



ASSP NORTH FLORIDA CHAPTER NEWSLETTER – JULY 2020

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PPE	Standard/ Universal Precaution	Transmission-Based Precautions		
		Contact	Droplet	Airborne
Handwashing & Skin integrity				
Gloves	PRN	At all times	PRN	PRN
Gown	PRN	At all times	PRN	PRN
Mask	PRN	PRN	At all times, 3ft	At all times, N95
Goggles	PRN	PRN	PRN	PRN
Cohort	Yes	Yes	Yes	No

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Report: Top causes of workplace injuries costing employers \$1B a week

Merriell Moyer

The top 10 causes of workplace injuries – such as slips, trips and falls and strains from lifting heavy objects – are costing U.S. businesses more than \$1 billion per week, according to a new report from Liberty Mutual Insurance.

Disabling workplace injuries cost employers \$59 billion per year with the top 10 causes making up 89% or \$52.93 billion of the total cost burden, the report states.

Obviously, getting these top causes under control could keep employees from getting hurt while saving the company a great deal of money.

The annual report is based on information collected by Liberty Mutual, the U.S. Bureau of Labor Statistics and National Academy of Social Insurance on the top causes of the most serious workplace injuries – those

Disabling workplace injuries cost employers \$59 billion per year with the [top 10](#) causes making up 89% or \$52.93 billion of the total cost burden, the report states.

that cause employees to miss work for more than five days.

Those causes were then ranked by their direct cost to employers based on medical and lost-wage expenses, according to a Liberty Mutual news release.

To capture accurate injury cost data, the index is based on data from three years prior, so the 2020 index reflects 2017 data.

The Top 10

The 2020 Workplace Safety Index names these causes as the top five:

1. Overexertion involving outside sources, costing \$13.98 billion per year and accounting for 23.5% of the overall national burden.
2. Falls on the same level, costing \$10.84 billion

per year and 18.2% of the burden.

3. Being struck by an object or equipment, costing \$6.12 billion per year and 10.3% of the burden.
4. Falls to a lower level, costing \$5.71 billion per year and 9.6% of the burden.
5. Awkward postures – including bending, reaching, twisting, climbing, crawling, kneeling, sitting, standing, walking and running – costing \$4.69 billion per year and 7.9% of the burden.

These injury causes account for 69.5% of the total cost burden employers bear, while the remaining 5 causes, listed below, make up 19.5% of the total cost burden:



1. Vehicle crashes, costing \$3.56 billion per year.
2. Slips or trips without a fall, costing \$2.06 billion per year.
3. Repetitive motions involving microtasks, costing \$2.05 billion per year.
4. Colliding with objects, costing \$2 billion per year.
5. Running equipment or machinery, costing \$1.92 billion per year.

Industry-specific reports

Data from the report was also broken down into eight industry-specific reports detailing the most costly injuries for:

- construction
- healthcare and social services
- hospitality and leisure
- manufacturing
- professional services
- retail
- transportation and warehousing, and
- wholesale.

Safety | NewsAlert

Online Edition

July 8, 2020

[Safety News Alert](#)

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Workstation ergonomics essential for home offices

The work world has been entirely upended with unemployment, business concepts changing, people restricted to their homes, social distancing, etc. Within recent weeks, businesses and office settings have experienced a dramatic change in daily operations. Creatively, many employers have adapted with employees across the nation transitioned to home-based offices, or home workstations.

With these changes taking place in such a large population of the American workforce, there is significant consequential risk of injury, exacerbation of pre-existing physical problems, stiffness, and repetitive motion mistakes leading to discomfort. It is crucial to make sure that any home office setup is ergonomically sound ensuring proper body positioning, body mechanics, comfort and safety while performing

daily work tasks. Having a sound ergonomic home set up reduces those risks of musculoskeletal injury and enhances functioning or job performance.

So, how can working from home with many different challenges be made ergonomically correct?

What is ergonomics?

Ergonomics refers to how you interact with your workstation and it's set up. The relationship between your body and your workstation is the most important relationship of all. That is why the focus of ergonomics is to make your workstation fit you. Not the other way around!

This is especially important in terms of body mechanics in relation to the daily operation of repetitive types of work requirements.

For example: an employee that spends long periods of the day typing and using a computer mouse.

Positioning these frequently used items, as well as the chair and the height of the worksurface to



be ergonomically sound, can make significant improvements in work productivity and decreasing the risk of potential injury.

