

# 10/27/14 Today's Agenda:

I am sorry I cannot talk again.

1. Students will take notes over the promotion of work environment safety.
2. Students will complete CEA #6 – Legal Concerns that is due today.
3. You're Stuck Here Until...you can identify three key aspects of promotion of safety for health care workers..

**U2 EQ: What major roles and responsibilities do ATCs carry out?**

**TO: Identify three key aspects of promotion of safety for health care workers.**

## State Standards:

7.4. Explain personal safety practices to include hygiene, sanitation, body mechanics, and ergonomics.

7.5. Maintain a safe environment for participants in athletic facilities/venues and comply with safety signs, symbols and labels.

**Current  
Event Article  
due today!**



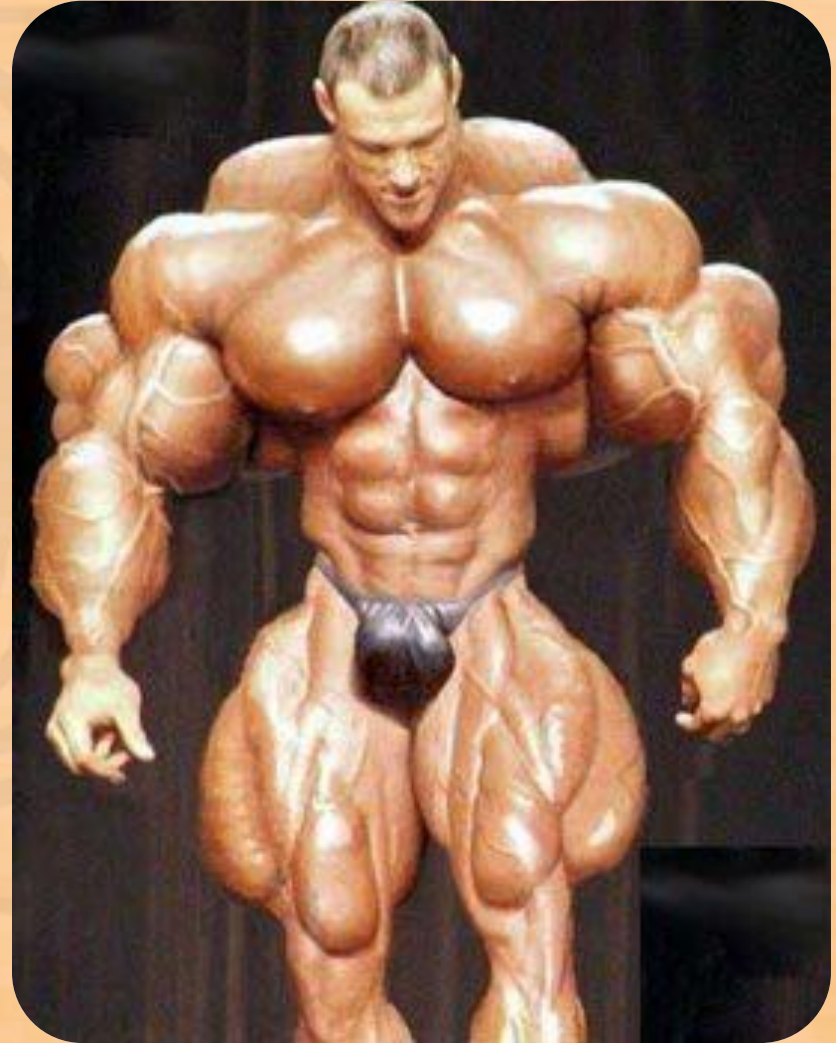
# Body Mechanics

- The way in which the body moves & maintains balance while making the most efficient use of all its parts.
- 4 main reasons for using good body mechanics:



