COMMON INJURIES AND ACCIDENTS

- Slips, trips and falls
- Back injuries
- Ergonomic injuries
- Eye injuries
- Needle stick injuries
- Exposure to chemicals
WHY DO INJURIES/ACCIDENTS OCCUR

- **Unsafe Acts:**
  - Failing to follow safety procedures
  - Lifting loads improperly
  - Failing to wear PPE
  - Operating equipment/tools without training
  - Standing on chairs/counters instead of using a ladder

- **Unsafe Conditions:**
  - Damaged equipment/tools
  - Poor lighting
  - Slippery surfaces
  - Improper storage of material
  - Lack of proper supervision
  - Inadequate training
  - Unsafe behaviors
DON'T MAKE EXCUSES.....

- I was in a hurry.
- I always do it that way.
- I am experienced enough to take shortcuts.
- Failure to plan.
- Distracted.

- Accident/Injury Impact
  + Direct losses include:
    - Medical payments
    - Loss of income
    - Penalties imposed as a result of the accident/injury
  + Indirect losses include:
    - Retraining workers
    - Replacement of workers
    - Increased insurance premiums
    - Lawsuits
ACCIDENT REPORTING

- All accidents and injuries need to be reported immediately to a supervisor.
- An employee injury report must be completed.
- Do not wait days to report an accident or injury.

Important because:

- So an appropriate investigation can be conducted.
- So a similar accident/injury does not occur again.
- So you can get compensation, if the injury is a compensable injury.
NEEDLE STICK PREVENTION

- **ALWAYS** activate safety features per product instructions
  - NEVER recap needles
- Avoid overstufing the Sharps container
- Place all sharps including needles, blades, and razors in the sharp container located in every patient room
- If the container needs to be replaced, call Environmental Services
WHAT TO DO IF A NEEDLE STICK, SPLASH OR OTHER BODY FLUID EXPOSURE OCCURS

- **Step 1: Decontaminate**
  - Skin: Wash with soap and water
  - Eyes, Nose and Mouth: Rinse with water or saline

- **Step 2: Report to supervisor**
  - Complete an employee injury report

- **Step 3: Call Employee Health immediately**
  - (908-994-5368) Monday – Friday (7am – 4pm)
  - Report to the Emergency Room if Employee Health is closed.

- **Step 4: Follow up with Employee Health Services**
BODY MECHANICS

- **Lifting**
  + Keep the loads small
  + Get close to the load, don’t reach and lift
  + Lift with your arms and legs, not your back
  + Tighten your stomach muscle to lift

- **Pushing and Pulling**
  + Stay close to the load, don’t lean forward
  + Use both hands
  + Tighten your stomach muscles when pushing

- **Bending**
  + Kneel down on one knee
  + Maintain your three natural curves
  + Bend knees and hips, not your back
  + When leaning forward, move your whole body, not just your arms

- **Reaching**
  + Reach only as high as is comfortable, don’t stretch
  + Test the weight of the load before lifting by pushing up on one corner.
  + Let your arms and legs do the work, not your back
Avoid pains, strains and sprains

- Keep floors, work areas and storage rooms clean, dry and free of clutter
- Cordon off any areas with spills and notify Environmental Services immediately
- Notify Facilities Management to replace any non-working light bulbs
- Wear shoes with non-slip soles
- Use ladders, not chairs or boxes to reach things.
ELECTRICAL SAFETY

- All electrical equipment brought into Trinitas must be inspected by the Clinical Engineering Services/Bio-Med for testing
  - Approved equipment will be tagged and dated
- Remove electrical equipment with frayed or exposed wires or missing prongs and call the Plant Operations and Maintenance Department
  - Continued use may result in electrical shock, fire or death
ELECTRICAL SAFETY

- Red outlets
  - Are connected to the emergency generator system
  - Must be used for all life sustaining equipment
  - Will continue to provide power to equipment in the event of a power emergency
**ELECTRICAL SAFETY TIPS**

- When operating any electrical equipment, make sure you are not standing in a wet area and your hands are free from excess moisture.
  - Never place liquids on electrical equipment.
- When removing an electrical plug from an outlet, pull the plug itself, not the cord.
  - This may result in a short causing an electrical fire.
ELECTRICAL SAFETY TIPS

- No matter where you work, follow these rules of electrical safety:
  + Follow the manufacturer's instructions for use and maintenance of all electrical tools and appliances
  + Check tools, appliances, plugs, cords and extension cords regularly for damage
  + Disconnect any tool or appliance that sparks, or gives the slightest shock
    - For routine repair of medical equipment, call BioMed at ext 5292
    - Tag the equipment as out of service
Spills should be cordoned off and cleaned or marked and reported to Environmental Services.

If the substance is unknown or hazardous, the area should be isolated. Notify the Environmental Services Supervisor immediately.

SDS stands for Safety Data Sheets.

- The SDS will contain information about the contents of the product or chemical and will indicate all hazards, first aid, appropriate PPE and clean-up procedures.
- Access to SDS can be found on the TRMC intranet – look for the HazSoft icon!