Ergonomics should be a focus throughout all daily functions, not just a one-time project.

Ergonomics make a difference

According to OSHA, ergonomically incorrect workstation injuries account for \$15 billion in workers' compensation costs.

According to the National Institute for Occupational Safety & Health, almost 20% of missed day of work are due to injuries resulting from poor office design and ergonomic set up.

An ergonomically sound workstation positively influences health, safety, and comfort, while reducing the risk of aches, pain, and injury.

Choosing the best place location

Working from home can sound like a vacation, but before you post up on the

couch or in your favorite recliner, you need to consider what the most appropriate setting is within your home to allow for an ergonomic work setup. The entirety of an ergonomically designed workplace must begin with choosing the right place to set up your workstation.

BY IMPLEMENTING ERGONOMIC STRATEGIES, YOU CAN IMPROVE YOUR FOCUS AND PRODUCTIVITY, AND RID YOURSELF OF UNWANTED ACHES AND PAINS.

When choosing the appropriate workstation area in your home, a few keys to consider:

- Adequate space to work, free of trip hazards and distractions
- Privacy (can you work uninterrupted, and keep private documents from being viewed by others in your home?)

- Appropriate lighting (reduction of glare on monitor)
- Ability to position equipment (computer, keyboard, mouse, etc.) and your body to meet ergonomic standards

Without an appropriate location in the home for setting up shop, there is a greater risk for developing poor postures, bad habits, and ultimately musculoskeletal injury.

Ergonomic fundamentals

The ability to properly place your frequently used equipment, desk, chair, and your body itself, along with the way you perform your tasks make an ergonomically sounds workstation. In doing so, you will need an understanding of the standards and expectations. The following are some fundamentals of proper ergonomic habits:

- Maintain upright posture with ankles, knees, hips and elbows at 90-degree angles.



- Monitor(s) should be placed in direct line of sight at the top 1/3 of your screen.
- Practice floating wrist technique to reduce contact stresses.
- Keep frequently used items within close reach, typically 12-18 inches.
- Break up static postures by taking micro-breaks (1-2 minutes for every 30 minutes of work).
- Incorporate stretching routines into your day to reduce muscular fatigue.

Home remedies

Although there may be some challenges in setting up equipment to fit your individual needs, there are many common items around the home that can be used to assist in achieving the right setup. In terms of the correct heights, distances, and material placement, sometimes a simple object lying around the house will be just the trick. These items often-times act as monitor risers, a footrest, or a document holder.

What to avoid

With the emphasis on how to properly setup your home-office to maximize safety and productivity, it is also equally important to stress the habits to avoid. While working in the comfort of your own home, it is easy to lounge on the couch or recliner with your laptop in your lap, or even while lying in bed. These positions should be avoided at all costs because such surfaces encourage awkward and slouched positions leading to poor posture, resulting in discomforts and increasing the chance of injury.

Making the transition to a remote workstation offers a variety of challenges. Our goal is to assist in eliminating some of these risk factors. By implementing ergonomic strategies, you can improve your focus and productivity, and rid yourself of unwanted aches and pains.

ISHN

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ISHN.com

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Proper Use of PPE and Its Relationship to Workers' Comp Costs

Kevin Ring

Travel through any workplace in America and you most likely will find yourself in the middle of a virtual minefield of hazards, coming in all shapes and sizes

Sparks, noise, chemicals, falling objects, slippery or uneven walking surfaces, flying objects and sharp edges are just a few of the hazards facing U.S. workers on a daily basis. The ideal option is to eliminate the hazard and barring that, to control a hazard at its source, perhaps by putting a barrier — such as a wall — between the worker and the hazard.

When this isn't a feasible, other measures must be put into place to safeguard employees and prevent workplace injuries that can result in skyrocketing workers' compensation costs for employers.



To that end, OSHA requires that all employers protect their employees from workplace hazards that can cause injury by not only providing personal protective equipment (PPE) but also making sure their workers know how to use it and when to use it. When using PPE, whether it's safety glasses, gloves, earplugs or full body suits, employers must make sure employees have the proper training regarding:

- When PPE is necessary and how to properly wear it.
- Its limitations.
- How to determine if PPE is no longer effective.
- How to care for PPE.
- The process for replacing PPE.

