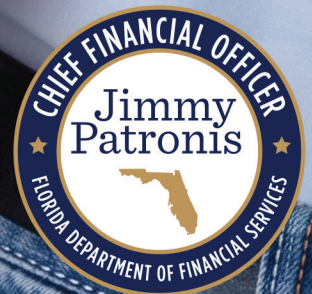


**SAFETY & LOSS PREVENTION**

ISSUE 3 | VOLUME 9  
JUNE 2018

# OUTLOOK

NATIONAL  
SAFETY MONTH  
**SPECIAL  
ISSUE**





# NATIONAL SAFETY MONTH

Every year in June, individuals and businesses throughout the country take the opportunity to focus on reducing the leading causes of injury and death at work, on the road, and in our homes and communities.

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# NATIONAL SAFETY MONTH 2018

As of 2017, accidental injury has become the No. 3 cause of death in the United States, according to the National Safety Council. In fact, one American is killed in an accident every 3 minutes — and each one of these deaths is completely preventable. Here are the top three most common causes of accidental death, both in and out of the workplace, and what changes can be made to improve health and safety for all.



## #1 POISONING

Due in large part to the opioid crisis, prescription drug overdose currently tops the list of unintentional deaths in America. **Sixty** people die from opioid medications **every day**. These medications are extremely addictive, and many people underestimate the risks. Some people don't even realize that the drugs their doctors have prescribed to them for pain contain opioids.

### WHAT YOU CAN DO

First, be aware of what you are being prescribed. Often over-the-counter medications can be as effective as opioids in treating pain, with much less risk. Ask for a non-addictive alternative, especially if you have health issues or family history that could increase your risk of addiction.

Take these medications only as prescribed — read and follow the

instructions, and take the proper dose. Never use any opioid that has not been prescribed to you by a doctor, and never give your medication to anyone else. **Sharing opioids is a felony.**

Never mix opioids with alcohol, sleep aids, antianxiety drugs, or other pain relievers. Ask your doctor and pharmacist about possible drug interactions.

Keep leftover medication out of the wrong hands by disposing of it properly. The Diversion Control Division of the U.S. Drug Enforcement Administration has a search tool on their website that allows users to locate nearby public disposal locations.

Put all medications away immediately after use, out of sight and out of reach, with safety caps locked.

For more information regarding medication safety, visit the Center for Disease Control and Prevention website.

# #2 MOTOR VEHICLE CRASHES

Car crashes now account for more workplace deaths than any other cause, according to the U.S. Bureau of Labor Statistics. Cell phone use, as well as “infotainment” screens in dashboards, and other attempts to multitask (such as eating, applying makeup, etc.) distract drivers from the task at hand, causing them to miss important driving cues. Hands-free devices aren’t any safer than handheld ones — anything that increases mental distraction increases accidents. Distracted driving is just as dangerous as drowsy or drunk driving, and more prevalent.



## WHAT YOU CAN DO

Avoid engaging with your vehicle’s infotainment system as much as possible, and never use cell phones while driving.

Get enough sleep before getting behind the wheel — two hours of sleep deprivation has the same effect on driving as having three beers. Never operate a motor vehicle if you have been drinking or using drugs — even some prescriptions and over-the-counter medications can greatly affect one’s reaction time.

For more information about distracted driving, see the **March-May 2018 issue of Safety & Loss Prevention Outlook.**

# #3 SLIPS | TRIPS | FALLS

These types of accidents are the third leading cause of unintentional injury-related deaths, and the No. 1 cause for those 65 and older, the NSC reports. Most of these types of injuries are preventable if proper precautions are taken, and yet, fall protection topped OSHA’s 2017 list of most frequently cited violations.

## WHAT YOU CAN DO

Keep walkways, doorways, and stairs clear of clutter, cords, and other tripping hazards.

Be sure work and living spaces are well-lit — install night-lights where needed.

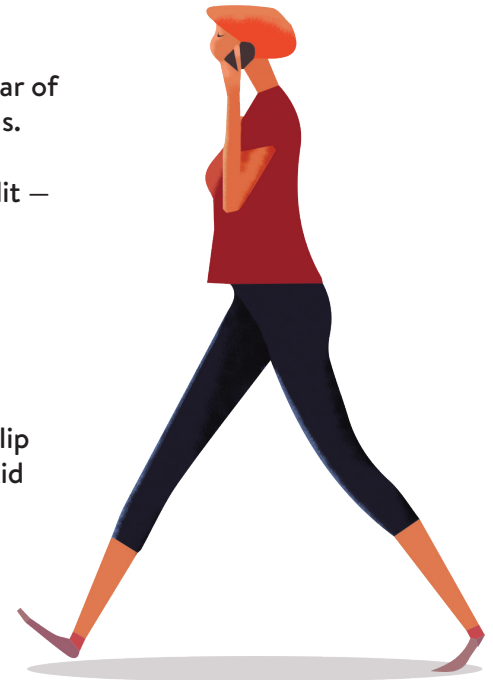
Report and clean up spills immediately.

