

FALL 2013

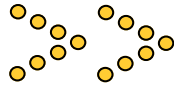
QUARTERLY MEETINGS

Friday, February 8: 11:00 A.M.— 2:00 P.M

Friday, May 10: 11:00 A.M.— 2:00 P.M.

Friday, August 9: 11:00 A.M.—2:00 P.M.

Friday, November 8: 11:00 A.M.— 2:00 P.M.



MICHIGAN HEALTH CARE SAFETY ASSOCIATION

Advocating for Safety in Health Care

NEWSLETTER

The November 8th meeting will be held at the Lansing Area Safety Council located at 3315 S. Pennsylvania Avenue, Lansing MI 48190 <http://goo.gl/maps/DQSBn>
See page four for additional meeting details.

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2013-2014 MHCSA Board

President: Ken Smith (Marsh Consulting)	Planning/Education Committee: Ken Smith (Marsh Consulting), Pierre Gonyon (Saint Joseph Mercy Hospital), Gary Schmekel (Marlette Regional Hospital)
Vice President: Janice Homola (Coverys)	Membership/Marketing: Ken Smith (Marsh Consulting), Pierre Gonyon (Saint Joseph Mercy Hospital), Gary Schmekel (Marlette Regional Hospital)
Treasurer: Sandy Allen (Coverys)	Past President: John Bolde (Munson Medical Center)
Secretary: Terry Fisk (CHE Trinity Health)	



LETTER FROM THE PRESIDENT

Hello MHCSA members!!!

Fall is here and there are so many exciting things happening!!!

Welcome to our Fall Newsletter: The first thing I would like to share is that our MHCSA web site has been totally updated and is the featured article of this newsletter and the keynote subject for our next meeting. Thank you Janice Homola and the rest of the MHCSA Board members!!! Our Fall MHCSA membership meeting is on Friday,

November 8 from 11:00 a.m. to 2:00 p.m. Our meeting will be held at the Lansing Area Safety Council located at 3315 S. Pennsylvania Ave., Lansing, MI 48910. We will also be presenting on slip, trip and fall prevention.

Fall also means planning ahead. This is a really good time to be thinking about planning and preparation for cold weather challenges and our 2014 Goals.

Here are some thought provoking questions: Do you know exactly what your top 3 OSHA recordable and workers' compensation claims are for the last 3 years (number and cost)?

What is the specific plan for prevention? How is it different?

Has your facility developed specific goals for loss reduction and target Key Performance Indicators to support your goals? Lastly, the Michigan Fall season is one of the BEST in the USA. All of us can get overwhelmed with multiple responsibilities. Please take some time and enjoy the season with those who matter most, doing whatever it is you like the best!!!

Kenneth D. Smith

Ken D. Smith | Senior Vice President
Marsh | Risk Consulting
600 Renaissance Center, Suite 2100, Detroit, MI 48243 USA
+1 313 393 6874 | Mobile +1 248 420 2338 | Fax +1 313 393 6758

MHCSA list serve email address: mhcsa-list@mhcsa.org

MHCSA website: <http://mhcsa.org>

MHCSA MISSION: To promote and maintain "safety" as a primary function in the delivery of quality health care services.





MICHIGAN HEALTH CARE SAFETY ASSOCIATION



QUARTERLY NEWSLETTER

FALL 2013

Home



Your New MHCSA Website is Here!

We have arrived, as they say, in the communication age. So, here at MHCSA, you will now have available more resources, more information, and have it more quickly through your online website at <http://mhcsa.org>. You also have the ability to communicate with your peers, through our MHCSA list serve e-mail address, our quarterly meetings, and now through your website.

On the Cover

We've included our mission statement, our list of quarterly meetings, where they are located, and who to contact if you have questions. Non-members are encouraged to contact [Ken Smith](#) for membership.

Signing In

On August 5, 2013, you received an e-mail titled, "The unveiling of your new MHCSA Webpage!" Your personal e-mail from jhomola@coverys.com provided you with a temporary name and password, and instructions on how to change that password. If you have not already done so, you are encouraged to sign in and make the update, since secure passwords help preserve the integrity of our site. If you need your registration information re-sent, please contact Janice Homola at jhomola@coverys.com.

