

Workplace Time Loss

by Craft Chiropractic Associates, PC

Injuries to workers cost an employer in many ways. The initial loss to the employer is in lost productivity. Also to be considered is the cost of training the replacement worker. Always in the back of an employer's mind is the responsibility that too many injuries may result in high workman's compensation premiums.

Keep in mind that employees can be lost through non-employment related injuries. These losses still can be a significant financial burden to an employer.

If your business has not experienced hardship due to the injury of a worker, you are very fortunate. Consider the following facts.

☛ 20% of nursing home workers will be injured per year. These workers experience one of the highest frequencies of injury.

☛ 85% of workers entering the workplace at 16 years of age will suffer a disabling low back injury. A disabling injury is one that results in time lost from work.

☛ 23% of workplace time loss involves slips and falls. The causative factor for the majority of disabled low back patients I treat is lifting.

☛ Once the first disabling low back injury is experienced, the re-injury rate is doubled. After the second injury, the re-injury rate is tripled. If a third injury is suffered the re-injury rate is 100%.

To protect their workers from injury and to minimize injuries, some employers have instituted back schools as part of their worker's training. For back schools to be effective, the trainees must comply with what they have been taught.

Worker turnover is always a concern so refresher training is suggested every 90 days. Back schools must emphasize the whole person. Lifestyles, nutrition, and stress management are integral components of training.

Back braces have been used for some time with varying success. These braces can only help if worn correctly. They should be worn over your clothes, evenly distributed over the waistline. The brace is to be worn loosely and cinched tighter to bend, lift, carry, or do overhead work. When the task is completed loosen the brace.

Studies have shown that consistently wearing the brace tight over a prolonged period of time will cause the back's supportive musculature to atrophy and subsequent injuries are extremely resistant to resolution.

Some employers will screen workers. Pre-employment and pre-placement physical screening can be of benefit to both the employer and employee. There are five times more injuries to non-screened workers than screened workers. There is 27% more time lost among non-screened workers than screened workers.

A very simple way that an employer can reduce injuries within the workforce is to "size match" workers. Team workers should be matched with compatible height and reach capacity. Generally, females are taller from the hips to the shoulders and males taller from the hips to the floor.

Small and medium-sized businesses often are heavily burdened by the direct and indirect cost of work-related injuries. Make our suggestions part of your job training. It has been said, "Workers are the greatest asset a business can have." ☆

"the IRS wants to know what?"

It's okay. We can interpret. We're open all year long to help interpret a letter from the IRS, amend a return, offer advice and more. You can even take advantage of our tax check-up. Just call 1-800-HRBLOCK or visit us at hrblock.com for the office nearest you. Because when the IRS starts talking, it's nice to have someone who speaks the language.

75 Center St., Ellenville, NY 12438
845-647-6980

H&R BLOCK

On the Road Again

It's time for a "litter" hike up Rte. 52 with the *Shawangunk Trail Alliance*. Friends and neighbors in the Town of Wawarsing will be gathering on **Saturday, October 4th** to clean their adopted highway – four miles going up the mountain, between Ellenville's eastern boundary and the turn to Cragmoor. We will meet by **8:30 AM** in the parking lot on **Berne Road**, behind *Kimble Hose Fire Co.*

We will conduct a short safety briefing and hand out DOT headgear, vests, and garbage bags. During the briefing, each volunteer must sign the safety signature sheet indicating you were present at the safety briefing. In addition to the sign-up sheet, each person is required to sign a liability release form. Those under 18-years-old must have the signature of a parent or guardian and be accompanied by an adult.

Following the meeting, participants will be transported by van to various points on the road. We are planning to finish by 12 noon. If you will be attending, be sure to wear long pants, long-sleeve shirt, heavy workshoes, and gloves. The rain date is Sunday, October 5th at 8:30 a.m. For more information, phone **647-7902**. ☆

LIGHTHOUSE DELI

EAT IN - TAKE OUT

Hot Foods
Sandwiches
Homemade Salads,
Pies, Muffins,
Hot Soups

BREAKFAST • LUNCH • DINNER
DAILY LUNCH & BREAKFAST SPECIALS

PLATTERS AVAILABLE

Cold Cut • Wing • Vegetable
— 2 • 4 • 6 ft. Subs —
(Boar's Head)

210-1402
FAX 210-1207

107 Canal St., Ellenville, NY 12428

M-F 5:30am-7pm • Sat 6am-6pm • Sun 8:30am-4pm