

SCF Arizona

A Safety Newsgram for Association and Chamber Executives

Safety Pays



Summer jobs for teens

RULES GOVERN WHAT MINORS CAN DO

With the end of another school year approaching, Arizona teens will begin looking for a summer job. Employers who hire young people need to be aware of added responsibilities for safety and guidelines written especially for workers who are minors.

The construction industry remains the state's largest employer, and many summer-working children will be hired as general laborers, so it's good to review U.S. Department of Labor guidelines pertaining to teens.

First, 16- and 17-year-olds may work on construction sites, but they are prohibited from being engaged in tasks that are deemed to be too hazardous. For example, they cannot:

- Be involved in the mixing, handling or transporting of explosive compounds.
- Drive a motor vehicle. (The 17-year-olds may drive automobiles and trucks on an incidental and occasional basis)
- Operate an elevator, crane, hoist or forklift.
- Operate power-driven woodworking machines and metal forming, punching and shearing machines.
- Operate power-driven circular and band saws and guillotine shears.

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Summer Jobs

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- Manufacture hazardous materials such as brick, tile and similar products.
- Work in wrecking, demolition and ship breaking.
- Work in roofing and excavation.

Because individuals who have reached 18 are considered adults, they are not limited in the work they can be assigned to do.

For more information and tips on what kinds of assignments you can give your teenage workers, visit youthrules.dol.gov or call 866.4US.WAGE. ●



Phoenix climbs

Risk & Insurance magazine and Boston-based catastrophe modeling firm, AIR Worldwide Corp. say the Phoenix metro area ranks as the 2nd safest city for businesses in the United States. The 2005 analysis and ranking of safest cities were determined using AIR's hurricane, earthquake, severe thunderstorm, winter storm and terrorism models.

for you

SCF discontinues drug discount

SCF Arizona no longer is permitted to provide a 5 percent premium credit to policyholders that adopt a Drug and Alcohol Program.

The National Council on Compensation Insurance, which recommends workers' compensation rates to the Arizona Department of Insurance (DOI), no longer permits the discount, based on the Aug. 12, 2005 decision by the Arizona Supreme Court in *Grammatico v. Industrial Commission of Arizona*.

In that case, the state's highest court ruled the state statute that barred payment of workers' compensation benefits to workers who tested positive for drugs or alcohol after a work injury violated the Arizona Constitution.

While we can no longer offer the drug discount, SCF continues to provide incentives for companies and association participants that demonstrate improved or consistently strong safety records, including our 10 percent deviation from the DOI's approved rate.

Safety Works delivers vital tools

Members of the SCF Arizona Association Safety Plan are encouraged to attend Safety Works 2006 Expo, March 7-8, at Mesa Centennial Center, 201 N. Center St.

Safety Works is a comprehensive two-day seminar that delivers the skills and knowledge critical to training today's safety coordinators and safety professionals.

Also, SCF will recognize policyholders whose safety records are the "Best of the Best."

Cost is \$95 per person. For information or to register, call Michelle at 602.631.2002 or visit scfaz.com.

safety expos

Mark your calendar

Phoenix Metro March 7-8
Flagstaff July 10-11

Make stress work for you

LET GO OF THINGS YOU CAN'T CONTROL

Wise men may have known since the 5th Century that stress is related to one's outlook, and when all the pressures of living in a fast-paced world mount up, a person's outlook may not always be conducive to working safely.

Licensed professional counselor and organization consultant Julio Benezra says most people are distracted and pressured by a plethora of concerns related to work, family, community and personal experiences, most of which they cannot control.

"If you are going to be anxious about something, make sure it is something you can control," he says.



The first step is learning to understand the role stress plays in life. Benezra says nobody is without stress, which begins at the time of birth. When stress is controlled and channeled properly, it can help push people toward their best performance. However, if not handled correctly, stress can be devastating.

