

Natividad Medical Center

Safety Matters @ Natividad!

Initial Safety Program Observations

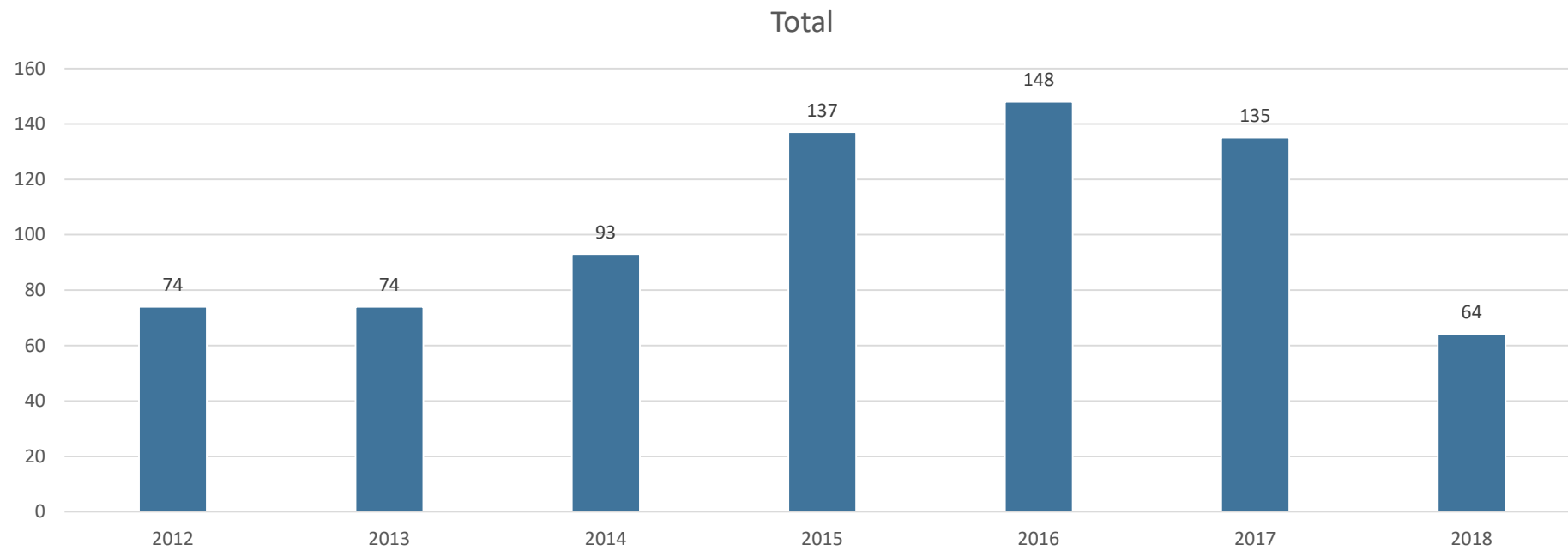
Worker Safety Culture

Staff feel an ethical duty to “Do no harm” to patients

Injuries trending in departments with similar work environments

