



MILWAUKEE COUNTY TOTAL HEALTH NEWSLETTER

BROUGHT TO YOU BY RISK MANAGEMENT IN PARTNERSHIP WITH WELLNESS



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of people will
experience
back pain in
their lifetime.

349

Back Injuries among
Milwaukee County
Employees
2010 - 2014

THAT'S
11.4%
OF ALL
INJURIES

It Costs Milwaukee County

\$7,266

Per Back Injury

PRACTICE SAFE LIFTING TO AVOID BACK INJURIES



Lifting is a common activity in the workplace, and it is often forgotten that there are proper techniques that need to be followed to avoid injury. In fact, back injuries are the most common work-related injury cited by the Occupational Safety and Health Administration (OSHA).

SAFE LIFTING BASICS

Safe lifting plays an important role in keeping your back healthy and yourself safe. There are many safe lifting techniques that take the strain off of your back. They include:

- » Look over the load. Decide if you can handle it alone or if you need assistance. When in doubt, ask for help. Moving an object that is too heavy or bulky can cause severe injury.
- » Clear away potential obstacles before beginning to carry the object.
- » Support and move the object while carrying it; your grip should be firm. Carrying objects will change your balance. To keep this change of balance to a minimum, keep the load close to your body and to your normal center of gravity, between the legs and shoulders.
- » Use good foot positioning. Your feet should be shoulder width apart, with one foot beside and the other foot behind the object that you are going to lift. This allows you to utilize the full power of your leg muscles. Leg muscles are stronger and more powerful than back muscles, so let your legs do the work.
- » Bend your knees. Bending over the waist to reach for the object you want to lift puts strain on your back, shoulders and neck muscles.

- » Keep your arms and elbows as close to your body as you can while lifting. If you have to stretch your arms out completely away from your body, ask for assistance with the lift.
- » Use your feet to change direction. Don't twist your body. Twisting your body adds to the stress of the lift and affects your balance.
- » To lower the object, bend your knees as you did to pick it up. To place the load on a bench or shelf, set it on the edge and slide it into position. Make sure your hands and feet are clear when lowering the load.

Safe lifting of heavy objects requires training and practice. And when equipment is available, it should be used to lift and carry heavy objects. Loaders, forklifts and hoists are designed for this purpose.

TEAM LIFTING

When others are helping you lift, teamwork is very important. If your going to be carrying the load to another location, both of you should coordinate this prior to lifting the object. Check the route and clearance. One worker needs to be in position to observe and direct the other. Lifting and lowering should be done in unison. Don't let the load drop suddenly without warning your partner.

SAFE LIFTING: QUIZ

NAME: _____ CLOCK #: _____

DATE: _____ DPT: _____

Circle the Correct Answer

1. T F Back injuries are the most commonly cited work place injury.
2. T F Always carry loads away from your upper body.
3. T F Always lift with your legs.
4. T F It's best to bend with your waist when lifting.
5. T F Avoid twisting your body when lifting, use your feet to change direction.

Please complete and detach this quiz to enter to win a prize. Winners are chosen at random from all submissions. Send responses to Courthouse - Risk Management (Rm. 302) or scan and send to totalhealth@milwaukeecountywi.gov.

SAFE LIFTING TECHNIQUES



WELLNESS

OBESITY, EXERCISE AND BACK PAIN

Overweight and obesity can significantly impact your risk of developing back pain. In fact, those who are extremely obese (a BMI over 36) have a four-fold increased risk of developing back pain. One easy way to reduce your risk is by doing just 20 minutes of light exercise each day. Those 20 minutes of light exercise can reduce the risk of developing back pain by over 30%.



50%
of working
American
adults
experience
back pain
each year

The risk of back pain increases as BMI increases. For normal weight individuals (BMI 18.5 – 24.9) the risk is 2.9 percent. For those who are overweight (BMI 25-29.9) the risk is 5%, obese (BMI 30 – 34.9) the risk is 8%, and extremely obese the risk is 12%. No matter your BMI, you can decrease your risk for developing back pain can decrease with exercise. Modest changes to your activity level can have a huge impact!