Thankfully for many of us, the "Remember Me" feature will store both your name and password. In the event you lose your password, you will be offered the opportunity to create a new one right away. If you forget your Username, it might take a little longer to retrieve, since you will need to contact a board member.

Touring the Site

Really, checking it out yourself is far more interesting than hearing about it! Suffice to say, this is your resource for: your presentations: we currently have our most recent four on aggression, GHS, the flu, and MIOSHA. In addition there are some quality shared resources, previous newsletters, and meeting minutes. Please take a few minutes and give yourself a tour!

The Best is Yet to Come

This website will continue to be enriched in breadth and depth as you share your thoughts and resources, and as we continue to add to our presentation resources. If you have any questions or comments regarding the website, feel free to contact Janice Homola, ARM at **248.624.0966** or jhomola@coverys.com.

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SAFETY AND HEALTH TALKS: WINTER DRIVING

We all know the snow and icy roads are a fact of life in Michigan. Now is a good time for a refresher on **winter driving**.

Emergency Kit: Keep a kit of these handy items in your vehicle:

- Emergency flares or triangles
- Flashlight
- Tire jack and tools
- Inflated spare tire
- First-aid kit
- Jumper cables
- Ice scraper, snow brush, and small folding shovel
- Blanket
- Emergency food and water
- Spill proof container of sand, some cat litter, or a couple of old roof shingles to provide needed traction if stuck in snow or ice

Vehicle Safety Check

Test brakes.

Clean and test all exterior lights

Clean windshield wiper blades to prevent streaking.

Replace wiper blades as needed.

Fill windshield wiper washer fluid.

Check oil, coolant, brake fluid, and power steering fluid tanks.

Keep gas tank at least half full at all times

Check tire condition and inflation. Replace worn treads.

Keep tires inflated to the manufacturer's recommended level.

Safe Driving Habits

- Start out earlier and allow extra time when weather conditions are difficult.
- Turn on vehicle lights so drivers can see better -and so that other drivers can see them better.
- Slow down and match their speed to the weather conditions rather than the posted speed.
- Stay alert and watch out for other drivers and dangerous road conditions.
- Increase following distance from 2 seconds to at least 4 seconds.
- Prepare for stops so they can bring their vehicle to a halt quickly but safely.
- If conditions are unsafe, pull over at a safe place and wait for weather to improve.

Let's be careful out there!



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SLIPS, TRIPS AND FALLS: DON'T LET WINTER GET YOU DOWN

Although slips and falls can occur year round, winter time poses additional hazards. Over a third of the slip and fall injuries this time of year are caused by snow and ice and occur outside on the sidewalk or in parking areas. A few things that you can do to stay on your feet include:

- ◆ Use special care when entering and exiting your car and hold on to your vehicle for support, until you have secure footing.
- ◆ Look ahead and down while you are walking to avoid snow, ice and water.
- ◆ Avoid distractions such as texting or talking on your cell phone.
- ◆ Wear fully enclosed shoes or boots. Ideally they should have a slip resistant outsole.
- ◆ Walk slightly bent and flat footed with your center of gravity directly over your feet.
- ◆ Finally, wipe your shoes on rugs before proceeding into the building to prevent creating wet slippery conditions indoors.



NOVEMBER MTG LOGISTICS AND TOPICS

Friday, November 8th

Time: 11:00 a.m.—2:00 p.m.

Location: The meetings will be held at the Lansing Area Safety Council located at 3315 S. Pennsylvania Avenue, Lansing MI 48190 <http://goo.gl/maps/DQSBn>

Please RSVP to Sandy Allen, smallen@coverys.com if you plan to attend the meeting.

**Call in Number for meeting:
1-646-583-7415**

**Attendee Audio PIN Number:
84419651#**

Janice Homola will discuss the new MHCSA Webpage. She will provide a demo that highlights access, navigation and functionality.

The technical presentation for the meetings is on Slip, Trip and Fall Prevention. The Session speaker is Ken Smith. Ken Smith is a Senior Vice President with Marsh Risk Consulting, Workforce Strategy Group. He is also the current President for the MHCSA.

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