To reach their optimal capacity without burnout, Benezra teaches skills to control stress and to let go of the stressors you can't control.

Here is how it works:

1 MAKE A LIST OF ALL THE THINGS THAT CAUSE YOU STRESS. Don't be afraid to write everything, even if the list gets really long.

2 TAKE A BREAK [AT LEAST AN HOUR] THEN RETURN AND LOOK OVER YOUR LIST.

Cross out the items you cannot change with the intention of letting those worries go. Examples might be heavy traffic or a friend's problems.

There is nothing you can do to control traffic or your friend.

3 PRIORITIZE ITEMS YOU CAN AFFECT, AND TAKE CARE OF THOSE ITEMS THAT ARE EASIER FIXES. Create a dateline to complete your plans and mark the items off your list.

4 MAKE LONG-TERM PLANS TO ALLEVIATE STRESSES ASSOCIATED WITH THE ITEMS THAT REMAIN. If there is no solution, you may need to recategorize the item as something you cannot control and mark it off the list.

Benezra says knowing what you can control gives you a feeling of empowerment, which increases feelings of acceptance for the situation and eases stress.

If stress has reached the point where everything seems unmanageable, you may need to seek professional help. ●



If stress is getting you down, call CONTACT, 800.222.8335.

Injuries on the decline

OTHER NUMBERS SHOW MIXED RESULTS

The U.S. Department of Labor reported a 4.3 percent decrease, or 56,000 incidents, in the number of lost-work-time injuries in 2004, compared to 2003. And the accident-illness rate dropped from 150 per 10,000 full time workers to 141.3.

The Labor Department's data also show the severity of injuries was less, as workers, on average, needed one day fewer to recuperate than they needed in 2003.

Sprains or strains caused by overexertion or falls were listed as the major lost-time injury, comprising 40 percent of all the incidents reported. And the Labor Department says workers most impacted by the injuries were laborers, material movers, tractor-trailer truck drivers,



nursing aids, orderlies or attendants.

Unfortunately, the same data show that overall workplace fatalities increased by 2 percent, and the construction industry suffered more occupational deaths than any other sector. Twenty-seven states reported a higher number of fatalities in 2004 than in 2003.

Industries with the highest percentage of fatal occupational injuries (per 100,000 workers) were: agriculture, forestry and fishing, 30.1 percent; mining, 28.3 percent; transportation and warehousing, 17.8 percent; and construction, 11.9 percent. ●



Doubling duty

If you learned cardio pulmonary resuscitation (CPR), you may need to learn all over again. In November, the American Heart Association (AHA) issued new guidelines on the life-saving technique, calling for twice as many chest compressions, 30, to every two rescue breaths.

According to the AHA, chest compressions create more blood flow through the heart to the rest of the body. Studies also show that blood circulation increases with each chest compression and must be built back up after an interruption.

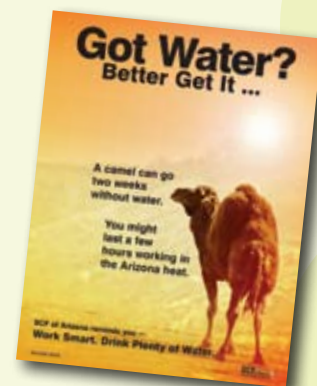
More than 300,000 Americans die each year of cardiac arrest. The AHA estimates that more than 95 percent of cardiac arrest victims die before they get to the hospital.

Plan to attend

It's not too early to think about how Arizona's heat affects workers. Plan to attend **ADOSH'S HEAT STRESS PREVENTION SEMINAR.**

- 8 a.m. to noon, April 19
- Hilton Suites,
- 10 E. Thomas Road, Phoenix
- For information or to register, call Ray Diaz, 602.631.2609.

Be sure to have an adequate supply of brochures and posters – in English and Spanish – regarding "How Heat Affects You." Go to scfaz.com to order.



We would appreciate your feedback. Please e-mail or call us.

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