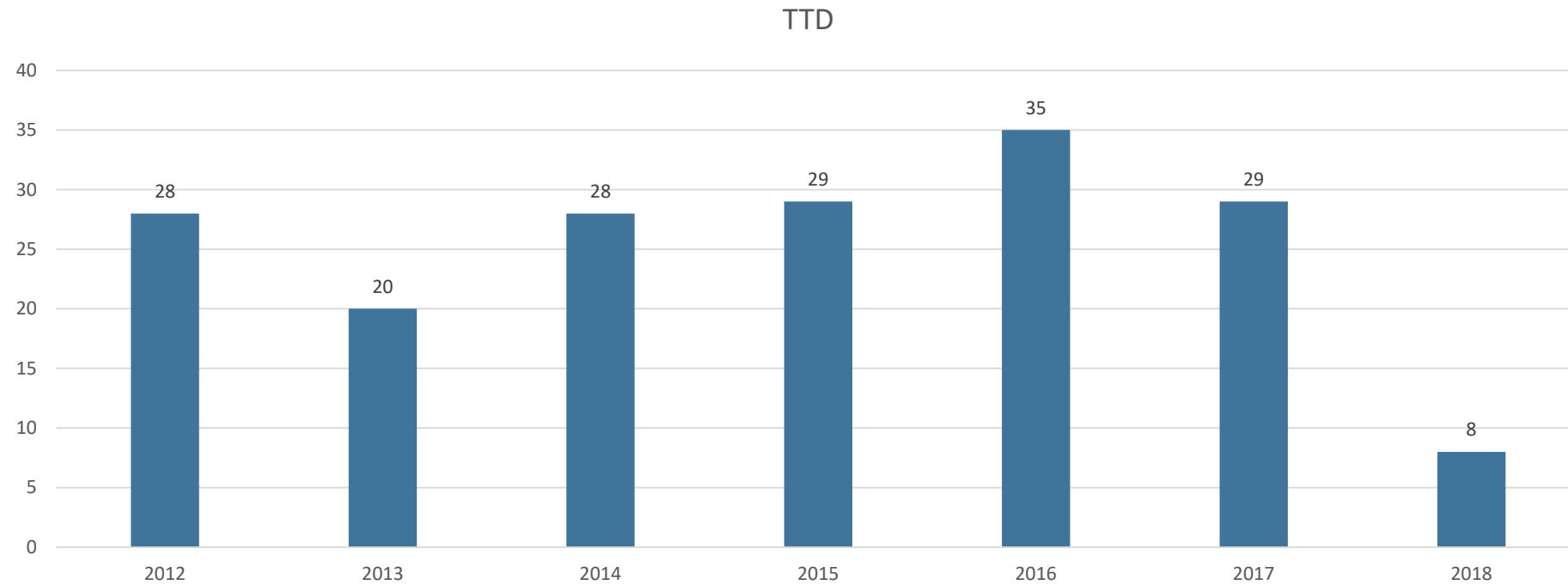


Injury Statistics FY 2012-2018



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Lost Time Claims FY 2012-2018



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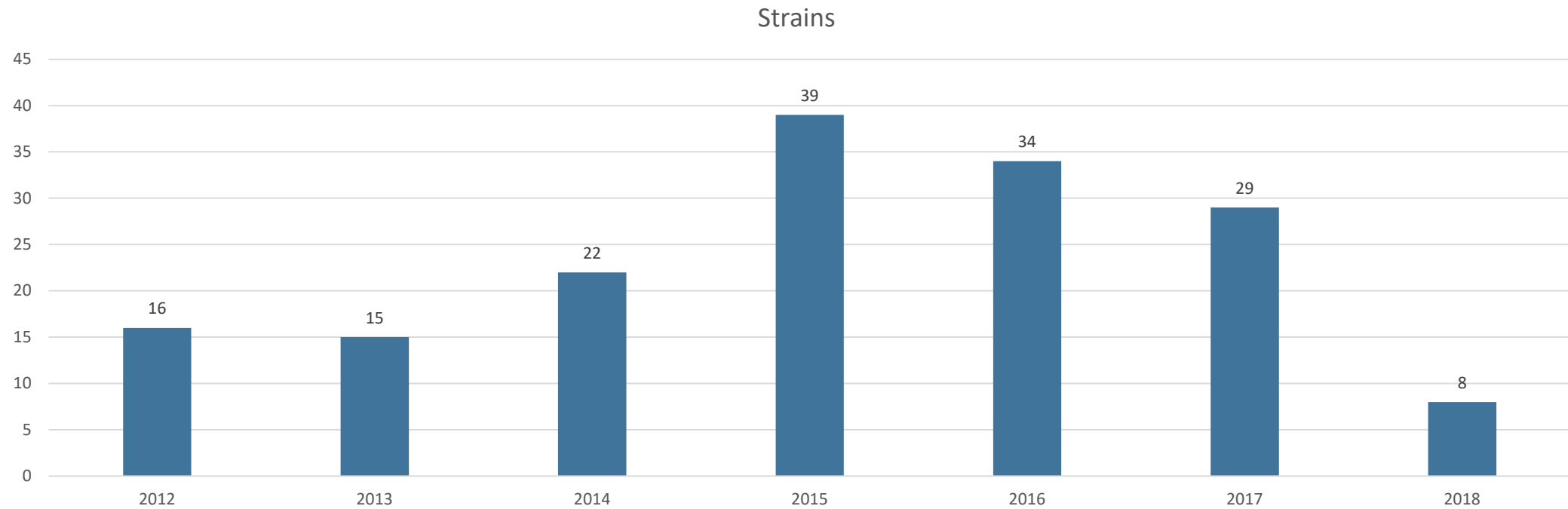
Injuries

