

## GENERAL MEMBERSHIP MEETING

Wednesday, May 19, 2010 - "Safety BINGO", FUN & SAFETY ALL IN ONE!

### FOOT NOTES...Why is foot comfort important?

As the old saying goes, **"When your feet hurt, you hurt all over."**

There are two major categories of work-related foot injuries. The first category includes foot injuries from punctures, crushing, sprains, and lacerations. They account for 10 percent of all reported disabling injuries. The second group of injuries includes those resulting from slips, trips and falls. They account for 15 percent of all reported disabling injuries. Slips and falls do not always result in a foot injury but lack of attention to foot safety plays an important role in their occurrence.

These two categories of foot injuries, however, do not exhaust the whole range of foot problems at work. There are also other conditions such as calluses, ingrown toenails or simply tired feet that are common among workers. Although these may not be considered as occupational injuries in the strictest sense, they can have serious consequences for health and safety at the workplace. They cause discomfort, pain and fatigue. Fatigue sets up the worker for further injuries affecting the muscles and joints. Also, a worker who is tired and suffering pain is less alert and more likely to act unsafely. An accident of any kind may result.

### What are some specific examples of workplace foot injuries?

Injuries	Common Causes
Crushed or broken feet, amputations of toes or feet	Feet trapped between objects or caught in a crack, falls of heavy objects, moving vehicles (lift trucks, bulldozers, etc.), conveyor belts (feet drawn between belt and roller)
Punctures of the sole of the foot	Loose nails, sharp metal or glass objects
Cuts or severed feet or toes, lacerations	Chain saws, rotary mowers, unguarded machinery
Burns	Molten metal splashes, chemical splashes, contact with fire, flammable or explosive atmospheres
Electric shocks	Static electricity, contact with sources of electricity
Sprained or twisted ankles, fractured or broken bones because of slips, trips or falls	Slippery floors, littered walkways, incorrect footwear, poor lighting.

Additional hazards for foot injury exist in outdoor jobs such as logging, hydro linework or fishing which involve freezing temperatures, or wetness in low temperature: frostbite and trench foot.

### How can foot injuries be prevented?

There is no workplace where a worker is immune to foot injury. However, the hazards differ according to the workplace and the types of tasks the worker does. THE FIRST STEP in developing a strategy to reduce foot problems is to identify the relevant hazards at the workplace. Such hazards should be assessed in each workplace, no matter how safe or how dangerous it may seem.

**LOOK!**

[[http://www.ccohs.ca/oshanswers/prevention/ppe/foot\\_com.html](http://www.ccohs.ca/oshanswers/prevention/ppe/foot_com.html)]

### BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH/6:00-8:00 PM. GRAND FORKS PARK DISTRICT, 1210 7<sup>TH</sup> AVENUE SOUTH  
**NEXT MEETING → June 3<sup>rd</sup>**

- Our Fall Conference is now in the planning stage – your help is always welcome!

#### BOARD MEMBERS

**Carol Gierszewski (PRESIDENT)**  
**Christin McWaters (VICE-PRESIDENT)**  
**Joe Strang (TREASURER)**  
**Tracy Cameron (SECRETARY)**  
**Todd Brady • Davis Hoverson**  
**Rachel Kmecik • Tim Krile • Eric Pearson**  
**Lyle Ross • Annette Shane**

### COMMITTEES

#### Communication Committee

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

- Visit us at [www.nosha.net](http://www.nosha.net) for the latest updates and announcements!

#### Education Committee

(Bonnie Knutson, Lyle Ross)

(Upcoming GM Meeting Presentations)

- **June 16, 2010**  
- "Safety is Our #1 Priority", Opp Construction, 2010 National 1<sup>st</sup> Place Safety Excellence Award Winner for the AGC!
- **July 21, 2010**  
- Annual Picnic ⇔ 6:00 – 8:00, Riverside Park (1801 1<sup>st</sup> Street North)
- **August 18, 2010**  
- TBD

Anyone interested in showing off your place of business to NOSHA members, please contact either Bonnie Knutson or Lyle Ross to set a date and time for a tour – *This is a great way to share safety ideas and techniques! IT'S ALSO A GREAT LEARNING TOOL FOR ALL OF US!*

#### Membership Committee

(Davis Hoverson, Rachel Kmecik)

★ **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.

**THANK YOU RYDELL GM AUTO CENTER and GRAND FORKS PARK DISTRICT FOR SUPPLYING DOOR PRIZES FOR OUR APRIL GM MEETING!**



**"Safety glasses: All in favor, say "Eye!"**