**TO #1**

# 1. Muscles work more efficiently.



# 2. Makes lifting, pushing, & pulling easier



# 3. Prevents fatigue & strain, saves energy



# 4. Prevents injury.



# 8 Rules of Lifting

## 1. Wide Stance

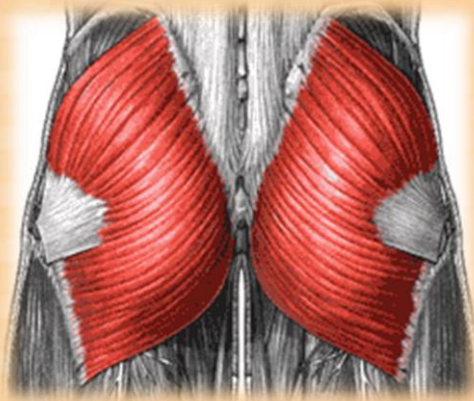


## 2. Bend from the knees & hips, not the back!

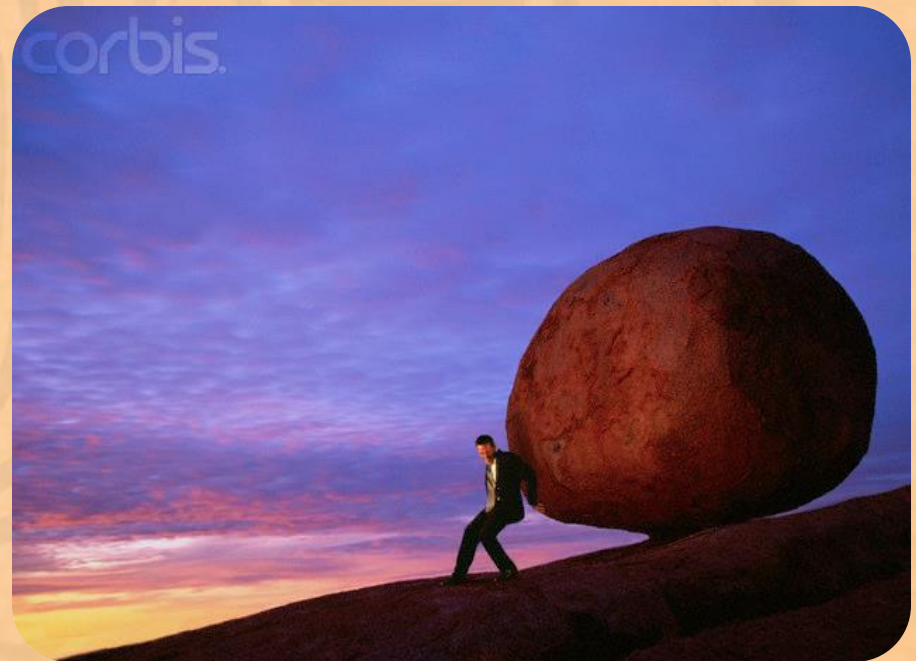




**3. Use the strongest muscles for the job.**



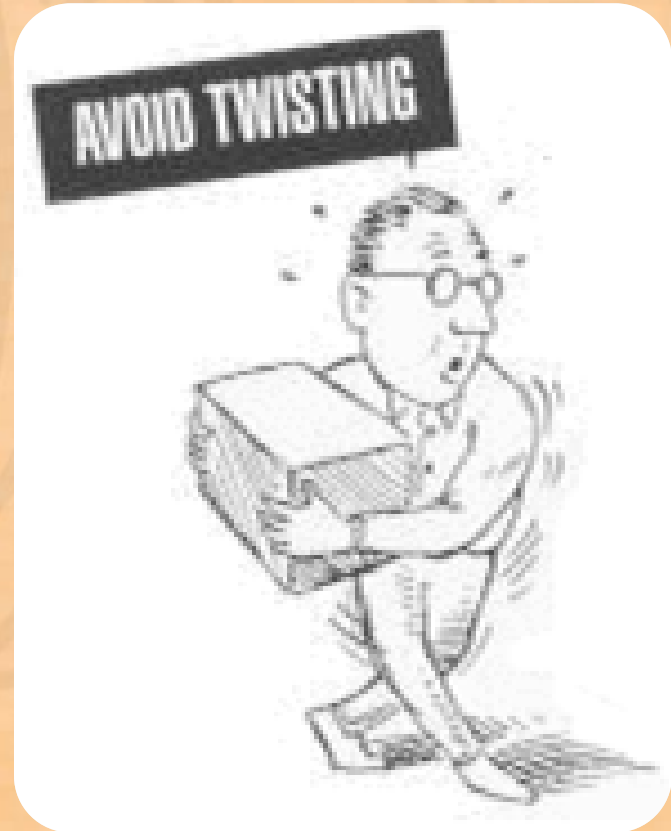
**4. Use the weight of your body to push & pull.**



## 5. Carry heavy objects close to your body



## 6. Avoid Twisting



**7. Avoid bending for a long period of time.**



**8. Get help if too heavy.**



# PROPER LIFTING POSTURE



**Bend/lift c/ your knees, not your back.**



# OSHA

TO #2

- Occupational Safety & Health Administration
  - Establishes and enforces safety standards
  - Requires that employers inform employees of all chemicals and hazards in the workplace.



