

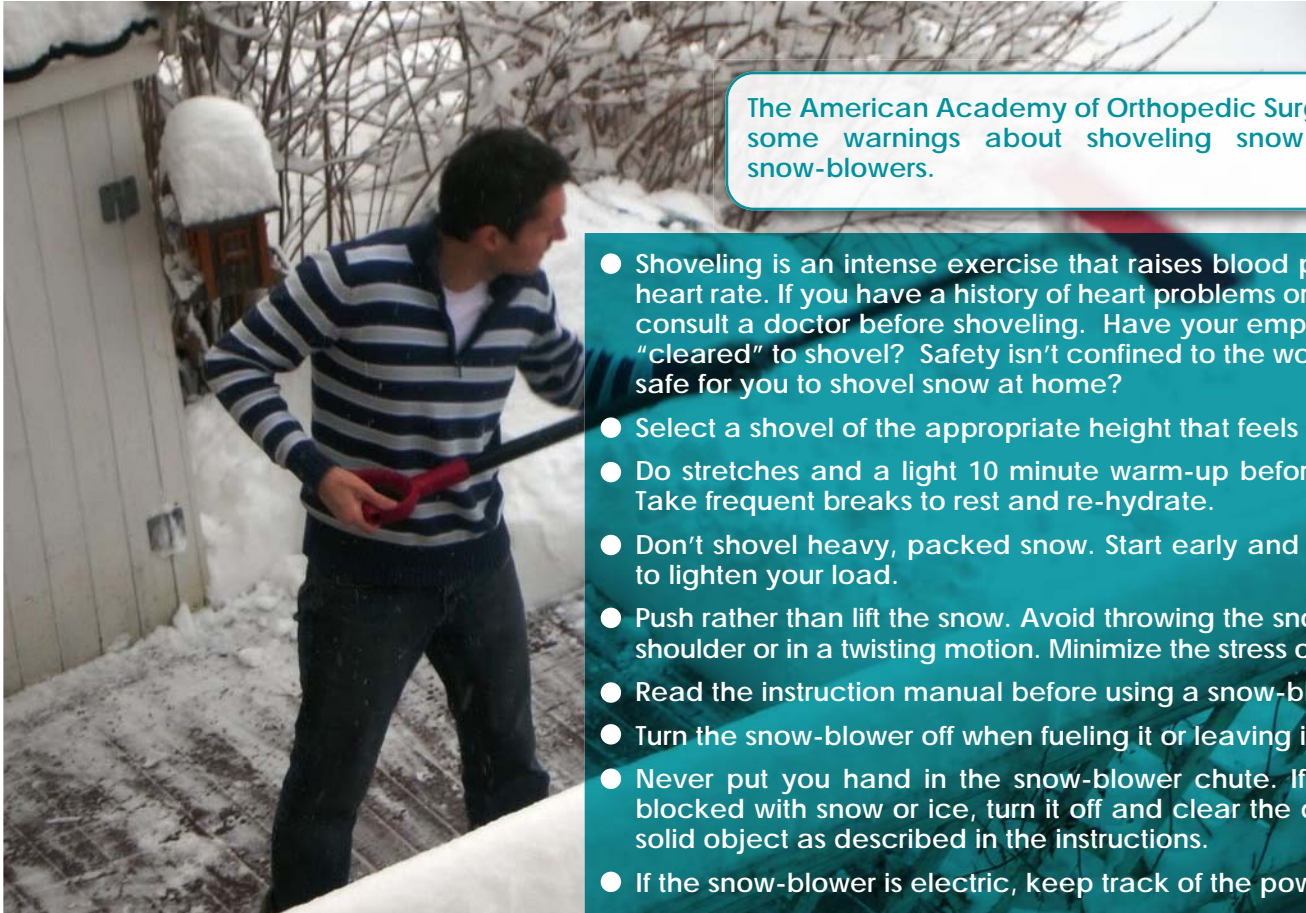


VITALS

A Weekly Safety Newsletter For Medical Transport Professionals

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Don't Get Under The Weather!



The American Academy of Orthopedic Surgeons issued some warnings about shoveling snow and using snow-blowers.

- Shoveling is an intense exercise that raises blood pressure and heart rate. If you have a history of heart problems or are over 40, consult a doctor before shoveling. Have your employees been "cleared" to shovel? Safety isn't confined to the workplace. Is it safe for you to shovel snow at home?
- Select a shovel of the appropriate height that feels comfortable.
- Do stretches and a light 10 minute warm-up before shoveling. Take frequent breaks to rest and re-hydrate.
- Don't shovel heavy, packed snow. Start early and shovel often to lighten your load.
- Push rather than lift the snow. Avoid throwing the snow over your shoulder or in a twisting motion. Minimize the stress on your back.
- Read the instruction manual before using a snow-blower.
- Turn the snow-blower off when fueling it or leaving it unattended.
- Never put your hand in the snow-blower chute. If it becomes blocked with snow or ice, turn it off and clear the debris with a solid object as described in the instructions.
- If the snow-blower is electric, keep track of the power cord.

Domestic Violence

OSHA recently established domestic violence as a workplace safety issue. Domestic violence accounts for nearly one quarter of all workplace violence events, but only 4% of workplaces have a domestic violence prevention program. Unfortunately, domestic violence is everywhere, and can't be predicted by race, gender, religion or socioeconomic status. If you think domestic violence can't occur in your shop, you're wrong. What is our role? It's not to be a counselor or an expert. It's to get the employee to people that can help and keep the work environment safe for the abuse victims and others around them. Make sure that you're plugged into your local resources. According to the FBI, in addition to domestic violence there are three other forms of workplace violence: violent acts by criminals; violence directed towards employees by people to whom an organization provides services; and, violence against co-workers, supervisors, or managers by a present or former employee. For great information about workplace violence, go to www.fbi.gov/publications/violence.pdf.

