DID YOU KNOW?

Slips, trips, and falls continue to be the largest contributor to employee injury within our membership. You would think that they are primarily occurring in high hazard areas such as dietary and maintenance, but these accidents happen everywhere. Follow these hints and prevent dangerous slips:

- Clean up spills, drips, and leaks immediately.
- Sand icy spots immediately—and tread carefully.
- Put up signs or barriers to warn people about slip or trip hazards.
- Wear shoes with non-skid soles made of materials that resist oils and acids.
- Avoid turning sharply when you walk on a slippery surface.
- Walk slowly and shuffle your feet on wet, slippery, or uneven surfaces.
- Report hazards immediately.

MOST IMPORTANT, BE CAREFUL!
Take your time and look where you’re going.

USE A TEAM – TWO ARE ALWAYS BETTER THAN ONE

If you have received your STAR training recently, you know that the most important message in the program is to use team transfer techniques. Manually lifting residents is the most frequent reason for work related back pain in our environment. The greatest risk is associated with one person transferring techniques, so always USE A TEAM, THINK TEAM.

Here are some tasks that put you at risk of injury if done without assistance:

1. Lifting resident to the head of the bed
2. Repositioning resident in bed from side to side
3. Repositioning resident in chair or wheelchair
4. Making a bed while occupied
5. Transferring resident from wheelchair to toilet
6. Transferring a resident from bed to wheelchair
7. Undressing/dressing a resident

So, take care of yourself and provide the healthiest environment for your residents. USE A TEAM-THINK TEAM!
OBESITY & WORKPLACE INJURIES

If given the choice, no one chooses to be overweight. Compared to most other societies, ours is the most overweight. There are many reasons for this. Some people’s heredity predisposes obesity. Obviously diet, activity and lifestyle impact our weight and fitness the most. How does obesity affect workplace injuries, treatment and recovery?

Adults who have been overweight most of their life develop chronic physical problems much earlier in life. The extra weight puts a strain on backs, shoulders, hips and knees. Coupling this with physical work demands it is no wonder that health care workers that are obese are injured more frequently. Those injuries are typically more severe as well.

Some health care providers are reluctant to perform necessary surgery on overweight patients because of risks. Also, physical therapy outcomes are less likely to be successful.

For the injured workers who are obese, recovery time is typically longer and the likelihood of permanent impairment is greater.

WELLNESS CORNER
This monthly feature is dedicated to your personal health and well-being.

Shape-Up: Are you carrying a few extra pounds?
Did you know that for every pound of extra body fat, you require an extra 200 miles of capillaries, which means your heart has to work harder, placing more stress on your body? If you’ve got a little spare tire around your waist, maybe it’s time to shape up. Like the long running soap opera suggests, you only have “one life to live”, so why not join the trim and fit set and get in the best shape of your life.

• Take it slow and build up gradually. Give your body a chance to get used to moving again if you’ve been loafing on the couch. Remember, a little light exercise is better than none at all. If you have any medical problems, check with your doctor before you jump into strenuous activities.
• Set aside a regular time each day for exercise. Make it part of your daily schedule. If you need to carve out some time from your busy schedule, take it from TV-watching time or chatting-on-the phone time—or take your cell with you and talk while you walk.
• Warm up and stretch before you start to exercise to prevent injuries.
• Choose an activity you enjoy and have time for. Otherwise your shape-up program will fail after a couple of weeks.
• Stick with it. Don’t miss a day. Don’t listen to all those excuses in your head.