Always wear proper footwear.

Be sure floors are not slick, install non-slip adhesive strips on stairs, and use non-skid mats under throw rugs (or avoid rugs altogether). In the bathroom, use non-skid mats inside and outside of the tub. Install grab bars in showers and near toilets.

**Avoid distracted walking.** It may seem like a trivial concern, but the risks can be serious. Focusing on a screen in your hand takes attention away from your surroundings, potentially putting you in physical harm. Do not “walk and talk,” especially at crosswalks and in other busy areas, but be aware that distracted walking accidents can happen anywhere, even in your own home. Find a safe area to stop walking and remain in place until you are finished using your phone. Remove headphones and be aware of your surroundings as you walk through busy traffic and intersections.

For more data regarding U.S. safety statistics, visit <http://injuryfacts.nsc.org/>.



# WORKPLACE INJURY STATISTICS

ACCORDING TO  
THE NATIONAL  
SAFETY COUNCIL...

A WORKER IS INJURED ON THE JOB  
EVERY 7 SECONDS



104,000,000

PRODUCTION DAYS LOST DUE TO  
WORK-RELATED INJURIES IN 2016

MOST COMMON TYPES OF INJURIES  
KEEPING WORKERS OUT OF WORK



Sprains, Strains,  
& Tears



Soreness  
or Pain

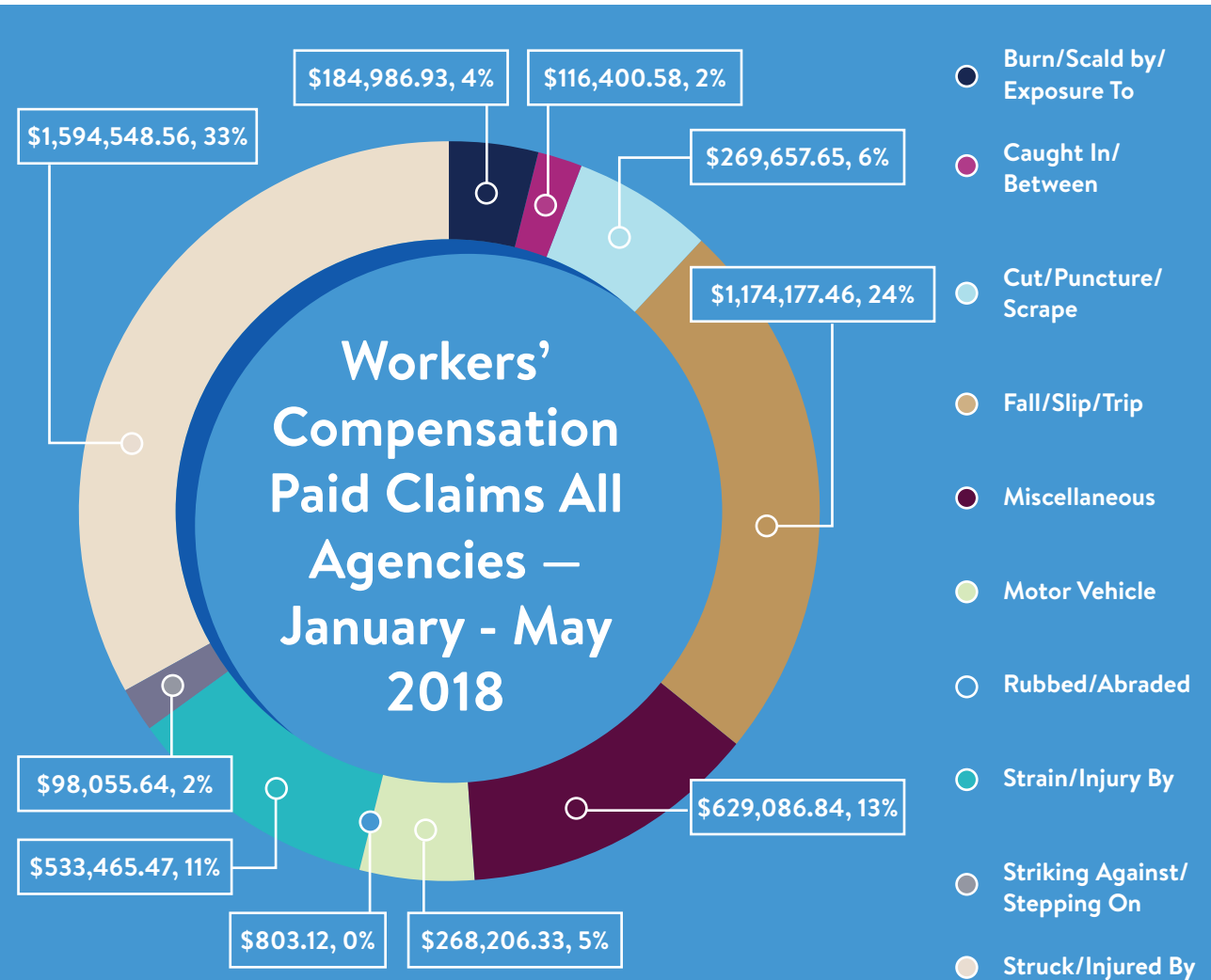


Lacerations, Cuts,  
& Punctures

TOP 3 WORKPLACE  
INJURIES  
RESULTING IN  
LOST WORK DAYS

- OVEREXERTION
- CONTACT WITH OBJECTS & EQUIPMENT
- SLIPS, TRIPS, & FALLS

Here you can see the breakdown of paid workers' compensation claims so far for the year 2018, broken down by cause. "Struck / Injured By" claims top the list at 33%, with "Fall / Slip / Trip" in a close second at 24% of all paid claims.



# IT'S THE MOST DANGEROUS TIME OF THE YEAR

**Independence Day in the United States brings parades, family reunions, cookouts, games, and of course, fireworks. The combination of driving, alcohol, and explosions can be a recipe for disaster. In fact, the National Safety Council has declared the Fourth of July to be “the most dangerous holiday of the year.”**

How can you enjoy the festivities while keeping you and your loved ones safe?

**IN THE CAR?** Buckle up. Refrain from using cell phones while driving. Designate a sober driver or use a ride service. Report drunk drivers, and don't let friends or family drive drunk.

**ON THE BEACH?** It only takes a few minutes in Florida's summer sun to develop a dangerous sunburn — be sure you use sunscreen and reapply often, wear sun-protective clothing, and stay in the shade as much as possible. Drink lots of water to stave off dehydration.

If you plan to swim, be sure you know how. Young or inexperienced swimmers should wear U.S. Coast Guard-approved life jackets at all times. Keep in mind that swimming in the ocean