Even though this is old news for employers, managers and even employees, non-compliance is widespread. According to the Centers for Disease Control and Prevention, if all workers would just wear gloves, then more than 1 million hospital emergency visits by U.S. workers per year could be avoided. Last year, hand injuries alone

cost employers over \$500 million dollars (lost time, settlements, etc.).

CHECK THE CULTURE

If there is a lack of commitment in creating a culture that requires employees to automatically don PPE when necessary, employers don't need to look beyond themselves.

A recent survey commissioned by the International Safety Equipment Association (ISEA) of safety influencers in the heavy construction industry revealed that the main reason workers chose not to wear PPE when needed was because “employers don't require or enforce usage.” While many employers realize that the use of PPE can pay huge dividends in workplace safety, plus result in higher morale and lower insurance premiums, many do not update their equipment, assess new situations or require rigorous enforcement.

The adverse result is loss of manpower (which few

companies already running on the bare minimum can afford) and higher workers' compensation costs. For some companies, a high number of injuries also hinders their competitiveness when bidding on certain contracts. A high price to pay for the low price of a carton of safety goggles.

REASONS FOR REFUSING

So why are some employees still reluctant to wear PPE? A Kimberly-Clark professional survey taken at the 2008 National Safety Council Congress and Expo and the 2009 American Society of Safety Engineers' conference found that discomfort was given as the most common reason.

A good solution is to involve employees in the selection, and to have a select group that is representative of employees using the gear try different samples and test it. It may be that more than one style is needed to accommodate the work force.



The second most common reason is the belief that PPE is not necessary for the task. Employees may have performed the same task for many years and never been injured. Showing employees videos of what can happen or having someone who sustained an injury speak to the group is the most effective way to combat this excuse.

Next is the concern that PPE is unattractive or doesn't fit properly. If employees are content with their appearance, they will be more likely to use PPE. Increasingly, manufacturers are looking to improve style; offering some options in color and style can increase use.

UPDATING REGULATIONS

Even regulations can be outdated and ineffective. Falls are the leading cause of injury and fatalities in the workplace, according to the Bureau of Labor Statistics Consensus of Fatal Occupational Injuries. Launching a

sweeping overhaul of the walking-working surfaces and PPE standards (PPE) to prevent injuries from slips, trips and falls, OSHA acknowledged that most of its existing standards for walking-working surfaces are more than 30 years old and inconsistent with both national consensus standards and more-recently promulgated OSHA standards addressing fall protection.

Citing the 2009 death of a worker at a chocolate processing plant who fell from an unguarded work platform, OSHA's proposed rulemaking includes significant revisions to the existing general industry scaffold standards to better protect workers from such injuries.

As the rule stands now, for the most part, employers only are required to use guardrail systems. Under the proposed rule, employers would have to install a second layer of safety in place by also choosing the most effective fall protection option as

added protection, ranging from the traditional safety nets to self-retracting lanyards. The proposed rule also would allow OSHA to fine employers who allow workers to climb certain ladders without fall protection.

In proposing the new rule, OSHA Administrator Dr. David Michaels referred to the 2009 incident by stating, "This is a clear and grave example of the human cost incurred when fall protection safeguards are absent, ignored or inadequate."

PPE AND THE BOTTOM LINE

For employers, PPE can protect not only their employees but also their company's bottom line. An auto parts manufacturer in Michigan, which traditionally saw its claims costs increasing at the rate of 7-8 percent annually, now suddenly saw them escalating over 20 percent. A certified WorkComp advisor (CWCA) reviewed all open and prior injury claims, OSHA logs and



safety committee minutes, and found that part of the problem was a safety issue centered on employees not wearing safety glasses.

By working closely with the safety committee and the human resources department, they were able to reduce the number of reported injuries and near misses by implementing a PPE training session and a “safe reporting without retaliation” rule that allowed proper reporting of safety glasses issues among co-workers. This action helped in part to reduce the number and size of the company's workers' compensation claims and lower its premium costs from \$430,302 in 2004 to \$185,000 in 2008. The company now uses its excellent safety record to beat the competition for work; a win-win for the employer and the employees.

EHS Today
September 01, 2010
[EHSToday](#)

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OSHA Reminds Employers Of Duty To Protect Employees From Heat Exposure

The arrival of the hot summer season brings the risks and dangers of heat exposure for many employees throughout the United States. The Occupational Safety and Health Administration (OSHA) has issued a reminder to employers of their duty to protect employees, along with some guidance on ways to recognize and mitigate the risks of heat exposure.

