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October 2019

Happy October, Tracy!

Having an employee injured on the job is a major concern to all employers; no one wants to see someone get hurt. But, of equal concern, is the fallout that often ensues from a workplace injury, such as lost production, low morale, rising workers' compensation costs. The message to employees is clear - should an accident happen, there is a plan in place to get them treated and back on the job as soon as possible.

Let employees know the company is working with a medical team well-versed in occupational medicine, all the proper forms are in place, and the entire management team knows what to do should an injury occur. And, most importantly, the company will be in communication with the injured worker throughout the process. AultComp MCO has several services to help streamline your employee return to work process including remain at work, transitional work and vocational rehab programs.

As always, thank you for choosing AultComp MCO to manage your workers' compensation claims.

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What does OSHA consider as first-aid (non-recordable)?

- Using a non-prescription medication at non-prescription strength (for medications available in both prescription and non-prescription form, a recommendation by a physician or other licensed healthcare professional to use a non-prescription medication at prescription strength is considered medical treatment for recordkeeping purposes).
- Administering tetanus immunizations (other immunizations, such as Hepatitis B vaccine or rabies vaccine are considered medical treatment)
- Cleaning, flushing or soaking wounds on the surface of the skin.
- Using wound coverings such as bandages, Band-Aids, gauze pads, etc.; or using butterfly bandages or Steri-Strips (other wound closing devices such as sutures, staples, etc., are considered medical treatment).
- Using hot or cold therapy.
- Using any non-rigid means of support, such as elastic bandages, wraps, non-rigid back belts, etc. (devices with rigid stays or other systems designed to immobilize parts of the body are considered medical treatment for recordkeeping purposes).
- Using temporary immobilization devices while transporting an accident victim (e.g., splints, slings, neck collars, back boards, etc.).
- Drilling of a fingernail or toenail to relieve pressure, or draining fluid from a blister.
- Using eye patches.
- Removing foreign bodies from the eye using only irrigation or a cotton swab
- Removing splinters or foreign material from areas other than the eye by irrigation, tweezers, cotton swabs or other simple means.
- Using finger guards.
- Using massages (physical therapy or chiropractic treatment are considered medical treatment for recordkeeping purposes).
- Drinking fluids for relief of heat stress.

For further questions or clarifications, visit the www.osha.gov or call 1-800-321-OSHA (6742). Information can be found [HERE](#).

Spending most of your work day in front of a computer?

Try This...

TAKE 5

STAND UP AND MOVE AROUND

Get away from the computer for at least **5** minutes every hour.

Organize your day to vary computer tasks with non computer based tasks (filing, photocopying, etc.).

Stand up while talking on the phone.

Give your body a break, just move!



And while at the computer...



Place mouse or point device on same level and directly beside keyboard.



Keep your wrists neutral (straight) and avoid resting the head of hand on table (or wrist rest) while typing.



Position the monitor so that the top of the screen is just below eye level (lower for bifocal wearers). Also, keep the monitor about an arm's length away.



Tilt the monitor to minimize glare.



Adjust the chair backrest to provide lumbar support.



Adjust the chair height so your feet are firmly on the floor (or footrest) and forearms are parallel to the floor while keying.

For more information check out UW's Office/Computer Ergonomics Guide at www.safetyoffice.uwaterloo.ca or call the Safety Office at extension 33587

National Eye Safety Month

October is National Eye Safety Month. Eye injuries in the workplace are very common. More than 2,000 people injure their eyes at work each day. About 1 in 10 injuries require one or more missed workdays to recover from. Of the total amount of work-related injuries, 10-20 % will cause temporary or permanent vision loss.



October is... Home Eye Safety Month www.nationaleyecare.com National Eye Safety Month logo

Home Eye Safety Month brings important safety tips to protect your vision. From fall cleaning, to yard work, to just playing around with your little ones, the risk of eye injuries are more likely at home than anywhere else. Almost 50 percent of the 2.5 million eye injuries yearly occur at home. That's more injuries than occur in school and at the work place combined. Although eye injuries probably are not something you spend much time worrying about, it's important to remember next time you begin even a simple task around the house or lawn.

BWC News

BWC will begin sending up to \$1.5 billion in dividend checks to Ohio public employers starting Sept. 26 and to private employers through Oct. 24. The check will equal 88% of the premiums employers paid in policy year 2017.

Training Opportunities



Canton Service Office

339 E. Maple St., North Canton, OH 44720

- Oct. 1-2 - OSHA10: Industry Safety Basics
- Oct. 29-30 - Train the Trainer Techniques for Safety

To register, click [HERE](#).



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