

AULTCOMP MCO

A WORKERS' COMPENSATION MANAGED CARE ORGANIZATION

AultComp MCO's Lifeline

February, 2017

Don't Learn Safety by Accident!

February 2017 Welcome

We have been very fortunate this winter with our typically warmer days. We are certainly appreciative of that! But, we still had some bitterly cold days with icy conditions, and we are sure that more of those days are in the forecast. Let's remember to keep parking lots, walkways, and entrances as clear and clean as possible. We always see an increase in slip and fall injuries from icy conditions and sometimes they turn out to be significant claims.

February is the month we celebrate our family and friends who mean so much

to us. Let's be sure to tell the special people in our lives how much they mean to us.

AultComp MCO wishes you a very Happy Valentine's Day.

You may contact me by phone at 330-830-4919 or 888-738-5800 Ext. 103 or by email at robin.a.1@aultcompmco.com



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AultComp MCO is on Facebook!



Management Tip*:

Aim for a win-win

People recover faster if they stay active and keep busy. Sitting at home can make people worry they're too disabled to work, or they're no longer valuable to the company. Keeping people at work means your company allows them to contribute something instead of paying them for sitting home and doing nothing. It also helps your company control its benefits costs.

*Information from **BWC Tips for Supervisors**

OHIO BWC INFO

Ohio Safety Congress & Expo Greater Columbus Convention Center March 8-10, 2017

The Ohio Safety Congress & Expo offers the Midwest's largest most diverse agenda of educational sessions for safety and health professionals, risk managers and human resource specialists.

More than 200 topics cover subjects such as:

- Safety management
- Government and regulation
- Health, wellness, and rehabilitation
- Emergency preparedness and response
- Workers' compensation
- Driving and transportation
- Training and education
- Personal protective equipment

Ohio Workers' Compensation Medical & Health Symposium Hyatt Regency Columbus March 9-10, 2017

BWC's Ohio Medical and Health Symposium, held between March 9 to 10, offers health care providers clinical practice guidelines for the comprehensive care of injured workers. It features leading national and state experts and runs in conjunction with the BWC's 2017 Ohio Safety Congress and Expo.

A combination of lectures and interactive panel discussions are available for these licensed health-care providers:

- Physicians
- Chiropractors
- Nurses
- Attorneys
- Vocational rehabilitation (CRC, CCM, and CDMS)
- Pharmacists
- Psychologists
- Occupational and physical therapists

You can find additional information and register online for both the **Expo** and **Symposium** now at [this link](#). Information from the Ohio BWC website.

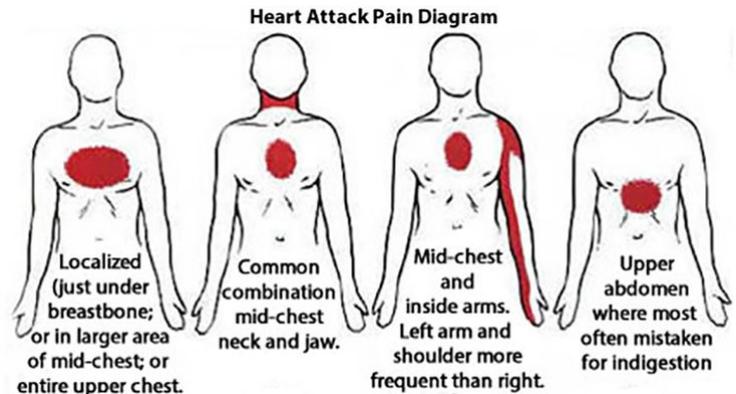
Safety Tip

February is American Heart Month

Warning Signs of Heart Attack, Stroke & Cardiac Arrest

HEART ATTACK WARNING SIGNS:

- **CHEST DISCOMFORT** – Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **DISCOMFORT IN OTHER AREAS OF UPPER BODY** – Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw of stomach.
- **SHORTNESS OF BREATH** – With or without chest discomfort.
- **OTHER SIGNS** – May include breaking out in a cold sweat, nausea or lightheadedness.



STROKE WARNING SIGNS:

SPOT A STROKE F.A.S.T.:

- **FACE DROOPING** – Does one side of the face droop or is numb? Ask the person to smile.
- **ARM WEAKNESS** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **SPEECH DIFFICULTY** – Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence such as "The sky is blue." Is the sentence repeated correctly?
- **TIME TO CALL 9-1-1** – If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

CARDIAC ARREST WARNING SIGNS

- **SUDDEN LOSS OF RESPONSIVENESS** - No response to tapping on shoulders.
- **NO NORMAL BREATHING** – The victim does not take a normal breath when you tilt the head up and check for at least five seconds.

If these signs are present CALL 9-1-1

Heart attack and stroke are life-and-death emergencies — every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1 or your emergency response number. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don't delay — get help right away!

For more information [click here](#). Information from the American Heart Association website.

REMINDER

Employers are reminded to post injury and illness summaries now through April

OSHA reminds employers of their obligation to post a copy of OSHA's Form 300A, which summarizes job-related injuries and illnesses logged during 2016. The summary must be displayed in a common area where notices to employees are usually posted each year between Feb. 1 and April 30. Businesses with 10 or fewer employees and those in certain low-hazard industries are exempt from OSHA recordkeeping and posting requirements. Visit OSHA's Recordkeeping Rule webpage for more information on recordkeeping requirements.

The image shows a sample of OSHA Form 300A, titled "Summary of Work-Related Injuries and Illnesses". The form is divided into several sections: "Summary of Injuries", "Summary of Illnesses", "Summary of Lost Time", and "Summary of Days Away from Work". It includes fields for the employer's name, address, and phone number, as well as a section for "Additional Information". The form is designed to be filled out by employers to report and summarize work-related injuries and illnesses for a given year.

Info from OSHA QuickTakes February 1, 2017 . Volume 16, Issue 3

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