takes different skills than in a swimming pool. Even in shallow water, waves can knock you off your feet, and dangerous rip currents can drag even an experienced swimmer out to sea. (See page 5 for more details about rip currents.) Look out for potentially dangerous plants and animals and avoid them whenever possible. Swim only in designated areas where lifeguards are present, obey all instructions and posted warnings, and never swim alone.

**GRILLING OUT?** Start with a clean grill to avoid a grease fire. The grill should be placed away from structures, trees, and overhanging branches. Keep children and pets away from the grill area, and never leave the grill unattended. Douse the fire and let charcoals cool completely before disposing of them in a metal container. According to the Centers for Disease Control and Prevention (CDC), the risk of food poisoning peaks in the summer when warmer temperatures cause foodborne germs to flourish. Keep raw meat separate from other food, and keep it chilled in a cooler until ready to cook. Keep your hands and all surfaces clean. Use a food thermometer to ensure meat is hot enough to kill harmful bacteria. Put leftovers in a cooler or

## DID YOU KNOW...

On July 3, 1776, before the Declaration of Independence had even been signed, John Adams (who would become the 2nd President of the US) penned a letter to his wife Abigail, saying that the occasion should be commemorated “with pomp and parade,” and with “bells, bonfires and illuminations from one end of this continent to the other from this time forward forever more.” Americans have been hosting barbecues and lighting fireworks ever since!



Adams, shown here thinking he should have included something about firework safety

fridge within 2 hours of cooking (1 hour if the temperature is above 90°) – otherwise, throw them out.

**LIGHTING FIREWORKS?** Think again. Under Florida law, exploding and/or flying fireworks are illegal. This includes shells, mortars, Roman candles, rockets, and firecrackers. The Department of Financial Services' CFO, Jimmy Patronis, states, "Since 2014, Florida firefighters have responded to more than 50 fireworks-related incidents accounting for more than \$1.5 million in property loss. Fireworks can destroy property, cause serious burns, and pose a serious threat to the safety of our communities." Sparklers are the only fireworks approved by the Florida State Fire Marshal. Take advantage of one of Florida's many professional public fireworks displays, and "leave the shows to the pros." For more about fireworks enforcement, visit: <https://www.myfloridacfo.com/division/sfm/BFP/FireworksandSparklerEnforcement.htm>

If you do choose to set off fireworks at home, be sure to handle them safely and properly. Only purchase sparklers from licensed vendors. Only light fireworks in an open outdoor space. Keep a fire extinguisher or water hose handy, and douse used fireworks with water before discarding them. Never let young children use fireworks, and keep bystanders and pets a safe distance away. Light only one at a time and never attempt to relight a "dud." Never use fireworks if you are inebriated.

