

II. EMPLOYEE SAFETY



Back Safety

- Back pain is due to the way we eat, sleep, sit, walk, lift and play sports.
- Keep it healthy by using the right moves and the power position.



Causes of Back Pain

- Slouching, twisting and bending (poor posture).
- Wrong lifting techniques.
- Driving or riding.
- Slip, fall, twist (trauma).
- Lack of exercise/fitness.
- Poor nutrition.



Prevention: Bending

- Correct posture, changing positions frequently.
- Bending with the knees and hips and keeping the back in the neutral position.
- Bend down on one knee, if necessary.
- Get as close to the object as possible.



Prevention: Lifting

- Get a firm footing, keeping your feet shoulder width apart.
- Lift using your hips and legs, not your back.
- Keep the load close to your body.
- Tighten your stomach muscles to support your back when you lift.
- Feet apart, knees bent, back in neutral position and chest forward.

Prevention: Pushing

- Pulling larger objects can be as hard on your back as lifting. Push whenever possible.
- Push with both arms, keeping elbows bent. Tighten stomach muscles as you push.
- Stay close to the load, without leaning forward. Keep a straight back.



Prevention: Turning

- When you turn, turn with your whole body (pivoting). **DO NOT** twist your back.
- Use your arms and legs to do the work –not just your back.



Keys to Improving Your Back Health/Safety on the Job



- Change positions frequently.
- Use the equipment provided to you properly.
- Know your limits and stay within them.
- Get help when needed.
- Exercise regularly.

Falls



Reduce Your Risk of a Fall



Sources of hazards:

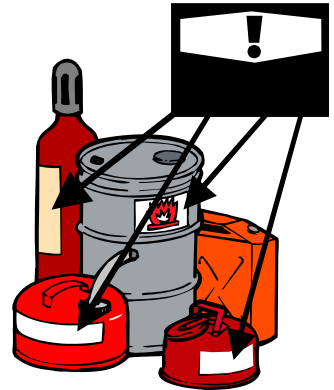
- Wet floors
- Frayed or loose carpets
- Electrical cords
- Cluttered areas
- Rushing down the halls
- Improper shoes

Hazardous Materials & Chemicals



Hazardous Materials

- The Hazardous Chemical Information Act, known as the “**Right to Know**” **law**, requires employers to tell their employees about the effects of exposure to hazardous chemicals in the workplace.
- Depending upon which department you work in, the type of hazards you are exposed to will vary.



What is a **Safety Data Sheet (SDS)**?

- A **Safety Data Sheet (SDS)**, is an electronic document that provides information on the properties of hazardous chemicals and how they affect health and **safety** in the workplace.
- SDS sheet are located on RHINO

When do you need to find a Safety Data Sheet?

- When there is an exposure to a product to some part of your body.
 - Eyes
 - Mouth
 - Skin
 - Lungs
- When there is a product spill that needs to be cleaned up.

Eyewash Stations



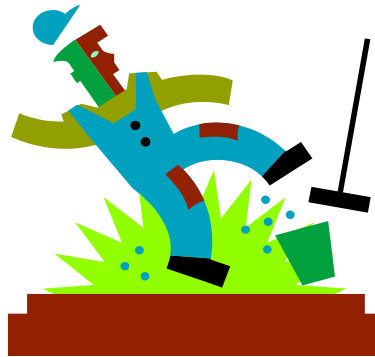
Eyewash Stations

Eyewash stations are located in:

- Laboratory
- Maintenance
- Boiler Room
- Food Services
- Pharmacy
- Emergency Department ABG room
- MPS3
- Cancer Center
- SPU
- ABG room on 4th floor



