G4S Health & Safety News

Securing Your World

2011, Issue 6

November 2011

HSE Quiz Question will return next month!

CONGRATULATIONS TO CHRIS STANTON OF ESS! HE WAS OUR OCTOBER ISSUE QUIZ QUESTION WINNER.

Last Month's Quiz Question Was:

You are doing your rounds when you come upon a person who has pale bluish skin color, cold skin and dull or sunken eyes. What medical emergency are these symptoms of?

ANSWER: SHOCK

Even if a person's injuries aren't life threatening, the person can go into shock and possibly die. Shock occurs when the person's organs and tissues don't get an enough of blood or oxygen. The person may be unconscious, but not always. Call for emergency help first, then follow these steps:

- Maintain an open airway for breathing
- Control obvious bleeding
- Elevate the legs about 12 inches, unless the injury makes that impossible
- maintain normal body temperature (prevent person from getting chilled or overheated)

Keep the person on his or her back, unless the person vomits (move person onto his or her side at that point).

Ergonomics not just at the office

Ergonomics is the relationship between the worker and the job and focuses on the design of work areas to enhance job performance

Essentially ergonomics relates to the office/ administrative fields but the same practices of ergonomics can be similar to the safety concern of the hospitality security industry.

The benefits of implementing an ergonomics program apply to all workers, but ergonomics can be particularly important when accommodating employees with disabilities. The Americans with Disabilities Act (ADA) mandates that employers accommodate employees with disabilities, which may include individuals with MSDs.

An accommodation is any change or adjustment to a job or work environment that allows a qualified employee with a disability to participate in the job application process, to perform the essential functions of a job, or to enjoy the benefits or privileges of employment.

For individuals with MSDs, accommodations may be as diverse as alternative keyboards, tool balancers, or scissor lifts. Before determining what accommodations might be effective, an employer must know the essential functions of the job in question as in excessive force, excessive repetition, awkward

postures and static positions are just some of the functions that might cause an ergonomic injury

as well as limiting the employee from performing his function

Frequently asked questions

According to the National Institute for Occupational Safety and Health (NIOSH)

What is an "ergonomic injury"?

Ergonomic injuries are often described by the term "musculoskeletal disorders" or "MSDs." This is the term of art in scientific literature that refers collectively to a group of injuries and illnesses that affect the musculoskeletal system; there is no single diagnosis for MSDs.

Are back belts or braces effective in preventing back injuries?

According to the National Institute for Occupational Safety and Health (NIOSH) there is no scientific evidence that either supports or refutes the effectiveness of back belts or braces in preventing injuries. However, NIOSH does not recommend the use of back belts or braces by individuals who do not have a history of back injuries. Back belts or braces may in fact give the user a false sense of security that may result in lifting a weight that is beyond his or her capability.

What are Ergonomic Controls?

Ergonomic controls are used to help fit the workplace to the worker. They seek to place the body in a neutral position and reduce the other ergonomic risk factors. These controls must accommodate the widest range of personnel.

G4S

G4S Security Services
G4S Security Systems
1851 Army Dr. Rte. 16
Harmon, GU 96913

Phone: 671-646-2307
Fax: 671-649-7245
E-mail:
guam@gu.g4s.com

Safety check and tips

Act quickly. If you are experiencing any pain , you should immediately seek advice from your doctor and treat these types of problems. The sooner you correct any problems, the better chance you'll have of avoiding serious injury.

Maintain good posture. Consult the references below for pictures and descriptions of good typing posture.

Stretch and exercise your fingers, wrists, arms, shoulders, and back. Do this as often as humanly possible.

Take frequent breaks. Every five minutes, look away from the screen, take your hands off the keyboard, and stretch or just relax for a moment. Every twenty minutes or so, get up and walk around.

Don't work through pain. If you do something that causes pain, just stop what you're doing, and don't start again until the pain is gone. If this happens so often that you are not getting your work done, take time off and go see a doctor immediately.

Waste no effort. It's amazing how much energy you can spend scrolling up and down to read a document. Be creative-- try to minimize the amount of typing and mousing you need to do to accomplish a task. You could even print out a hard copy and read that instead.

Reduce stress. Reducing your overall stress level can literally reduce the strain on every part of your body.

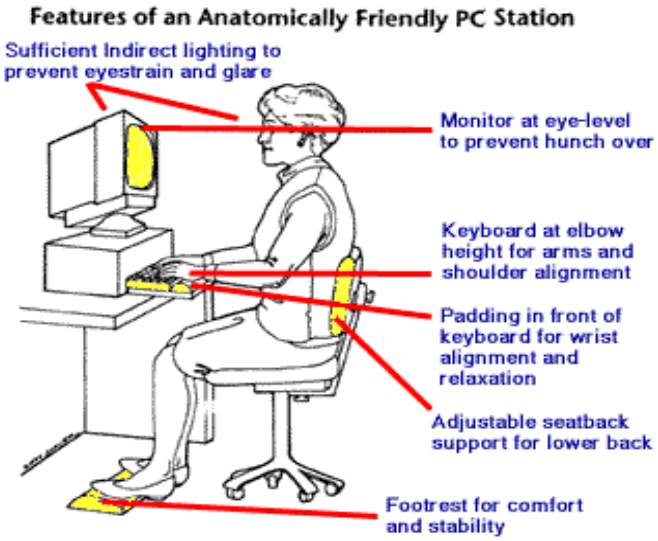
Educate yourself This is probably the most important thing you can do. The web is a tremendous source of information

Popular Ergonomic Solutions with computers

There are many suggested ergonomic solutions for workers in an office based environment, who use desktops and laptops on a daily basis. The most popular and widely available are as follows

The articulating keyboard – designed to reduce the risk by allowing the user to “relax” at their workstation and not make repetitive stressful movements affecting their arms, neck and upper back. It is best used in conjunction with a chair that allows for correct posture.

Footrests – can reduce the pooling of liquids in the lower limb caused by long periods of inactivity whilst sitting at a desk. They can encourage blood circulation, better posture and relieve stress on the lower back.

Ergonomic Mouse – allows the wrist and forearm to sit in a natural position and is recommended for people who use a mouse daily and for regular periods.

Ergonomic Chairs – In order to reduce the risk of back injuries, weight over the spine should be kept even whilst sitting down in the same position for long periods of time. Specially designed chairs can allow for full extension of the spinal column, relaxation of the shoulders and thus freer movement of the arms.