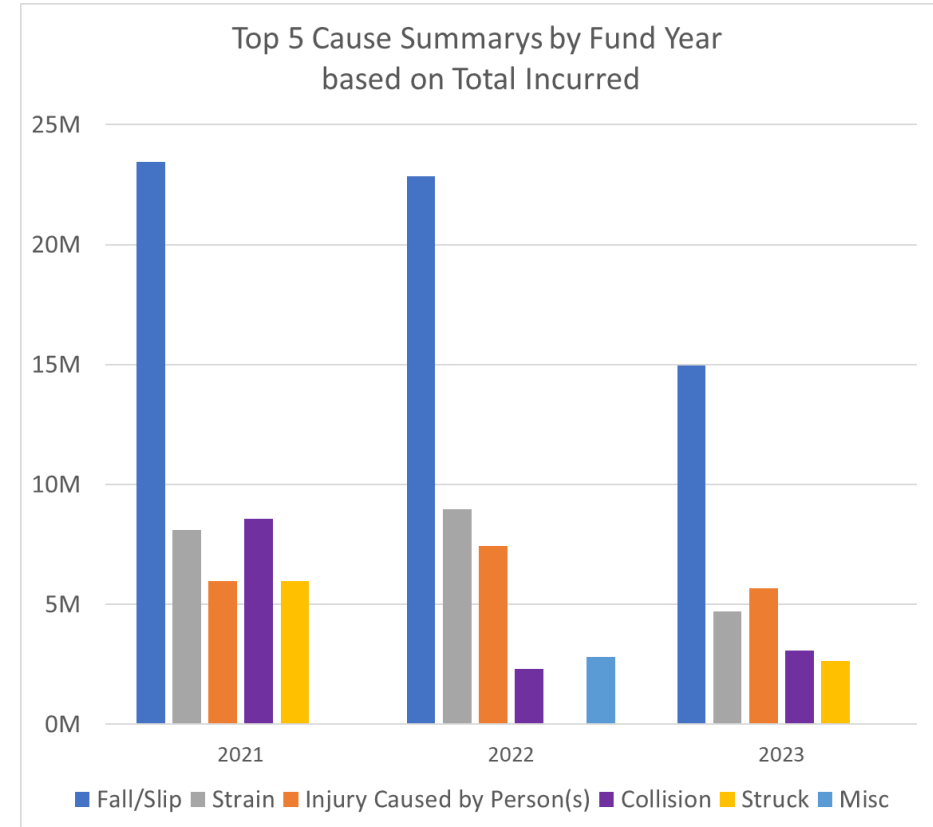
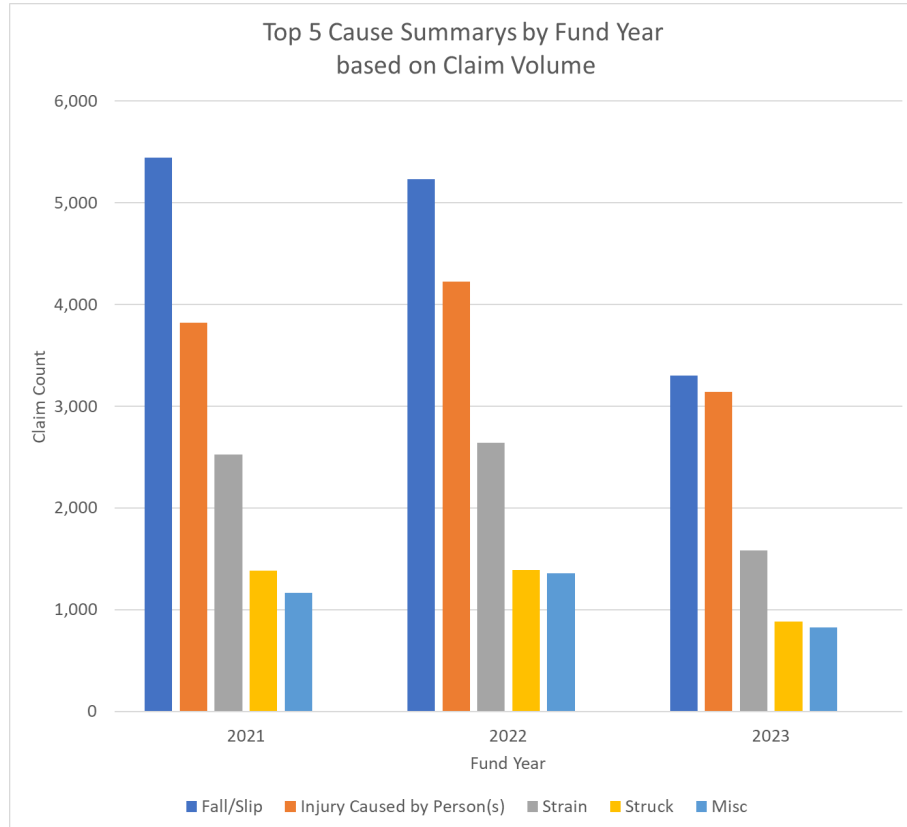
Source: Bureau of Labor and Statistics

According to the Bureau of Labor Statistics, there were 2.8 million nonfatal workplace injuries & illnesses in 2022.