How Hot Does it Need to Be?

Serious heat-related illnesses can occur on normal summer days, when temperatures are not extreme. A good rule of thumb is that workers need additional protective measures whenever the Heat Index is 80 degrees Fahrenheit or above. However, sports physiologists have found that even as low as 65 degrees Fahrenheit may pose a risk of heat-related illnesses when workload is very heavy or strenuous.

Does It Matter Whether Workers are Indoors or Outdoors?

No. OSHA’s guidance extends to any work environment that presents occupational risk factors, including heavy physical activity, warm or hot environmental conditions, lack of acclimatization, and wearing clothing that holds in body heat. OSHA also identifies a non-exclusive list of industries at risk:

OUTDOORS

- Agriculture
- Construction
- Landscaping
- Mail and package delivery
- Oil and gas well operations

INDOORS

- Bakeries, kitchens, and laundries - (sources with indoor heat-generating appliances)
- Electrical utilities – (particularly boiler rooms)
- Fire Service
- Iron and steel mills and foundries
- Manufacturing with hot local heat sources,



like furnaces (e.g., paper products or concrete)

- Warehousing

OSHA recommends that employers utilize its assessment tools, which are based on levels of physical activity and wet bulb globe temperature readings, to evaluate the combination of body heat and environmental heat to identify what risks their workers face for heat stress.

What Steps to Prevent Heat Exposure?

1. *Offer water, rest, shade, and ventilation.*

Employers should encourage workers to drink water every 15 minutes, and take frequent rest breaks in shaded or air conditioned areas. Employers also should use cooling fans and, whenever possible, schedule work at a cooler time of the day. OSHA has published a comprehensive list of best practices in considering what engineering controls, work practices, and personal protective equipment should be in place.

2. *Create a Plan.*

OSHA recommends that employers create a heat illness prevention plan, with elements addressing: how workers will gradually develop heat tolerance, supervision of workers, a protocol for summoning medical assistance, what engineer controls and work practices will be used to reduce heat stress, measurement of heat stress, a response when the National Weather Service issues a heat advisory, how to identify heat hazards, and what training will be provided to workers and supervisors.

3. *Require Training.*

Employers should provide training to workers on the hazards of heat exposure and how to prevent illness. New and temporary workers are most at risk to the hazards of excessive heat. OSHA's website offers additional guidance on building heat tolerance in its recommendations for establishing a plan to protect new workers from heat illness.

4. *Implement Supervision.*

As heat conditions can change rapidly, OSHA recommends that, if feasible, at least one individual at a worksite

should monitor conditions and implement the employer's heat plan throughout the workday. This individual should undergo training, be on-site with workers, and have the capacity to report to the employer any adverse heat-related conditions or signs and symptoms of heat related illness experienced by any of the workers.

JDSUPRA

July 7, 2020

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NOTE: OSHA/NIOSH has a Heat Safety Tool available for Apple & Android devices.

[Apple](#)

[Android](#)



Stop Wishing Things Would Go Back to Normal; Wish for This Instead

Idan Shpizear

It has only been three months since states across the U.S. started enforcing extreme social distancing measures, but somehow, we already feel years removed from the life we once knew.

Now, as restaurants, salons, and gyms start opening again, we see (and even collectively feel) an eagerness to “get back to normal.”

People want to take their kids to the movies again. They want to linger over a meal with their closest friends, laughing so hard they can't get a breath in. They want to restore their after-work gym schedule or browse their favorite shops.

And those who have been through the deepest setbacks during lockdown want to get back to work. They want to feel stable again.

It makes sense to miss these experiences and long for the familiar things we love. But the more I hear people wish for things to go back to normal, the more convinced I am that we are missing an opportunity to grow as

individuals and as a community.

Will it be nice to finally get hugs and concerts back as soon as it's safe again? Absolutely.

But getting “back to normal” should not be our goal. In fact, that's the opposite of what we should be reaching for.

You're a Better Person Because Things Aren't Normal

If you're like most people, social distancing orders forced you to make major, immediate changes to your routine and habits. A lot of this was very difficult.

If you were lucky enough to continue working from home, you had to learn new technology, develop new discipline, and find new methods for focusing even as your children demanded your attention. If you own a business, you had to adapt quickly to a sudden and drastic shift in the economy, spending habits, and safety standards.

