

Falls in the Workplace

Slips, trips and falls are the top cause leading to workplace injury in public schools of New Jersey. Nationally, this cause of accident accounts for 12 percent of workplace fatalities. Common sense caution can prevent most falls.

Fall Risks

Wet or slippery walkways
Clutter or wires blocking walkways
Broken stairs or handrails
Improper use of ladders or other height equipment (chairs)
Improper footwear
Inattention

Tips for Prevention

First and foremost, watch where you're going. Pay attention.

Do not use chairs, tables or desks to reach heights. This practice continues to be the number one cause of falls from a different level.

Keep all aisles, stairs and walkways free of clutter, and keep cabinet doors and drawers closed when not in use.

Report broken stairs or loose stair coverings.

Immediately pick up and clean up any dropped items or spills.

Use caution on stairways; use handrails and take one step at a time.

When walking on a wet or slippery surface, slow down, take small steps, and keep a hand free for balance.

If your work area tends to be wet, dirty, or oily, wear slip-resistant footwear, and keep the soles clean for better traction. Request nonskid floor coatings and slip-resistant mats in slippery or heavy traffic areas.

Keep all harnesses and other fall protection equipment in working order, and use them correctly.

When using a ladder, start with a firm, solid surface. Inspect the ladder before and after every job. And follow the safety rules and warnings posted on the ladder.

Report even a minor fall. It could prevent someone from experiencing a more serious injury down the line.

Following these tips will greatly reduce your chance of a fall related injury. Don't be a statistic. Stay safe and injury free.

Our Loss Control Department will present a slip, trip and fall seminar for your staff free of charge. Call Marty Kalbach at 609-386-6060 extension 3024 for more information.☼

Hot Work Safety

The summer months usually mean contractors coming into your school buildings to make repairs. Many of these repairs require “hot work”. This can be defined as any work which generates a spark or open flame.

The NJSBAIG has seen many fires as a result of hot work in your buildings. There are several procedures that can substantially reduce this type of hazard.

Hot Work Permit This is simply a procedure that requires anyone performing hot work to get permission to do so. This puts the property owner on notice that a high risk type of work is being done. This notice allows the property owner to review safety precautions and procedures with the contractor.

Fire Watch A fire watch should be maintained for at least 30 minutes after the hot work is completed. This simple procedure will prevent many serious fires.

For more information or a hot work permit sample, please call Marty Kalbach at 609-386-6060 extension 3024. ☼

Back Yard Grilling

Unless you're one of those brave souls who endure the elements to grill outside all year long, the time has come to clean out those grills and get cooking! Unfortunately, there are risks involved if you don't take precautions. To be sure you're grilling safely, here are some guidelines you should follow.

Start with safe shopping

Buy your meat and other cold products like milk and eggs just before you check out, so they stay cold. Place the meat in plastic bags that you will find in the meat aisle. Even though meat such as hamburger is already wrapped in plastic, some juices may leak out onto other groceries. At checkout, ask that your raw meat be placed in a bag separate from other groceries.

If you have to run other errands, do them before you pick up the groceries. If it will take more than a half hour to get home, bring a cooler with ice to store your cold food items. Once you get home, immediately refrigerate the meat. If you're not going to use it within one or two days, freeze it to maintain freshness.

Before grilling

If defrosting meat, let it defrost completely before cooking so the meat cooks evenly. Don't let meat sit out on a counter to thaw. Slow thawing in the refrigerator is the best way. A package that is well sealed (like a whole turkey or chicken) can be thawed by placing it in a sink full of cold water. If you are going to be cooking immediately, you can thaw meat in a microwave using the defrost setting.

Marinating

If you will be marinating the meat, do so in the refrigerator. Meat can be marinated for hours or even days in the refrigerator. If you will be using some of the marinade as a sauce, reserve some of the mixture *before* placing the raw meat in it.

Cooking

While there are those who like their steak barely done, proper cooking is important to reduce the risk of illness from bacteria that may reside in meat that isn't cooked enough. If your grill is too hot so that your meat cooks too quickly, it will be overcooked on the outside but undercooked on the inside. It's best to use a meat thermometer to gauge the internal temperature of a cut of meat. Cook meat slowly so that the inside temperature reaches at least 180°F for whole poultry, 170°F for breast meat. Hamburgers made of any type of ground meat should reach 160°F. Any cuts of beef, veal, or lamb should be cooked to 145°F, while all cuts of pork should be cooked to 160°F. If you are grilling for a crowd, you can keep meat warm in the oven at 200°F.

Serving

When serving meat from the grill, *never* put it back on the plate that held the raw meat. If the weather is very hot (90°F or above), don't let food sit out for more than an hour. If the weather is cooler than 90°F, throw away food left out after two hours. As a general rule, keep hot foods hot and cold foods cold. Refrigerate any leftovers promptly. ⚙

Claims Corner Article:

Communication

Communication is always important between people. The staff at NJSBAIG is available to assist you whenever the need arises. Please feel free to contact our Claims Department with any questions or concerns that you have. We will always respond to your claims questions or concerns.

If you have a claim that is pending and you need an update, or you need to provide additional information on your employee or about the claim facts, we look forward to hearing from you. Also, if you have any positive feedback on any of the claims staff, please let us know, so we can pass that information onto our staff. ⚙

*By Connie Rogers
NJSBAIG Claim Supervisor*

Some Water Safety Do's and Don'ts for Kids

DO—swim only if there is a lifeguard or if a grownup gives you permission to swim.

DO—take swimming lessons.

Do - swim with a buddy.

DO - wade into the water first if you're swimming in a lake, pond, or river.

DO - wear a personal flotation device (PFD) when you are in a boat.

DO - get out of the water right away if you hear thunder or see lightning.

DON'T - stand up in a boat.

DON'T - sit or stand on the edge of a boat or let your arms hang over the edge.

DON'T - eat candy or chew gum when you are swimming.

DON'T - swim if your are tired.✿