

## Sitting better than standing on the job

A recent study from the *American Journal of Epidemiology* revealed that sitting at work might not be as bad for you as was once thought. The study found that people who stand on the job are twice as likely as those who primarily sit to have a heart attack or congestive heart failure. The research study was led by the Canada-based Institute for Work & Health (IWH).

The sample included 7,320 Canadian workers who were initially free of heart disease and worked at least 15 hours per week. Within the group, 9 percent were estimated to predominantly stand, and 37 percent mostly sat. These workers were followed for 12 years from 2003 to 2015.

During the period, 3.4 percent of the study group developed heart disease. Without taking other factors into account, the risk of heart disease was higher among those whose jobs kept them mostly standing. After adjusting for personal factors like age, gender, and education; health conditions like diabetes, hypertension, and anxiety disorders; physical demands of the job; and health behaviors like smoking and drinking, the risk of heart disease was still twice as high among those who stood.

Peter Smith, PhD, concluded, "A combination of sitting, standing, and moving on the job is likely to have the greatest benefits for heart health."



**ACCIDENT REPORT**

Personal Information

Last Name:	Middle Name:
City:	State:
Mobile Telephone:	



October 2017

## The right to report

### *Let proper personnel know about incidents*

Nobody wants a worker injured. But if such an incident happens, you need to know how to report a work-related injury or illness. "Work-related" means an incident in the workplace that results in an injury or illness or that aggravates a preexisting injury or illness.

You have the right to report any work-related injury or illness without fear of retaliation from the company. In fact, it is against the law for your employer to take action against you for reporting an injury or illness.

Reporting incidents is important for a big reason: Even minor injuries are warnings that something happened that wasn't planned.

Unless your supervisor or the safety officer knows about injuries, or even those incidents that don't result in injuries (known as "near misses"), he or she can't correct the problem that led to the incident. Left uncorrected, it can easily happen again, and it may be more serious the next time.

So, report every incident or unsafe condition that causes, or could have caused, an injury.

There are specific steps to follow in the event of a work-related injury or illness. If you or a coworker is injured or becomes ill as a result of normal work duties, take the following steps:

1. **Call 911** if it is a life-threatening emergency or a death.
2. **Inform your supervisor** as soon as possible—regardless of the severity of the injury.
3. **Report unsafe conditions or behaviors to your supervisor** immediately so injuries can be prevented.
4. **Cooperate in the investigation of the event** so that investigators can get to the root cause and make the necessary corrections.

It is important to report work-related injuries and illnesses so that you can receive the necessary treatment and so that steps can be taken to prevent a recurrence of the incident.

## New software for emergency response

In the aftermath of two devastating hurricanes, the National Institute for Occupational Safety and Health (NIOSH) recently unveiled a new software platform called *ERHMS Info Manager*. The software is designed to track and monitor emergency response and recovery worker activities during all phases of response following a natural disaster or other public health emergencies.

The new software was developed to help emergency response organizations implement the NIOSH Emergency Responder Health Monitoring and Surveillance (ERHMS) framework, a data collection initiative. The software decreases the time required to identify exposures and signs and symptoms of illness during an emergency response by efficiently collecting, analyzing, and reporting health data.

Through the software, you can:

- Create responder profiles.
- Record response incidents and map incident locations.
- Assign responders to an incident roster.
- Design forms and surveys using custom and prebuilt templates.
- Request information from responders by using forms and surveys.
- View and analyze forms and survey responses.



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## Reporting without retaliation

### *Know how to report injuries and illnesses*

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Report incidents because even minor injuries are warnings that something happened that wasn’t planned. Unless your supervisor or the safety officer knows about injuries, or even those incidents that don’t result in injuries (known as “near misses”), he or she can’t correct the problem that led to the incident. Left uncorrected, it can easily happen again, and it may be more serious the next time.

So, report every incident or unsafe condition that causes, or could have caused, an injury. Here are the steps to take:

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## After disasters: Response and recovery workers

During the first half of September, two hurricanes swept through the Southern parts of North America. In the wake of devastation and destruction, several agencies have released or made available postdevastation materials and resources to help response and recovery workers. These workers will face challenges, such as downed power lines, downed trees, and high volumes of construction debris, while performing an otherwise familiar task or operation.

OSHA and the National Oceanic and Atmospheric Administration (NOAA) are working together on a public education effort aimed at improving the way people prepare for and respond to severe weather. Their webpage (<https://www.weather.gov/wrn/fall-safety>) prepares businesses and workers for hurricanes and provides information about hazards that workers may face during and after a hurricane.

In addition, OSHA offers the *Hurricane eMatrix* on their website for information concerning hazard exposure and risk assessments for hurricane response and recovery work. The matrix includes general recommendations and best practices for specific tasks and operations being conducted in a hurricane response and recovery zone.

OSHA also provides useful details on the hazards to avoid when flooding has occurred. This includes areas to avoid when using a vehicle and safety and health hazards, such as downed electrical lines, mold, and wild animals. Workers who must respond to flooded areas face the greatest risks from floods. but all workers can help protect themselves by preparing