Data source: BLS.GOV

Loss Leaders



Slips, Trips, & Falls

- **Slips, trips and falls include the following types of events:**
 - Slips and trips without falling; injuries occurring when a worker catches himself or herself from falling due to slip or trip
 - Falling on the same level; includes tripping, slipping, falling while sitting, and falling onto or against object on the same level
 - Falling to a lower level; includes falling from a collapsing structure, falling through surfaces, and falling from ladders, roofs, scaffolding or other structures
 - Jumping to a lower level, which is different from falls because they are controlled and voluntary.

Best Practice

Seasonal reminders

Footwear policy

Housekeeping

Rug and doormat program

Maintenance procedures

Paycheck stuffers



Source: Safety National program files

STF Findings & Discussions

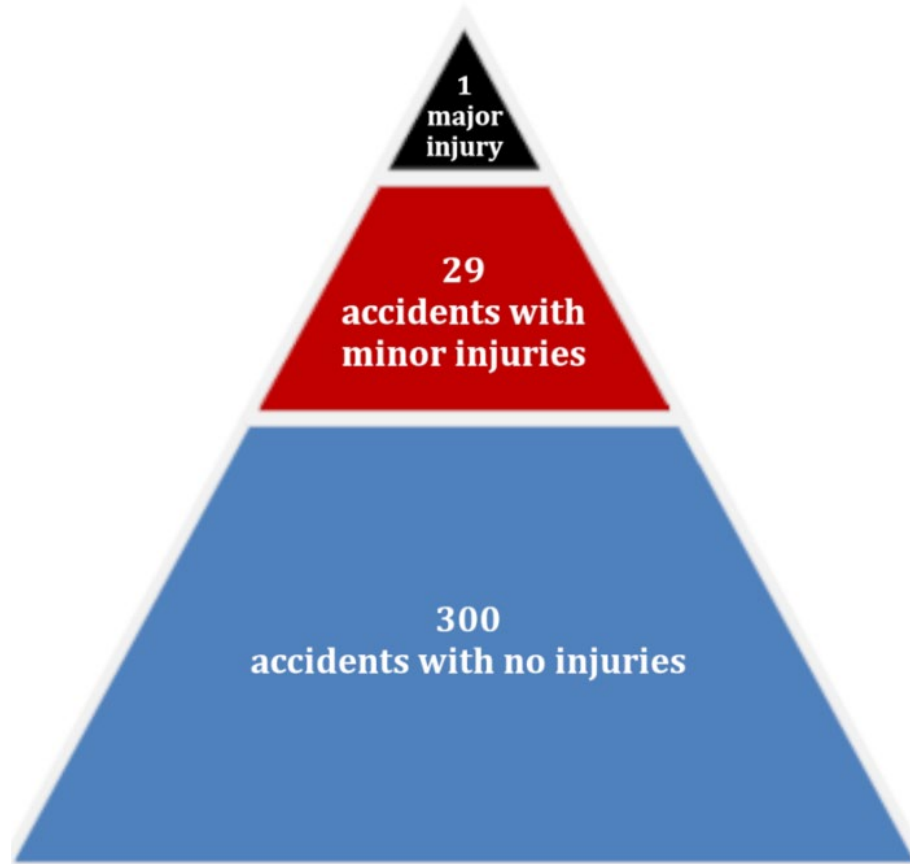
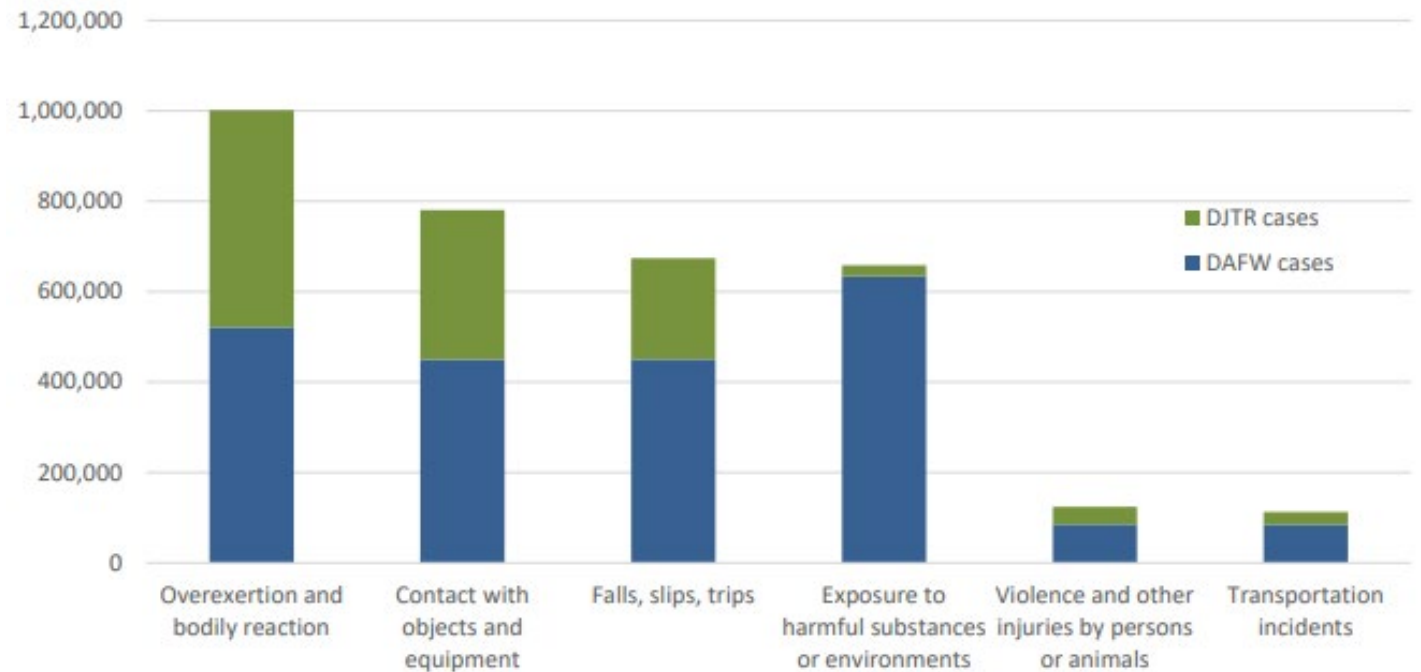