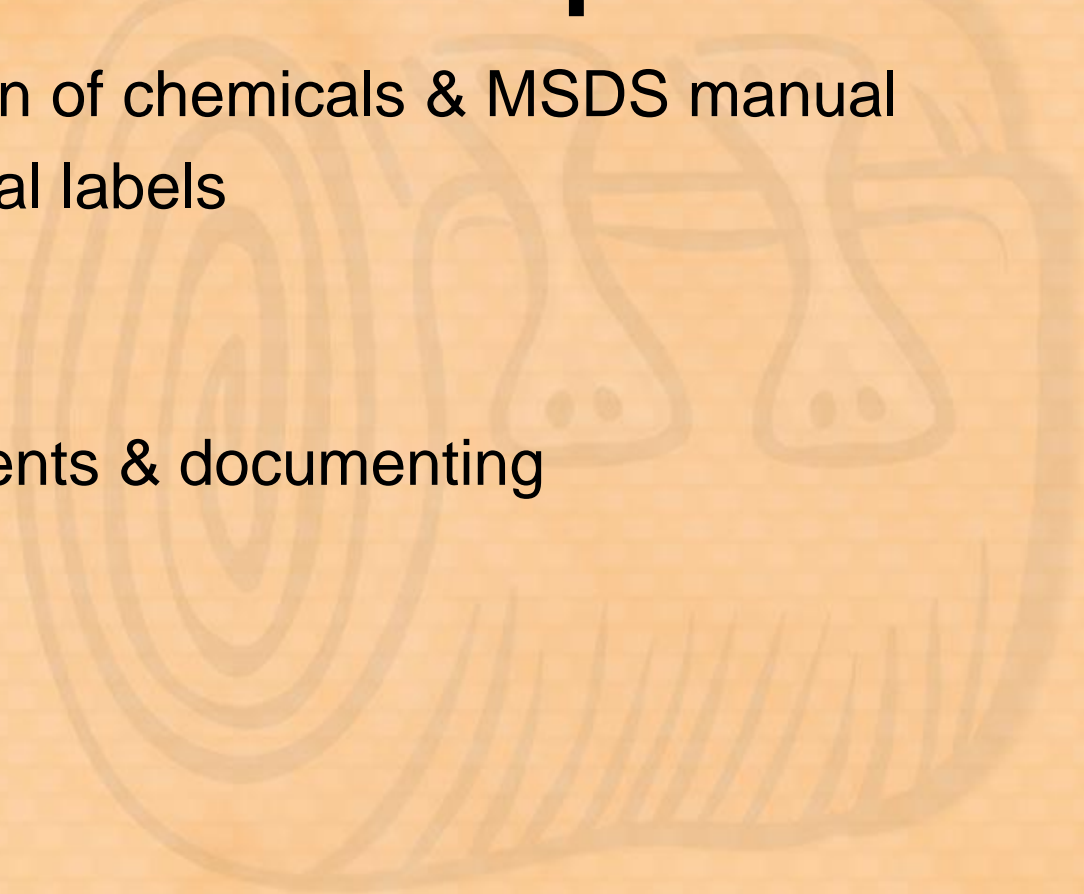
# Material Safety Data Sheets (MSDSs)

- product id info
- precautions that should be followed handling the chemical
- instructions on safe use
- procedures for handling spills, cleanup
- ER / FA



# Employees must be trained on proper procedures or policies:

- knowing location of chemicals & MSDS manual
- reading chemical labels
- using PPE
- cleaning eqpmt
- reporting accidents & documenting



# Bloodborne Pathogen Standard

- Mandates to protect HC providers from dzs caused by exposure to body fluids.

(Bld, urine, stool, semen, vaginal secretions, cerebrospinal fluid, saliva, mucus)



- 3 Diseases:

