

GENERAL MEMBERSHIP MEETING

Wednesday, March 18, 2009, 11:30 a.m. - 1:00 p.m., **Golden Corral (3251 32nd Ave S, GF)**
"Blood Pressure - New guidelines, factors that contribute to hypertension, how to treat it and how to live with it", Dr. Matthew Viscito, Family Physician, Family Med. Assoc., Aurora Medical Park

Safety Pays for Everyone

Why should you put the effort into improving workplace safety and health?

Work-related injuries, illnesses and deaths are costly to everyone. A safe and healthy work environment pays, in more ways than one.

In Maine each year about 17,000 workers lose time from work because of job-related injury or illness. The National Safety Council estimates the average cost of a lost-time injury to be \$33,000 in 2002. That's \$561,000,000 wasted each year in Maine alone.

At \$170 billion a year nationwide, the direct and indirect costs of work injuries and illnesses equal those of cancer, according to the National Institute for Occupational Safety and Health.

These are only financial costs. There's no way to know the value of the quality of life lost to injuries and illnesses.

For Workers

Work injuries and illnesses can affect every aspect of life for workers and their families.

For workers, injuries or illnesses can cause:

- Loss of life → Pain and suffering → Loss of income and financial well-being → Stress on relationships → Loss of job or career → Health-care costs beyond what is covered by insurance.

Workers may also suffer from low self-esteem, loss of independence, mental health problems, other medical problems, and damaged relationships.

For Employers

A safe and healthy workplace not only protects workers from injury and illness, it can also lower injury/illness costs, reduce absenteeism and turnover, increase productivity and quality, and raise employee morale. In other words, safety is good for business. Plus, protecting workers is the right thing to do.

Employers can save \$4.00 to \$6.00 for every dollar spent on a safety and health program. Workplaces with successful safety and health management systems reduce injury and illness costs 20-40%, according to OSHA.

For a small business, one injury can mean financial disaster. Costs to a business include:

- Production losses → Wages for work not performed → Increased workers' compensation insurance costs → Damage to equipment or machinery → Hiring and/or training new employees → Decline in product quality → Decline in worker morale → High turnover and lost work time

The cost of workplace injuries, illnesses and deaths is much greater than the cost of workers' compensation insurance alone. Insurance is just the tip of the iceberg when it comes to these costs.

73% of Maine business people surveyed in 2003 believe a comprehensive safety and health program reduces workers' compensation insurance rates and improves the work environment. Over 80% believe it reduces overall injury expenses.

Safety Pays for Everyone

The cost of injury prevention is far less than the cost of an injury. A safe and healthy workplace attracts and retains quality employees. It's an asset to a community, operates more efficiently and enjoys a healthy bottom line. The business and the workers thrive in a safe, healthy, respectful and caring environment

Safe and healthy workplaces:

- Have more satisfied, productive workers who
 - Produce higher quality products and services
 - Return to work more quickly after an injury or illness
 - Feel loyal to the organization
- Are better places to work
- Retain employees
- Establish positive community relations

[info found at www.safetyworksmaine.com/safe_workplace/safety_pays.html]

BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH/6:00-8:00 PM. GRAND FORKS PARK DISTRICT, 1210 7TH AVENUE SOUTH
NEXT MEETING → April 2nd

- A SPECIAL THANK YOU TO OUR GAME SHOW HOST "CAROL GIERSEWSKI"
- As you prepare to *spring forward*, please mark your calendars for the 3rd Wednesday of each month as we have some **GOOD PROGRAM TOPICS** planned for our upcoming GM meetings!

BOARD MEMBERS

Carol Gierszewski (President)
Steve Harken (Vice President)
Tim Bailly (Treasurer)
Tracy Cameron (Secretary)
Todd Brady ♦ Wayne DeVoe
Robert Hewitt ♦ Cedric Masa ♦
Eric Pearson ♦ Annette Shane ♦ Joe Strang

COMMITTEES

Communication Committee

(Linda Wiley, Carol Gierszewski, Bonnie Knutson, Annette Shane)

- Everyone who has paid their 2009 membership dues should have received a new "Certificate of Membership" with the expiration date of January 2010 listed. If you have not received yours, please contact us at info@nosha.net
Thank you.

Education Committee

(Bonnie Knutson, Pat Balstad)

(Upcoming GM Meeting Presentations)

- **April 15, 2009**
- "Financial Security in a Time of Crisis", Lon Gulberg, American Federal Bank, East Grand Forks
- **May 20, 2009**
- "Drug and Alcohol Awareness", Robin Turner, Global Safety Network

Membership Committee

(Davis Hoverson)

★ 60+ MEMBERS STRONG..... and GROWING!

NOSHA is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals and ideas to promote workplace safety.