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What do you need to know about Emergency Oxygen? Taking the confusion out of adopting emergency oxygen protocols can help you breathe easy. Pete DeQuincy discusses how to include emergency supplemental oxygen into your organization's protocols in a recent article from [Aquatics International](#) magazine. Common questions such as "Is oxygen a prescription drug?" are discussed, along with practical implementation strategies and resources. The article helps clarify the benefits of providing emergency oxygen to a victim of an emergency incident and also lays out a clear path of how to incorporate emergency oxygen into the emergency action plan (EAP). When deciding to move forward with adopting emergency oxygen protocols, it is imperative to verify which governing bodies are empowered to regulate the use of emergency oxygen in your area. Governing bodies that could have oversight could include your city's EMS department, your city, county or state; it's important to do your homework. It is important to gather information such as what it presented in this article to assist in the decision and planning; whether or not your organization includes emergency oxygen into your EAP. Read more [HERE](#).

Injury reporting webpage simplified, online filing now available. To help employers comply with new requirements to report severe worker injuries, OSHA has created a streamlined [reporting webpage](#) and now offers the option of reporting incidents online. The expanded requirements took effect in January 2015. Now, in addition to reporting any worker fatality within 8 hours, employers must report within 24 hours any severe injury – defined as an amputation, hospitalization or loss of an eye. In the first year of the new requirement, OSHA received about 12,000 reports. The agency plans to release complete numbers and a full analysis of the Year One reports soon.

Did you get your Beauty Sleep for Safety? Erin Gloeckner from the Nonprofit Risk Management Center (NRMCC) discusses this topic in their most recent e-news. Gloeckner writes: "Did you know that on average, today's worker sleeps an hour and a half less each night than they did 50 years ago? An employee awake for 17 straight hours has the "the performance ability of a person with a 0.05% blood alcohol level." The article goes on to reference a number of resources that point to the challenges of the over-worked and sleep-deprived employee. But fear not, Gloeckner also provides ways to reduce the likelihood of workplace accidents and poor decisions caused by sleep-deprived staff. These include: enabling team members to work more efficiently within healthy workday schedules; and learning to recognize the signs sleep-deprivation. Another idea would be to encourage your employees to take the National Sleep Foundation's [Sleep IQ Quiz](#). Read more [HERE](#).

Fitness training balls, also known as stability and exercise balls, are commonly used at fitness facilities around the country. They are typically rugged and durable, but are not without limits. When not used in a proper manner, and within manufacturer's recommendations, they can burst. The Consumer Product Safety Commission ([CPSC](#)) recommended a 2009 recall of nearly 3 million exercise balls due to reports of various injuries to consumers. The majority of these and continuing injuries are due to improper use rather than equipment defect. Read about [safe use considerations](#) in the [Online Resource Library](#).

Did you see this in the last E-news:

Violent intruder response should be part of your Emergency Procedures.

Active shooter and other violent intruder situations, fortunately, do not happen frequently. Never-the-less all organizations should review and update their emergency plan to incorporate current strategies for reacting to these situations. Safe-Wise Consulting has worked with organizations to developed a [sample plan](#) based on the US Department of Homeland Security's "[Run, Hide, Fight](#)" program. The sample plan and more emergency planning information can be found in the [Online Resource Library](#). Organizations are encouraged to contact their local law enforcement officials to determine if other local resources and strategies are available for use in developing emergency response procedures. Visit [HERE](#) to learn more about the "Run, Hide, Fight" program.

Oh baby its cold outside! Winter weather creates a variety of hazards that can significantly impact everyday tasks and work activities. These hazards include slippery roads/surfaces, strong winds and environmental cold. Learning how to prepare for work during the winter, protect workers from the cold and other hazards that can cause illnesses, injuries, or fatalities, is essential to maintaining a safe work environment and completing tasks successfully. Although the Occupational Safety and Health Administration ([OSHA](#)) does not have a specific standard that covers working in the cold, under the [Occupational Safety and Health Act \(OSH Act\) of 1970](#), employers have a duty to protect workers from recognized hazards, including cold stress hazards, that are causing or likely to cause death or serious physical harm in the workplace. Visit OSHA's cold weather resource page [HERE](#) to find information for helping employees protect themselves from the negative effects of winter weather.

This Month's Topics:

Emergency Oxygen Protocols
Injury Reporting
Sleep for Safety
Safe Use of Fitness Balls
Violent Intruder Resources
Cold Weather Safety