Image source: Heinrich's triangle.PNG Translation by [Clarinetguy097](#)

- Ensure accidents and/or near-misses are discussed
- Typically, several small near-misses occur prior to an actual lost time injury
- Verify incident reporting processes and procedures.

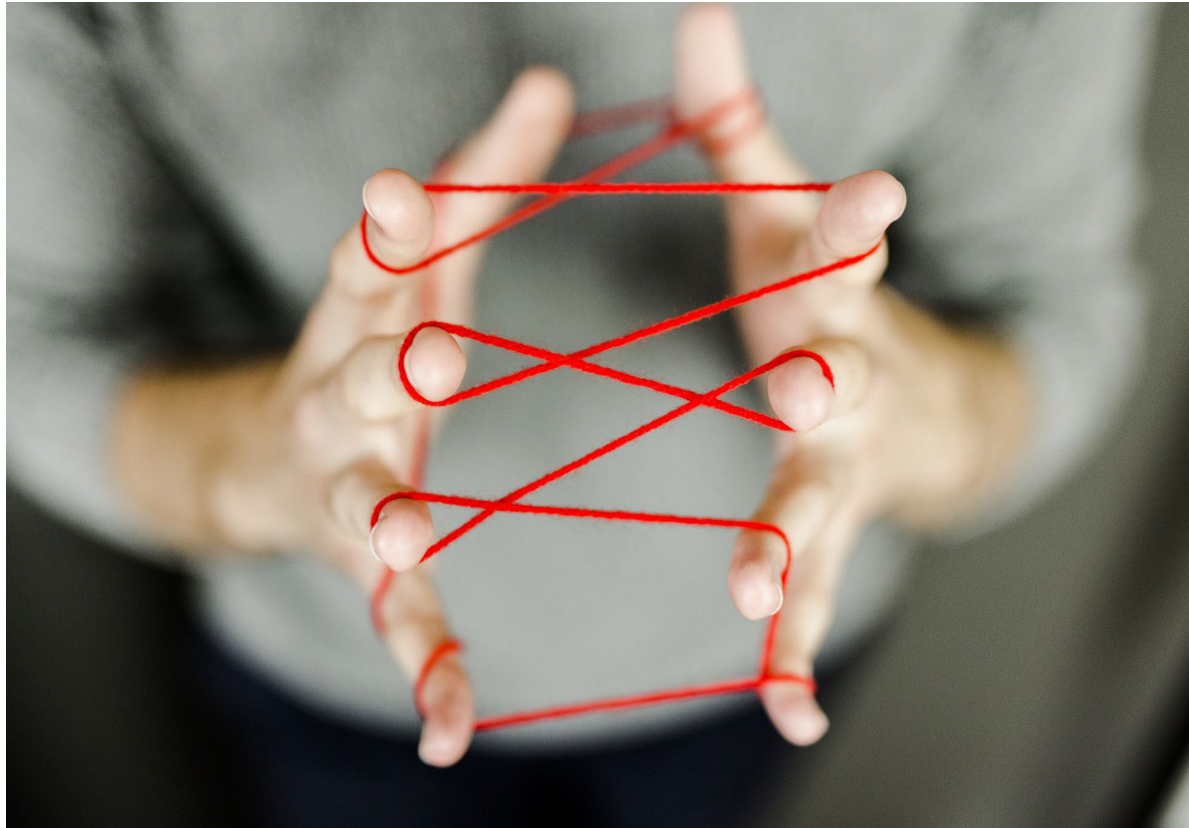
Overexertion (Strains & Sprains)

