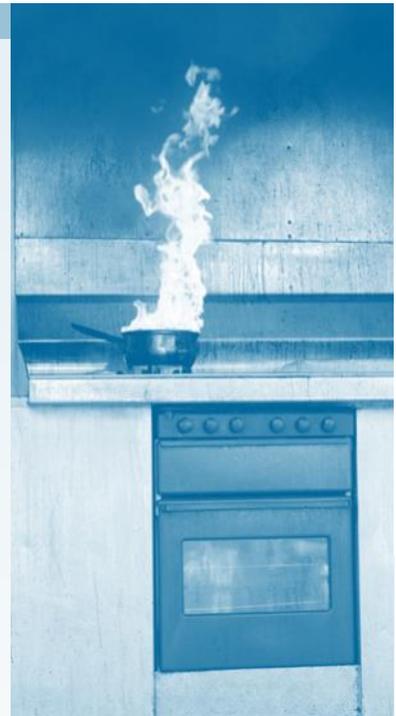


SchoolComp Safety



Food Service Safety Tips

The new school year is quickly approaching and it will soon be time to once again train employees on hazard recognition and safe work practices.

All employers are responsible for providing a place of employment free from recognized hazards under the requirement known as the General Duty Clause.

Employers should train employees on safe work practices and hazard reduction as safety is a key component in injury prevention.

Some areas may have a greater risk of an injury due to the nature of their position. Employees in the food service department may be exposed to many hazards. Burns, lacerations, and slips, trips, and falls are the most common types of injuries amongst food service

employees. Good housekeeping practices and proper maintenance may prevent injury from a slip, trip or fall.

- X-3 The workplace must be kept clean, orderly and in a sanitary condition;
- X-3 train employees on prevention of slips, trips and falls;
- X-3 provide warning signs for wet or slippery areas;
- X-3 identify and correct potential slip hazards;
- X-3 use non-slip mats;
- X-3 encourage the use of slip-resistant footwear;
- X-3 repair damaged floor surfaces, and;
- X-3 repair or replace loose drain covers or grates.

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Office Ergonomics: An Easy Way to Reduce Injuries

Neutral body positioning is a comfortable working posture in which your joints are naturally aligned. Working in this position reduces stress and strain on muscles, tendons and skeletal system and reduces the risk of developing a musculoskeletal disorder (MSD). Considerations when attempting to maintain a neutral body include:

- o Hands, wrists, and forearms are straight, in-line and parallel to the floor.
- o Head is level, or bent slightly forward, forward facing, and balanced. Generally it is in-line with the torso.
- o Shoulders are relaxed and upper arms hang normally at the side of the body.

- o Elbows stay in close to the body and are bent between 90° and 120°.
- o Feet are fully supported by the floor or a footrest.
- o Back is fully supported with appropriate lumbar support when sitting vertical or leaning back slightly.
- o Thighs and hips are supported by a well-padded seat and parallel to the floor.
- o Knees are about the same height as the hips with the feet slightly forward.

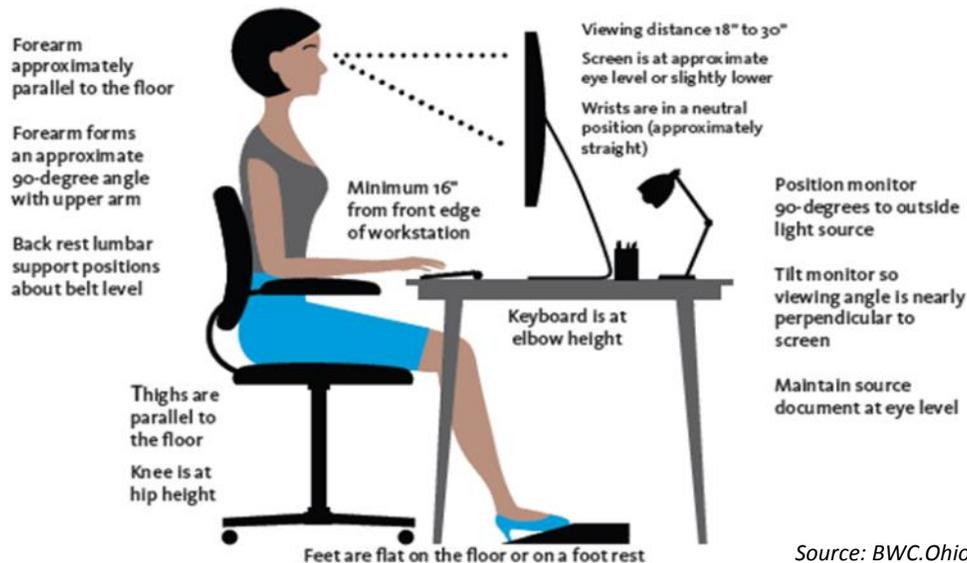
Working in the same position or sitting still for prolonged periods of time is not healthy. The working position should change frequently throughout the day.

Make small chair adjustments; Stretch fingers, hands, arms and torso; and stand up and move around for a few minutes periodically.

Chairs: A good chair provides necessary support to the back, legs, buttocks, and arms.

Desks: A well-designed and appropriately-adjusted desk will provide adequate clearance for your legs, and allow proper placement of computer components and accessories.

Keyboards: Proper selection and arrangement of the computer keyboard helps reduce exposure to awkward postures, repetition, and contact stress.



Source: BWC.Ohio.gov

What's That Buzz: Stinging Insect Allergies

Most people develop some redness and swelling at the site of an insect bite. However, some experience a more serious reaction known as anaphylaxis (an-a-fi-LAK-sis). Anaphylaxis can be life-threatening and it's important to understand the difference between a normal reaction, a serious non-allergic reaction, and an allergic reaction.

