SAFETY FOOD FOR THOUGHT

SEDENTARY BEHAVIOR INCREASES HEALTH RISKS

What Employers Can Do

Recent research has proven that all the time spent sitting in front of a computer, in meetings, even driving to and from work, could be harmful to your health. Sedentary behavior has been linked to increases in rates of obesity, diabetes, cardiovascular disease, and cancer. Statistics show that more than 23 hours a week of sitting increases your chances of developing a cardiovascular disease by as much as 64 percent.

Employers need to review jobs to determine those tasks which increase sedentary behaviors, such as sanitation truck drivers, administrative personnel, and emergency dispatch personnel. For those positions identified as being at risk, those employees should be encouraged to take 10-minute walking breaks. Consider standing at the desk occasionally while speaking on the phone. For drivers, park away from the building to encourage increased walking times.

As with most health concerns, a good weight management program can do wonders. It’s the little things that add up to make a big difference.

PREPARING FOR THE UNEXPECTED

Pre-Planning for Incident Investigations

The key to successfully performing loss control and preventing the recurrence of an incident is proper investigation and development of corrective actions. The time for determining how to investigate an incident is not after it has occurred. It is imperative to have an investigation plan in place in the event of an incident.
Elements of an Incident Investigation Plan

1. **Develop a written plan** - A plan standardizes your investigation practices. The plan will: provide procedures to control the incident scene, collect information, determine root causes of an incident, develop corrective action, and report findings to upper management.

2. **Assemble an investigation kit** - In order to conduct an investigation you will need to get together some basic equipment and store it in a central location where the investigation team members have access. Examples: For First Aid/Emergency Response- The kit should consist of a first aid kit, biohazard containers, a cell phone, flashlight, and personal protective equipment. To control and record the scene you would need: barricade tape, cones, plastic tarp, rope, camera, film, chalk, tape recorder, extra batteries, and writing/sketching tools.

SAFETY TRAINING

- Consider focusing safety training on “WHO,” “WHY,” and “HOW,” along with the usual “WHAT.”
- Prepare a training plan for each type of job. Make sure you include supervisors and management in your training plan.
- Recognize those safety-conscious employees by allowing them to conduct the training.
- The safety department should act as a resource. The responsible department should do the hands-on work and the hands-on training. Remember the best way to learn a subject is to teach it.

SAFETY REMINDERS:

- Safety signage and tags are primarily meant to keep employees safe. OSHA signage compliance is important, but often it is important to go above and beyond OSHA requirements. Consider purchasing blank *Danger, Caution, Warning*, and *Notice* signs on which you can write in the **exact** safety message for the machine, or area, to help ensure employee safety.
- Don’t forget indoor air quality. Workers exposed to poor indoor air quality may experience headaches, coughing, or nausea. Therefore make sure air vents are not blocked by furniture or equipment and the filters are changed on a regular schedule.
For additional information contact risk management services at 1-800-228-0986 and select “safety and risk control” from the available options.

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