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OSHA'S 2012 INITIATIVE TARGETS NURSING HOMES

In November of 2011, OSHA announced its 2012 National Emphasis Program (NEP) and defined those business classifications that will be targeted for inspection. Nursing Homes and Residential Care facilities were included in the targeted list for 2012.

OSHA's Field Operations instructions mandate that all compliance officers must perform a minimum of three inspections of long term resident care facilities during the calendar year 2012. Targeted facilities are those with a DART rate higher than ten (10). Emphasis will be on Bloodborne Pathogens, slips, trips, and falls, and violence in the workplace.**

In addition, OSHA Assistant Secretary David Michaels has recently announced a new initiative against companies who participate in safety incentive programs that reward departments and/or employees for having no lost time injuries. Compliance Officers are ordered to carefully scrutinize these companies for evidence of not reporting injuries or creating an atmosphere that inhibits employees to do so.

***New resources for BBP and violence in the workplace can be found on the KING Online Resource Library.*

BE SUN WISE

Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the United States. More than two million new cases of skin cancer are reported annually. By following some simple steps, you can still enjoy your time in the sun and protect yourself from overexposure. The U.S. Environmental Protection Agency (EPA) recommends these action steps to help you and your family be "Sun-Wise".

- Do Not Burn
- Avoid Sun Tanning and Tanning Beds
- Generously Apply Sunscreen
- Wear Protective Clothing
- Seek Shade
- Check the UV Index
- Get Vitamin D Safely Through Your Diet



HEAT EXHAUSTION-HEAT STROKE-DEHYDRATION

Did you know that approximately 300 Americans die every year of heat-related illnesses**, according to the Centers for Disease Control and Prevention? Hydration is the key to keeping your body cool in hot weather.

- The best time to consume fluids is before you are thirsty-by the time you are thirsty, your body is already dehydrated.
- It's best to drink on a schedule when it is hot outside.
- Avoid drinks containing caffeine or alcohol while in the sun or heat. These types of drinks stimulate the production of urine, thereby promoting dehydration.
- The best hydrating drink is water.



***Resources addressing heat stress as well protecting yourself from ticks, mosquitoes, lime disease, and west nile virus can be found on the KING Online Resource Library*

KING OFFERS OSHA OUTREACH TRAINING PROGRAM

KING is currently accepting registrations for the OSHA 10 Hour Outreach Training Program. The Outreach Training Program is a ten (10) hour program delivered over a two day period and includes both mandatory and elective topics tailored to our unique work environment. Attendees must attend both days and will receive a Student Course Completion card and a certificate of attendance suitable for framing. The class size is limited to fifty (50) students to ensure the quality of the program and effective transfer of knowledge.

Dates and Locations:

June 21 and 22 Larkfield Place, 7373 E 29th St., Wichita, KS 67226 **REGISTRATION CLOSED**
July 19 and 20 Cimarron Public Library, 120 N. Main, Cimarron, KS 67835

Cost: \$5.00

Registration forms and course information have been forwarded to all KING members and the first session in Wichita is full.

WELLNESS CORNER

This monthly feature is dedicated to your personal health and well being.

Turn the Pressure Down...

There is so much you can do to lower your blood pressure:

- Lose Weight
- Reduce Salt Intake
- Eat a Diet High in Fruit, Vegetables, Whole Grains, and Low-fat Dairy Products
- Exercise
- Limit Alcohol
- Quit Smoking
- Ask Your Doctor About Aspirin
- Take Medications if You Need Them



Editor's Note:

The KING Safety Matters newsletter is published monthly to provide general safety information. It is not a substitute for adequate safety training, or intended to provide complete safety information or training, on any specific subject. The information contained herein is intended to assist safety efforts, and increase safety awareness.

In order to ensure the contents of the newsletter are helpful and important to you, please feel free to send comments, suggestions and feedback to:

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