An allergic reaction occurs when the immune system overreacts to the venom of an insect bite. Most serious reactions are caused by five different insects:

Yellow jackets are black with yellow markings. Their nests are usually located underground, but sometimes found in the walls of buildings, cracks in masonry, or in woodpiles.

Honeybees have round, fuzzy bodies with dark brown and yellow markings. They can be found in honeycombs.

Paper wasps are slender with black, brown, red, and yellow markings. They live in a circular comb under eaves, behind shutters, or in shrubs and woodpiles.

Hornets are black or brown with white, orange or yellow markings. Their nests are gray or brown and are usually found in trees.

Fire ants are reddish-brown ants living in large mounds, mostly in warmer climates. They attack with little warning, inserting highly concentrated toxins that cause burning and pain.



More than one part of the body may show symptoms of a serious allergic reaction and may include:

- o swelling of the face, throat or tongue,
- o difficulty breathing,
- o dizziness,
- o low blood pressure,
- o stomach cramps, nausea or diarrhea, and/or
- o itchiness and hives.

A person may also suffer from a toxic reaction which can happen after one sting but it usually takes many insect stings. Symptoms of a toxic reaction may be similar to an allergic reaction and may include:

- o nausea,
- o fever,
- o swelling at the site of the sting,
- o fainting,
- o seizures, and/or
- o death.

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Knives, blades and meat slicers are common equipment used in the food service department and also a leading cause of lacerations.

- ✘☠ Train employees on proper cutting techniques;
- ✘☠ train employees to safely use slicing, dicing and chopping equipment;
- ✘☠ provide personal protective equipment (PPE) such as steel mesh or Kevlar gloves;
- ✘☠ knives and blades should be kept sharp and in good working condition;
- ✘☠ maintain proper machine guarding, and;
- ✘☠ provide cutting boards.

Burn injuries are common in the food service arena as workers are exposed to hot oil, grease, steam, hot food, and beverages and hot equipment.

- ✘☠ Train employees on the proper use of equipment and safe food handling;
- ✘☠ provide PPE to be used with hot food and equipment;
- ✘☠ ensure continuous-feed dishwashers and glass washers are properly guarded;
- ✘☠ encourage the use of slip-resistant shoes or install slip resistant flooring around hot surfaces and appliances, and;
- ✘☠ ensure the proper class of fire extinguisher is easily accessible and appropriately marked.

Employees in the food service department are exposed to strains and sprains from prolonged standing, repetitive and prolonged reaching, lifting, and other awkward postures.

- ✘☠ Provide anti-fatigue mats for hard work surfaces;
- ✘☠ provide height adjustable work surfaces;
- ✘☠ allow employees to change posture continually;
- ✘☠ ensure the kitchen and storage areas are organized to reduce continuous reaching;
- ✘☠ train employees on proper lifting techniques, and;
- ✘☠ provide carts to move heavy items when space will allow.

Hazardous chemicals may also be used in food service areas. A written hazardous communication program should be in place.

- ✘☠ Train employees on the hazardous communication plan;
- ✘☠ ensure Safety Data Sheets are readily accessible;
- ✘☠ provide PPE such as gloves, goggles and splash aprons;
- ✘☠ stations for quick drench or eye flushing should be provided in the work area;
- ✘☠ label all bottles and never remove labels from original bottle, and;
- ✘☠ properly store all chemicals.

Source: OSHA.gov

What's That Buzz: Stinging Insect Allergies

Continued from pg. 3

Serum sickness is a reaction to a foreign substance in the body and symptoms may appear hours or days after the sting or bite. Symptoms may include:

- o Fever,
- o joint pain,
- o hives, and/or
- o flu-like symptoms.

If you or someone you know is known to have a severe reaction to insect stings, an anaphylaxis action plan should be written and

kept on file at work, school or other places where others may need to recognize the symptoms.

If a severe reaction occurs:

- o Administer auto-injectable epinephrine (if available) immediately;
- o call 911;
- o don't take an antihistamine or wait to see if symptoms get better, and;
- o follow up with an allergist to get a proper diagnosis.

Test Your Knowledge

1. The first medicine to use for a severe allergic reaction to an insect sting is:

- A. Diphenhydramine (Benadryl®)
- B. Epinephrine auto-injector
- C. Albuterol inhaler
- D. Acetaminophen (Tylenol®)

2. The technical name for a severe allergic reaction is:

- A. Bronchospasm
- B. Urticaria
- C. Anaphylaxis
- D. Hypotension

3. Allergic reactions to stings:

- A. Usually get worse with every future sting

B. Occur unpredictably and can vary from sting to sting
C. Are a "fluke" and very unlikely to happen from a future sting

4. Which of the following may increase the risk of fatal anaphylaxis in someone with a stinging insect allergy:

- A. Delay in administering epinephrine
- B. Delay in taking Benadryl
- C. Not applying ice to the sting site
- D. Calling 911, after administering epinephrine

Source: CDC.gov

Answers: 1: B, 2: C, 3: B, 4: A

About Ohio SchoolComp

Ohio SchoolComp is a partnership of the Ohio Association of School Business Officials and the Ohio School Boards Association to offer Workers' Compensation Group programs to our members.

By combining forces, the associations created a single, larger group in order to "maximize benefits and options for school districts.

The SchoolComp program is administered by CompManagement.

SchoolComp's goal is to offer cost-effective group programs and education to help Ohio school districts keep employees and students safe, while minimizing the risk for claims.

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