Injury and Illness Fiscal Year End Review
Statistics
FY17 Summary, Takeaways, and Recommendations
This information will be provided on an annual basis.

These statistics reflect injury data as of 9/30/17.

Please share relevant information within your Area/Division.

Contact Melanie Alexandre, mmalexandre@lbl.gov or x6840.
Definitions/Terminology

**First Aid Cases** involve one-time, short-term treatment and requires little technology or training to administer. First aid can include cleaning minor cuts, scrapes, or scratches; treating a minor burn; applying bandages and dressings; the use of non-prescription medicine; draining blisters; removing debris from the eyes; massage; and drinking fluids to relieve heat stress.

**Recordable Cases** involves medical treatment **beyond** first aid such as: providing therapy; prescription medications (or use of a non-prescription drug at prescription strength); using wound closing devices such as surgical glue, sutures, and staples; using any devices designed to immobilize parts of the body; and administration of oxygen as well as an injury that causes death, days away from work, restricted work or transfer to another job, or loss of consciousness.

**Total Recordable Cases (TRC)** All recordable injuries including: all work related deaths, illnesses, and injuries which result in treatment beyond first aid, loss of consciousness, work restrictions, and/or transfer to another job (permanent/temporary). Examples include: thermal and chemical burns; cuts, abrasions and punctures; fractures/ broken bones; respiratory irritations; hearing loss; amputations; and sprains or strain.
**Definitions/Terminology**

*Days Away, Transferred, or Restricted (DART) Cases* are all Recordable Cases that have days away from work, transferred work (employee able to return to work, but not perform routine work), and/or restricted work that allow employee to return to routine work with reasonable accommodations.

- **Days Away**—Injury prevents employee from returning to work for one or more day(s).
- **Transferred/Restricted**—Injury prevents an employee from performing one or more of their routine job junctions or from working the entire workday.

Berkeley Lab strives to reasonably accommodate injured workers and reduce the amount of days away. Various studies illustrate benefits to employees *and* employers in returning employees to work asap after injuries.
Executive Summary of FY17 Injury and Illness Data

- Decreased # DART and Days Away cases; resulting in lower severity rate
- Increase in TRC rate (frequency) and slight decrease in DART rate (severity)
- Efforts to reduce days away from work are showing improvements:
  - Integrated Injury Reduction Operations Pilot Program within Facilities Division
    - Facilities represents an average of 50% of Total Days Away Cases; FY17 saw reduced days away from work
  - Safety Culture and Communications Working Group focus on Slips, Trips & Falls (STF) Injuries
    - Slip, Trip and Fall injuries are #1 severe injury at the lab (based on # of days away)
    - Slips, Trips and Falls represent an average of 35% of Total Days Away Cases

Facilities Division: Lost Work Day Totals

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<tr>
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<th>FY14</th>
<th>FY15</th>
<th>FY16</th>
<th>FY17</th>
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<tbody>
<tr>
<td>Total</td>
<td>1641</td>
<td>641</td>
<td>505</td>
<td>386</td>
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Slips, Trips and Falls Lost Day Totals

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<th>FY14</th>
<th>FY15</th>
<th>FY16</th>
<th>FY17</th>
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<tbody>
<tr>
<td>Total</td>
<td>803</td>
<td>374</td>
<td>428</td>
<td>238</td>
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Recommendations for FY18

• Supervisors have an important role in helping successfully transition employees back to work by accommodating work restrictions.
  - Work with Health Services and Human Resources Return-to Work Program to say ‘yes’ to being able to ‘reasonably’ accommodate injured employees.
• Continue to focus safe efforts on Slips, Trips, and Falls and Facilities Division injury reduction
FY17-All First Aid & Recordable Injuries N=131
76 First Aid and 55 Recordable Cases

Top Two Injuries for all First Aid & Recordables:
Struck by/Against & Slips, Trips, and Falls

44% of all injuries at the lab are Recordable
FY17 Recordable Injuries

Total Recordable Cases (TRC) N=55

Top Three Recordable Injuries:
- Slip/Trip/Fall
- Ergo Exposure Computer
- Struck by/Against

Ergo Injuries (all 3 categories) = 18 TRC

Days Away, Restricted, Transferred (DART) Cases N=15

Ergo Exposure Computer = zero DART injuries!
12 Cases Resulted in a Total of 771 Days Away from Work

Days Away Cases Summary:
Slips, Trips and Falls account for highest amount of Days Away from work
25% of Recordable Cases have Days Away from work
Most DART cases (82%) have one or more Days Away from work
Two Injuries resulted in high amount of lost work days: 321 Lost Days!