Eye injuries are the most common injuries caused by fireworks. In the event of an eye emergency, go straight to the emergency room. Do not rub, apply pressure or attempt to rinse out the eye, which could make it worse. Do not use eye drops or medicines – over-the-counter pain relievers are ineffective on eye pain and can thin the blood and increase bleeding. Protect the eye from further contact by holding or taping a foam or paper cup around the eye area.

For more tips on how to stay safe this summer visit the National Safety Council's website at: <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer>

**USE YOUR HEAD  
OR LOSE YOUR HAND**



# How to Escape THE GRIP of THE RIP

It's the stuff of horror movies – you are swimming peacefully, having fun, when suddenly you find yourself being pulled away from shore and out to sea! Unfortunately this scenario is very real and all too common. Rip currents, which are powerful, fast moving channels of water rushing seaward, kill approximately 100 people across the nation each year, according to the United States Lifesaving Association. In 2018, Florida's beaches have already seen 3 deaths caused by rip currents, and the summer hasn't even begun.

How can you tell if there is a rip current lurking in the water? Look for this telltale characteristic:

Rip currents can occur at any time, but use special caution close to low tide and in high surf conditions.

What should you do if you find yourself caught in a rip current? The Florida Fish & Wildlife Conservation Commission has published these potentially life-saving tips:

- If you feel a strong pull in shallow water, **GET OUT WHILE YOU CAN WALK OUT.** Rip currents are difficult to fight once you are chest-deep.
- **DO NOT PANIC.** Understand that a rip current will not drag you underwater, only straight out to sea.
- The biggest risk of drowning comes from exhaustion from trying to swim against the current. **SWIM PARALLEL TO SHORE** in the direction of the nearest breaking waves until you feel the current lessen, and then swim diagonally toward the shore.
- If you are a poor swimmer and do not think you will be able to reach the shore, **CALL FOR HELP** by yelling and waving your arms. Conserve your energy by floating on your back or treading water.
- **ALWAYS SWIM WITH A BUDDY!**



# TOOLS OF THE TRADE

S  
F  
L  
P  
P



## UPCOMING TRAINING WEBINARS

**6/13/18: Facility & Equipment Inspections**

**6/27/18: Promoting Safety Awareness**

**7/11/18: Accident Investigations**

**7/25/18: Safety Coordinator Orientation**

**8/22/18: Accident Life Cycle**

## 6 MONTHS AT- A-GLANCE TRENDING REPORT



In April 2018, state agencies and universities received the new “6 Months At-A-Glance” trending report from the Division of Risk Management’s Loss Prevention section. This report is a snapshot of agency claim performance over a six-month period, like the previous “Stoplight” report, but in a more streamlined format. The Division of Risk Management prepares and sends this report to all agency heads, safety coordinators, alternate safety coordinators and workers’ compensation coordinators twice a year. It contains information that can be used to analyze claim frequency, costs, and trends within each agency and among all the agencies.

Be on the lookout for the next 6 Months At-A-Glance trending report, coming in August 2017.

For more information, contact Lori Taylor in the Division of Risk Management / Loss Prevention Section:  
[StateLossPreventionProgram@myfloridacfo.com](mailto:StateLossPreventionProgram@myfloridacfo.com)

An email blast will be sent from the State Loss Prevention Program prior to each of these webinars with registration information.

For questions, contact Juana Powell in the Division of Risk Management / Loss Prevention: [Juana.Powell@myfloridacfo.com](mailto:Juana.Powell@myfloridacfo.com)



# SAFETY & LOSS PREVENTION WORD SEARCH

R I S K Q C T B Y S Z V T O S  
 Y M D S L L A F S O C L W V A  
 V I N D E P E N D E N C E O F  
 P F G T N E D I C C A L Z T E  
 O E D O F O F Y W P C S H E T  
 R E M M U S I M W N D R O D Y  
 D S E H S A R C C Z P K E E U  
 O V E R E X E R T I O N I M L  
 R W C U P U W K E Y L S C C O  
 Q L P U A N O R I Y K L W V S  
 N L S X C E R S T N E R R U S  
 W N Y G S S K U K E J I J K D  
 R H T T E Q S G M Z K U Z X E  
 P P Q O P I O I D S Z J R O M  
 M P R E V E N T I O N C N U S

## SEARCH TERMS

INJURY	OVEREXERTION	FALLS	SAFETY
CURRENTS	ESCAPE	FIREWORKS	INDEPENDENCE
SUMMER	ACCIDENT	OPIOIDS	CRASHES
RISK	PREVENTION	SUN	LOSS

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**State Loss Prevention Program**

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