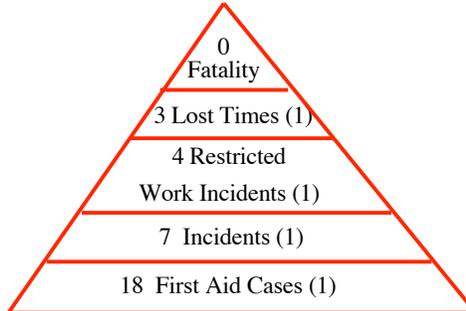


# LaRC SAFETY HIGHLIGHTS

February 23, 2004

FY 2004 - Civil Servants



( ) = Number of new occurrences

OSHA Recordable Cases = Fatalities, Lost Time, Incidents, and Restricted Work Incidents.  
Incidents = Cases in which more than first aid treatment is required, but less than 8 hours of time is lost.  
Restricted Work Incidents = Cases requiring first aid treatment, resulting in light duty restrictions.

## Injury/Mishap Information

- The Center has been **3** days **without** a Civil Servant or Contractor **Lost Time Injury. (Record 433 days)**
- **Lost Time Injury** - On February 12, 2004, an AAAC employee fractured the left ankle after slipping on the steps exiting a building, resulting in 1 lost workday.
- **Lost Time Injury** - On February 19, 2004, an Impact Services employee sustained a strain to the left ankle after stumbling on steps, while cleaning the handrails, resulting in 3 lost workdays.
- **Restricted Workday Incident** - An AAAC employee sustained a right elbow strain after losing balance while descending a ladder and striking the elbow on a tabletop, resulting in 3 restricted workdays.
- **OSHA Recordable Incident** - An OSSEMA employee sustained a left knee injury after slipping on ice in the parking lot. Due to continued problems from the injury, the employee was referred to a private physician for additional treatment.
- The following first aid case involving a civil servant was reported:
  - An ASCAC employee sustained an eye irritation, from a piece of debris that was lodged in the eye, while dusting office furnishings.



**Save Your Back When Working in Awkward Positions** - Follow these tips when working in awkward positions:

- Raise bins and containers off the floor and/or tilt them to reduce bending.
- Avoid bending over to work. Squat down using your leg muscles.
- Wear cushioned knee pads if you have to kneel.
- Don't hold an awkward position for too long. Pause to stretch.
- Position yourself as close as possible to the job.
- Push, rather than pull, loads to help maintain the spine's natural curve.



**Reminder:** The next meeting of the Executive Safety Board is scheduled for Tuesday, February 24, 2004, at 1:00 p.m. in Building 1219, Room 225.