



Safety Net(work)

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Safety Spotlight:

National Fireworks
Safety Month

Five Minutes for Safety:

UV Safety Month

Quote of the Month:

“A clever person solves a problem. A wise person avoids it.”

-Albert Einstein

Workers Comp

Claims	Claims
<u>FY14 YTD</u>	<u>FY15 YTD</u>
2,776	2,616

Lost Time	Lost Time
<u>FY14 YTD</u>	<u>FY15 YTD</u>
672	511



In This Issue:

Slip, Trip & Fall Prevention

Healthy Lifestyle

Slip, Trip & Fall Prevention – 1 in 158

The lifetime odds of an accidental fall resulting in a fatality – 1 in 158. The National Floor Safety Institute was founded in 1997 as a non-profit organization with the mission to aid in the prevention of slips, trips and falls through education, research and standards development (Ctrl Click on NFSI logo above to hyperlink to web site).

NFSI Quick Statistics:

- Falls account for over 8 million hospital emergency room visits, representing the leading cause of visits (21.3%). Slips and falls account for over 1 million visits, or 12% of total falls.
- Fractures are the most serious consequences of falls and occur in 5% of all people who fall.
- Slips and falls do not constitute a primary cause of fatal occupational injuries, but represent the primary cause of lost days from work.
- 22% of slip/fall incidents resulted in more than 31 days away from work (US Bureau of Labor Statistics (2002).
- Slips and falls are the leading cause of workers' compensation claims.
- Half of all accidental deaths in the home are caused by a fall. Most fall injuries in the home happen at ground level, not from an elevation.
- Incidence of falls goes up with each decade of life.

In effort to reduce slip, trip and fall injuries for State of Wisconsin employees, the Bureau of State Risk Management & UW System Risk Management partnered in producing a continued statewide prevention campaign. The five part series includes flyers/posters focused on prevention tips with respect to winter, ladder, stair/step, footwear and hazard recognition. Please look forward to a fully consolidated slip, trip and fall prevention resource manual at the Fall State Risk Management Conference.

BSRM Quick Statistics:

- Slip, trip and falls are the leading cause of worker's compensation claims for state employees over the past ten years. Over the same time period, the state averaged 629 slip, trip and fall claims per year.
- Slip, trip and falls are the leading worker's compensation expense driver for state employees over the past ten years. Over the same time period, the state averaged \$4.1 million spend per year on slip, trip and fall claims.

Updated statistics show it may actually be 1 in 144 (Ctrl Click on NSC hyperlink below):

[National Safety Council Injury Facts Chart - What are the odds of dying from...](#)

Consumer Safety

United States Consumer Product
Safety Commission

Contact Us

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

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Healthy Lifestyle

The Centers for Disease Control and Prevention (CDC) uses the term obesity with respect to a range of weight that is greater than what is generally considered healthy for a given height. For adults, ranges are determined by using weight and height to calculate a number called the “body mass index” (BMI). An adult who has a BMI of 30 or higher is considered obese (Ctrl Click on Apple image below to hyperlink to an example BMI table).

CDC Adult Obesity Facts:

- More than one-third (34.9% or 78.6 million) of U.S. adults are obese.
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.
- The estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008 U.S. dollars; the medical costs for people who are obese were \$1,429 higher than those of normal weight.

The key to achieving and maintaining a healthy weight is a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.

A healthy eating plan that helps you manage your weight can include a variety of foods such as fresh fruits, fresh vegetables, calcium-rich foods such as low fat yogurt as a dessert substitute and baking or grilling favorites versus frying.

Regular physical activity is especially important when trying to lose weight or to maintain a healthy weight. Physical activity increases the number of calories the body uses for energy or “burns off.” Burning calories through physical activity combined with reducing amount of calories consumed creates the “calorie deficit” resulting in weight loss. Most weight loss occurs from the calorie intake decrease; however, evidence shows the only way to maintain weight loss is from engaged regular physical activity. Most importantly, physical activity reduces risks of cardiovascular disease and diabetes beyond the benefits of weight loss reduction alone.

According to the Physical Activity Guidelines for Americans, adults gain substantial health benefits from two hours and 30 minutes a week of moderate aerobic physical activity, and children benefit from an hour or more of physical activity a day.

<http://www.cdc.gov/media/subtopic/matte/pdf/031210-Healthy-Weight.pdf>

Exercise Caution: When to check with your doctor first:

<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20047414>

Additional Healthy Lifestyle Information:

www.healthfinder.gov

<http://www.health.gov/paguidelines>

<http://www.cdc.gov/physicalactivity>

<http://www.cdc.gov/healthyweight/>

<http://www.cdc.gov/obesity/>