1. HBV.....hepatitis B virus
2. HCV.....hepatitis C virus
3. AIDS.....HIV

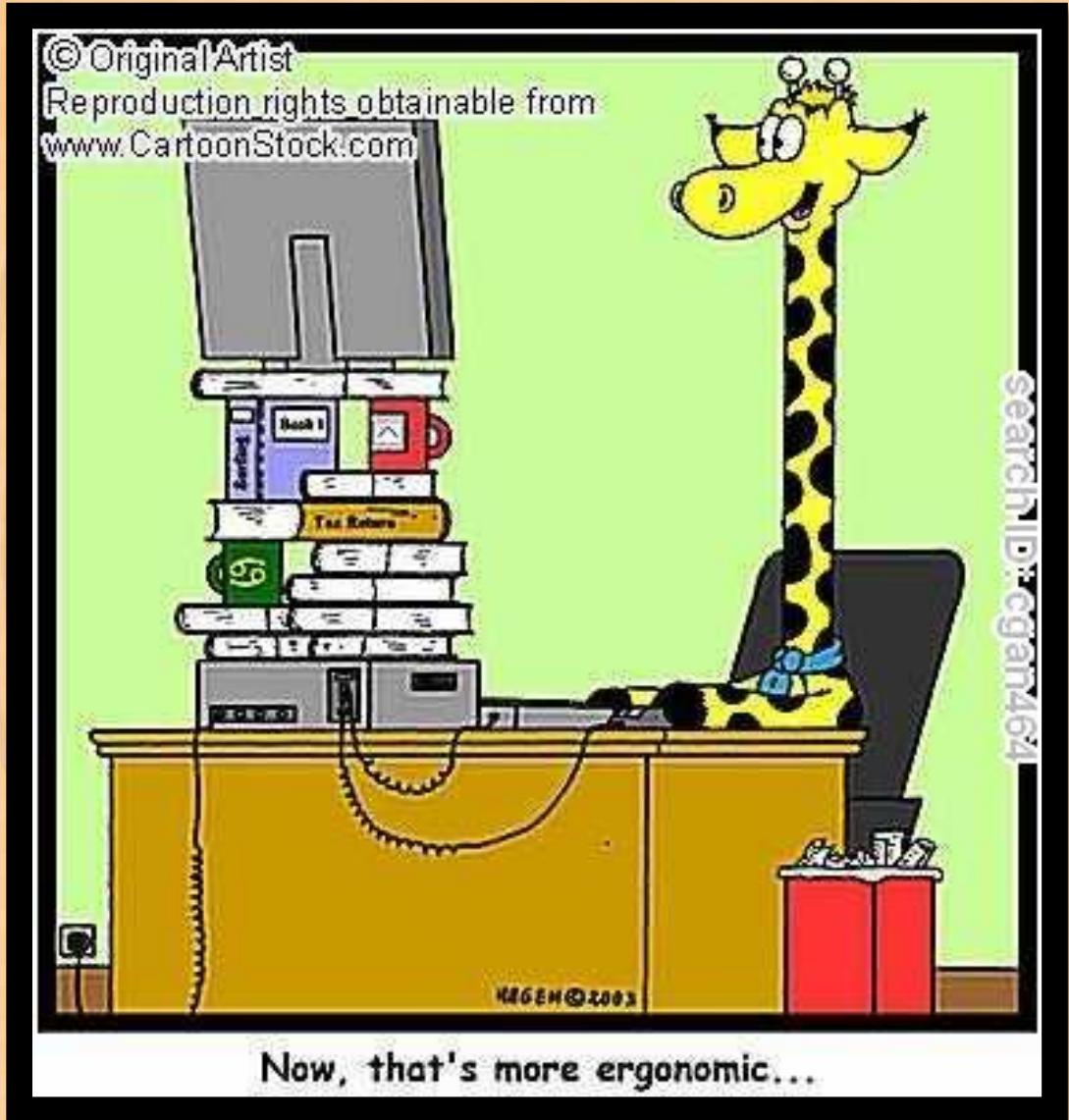


# Ergonomics

- An applied science used to promote the safety of a person by adapting the enviro't & using techniques to prevent injuries.
  - correct placement eqpt
  - training in required muscle mvmts
  - efforts to avoid repetitive motions
  - awareness of the enviro't to prevent injuries



# Ergonomics



# Ergonomics



# Fire Safety

- Fire needs 3 things:
  - Oxygen
  - Fuel
  - Heat

TO #3

- Major causes, list three:

Carelessness c smoking & c matches.

Misuse of electricity

Defects in heating systems

Spontaneous ignition

Improper rubbish disposal

Arson



# Fire Extinguishers

- **Class A**: Pressurized Water - paper, cloth, wood.
- **Class B**: CO<sub>2</sub> - gas, oil, paint, liquid
- **Class C**: dry-chemical – electrical
- **Class ABC or Combination**: graphite-type chemical - used on all fires.



## TYPES OF FIRES

LETTER  
SYMBOL



For wood, paper, cloth,  
trash and other ordinary  
materials.



For gasoline, grease, oil  
paint and other flammable  
liquids.



For live electrical  
equipment.



For combustible metals.

PICTURE  
SYMBOL



No Current  
Symbol

## TYPES OF EXTINGUISHERS

CLASS A



CLASS AB



CLASS BC



CLASS ABC



# Main Rule: REMAIN CALM

- R - rescue
- A - activate alarm
- C - confine fire
- E - extinguish fire



# Preventing Fires (pick 3)

- obey all no smoking signs
- extinguish all matches, cig., etc
- dispose all materials in proper containers
- check all electrical equipment...cords, outlets
- proper storage of chemicals, flammable material
- do not allow clutter to block exits
- when O<sub>2</sub> is in use, be extra careful





# P.A.S.S.

**P** - pull pin

**A** - aim extinguisher

**S** - squeeze handle

**S** - sweep @ base of fire