Case management and reasonably accommodating employees to come back to work can facilitate a reduction in # days away from work!
ISM Analysis/Trends for Specific Injury Categories

![Hierarchy of Controls Diagram](image)

- **Elimination**: Physically remove the hazard
- **Substitution**: Replace the hazard
- **Engineering Controls**: Isolate people from the hazard
- **Administrative Controls**: Change the way people work
- **PPE**: Protect the worker with Personal Protective Equipment
Slips, Trips & Falls (STF) continue to account for a high amount of our severe injuries

What can you do?
1. Report unsafe conditions
   - This past year defective handrails, uneven walkways, defective steps, and debris were identified as contributing to STF injuries
2. Hold handrails
3. Always have one hand free
4. Do not hold objects that obscure your view of your feet and/or steps
5. Do not look at phone
6. Good housekeeping such as cleaning up any spills or debris on the floor can prevent slips and falls.
7. Be aware of surroundings
8. ‘Stop and Talk’ with someone you observe not walking safely
   - “I care about your safety”
Struck by/against injuries typically involve items falling, bumping, or striking against a body part

What can you do?

1. ‘Stop and Talk’…
   - Communication and coordination of employees working together to handle an object together; especially when lifting or lowering objects
   - Safe work planning should include considerations for any potential hazards to the hands; especially when doing ‘team lifts’ that require good coordination and communication.

2. Conduct a pre-job discussion to explore what could go wrong and how to prevent potential problems…

3. Know your limits and know when to get help… be okay to do a ‘work pause’. Division Safety Coordinators are a great resource!

4. Look to potential pinch points and obstructions; especially when working in spaces with limited clearances.

5. When moving items inspect for loose parts; remove or secure them to prevent them from falling during transport

6. Determine if protective gloves may be needed.
   - Example: cut resistant gloves when interacting with sharp/jagged items
**Office**

Report early; at first signs of symptoms.

- 88% of injuries were reported *after* two weeks or more of having symptoms. Many of these injuries required medical treatment in order to resolve discomfort.

Safe planning and prioritizing of work load to meet project deadlines are key factors in preventing these types of injuries.

Avoid working directly on laptops. Use external mouse, keyboard, and monitor/laptop stand.

**Lab/Work Process**

Ensure adequate work planning controls especially when there are:

- Routine work variances
- Equipment changes
- Changes to frequency & duration of task performance
- Prolonged awkward body positions & postures i.e. working overhead, bending, or reaching away from body

**Material Handling**

Ensure there are adequate controls when conducting heavy or awkward lifting & carrying for routine and non-routine tasks
Lab & Chemical Related Injuries

What can you do?

1. Ensure all potential hazards are fully analyzed and controlled
   - Determine when work changes may require additional safety control measures
   - Be able to recognize when small changes may need to be further analyzed, e.g., when scaling up a process
   - Compare multiple procedures and make safety a key consideration in the decision making process

2. When employees are performing new tasks for the first time this is a good time to ‘Stop and Talk’.
   - Ensure adequate training, on-the-job training, and/or supervision for safe work methods and practices

3. If unsure… ask a co-worker or supervisor; especially when changing a procedure such as substituting a chemical or process, e.g., when changing a precursor or using a different temperature

4. Vigilant use of proper lab PPE can prevent serious injuries such as chemical splash to the face.
1. Non-QEW employees hazard recognition in ISM.
   ▪ This is a noted issue with end of year demolition with R&D projects.

2. Implementation of Lock Out-Tag Out procedures for employees and vendor subcontractors continues to be a high risk. This requires an integration of institutional safety approach.

3. Dry hand contact with 120 volt plug prongs continues to be an issue complex wide.

QEW= Qualified Electrical Worker