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
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Eyewash stations are located in:

- Laboratory
- Maintenance
- Boiler Room
- Food Services
- Pharmacy
- Emergency Department ABG room
- MPS3
- Cancer Center
- SPU
- ABG room on 4\textsuperscript{th} 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

DANGER!

MRI ZONE IV

Screened MRI Patients Under Constant Direct Supervision of Trained MRI Personnel Only

Z&Z Medical, Inc   www.zzmedical.com   800-410-9575
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