



# Safety Net(work)

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## Safety Spotlight:

National Electrical Safety Month

## Five Minutes for Safety:

Heat Safety Awareness Day

## Quote of the Month:

“At any moment, the decision you make can change the course of your life forever.”

-Anthony Robbins

## Workers Comp

Claims FY14 YTD	Claims FY15 YTD
2,289	2,157
Lost Time FY14 YTD	Lost Time FY15 YTD
571	416



The Heinrich 300-29-1 Model

## Preventing Major Injuries

As shown in Heinrich 300-29-1 Model above, it is proposed that for every one major injury, 29 minor injuries and 300 no-injury accidents occur. Heinrich considered a major injury as one that required reporting to a workers compensation insurer. A minor injury would be considered first aid and no injury would be a near miss.

Webster’s Dictionary defines a “near miss” as “A result that is nearly, but not quite, successful.” When it comes to accidents, it means that a serious accident almost occurred.

Someone trips over an item left in the walkway, but doesn’t fall. Two emergency response vehicles almost collide at an intersection. A tool is dropped, but toes are missed...this time.

According to the Bureau of Labor Statistics, 4.2 million recordable injuries occurred last year. If we multiply each injury by 300, the result is 1.2 billion near misses a year. This equals about 9.5 near misses per worker. So what does this tell us about accidents? By reducing the number of near misses, probability shows less chance for a major accident.

The same factors that cause accidents cause near misses:

- Unsafe Acts (88% of workplace accidents); such as unsafe lifting, not wearing personal protective equipment, not following procedure, untrained task, not reporting hazards or taking a shortcut, etc.
- Unsafe Conditions (10% of workplace accidents); such as defective tools, equipment failure, poor housekeeping, no SDS’s etc.

**Please do the right thing. Immediately report near misses to your Supervisor before they become accidents.**

[Who Was HW Heinrich, What Did He Do and Why Should You Care?](#)

**In This Issue:**  
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Over-The-Counter Pain Relievers

# Over-The-Counter Pain Relievers

## Consumer Safety

United States Consumer Product Safety Commission

## Contact Us

<http://www.doa.state.wi.us>

## E-Mail

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Please see National Safety Council Infographic (*hyperlinked – click on to enlarge*) below explaining why over-the-counter pain medicines work better for acute pain than prescription opioid pain killers (Please Note: All medications must be used only after careful consideration and balancing of their risks and benefits):

### Mathematics of Pain Relief

Healthcare providers wrote **>259 MILLION** prescriptions for **OPIOID PAINKILLERS** in 2012.

Rx \_\_\_\_\_



**Drug overdose – mostly from painkillers – now kill more people than car crashes.**

Overdose vs. Auto fatalities



### Over the counter or prescription: What's most effective?

The most effective pain relief combination: **200mg** of ibuprofen + **500mg** of acetaminophen

**Opioid painkillers may not always be the best way to treat acute pain.**



One study **compared** the effectiveness of **over-the-counter and prescription pain meds.**

**You need to add:**

**1000 mg + 10 mg**  
acetaminophen    oxycodone  
to make oxycodone  
**AS EFFECTIVE AS**







**provides as much pain relief as a 10 mg morphine shot**

### Getting better pain relief

When people get **half their pain reduced**, they start **feeling better** and **can do more.**

We can tell how effective medication is based on how many people taking it feel better. This metric is called **Number Needed to Treat (NNT)**.

Ibuprofen + acetaminophen	Oxycodone
NNT score of 1.5	NNT score of 4.6
Got Relief 	Got Relief 
Did Not Get Pain Relief 	Did Not Get Pain Relief 

A low NNT means the medicine is more effective.

HOW EFFECTIVE IS YOUR PAIN MEDICATION?	NNT SCORE
Ibuprofen 200mg + Acetaminophen 500mg	1.5
Diclofenac 200mg	1.7
Ibuprofen 200mg	2.5
Morphine 10mg IM	2.7
Oxycodone 10mg + Acetaminophen 1000mg	2.7
Acetaminophen 500mg	3.5
Oxycodone 15mg	4.6

### What can you do?

Explore alternatives to opioid painkillers

Use the smallest amount of opioid painkillers for the **fewest number of days**

Download the white paper:  
[nsc.org/painmedevidence](http://nsc.org/painmedevidence)





**nsc.org**



Additional National Safety Council White Paper Reading:  
[Evidence for the Efficacy of Pain Medications](#)

[Psychological & Physical Side Effects of Pain Medications](#)