Reporting Job Injuries



Reporting Job Injuries

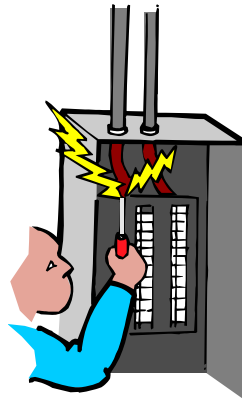
- Document with your Supervisor/Director **by the end of that shift - same day the injury happened.**
- Call or email the Employee Health Nurse **within 1 working day.**
- Turn the completed “Occupational/Injury Report” form in to the Employee Health Nurse by your **next shift.**
- This form is found on RHINO under Employee Health, within each department or outside the EH office, and turn them in to EH immediately



Primary Hazards of Electricity

The **five primary hazards** of electricity are:

- Shocks
- Burns
- Arc-blast
- Explosions
- Fires



Causes of Electrical Accidents

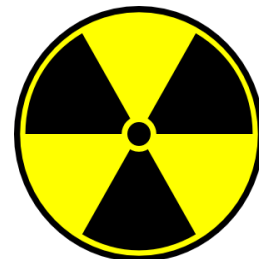
- Frayed cords.
- Unsafe use of electrical equipment.
- Unsafe work practices.



Any electrical apparatus brought into the hospital **MUST** be approved by the Maintenance Department (x5218) before use.

The Radiation Symbol

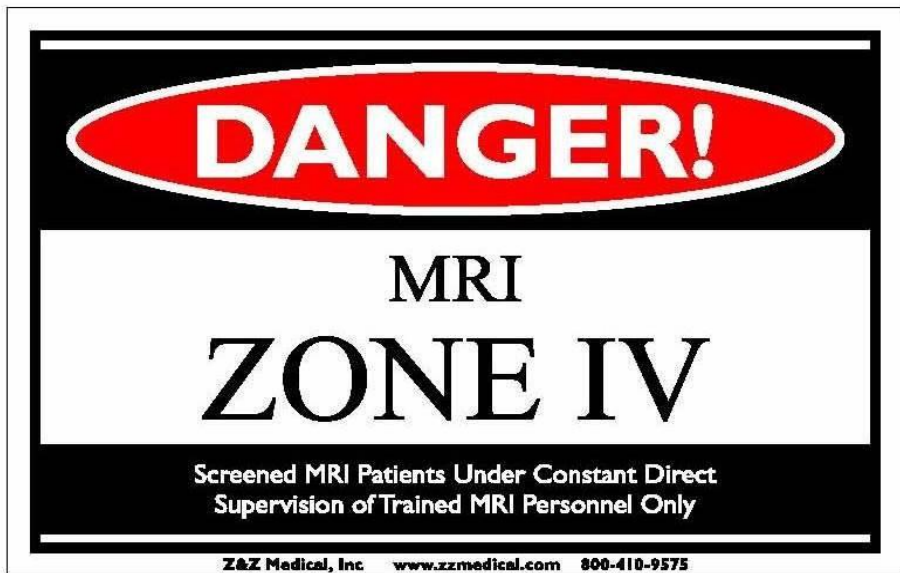
- All radioactive materials and radiation generating devices must be labeled with this universal symbol
- Only personnel properly trained by Radiation Safety Staff should handle devices of materials labeled with this symbol



Rules to follow

- Be aware of radiation **symbols** on doors and equipment.
- Announce yourself and the purpose for entering the room/lab.
- **Ask** diagnostic imaging personnel about areas to avoid.
- Do not handle anything labeled with the radiation symbol unless directed by radiation safety personnel.
- Call (919-814-2250) or notify ncradiation.net if you have any questions about possible exposures or safety hazards with radiation.
- Leave all rooms closed and locked when unoccupied.

MRI SAFETY



MRI SAFETY WARNINGS AND ZONES

- All MRI departments are required by The Joint Commission and ACR to have clearly marked safety zones for patient and personnel safety.
- **Only** patients and **personnel** that have been either **trained**, screened or are escorted; are allowed into **zones III and IV**.

The Zones

- **Zone One** consists of all areas freely accessible to the general public. This zone includes the entrance to the MRI facility and waiting room.
- **Zone Two** Here, patients are under the general supervision of MRI personnel. Zone Two includes the dressing and interview room.

