

# SCF Arizona

A Safety Newsgram for Association and Chamber Executives

# Safety Pays

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SCF ARIZONA



Mixing in a little fun and magic with a serious safety message is the approach John Drebinger Jr. will take when he shares his “Mastering Safety Communication” presentation, May 6, at the SCF Arizona Safety Works Expo.

For more than 16 years, Drebinger has helped people take responsibility for their own safety. He has taught thousands of people how to watch out for themselves and others. Major corporations from coast to coast recognize Drebinger as a safety expert who can give their people the skills they need to get results.

A member of the Hollywood Magic Castle, Drebinger uses his skills as a magician to capture audiences’ attention. Then he shares unique and personal stories to teach safety lessons and motivate people.

Day 2 of Safety Works, co-sponsored by the Arizona Chapter of the American Society of Safety Engineers, features City of Phoenix Mayor Phil Gordon, who will discuss the connection of workplace safety and a high-growth

## Spellbinding safety

SCF ANNOUNCES KEYNOTE SPEAKERS  
FOR PHOENIX-AREA SAFETY WORKS



## Spellbinding safety

continued

business climate. Also on the speakers' agenda, May 7, is a review of the area's "state of safety."

The Greater Phoenix Area Safety Works Expo takes place at the Black

Canyon Conference Center, 9440 N. 25th Ave., Phoenix. Doors open each day at 7:30 a.m.

The Safety Works Expos are designed for safety professionals, employers, workers and the people who are in charge of safety at their specific jobs. Conferences feature workplace safety information, safety products and services offered throughout the state, networking opportunity with other safety professionals and classes that focus on workplace safety issues for the specific region of the state.

### Remaining Safety Works Expos for 2008 are:

- May 6-7 in Phoenix
- July 15 in Flagstaff
- Sept. 10 in Yuma
- Oct. 7-8 in Tucson

For information regarding SCF Arizona's Safety Works Expos, go to [scfaz.com](http://scfaz.com) or call 602.631.2002.

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## Scaffolding remains OSHA concern

Scaffold safety remains a major concern at the Occupational Safety and Health Administration, as two of the Top 10 cited construction violations in 2007 involved scaffolding.

In fact, scaffolding violations account for the most OSHA citations.

The list of 2007 construction violations shows a heavy emphasis on fall protection from elevated heights. They include:

1. Scaffolding (general requirements)
  2. Fall protection (general requirements)
  3. Ladders
  4. Fall protection (training requirements)
  5. General safety and health provisions
  6. Aerial lifts
  7. Special excavation requirements
  8. Head protection
  9. Hazard communication
  10. Scaffolding (training requirements)
- 

# for you

## Rate changes

In the last issue of *Safety Pays*, information was presented regarding the Arizona Legislature's passage of an increase in workers' compensation benefits, which took effect Jan. 1, resulting in an increase in premiums.

Some details of that increase were not available at publication date for that issue, but they are now.

The immediate impact of all SCF Arizona policyholders was an average increase of 4.1 percent. The actual rise in premium is based on a company's industry type and job classifications.

SCF Arizona wants to help your company control insurance costs. It is why SCF applied for and received a 10 percent deviation from the rate increases proposed last fall by the National Council on Compensation Insurance.

In addition, you can help to minimize your costs through prompt reporting of claims, using healthcare providers that are members of SCF Arizona's Preferred Connection Network and by implementing workplace safety and return to work programs.

If you have any questions regarding the state-mandated rate increase, visit our website, [scfaz.com](http://scfaz.com), or call 602.631.2600.

# safety expos

## Mark your calendar

May 6-7	Phoenix
July 15	Flagstaff
Sept. 10	Yuma
Oct. 7-8	Tucson

# Park the cart



Most workplaces have some kind of handcart to move stock and equipment. From dollies to wheelbarrows, from furniture carts to pallet jacks, they make moving objects easier.

Left in the wrong place or used improperly, however, handcarts can be a hazard.

## Keep these tips in mind when using or storing a handcart:

- Watch where you are going to avoid collisions. Stick to the correct traffic lanes and always stop and look at intersections.
- Park and store handcarts where they will not create a tripping hazard or where they do not block exits or emergency equipment, such as fire extinguishers.