Most Common Injuries:

- Strains
- Struck by
- Falls, Slips, or Trips
- Cut, Puncture, or Scrape



Strain Injuries FY 2012-2018



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Communication

Safety Newsletter

Updated Health and Safety Website

Staff Meetings/Trainings

Relocating to a more prominent location

Employee Positive Reception



Health Matters @ Natividad!

Be Aware of Your Surroundings

Distracted Walking is Dangerous Walking!

Safety tips:

- Don't use your phone while walking. If you must use your phone, stop walking and stand your feet, take your call, etc.
- If you use headphones or other electronic devices, maintain a reasonable volume so that you can hear the sounds of traffic and be alert to your surroundings.
- Focus on the obstacles or people around you.
- Look up when walking, not down.
- Assess your workspace or any new surroundings.
- Cross at appropriate areas such as crosswalks and sidewalks.
- Report hazards.

Healthy Snacking

Summer is a busy time for many of us. While traveling, it may be easier to make fewer healthy choices for snacks on-the-go. Whether you don't have the time to prepare healthy snacks, or don't have the willpower to fight cravings for those crunchy chips, liquid calories, or sweets, give these snack recommendations below a try.

Manchitos that crunch:

- Apples and pears
- Carrot and celery sticks
- Bell pepper slices
- Zucchini or cucumber circles
- Roasted chickpeas
- Roasted and cauliflower florets
- Peppercorns (It's a whole grain! Who knew?)
- Rice cakes and whole-grain crackers
- Nuts and seeds (Use those good fats!)

Snacks to curb your sweet tooth:

- Canned fruit (in natural juice or light syrup)
- Thin slice of angel food cake or homemade banana nut bread
- Baked apple
- Raisins, dates, figs and other unsweetened dried fruits
- Frozen bananas
- Frozen grapes
- Fresh fruit salad (Use your imagination and get creative when choosing fruits.)

Snacks that are guaranteed to fill you right up:

- Whole-grain toast with peanut or almond butter
- Cherry tomatoes with hummus
- Low-fat or fat-free cheese
- Plain low-fat or fat-free yogurt (An awesome pairing with fruit!)
- Fruit and veggie smoothie
- Whole-grain crackers with canned tuna or salmon

Snacks to curb your sweet tooth:

- Plan or sparkling water (Not glam enough? Add some fruit and herbs to it!)
- Fat-free milk or plain soy milk
- Unsweetened tea or coffee
- 100% fruit juice (Stick to a small glass.)
- Low-sodium tomato or meat vegetable juice

Let's help keep everyone safe.

Report hazards such as:

- Tripping hazard
- Spills
- Uneven walking surface
- Poor lighting

Call 877-631-5718

Submit a Q&A through Verge on the employee event icon.

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We'd be thinking if we didn't remind you to check out the nutrition label and choose wisely when shopping. Watch for sodium, sugar and salt and try making healthier versions of packaged snacks at home so you can choose the ingredients.

The content above can be found on the AHA website at www.healthylifeatwork.org/add-color/articles/healthy-snacking

Workplace Violence Prevention Program

Created Workplace Violence Incident Log

Investigation Log

Reporting Incidents to CAL/OSHA

Assisting in creating the Workplace Violence Prevention (WVP) Plan



Ergonomics

Office Workstations

Updated the Ergonomic Website with additional resources

Training

Safe Patient Handling

Specialized lifting teams



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Slips, Trips, and Falls

Hazard Identification

Non-Slip Shoe Policy/Program

Training & Awareness



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Needle sticks

Devices with better safety features

Sharps Injury Log



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Personal Development

Non-Violent Crisis Intervention Training

American Society of Safety Engineers Conference

Workplace Violence Prevention Webinar– American Society for Healthcare Risk Management

Safe Patient Handling Training

Infant Abduction Response Plan



Thank you!

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