**LOW BACK PAIN IS THE SINGLE LEADING
CAUSE OF DISABILITY IN THE U.S.**

Source:

www.aaos.org/news/aaosnow/dec13/clinical2.asp

5 TIPS / FOR BETTER POSTURE

- 1 When you feel your posture falter, roll your shoulders down and back, then pull your elbows toward your back pants pockets.
- 2 Stand on your entire foot. People often stand with their weight over their heels. This causes your feet to become weak and turn in, which results in stress on your weight-bearing joints.
- 3 Stand more. Your goal should be to get up from your desk at least once an hour for a couple minutes.
- 4 Be ergonomically sound with your computer setup. Your eyes should be level with the top of the monitor and elbows and wrists at straight 90-degree angles.
- 5 Always bend from your hips instead of your back. Always hinge (push back) from your hips when bending forward and keep your weight toward your heels.

Source:

www.huffingtonpost.com/ben-greenfield/posture-and-health_b_3277058.html





The Find It - Fix It Program is a new safety and property incentive program that is currently available to all Milwaukee County employees. The program details can be found below. Additionally, a recorded presentation and entry cards can be found on the Milwaukee County Risk Management web page (<http://county.milwaukee.gov/Risk/FindItFixIt>). Disclaimer: Your personal welfare comes first! If you cannot safely and easily resolve the issue on your own, please **DO NOT** attempt to do so. When in doubt, always take the cautious approach and bring the issue to management's attention.



Goal

The Find It - Fix It safety and property incentive program is in place to promote a safe and healthy work environment, reduce injury and illness, improve our infrastructure, and commend individuals for upholding high safety standards. The goal is to enhance our organizational culture by rewarding individuals for finding and fixing safety hazards and property issues that could negatively affect Milwaukee County staff, property, and the general public.

Program Objective

The program objective is to encourage employees to find and fix safety hazards and property issues as they see them, rather than walk by and think that "someone else" will fix them.

Procedures

1. For every safety hazard or property issue that an employee finds and either personally fixes or fixes with management, the employee and manager become eligible to submit one entry for a quarterly drawing.
2. On a quarterly basis, Risk Management will draw several names at random from the submitted entries. The chosen entry will win a prize (to be determined). Entries will remain in the program for the calendar year so the more items you find and fix, the more chances of winning.
3. As we eliminate the hazards and property issues, our workplace will become safer and more enjoyable for everyone.

Sample Hazards/Issues with Fix

Walking/Working Surfaces observed with poor housekeeping or trip hazards in the hallway, aisles, or shop.

The Fix: Area cleaned, trip hazard removed, and addressed with supervisor.

Handheld Tools: Tools observed in poor condition

The Fix: Tools reported and replaced.

Electrical Safety: loose/exposed wires, missing knockouts, no broken components, panels labeled and accessible, defective lighting

The Fix: Issue reported, addressed with supervisor and repaired

Machinery Safety: Machine not properly secured to floor, guard missing, or not in place.

The Fix: Equipment properly secured to floor, cleaned, and machine guard properly installed.

FIND IT - FIX IT SUBMISSION CARDS



FIND IT - FIX IT PROGRAM

RULES
IN ORDER TO BE A QUALIFIED ENTRY, THE EMPLOYEE MUST:

1. Initiate the fix. It does not count if the fix was already in progress.
2. See safety hazard or property issue to completion. Only when the fix is complete may you enter.
3. Routine preventative maintenance and/or normal work duties are excluded from this program.
4. A supervisor's signature is required prior to submission.
5. One entry per safety hazard or property issue, however, you may fix as many safety hazard or property issues as you like.
6. Entries are accepted through the calendar year and should be sent to:
 Courthouse
 Risk Management - RM. 302
 or
 scanned and emailed to finditfixit@milwaukeecountywi.gov
7. The winners will be contacted in the order they are selected and will have first choice of the selected prizes.



FIND IT - FIX IT PROGRAM

NAME: _____ CLOCK #: _____

DATE: _____ DEPARTMENT: _____

SAFETY HAZARD: PROPERTY ISSUE:

DESCRIPTION: _____

THE FIX: _____

SUPERVISOR SIGNATURE: _____ DATE: _____