52% Overexertion and Bodily reaction cases result in a median of 14 Days Away From Work



Data source: BLS.GOV

Overexertion (Strains & Sprains)



- Non-impact injuries: Result from excessive physical effort directed at an outside source; common activities include lifting, pushing, turning, holding, carrying or throwing
- Repetitive motion: Micro-tasks resulting in stress or strain on some part of the body due to the repetitive nature of the task, typically without strenuous effort such as heavy lifting

Overexertion - Prevention



Supplemental training

- Training can be broken down by job category (such as buildings and grounds, food service, etc.).

Encouraging stretching and micro-breaks.

- Implement an effective Stretch and Flex Program

Encourage staff to get up and move.

- Encourage workers to take short breaks throughout the day to move around.

Encourage staff to "Play with Purpose."

- Focus on demonstrating and teaching skills versus actively participating.

TX DOT Case Study

- 40% of the total injuries sustained by Texas Department of Transportation (TxDOT) employees are caused by strain or sprain-related incidents.
- Lower back strain/sprain has been the most common injury over the last five years.
- 50% of the injuries recorded were a result of lifting tasks.
- According to the study, strengthening the core muscles is the most effective way to prevent work-related lower back injuries.
- This program aims to reduce the incidence of TxDOT strain or sprain-related incidents and associated costs, which have exceeded \$3.7 million over the past five years.

Source: Stretch and Flex Program for TxDOT Office and Field Workers



Success Story



Source: Safety National program files

The problem:

- The Alliance of Schools for Cooperative Insurance Programs (ASCIP) has 46 members participating in its WC Program.
- They noticed that approximately 22% of WC claims from lifting injuries
- Also noticed that 31% of claim costs resulted from lifting injuries.
- More specifically, they determined that many of the claim costs were from the maintenance and custodial staff lifting trash cans.

The solution:

- ASCIP identified a product known as the Ergonomic, Assist, Garbage, Lift and Empty (E.A.G.L.E. Lift).
- E.A.G.L.E. Lift is an assisted lifting device that removes the need to lift garbage cans into dumpsters while emptying garbage cans.

Job Hazard Analysis (JHA)



- Useful tool in identifying work tasks and physical demands.
- Identify Known hazards
- Work to identify new hazards
- Identify safety measures needed
- Help identify light duty/transitional work that fits restrictions.

Emerging & Developing Topics

Aging Workforce & Limited Job Candidates

- Finding new talent and not losing seasoned talent
- Adequately accommodating employees of all ages

Workplace Violence & Emergency Preparedness

- Safety & Security Audit
- Weather and lock-down drills.
- Collaboration with emergency medical folks and law enforcement.

Miscellaneous Tips & Ideas

- Empower employees
- Dialing off site phone numbers during emergencies...
- Door stops for securing doorways without locks...
- Awareness of available AED's & their locations...
- Social Media monitoring...
- Knowledge of mobile device use and rules...
- Anonymous reporting...
- Early Intervention/Non-Violent De-Escalation

Safety Trends and Resources

- **Online and Virtual Training**
 - Web-based courses
 - Micro-learning
 - VR Training
- **Telematics and Fleet cameras**
 - Tracking
 - Cameras
 - Conflict resolution

Improvements to school bus lighting and signage

App based tools

Bully prevention
Reporting

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Thank you for attending!

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Questions?