If you have a family, you had to find creative ways to have fun at home and connect with elderly grandparents on lockdown. If you're married, you had to learn new methods for communication, empathy, and conflict

resolution when the walls began closing in on your relationship. And if you're single, you were challenged to reach out to your community for support and find value in your own company.

These changes probably did not come easily. You probably felt fear, desperation, helplessness, overwhelm, and even grief over the life you left behind.

Well, guess what. That's how change always works. We don't improve as professionals or as people without first enduring a period of pain, frustration, and self-doubt. This is why we get so locked into our habits. It's easier to be who we've always been and do what we've always done than to face the pain of growth.

Until now. The pandemic forced you to face the pain. You had no choice.

And because of this period of mandatory change, you now know how to use new technology. You've become more adaptable in your career. You've connected with your kids and partner in new and meaningful ways, and you've learned to love yourself.

Do you really want to go back to the way things were?



This is Your Chance to Get Unstuck

It will be a great day when everyone can return to work without fear, when we can gather with those we love, and when we can enjoy major events that bring communities together.

But we also need to be aware that when our old routines return, so do our old habits. If you don't take a moment to realize how you've changed for the better in the "new normal," you won't be able to take advantage of that change when we get back to the old normal.

Write down all the ways you and your routine have changed for the better because of the pandemic.

- Are you more patient with others?
- Are you more open to new methods and ideas?
- Have you learned any new skills?
- Have you reconnected with old friends or developed a new habit of checking in with loved ones?
- Are you enjoying the calm and quiet of a lighter schedule?
- Do you feel less pressure to advance your status and more freedom to enjoy what you love?
- Have you found new joy in small things, like conversation, long walks, and your own backyard?

Give your own list some deliberate, concentrated thought. Keep your list handy so you can add to it as you go about your day and recognize other positive changes in your life.

Then, commit to maintaining and advancing the changes that are important to you.

You must be active about this. When things go back to normal, you will feel the pull to pack your schedule with events that don't fulfill you but feel obligatory for your achievement. You'll be tempted to neglect relationships to prioritize the very things you just learned are not that important. You may become mired in an old mindset that never served you before and still won't serve you now. Decide today how you are going to avoid old habits and attitudes you want to get rid of for good.

Then, once you've committed to maintaining these changes, ask yourself, "What's next?"

It Doesn't Stop Here

If it isn't already on your list of beneficial changes, add this:

I know I can grow as a person, even when it's difficult and even when it's painful.

After everything you've been through in 2020, you now know that—at the very least—you are adaptable. You are strong, flexible, and capable of making the most out of any situation. From here on out, there is no reason to be intimidated by change.

And that means you are limitless.

If you've been longing to make a career shift, now you know you can do it. If you need to cut out bad relationships or improve your relationship with yourself, you can. If there are any hobbies you always wanted to try or skills you wish you had, let this be your wake-up call:

If you can find new ways to work and new reasons to laugh in the midst of a worldwide pandemic, you can do anything.

Decide what's next for you. Determine who you want to become and what kind of life you want to live on the other side of this crisis.

And this time, don't wait for a virus to force you to grow

Restoration & Remediation

June 18, 2020

[R&R MAG Online](#)

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Local Chapter Officers and Chairs

Elected Officers

- President - Bob Dooley
- President Elect - Eric Gray
- Secretary - Steve Wilson
- Treasurer - Yaniv Zagagi
- Delegate – Paul Thomas

Appointed Chairs

- Membership Chair
Mark Gibson
- Newsletter Chair
Allen Davis
- Nominations Chair
Steve Brown
- Past President
Steve Brown
- Program Chair
Dan Hemsall
- Social Chair
Phillip Baker
- Social Media Chair
Vernon Adams
- SPY Awards Chair
Curtis Strothers
- Scholarship Chair
Stephen Brown

Local Chapter Information

The North Florida Chapter of the American Society of Safety Professionals, formerly the American Society of Safety Engineers, was chartered in 1952 and currently has over 200 members.

Professional meetings are held nine times per year in the Jacksonville area.

Meeting notices are distributed, and RSVP's are returned by email. If you are a member of ASSP and are not receiving notices by email, please email the [Chapter Secretary](#).

Local Chapter Meetings

Virtual meetings will begin in September. Topics and dates will be published soon.

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Job Market Links General Employment Links

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