



Alabama Trucking Association
Workers Compensation Fund

alliance

An OSHA Cooperative Program

A Newsletter For Our Members Where Safety Is Our Primary Concern!

**February
2017**

STAFF

KIMBLE E. COAKER
CEO/Administrator

DON BOATRIGHT
Chief Operating Officer
dboatright@atacompfund.org

TODD HAGER
Director of Claims
thager@atacompfund.org

DOUG MOSELEY, CPA
Director of Finance
dmoseley@atacompfund.org

DEBRA L. CALHOUN
Office Manager
dealhoun@atacompfund.org

DON ANCHORS, CDS, CBES
Director of Loss Control
and Safety
danchors@atacompfund.org

MICHAEL SMITH, CDS
Loss Control Engineer
msmith@atacompfund.org

VICTOR WHATLEY, CDS
Loss Control Engineer
vwhatley@atacompfund.org

CANDY WOODRUFF, CDS
Loss Control Engineer
cwoodruff@atacompfund.org

KIMBERLY K. BEST
Payroll/Audit Coordinator
kbest@atacompfund.org

KIM CAMPBELL, AINS, AIS
Underwriting Coordinator
kcampbell@atacompfund.org

KATIE EDWARDS
Accounting Specialist
kedwards@atacompfund.org

ABBY GREER
Marketing Representative
agreer@atacompfund.org

An Aging Workforce; Keep them Safe, Healthy and Productive

The workforce is getting older. People are living longer. In 2015, 22.6% of the workforce was at least 55 years old and that percentage is expected to increase yearly. The good news for companies is it keeps turnover low, employees are more dedicated, and they have increased positive values. However, even though older workers tend to have fewer workplace injuries, they generally take longer to heal if an injury does occur.

Our bodies start to show signs of aging around ages 40 to 50. Not all changes are physical or mental. The majority of the changes impact vision, hearing, strength, flexibility, and cognitive skills.

Older workers tend to have more problems with their backs, shoulders, knees and trunks, while younger workers have more head and hand injuries. The risk of falling also increases with age. In 2014, workers in their 20s had a 8% fatal fall rate, while the 55 to 64 age group had a 20.7%, and those over 65

had a fatal fall rate of 27.3%.

What can you do?

Employers cannot single out older workers or any employees, but steps must be taken to address changes related to the aging process. Changes should be made for all employees to create a safer work environment. The primary focus should be placed on physical changes to the workplace and changes to job design.

Before making changes, ask workers of all ages for their input. Managers might think they know how to improve health and safety, but asking employees doing the jobs daily will have a better insight. Managers will also increase the employee buy-in to safety by getting the help of their workers.

Suggestions

- Take a break and allow workers to take more frequent, shorter breaks to allow the body to reenergize.
- Rotate jobs when feasible to balance the load on a worker's body. This helps reduce repetitive motions, which can cause pain.
- Schedule job changes to ensure workers do not handles strenuous tasks for long periods of time. Be sure the worker is able to perform the task before assigning it.
- Turn up the lights to make sure surfaces are clearly visible.
- Turn down the noise by providing sound-reducing materials in loud noise areas.
- Solid footwear should be encouraged along with clean and dry walking surfaces.
- Adjust work stations to ensure workers are comfortable and properly situated in their chairs and at their desks.
- Make sure equipment is always in proper working condition and fully operational.
- Always maintain good housekeeping. Get rid of clutter and have clear walking areas.





Good Housekeeping = Safe Workplace

In a work setting “housekeeping” is much more than cleaning floors and surfaces, removing dust, and organizing clutter. Housekeeping is crucial to safe workplaces. It can help prevent injuries and improve productivity and morale, as well as make a good first impression on visitors. It can also help an employer avoid potential fines for non-compliance.



safe behavior and good housekeeping.

removing dust, and organizing clutter. Housekeeping is crucial to safe workplaces. It can help

Experts agree that workplace safety programs should incorporate housekeeping, and every worker should play a part. In addition, housekeeping should have management’s commitment so workers realize its importance. Housekeeping should be an ongoing process and not a one-time practice. Here are a few safety tips concerning good housekeeping.

- Put good housekeeping into action by properly training employees.
- Engage employees in a discussion about hazards in their work environment and ask for their ideas of how to minimize the hazards.
- Offer incentives to employees for

- Work areas should be kept clean, orderly, and in a sanitary condition.
- Unsafe conditions or near misses should be reported to management immediately.
- Clean up all oil or fluid spills immediately. Always use proper cleaning solutions.
- Always remove old parts, debris, or any objects that are no longer needed.
- Create extra space for storage. Be sure hazard materials are stored in proper areas.
- Reorganize workspaces so objects do not create obstacles to walk around.
- Frequently inspect workplace items such as ladders, electrical cords, tools, etc.
- Always keep workstations and passage ways well-lit.
- Establish good housekeeping procedures and incorporate them into a daily routine.

