

# AULTCOMP MCO

A WORKERS' COMPENSATION MANAGED CARE ORGANIZATION

## AultComp MCO's Lifeline

March, 2017

**Don't Learn Safety by Accident!**

### March 2017 Welcome

It is hard to believe that March is already here! In looking at the 10-day forecast, it looks like March's weather will hold true to the saying: "If March comes in like a lion it goes out like a lamb." Hopefully, that means after a few bad days we can see calmer, spring-like weather just around the corner. Although, we surely can not complain about the weather we had at the end of February.

Last month, we held a Valentine's Day contest on our Facebook page. Thank you to all who participated! Our lucky winner was Nikki Phillips-Wade. Be sure to "like" our Facebook page for more exciting giveaways!

We are proud to share that our parent company, Aultman Health Foundation, is celebrating 125 years of serving our local communities with the continued goal of 'Leading

our Community to Improved Health.' Equally exciting, AultComp MCO is having our own celebration: we are proud to announce that we have been serving our great employers for 20 years as a Workers' Compensation Managed Care Organization. Our goal has always been to develop a timely and strategic plan for a fast and safe return to work for your employees. It is a privilege to be part of your team both on and off the field.

Thank you for your loyalty and support!

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### AultComp MCO is on Facebook!



### Management Tip\*:

#### Look for easy ways to adjust work temporarily

Some ideas include: (A) having employee do his or her regular job but re-arranging the person's work station or assigning someone else to do the tasks that put the most demands on the affected body part; (B) taking more frequent breaks or shortening the work day; (C) working every other day or on another shift; (D) doing a special project; (E) helping out another group or department; (F) tackling those tasks that no one has ever found time to do; (G) quality control or process improvement; (H) mentoring new employees; or (I) taking some refresher training or cross-training. It should be real work, but you can reduce productivity expectations in the short term to permit on-the-job recovery.

\*Information from **BWC Tips for Supervisors**

## OHIO BWC INFO

### Opioid education materials address dangers of addiction, dependence.

Drug addiction affects all Ohioans. Increased understanding of the appropriate use of opioids will benefit all Ohioans seeking the best possible medical treatment without facing the consequences of dependence or addiction.

Governor Kasich has tasked all state agencies to look for ways to address the problem of prescription drugs, and the BWC is proud to do its part. Most recently, the BWC collaborated with other organizations to develop fact sheets to help providers, employers, and injured workers better understand the potential risks of opioid over usage.

The fact sheets include the following:

Drug Addiction Affects All Ohioans:

[Click here to view the PDF](#)

If Opioids Have Not Relieved Your Chronic Pain:

[Click here to view the PDF](#)

Is My Pain Medication Making Me Worse?

[Click here to view the PDF](#)

The BWC invites you to review these new educational materials and share them with your colleagues, family, and friends.

# Safety Tip

## Basic Ladder Safety

Ladders are tools. Many of the basic safety rules that apply to most tools also apply to the safe use of a ladder:

- If you feel tired or dizzy or are prone to losing your balance, stay off the ladder.
- Do not use ladders in high winds or storms.
- Wear clean slip-resistant shoes. Shoes with leather soles are not appropriate for ladder use since they are not considered sufficiently slip resistant.
- Before using a ladder, inspect it to confirm it is in good working condition.
  - Ladders with loose or missing parts must be rejected. Rickety ladders that sway or lean to the side must be rejected.
- The ladder you select must be the right size for the job.
  - The Duty Rating of the ladder must be greater than the total weight of the climber, tools, supplies, and other objects placed upon the ladder. The length of the ladder must be sufficient so that the climber does not have to stand on the top rung or step.
- When the ladder is set-up for use, it must be placed on the firm level ground and without any type of slippery condition present at either the base or top support points.
- Only one person at a time is permitted on a ladder unless the ladder is specifically designed for more than one climber (such as a Trestle Ladder).
- Ladders must not be placed in front of closed doors that can open toward the ladder. The door must be blocked open, locked, or guarded.
- Read the safety information labels on the ladder.
  - The on-product safety information is specific to the particular type of ladder on which it appears. The climber is not considered qualified or adequately trained to use the ladder until familiar with this information.

### The Three Point-of-Contact Climb

Factors contributing to falls from ladders include haste, sudden movement, lack of attention, the condition of the ladder (worn or damaged), the user's age or physical condition, or both, and the user's footwear.

- Although the user's weight or size typically does not increase the likelihood of a fall, improper climbing posture creates user clumsiness and may cause falls. Reduce your chances of falling during the climb by:
  - Wearing slip-resistant shoes with heavy soles to prevent foot fatigue;
  - Cleaning the soles of shoes to maximize traction;
  - Using towlines, a tool belt or an assistant to convey materials so that the climber's hands are free when climbing;
  - Climbing slowly and deliberately while avoiding sudden movements;
  - Never attempting to move a ladder while standing on it;
  - Keeping the center of your belt buckle (stomach) between the ladder side rails when climbing and while working. Do not overreach or lean while working so that you don't fall off the ladder sideways or pull the ladder over sideways while standing on it.

When climbing a ladder, it is safest to utilize Three Points-of-Contact because it minimizes the chances of slipping and falling from the ladder. At all times during ascent, descent, and working, you should face the ladder and have two hands and one foot, or two feet and one hand in contact with the ladder steps, rungs and/or side rails. This makes it less likely to become unstable in the event one limb slips during the climb. It is important to note that you must not carry any objects in either hand that can interfere with a firm grip on the ladder. Otherwise, Three Points-of-Contact with the ladder cannot be adequately maintained, and the chance of falling is increased in the event a hand or foot slip occurs.

# REMINDER

## Avoid Digital Eye Strain by using the 20-20-20 Rule

What is the 20-20-20 rule? Simple, it's a handy tool you can use at work or at home to reduce eye fatigue. Being surrounded by screens – from laptops to desktops to cell phones, TVs and tablets – our eyes are experiencing more screen time than any time in history, and it's taking a toll.

Designed to reduce eye fatigue, the 20-20-20 rule says that every 20 minutes of screen time, you should look away at something at least 20 feet away for at least 20 seconds. These regular screen breaks give your eyes some much-needed rest and help prevent eye strain.

**Every 20 Minutes** – give your eyes a break and take your eyes off your computer. Blink often to refresh your eyes. Many people blink less when working at a computer. Blinking helps produce tears that moisten and refresh your eyes.

**Look at Something 20 Feet Away** – Try to stand up and move around at least once every hour or so. If possible, lean back and close your eyes for a few moments. Adjust computer display settings. Adjusting the brightness, text size, contrast and cool temperature of your computer setting can help reduce eye strain and fatigue.

**For at least 20 Seconds** – Take a break every 15 to 30 minutes for at least 20 seconds. Take regular breaks from your computer, to reduce the risk for not only eye strain but neck, back, and shoulder pain.

Sources:  
[www.allaboutvision.com/cvs/irritated.htm](http://www.allaboutvision.com/cvs/irritated.htm)  
[www.mayoclinic.com/health/eyestrain/DS01084/DSECTION=prevention](http://www.mayoclinic.com/health/eyestrain/DS01084/DSECTION=prevention)

## 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.



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

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