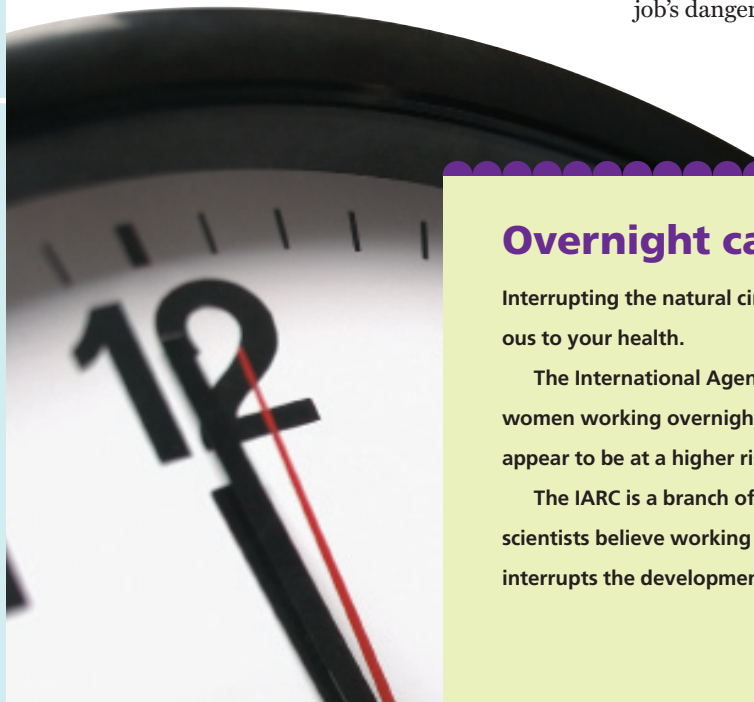
- Stay alert to pinch-point hazards to prevent injuries to your hands. Crunching your hand between a door jam and a cart handle is a common injury.

- Don't fool around with handcarts. They are designed to move cargo, not co-workers.

- Wear appropriate personal protective equipment, including safety-toed footwear, and appropriate eyewear, gloves and hardhat for the specific job's dangers.

## COPY THAT

*Safety Pays* articles are available at [scfaz.com](http://scfaz.com) in pdf format. If you need a Word document for reprinting, simply contact your SCF Arizona association coordinator.



## Overnight cancer

Interrupting the natural circadian rhythm by working the midnight shift could be hazardous to your health.

The International Agency for Research on Cancer cites a number of studies that show women working overnight shifts were more prone to have breast cancer, while men appear to be at a higher risk for prostate cancer.

The IARC is a branch of the World Health Organization. Its report states that some scientists believe working overnight disrupts the body's natural day-night cycle and that interrupts the development of melatonin, a tumor-suppressing hormone.



# Weighty thoughts

Workers with moderate to extreme obesity tend to have more health-related limitations than their co-workers, according to a study published in the

January issue of the *Journal of Occupational and Environmental Medicine*.

Researchers from the University of Cincinnati conducted a random sampling of 341 manufacturing employees. Most of the workers were either overweight or obese, with 13 percent qualifying as moderately or extremely obese.

The workers who fit into this category had 4.2 percent health-related losses, which was 1.8 percent higher than any other group of employees.

Study researchers concluded: "Based on an average hourly wage of \$21, the annual costs of presenteeism (health-related losses) for moderately to extremely obese workers were nearly \$1,800 – about \$500 higher than for other workers."

## Flexing for health

Researchers have concluded that workers who have flexible work schedules live healthier lifestyles.

Wake Forest University School of Medicine researchers evaluated U.S. workers at a large pharmaceutical company. They monitored sleep habits, physical activity and questioned the workers' perceptions of their lifestyles.

The data were measured against workplace flexibility, which includes the opportunity to work from, telecommute or condense workweeks.

Results were printed in a recent edition of the *Journal of Occupational and Environmental Medicine*.



## Calendar

Watch for these seminars coming to your area. For additional classes and other information, visit [scfaz.com](http://scfaz.com) and click on **Policyholders/Safety & Prevention** or contact SCF Arizona's Risk Management Team at 602.631.2002.

### MARCH 12

**ADOSH – Safety Management**

● Phoenix

**Behavior-based Safety Management**

● Prescott

### APRIL 16

**ADOSH – Forklift Train the Trainer**

● Phoenix

### APRIL 23

**ADOSH – Forklift Train the Trainer**

● Prescott

### MAY 6-7

**Safety Works Expo** ● Phoenix

### MAY 14

**ADOSH – Fall Protection** ● Phoenix

**Transitional Work Program** ● Prescott

### MAY 28

**ADOSH – Respiratory Protection**

● Prescott

### JUNE 11

**ADOSH – Violence Prevention**

● Phoenix

### JUNE 18

**ADOSH – Scaffold & Ladder Safety**

● Prescott

### JULY 8

**ADOSH – Confined Space Entry**

● Prescott

### JULY 9

**ADOSH – Machine Guarding** ● Phoenix

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