ZONE III AND IV

- **Zone Three** : Access to these should be restricted by a physical barrier. Only approved MRI personnel and patients that have undergone a medical questionnaire and interview are allowed inside Zone Three. The **Control room and/or computer room** are located within Zone Three.
- **Zone Four**: is the **area within the walls of the MRI scanner room**, sometimes called the magnet room. Access into the MRI scanner room should only be available by passing through Zone Three.



MRI accidents are on the rise!

RULES TO FOLLOW

- Be aware of the **safety signs** within the department
- **Remove** any thing with **metal** on your person
- Fill out an MRI employee **safety checklist** before entering zones III or IV.
- Be sure to inform technologist of **any metal** that may be **in your body** from surgery or accident.

Personal Safety & Security



Personal & General Safety

- **Be alert** and continuously aware of your surroundings and the people around you.
- **Appear confident.** You are less likely to become the victim of an attacker.
- **Wear your name badge** at all times.
- **Limit wearing articles that could be used as weapons: earrings, bracelets, ties, and/or stethoscopes.**
- **Always be aware of the visitors** in the hospital. If you see someone loitering for no apparent reason, politely approach the person and ask them who they are, where they are going and make a mental note of their description. Please call Security to let them know about the incident.

Violence in the Healthcare Setting



STAMP

STAMP is a tool that helps you **recognize that a person may become violent**

- **S** – staring and eye contact.
- **T** – tone and volume of voice.
- **A** – anxiety or agitation.
- **M** – mumbling.
- **P** – pacing.

Tips for Dealing with Impending Violence

- Understand the mindset of the potentially violent person.
 - The person posing danger is in crisis due to some "triggering" event and is operating outside the bounds of acceptable behavior in both word and action.
 - Be aware of the INDIVIDUALITY OF EMOTION. Not all people will act the same to every situation.
 - Be aware that the person is acting on **perceptions that are REAL TO THEM.**
 - The person has a compelling need to communicate his grievance to someone now! DO NOT PUT IT OFF!

Recommendations for Employees

- Evaluate each situation for potential violence when you enter a room or begin to relate to a patient or visitor.
- Be vigilant throughout the encounter.
- Don't isolate yourself with a potentially violent person.
- Always keep an open path for exiting-don't let the potentially violent person stand between you and the door.

Recommendations for Employees, cont.

- Remove yourself from the situation.
- Call security for help or **4444 for emergencies**.
- Present a calm, caring attitude.
- Don't match the threats.
- Don't give orders.
- Acknowledge the person's feelings (for example, "**I know you are frustrated**").
- Avoid any behavior that may be interpreted as aggressive (**for example, moving rapidly, getting too close, touching or speaking loudly**).

Take the Moral “High Road”

- Establish an atmosphere of cooperation.
- Do not display anger, fear or anxiety.
- Talk in a **calm voice, lower and slower than the angered person.** YOU set the example.
- Understand that angry outbursts on the part of that person can have a positive affect. It allows him to vent negative feelings and thereafter begin to defuse.
- Be absolutely truthful in any discussion with the person. To lose credibility at this stage can be catastrophic.

Five DON'Ts

- Don't ignore the agitated person or avoid him.
- Don't threaten or demand obedience.
- Don't argue or become defensive or judgmental.
- Don't laugh, move suddenly, make threatening gestures, or invade his personal space.
- Don't try to handle a dangerous situation alone.

Remember:

- **Their perceptions are their reality.** Do not argue with their perceptions.
- **Do not play down the importance** of the person's concerns however seemingly insignificant they are to you.
- If you talk at all, **ask questions that call for long, narrative answers.** This does two things:
 - You assure the agitated party that you want to hear ALL he has to say
 - Assists in the defusing process.
- **A person in crisis will only respond favorably to someone who is:**
 - **Willing to listen**
 - **Understanding**
 - **Worthy of Respect**
 - **Non-threatening**