

LaRC SAFETY HIGHLIGHTS

May 6, 2002

FY 2002 - 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 **98** days **without** a Civil Servant **Lost Time Injury**.
- The following first aid cases involving civil servants were reported:
 - An AAAC employee sustained a right finger laceration from a burr on a metal bookshelf. The burr from the shelf was removed.
 - An OEA employee was stung on the face by an insect that had entered the building through an open window.



Safety Stand Down Day - The Center's 2002 Safety Stand Down Day is scheduled for Thursday, May 9, 2002. All Center personnel should plan to dedicate this day to safety activities. Dr. Creedon will kickoff the day's events at 9:00 a.m. in the Reid Conference Center.



Safety Topic of the Month - Ergonomics is the study of adapting equipment, procedures, and surroundings to individuals to reduce repetitive motion stress and disorders. Following are tips to make your work area more ergonomically friendly:

- Arrange your workstation to avoid excessive bending, twisting, or reaching.
- Place your keyboard so your elbows are at a 90 degree angle.
- Place your monitor at eye level.
- Use an adjustable chair that will allow your knees to be level with your hips when your feet are flat on the floor.
- Change positions frequently to avoid repeated stress to specific body parts.



Safety Posters - A poster concerning **Ergonomics** was distributed to Facility Coordinators and Facility Safety Heads for posting during the month of May.