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Faster, Better, More Efficient Applies to Office Ergonomics. Some would argue that the '90s had a lot of great "advancements" – the Internet, mobile phone technology, grunge music (maybe). But during that time, the sore backs and wrists of office workers became a common concern and, by the end of the decade, equipment manufacturers had revamped their offerings and business managers were becoming enlightened to the advantages of investing in equipment that best fit their workers. Many organizations understand the importance of achieving balance among three areas: education, evaluation and equipment. Achieving this balance produces an effective ergonomics program that has a real impact. But the key is achieving seamless integration among the three to quickly advance toward your goals. Simply put, in today's world, you must get better and faster, and you must do it with increasing efficiency. Read more [HERE](#).

Ladders should be inspected before each use to make sure that they are in good condition and safe to use. All ladders should be inspected before each use. It doesn't take long to check out a ladder to make sure it's safe to use. But those few minutes could be the most important of a staff person's life. Train employees to inspect ladders properly. Make sure they know what to check and how. Users should look to see if steps or rungs are in good repair and free of substances, they should ensure that side-rails have no cracks or splits, check that spreaders or other locking devices are in place and working properly and always ensure that ladder feet are solid and in place. Ladders should also be inspected following any tipovers or possible damage to a ladder that has been struck by something, hit something, or been dropped. Read more [HERE](#).

The Globally Harmonized System (GHS) is almost here, are you ready? For some time now, safety professionals have been expecting the U.S. adoption of the Globally Harmonized System (GHS) to make some pretty significant changes to OSHA's hazard communication standard. Since the mid-2000s, OSHA and other agencies have been discussing and hosting hearings on GHS and revising the hazard communication standard. Now that GHS finally is here with all provisions and deadlines outlined, we can expect a focused effort by safety professionals and OSHA to ensure all requirements and deadlines are met. Read more [HERE](#).

Planning on how to survive a crisis is always in season according to Melanie Lockwood Herman from the Nonprofit Risk Management Center. A common element of many crisis events—its appearance with little or no warning—offers a reminder that there is no true “season” for preparation. Effective nonprofit leaders must be vigilant and diligent from the beginning of the year to the very end. Herman invites leaders to reflect on your preparation to survive a crisis that may threaten your vital mission. Read more [HERE](#).

Quick, effective planning tools are available online. The [Nonprofit Risk Management Center](#) hosts several free tutorials on their Website that can help you develop basic risk management outlines for several key areas of nonprofit management. Topics include [Business Continuity Planning](#), [Accident Response Preparations](#) and [Workplace Safety](#).

Back injuries caused by improper lifting or overexertion are among the most common of workplace injuries. Almost every employed and volunteer staff member engages in some form of lifting on a regular basis; it is important to provide training and frequent reminders to reduce stress factors and injuries. For some nonprofits child care workers and lifeguards lead the reports for lifting related injuries. Resources to assist your organization in preventing common incidents such as [Consideration for Preventing Back Injuries](#), [Ladder Safety Tips](#), [Safety Orientation Checklist](#), [Preventing Slips and Falls](#), [Snow Shoveling Safety](#) and [Back Injury Prevention Training Outline](#) are all available in the [Online Resource Library](#).

This Month's Topics:

Ergonomics
Ladder Safety
Hazard Communication
Crisis Management
Safety Planning
Back Injury Prevention