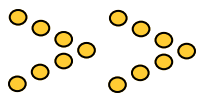


SUMMER 2013

2013 Quarterly Meetings

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 August 9th meeting 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 Ken Smith, Ken.D.Smith@marsh.com if you plan to attend the meeting.

To join the audio call, dial: 1-646-583-7415

PIN#: 84419651

INSIDE THIS ISSUE:

Letter from the President 1

Beat the Heat Heat Stress Article 2

Regulatory and Technical Updates

Slip, Trip and Fall Prevention-Slip Resistant Shoes and Self Care 3

Speaker and Topic for August 9th Membership Meeting 3

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 (Trinity Health)

LETTER FROM THE PRESIDENT



Hello MHCSA Members!!!

Summer is quickly overtaking us once again before we even had a chance to fully partake in it !! Likewise, our work environment maintains a steady pace ahead of us while the "to do" lists appears to be growing at a record rate. To cope with the challenges I quote from a personal hero (my sister Nancy), "Such is Life". We may be living in challenging times, but I contend these are still "good times". We truly are doing so much

more than ever with less resources, but such is life. I am grateful to belong to a group of hard working and dedicated Healthcare Safety Professionals such as our MHCSA. Many of us have "grown up" together within our profession and have known and helped one another for over 20 years. Still, the healthcare environment brings us more challenges that we as safety leaders must contend with and provide safe and effective solutions. To assist our MHCSA members we will be providing educational programs on workplace conflict/violence. Please try to attend our August

9th meeting (in person or by phone) in Lansing where we will host Mr. Steve Wilder, a very experienced presenter on healthcare workplace violence prevention. Hope to see you there!!!

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
Ken.D.Smith@marsh.com | www.marsh.com | Marsh Inc.

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

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





BEAT THE HEAT AUTHOR: ANDREA GRESKO, CHE TRINITY HEALTH

During the heat of the summer months our bodies are under more stress than usual and can begin to fail resulting in potentially dangerous heat disorders.

Occupational and non-occupational risk factors to look for include:

- ◆ High temperature especially with sun exposure, high humidity and no breeze or wind
- ◆ Compromised health (i.e. obesity)
- ◆ De-hydration which may result from inadequate consumption of water; consumption of alcohol or caffeinated beverages or use of some prescription or over-the-counter drugs (i.e. some blood pressure medicines)
- ◆ Heavy physical activity
- ◆ Impairment of perspiration (i.e. wearing water-proof clothing or sunscreen)

Evaporation of perspiration from the skin is one way that the body cools itself from over heating. Another thing to remember is that the body acclimates to heat stress over time (typically 4-5 days). So it is important to allow workers who normally work in a hot environment to re-acclimate particularly if they have spent time vacationing in a cooler environment.

All heat illnesses result from the body's defense mechanisms failing leading to a rapid rise in body temperature. Although symptoms vary and may begin with muscle cramping or a skin rash, the main life-threatening heat related illnesses are summarized as follows:

- ◆ **Heat Stroke:** Body temperature may rise above 106°F within minutes. Symptoms include hot dry skin; strong rapid pulse and dizziness
- ◆ **Heat Exhaustion:** May precede heat stroke. Symptoms include sweaty clammy skin; rapid breathing and a fast weak pulse.

If someone is developing these symptoms they need **immediate** medical attention to lower their body temperature.

Heat stress illnesses are **very preventable**. Always watch for signs of heat related illness. The main things to remember are "water, rest and shade".

- ◆ Drink water every 15-20 minutes (approximately one pint per hour) and limit drinks containing caffeine.
- ◆ Take regular breaks and rest in the shade or a cool place.
- ◆ Wear hats and light-colored clothing.

Visit www.osha.gov for additional information, posters and training materials.

REGULATORY AND TECHNICAL UPDATES

Michigan News

The Michigan Nurses Association announced the passage of the Workplace Violence bills, SB 250 and SB 360. The Workplace Violence bills will make assaulting a health care professional performing his or her duties a felony charge. <http://www.minurses.org/news-and-events/p/openItem/5431#.Ue8pKrrNKxA.email>

National and Regional News

The U.S. Department of Labor's Occupational Safety and Health Administration today announced a campaign to raise awareness about the hazards likely to cause musculoskeletal disorders among health care workers responsible for patient care. OSHA is providing 2,500 employers, unions and associations in the health care industry in Delaware, Pennsylvania, West Virginia and the District of Columbia with

information about methods used to control hazards, such as lifting excessive weight during patient transfers and handling. OSHA is also providing information about how employers can include a zero-lift program, which minimizes direct patient lifting by using specialized lifting equipment and transfer tools.

https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=NEWS_RELEASES&p_id=24378

Other News

The "Safe Patient Handling and Mobility Interprofessional National Standards Across the Care Continuum" has been published and is now available from the American Nurses Association (ANA).

Copies can be purchased from <http://www.nursesbooks.org>



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





SLIP, TRIP, AND FALL PREVENTION
SLIP RESISTANT SHOES AND SELF CARE
BY TERRY FISK, CHE TRINITY HEALTH



Slips, trips and falls are a significant source of occupational injuries and workers' compensation claims for the healthcare industry. Until very recently research around risk factors and prevention has been weak to non-existent. Lets examine some facts:

- ◆ Slips and falls are the second highest source of injury based on days away from work (BLS 2007)
- ◆ The incident rate of lost workday cases from same level slip, trip and fall (STF) injuries in healthcare are 78% higher than all other private industries combined.
- ◆ Profile of someone who slips and falls in a healthcare setting: Female, >45 yrs. of age and job tenure <6 months

A number of hospitals have adopted slip resistant shoe criteria and programs for their staffs who work in areas that have slippery conditions created by water, body fluids or grease. The shoe criteria should include a slip resistant outsole with a coefficient of friction of 0.40 or higher on the Brungraber Mark II test or equivalent test under both dry and wet conditions. Slip resistant shoes should be incorporated into the hospital's uniform or professional image policy.

An emerging strategy is to connect slip resistant shoes and other slip, trip and fall prevention strategies to nursing self-care strategies. Building awareness and integrating exercises (i.e. Walking, Tai Chi, Yoga) and activities that improve balance and minimizing distractions can reduce the risk and impact of slip and fall injuries.

SPEAKER AND TOPIC FOR AUGUST 9TH MEMBERSHIP MEETING

Steve Wilder has spent the past 30 years in healthcare safety, security, and risk management. He has provided consultation services to hundreds of clients, including hospitals, long term care, EMS agencies, home care agencies, and Hospice. In his corporate career, Mr. Wilder has served as a hospital Director of Risk Management, as Director of Safety and Facility Management for a senior services corporation, and as Corporate Director of Safety and Security for a healthcare system with 10 hospitals and 15 nursing homes.

He is co-author of the book *The Essentials of Aggression Management in Healthcare* and also writes safety columns for several healthcare magazines and trade journals. He has trained over 10,000 healthcare professionals nationwide in managing aggressive behavior, and has performed security vulnerability assessments in over 150 hospitals and long term care facilities. Mr. Wilder will be speaking to the MHCSA group on issues of healthcare security, aggression management, and workplace violence

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

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

