



# WisCon Words of Wisdom

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## September Awareness Topics

September 3-6: [Respiratory Protection](#)

September 20: [Concussion Awareness Day](#)

September 15-21: [National Farm Safety & Health Week](#)

All Month Long:

[National Recovery Month](#)

[National Preparedness Month](#)

[National Food Safety Education Month](#)

[National Suicide Prevention Month](#)

## Upcoming Webinars

October 29th: [Work-related Asthma](#)

December 17th: [Walking/Working Surfaces—Slips, Trips, and Falls](#)

## We want to hear from you!

What content would you like to see in an upcoming newsletter? Let us know [here](#).

## OSHA's Newest Proposed Rule

On August 30th, OSHA published a proposed rule titled “*Heat Injury and Illness Prevention in Outdoor and Indoor Work Settings*” in the Federal Register. This proposed standard would apply to all employers conducting indoor and outdoor work in general industry, construction, maritime, and agriculture sectors where OSHA applies. Although, there are some exceptions. This rule seeks to require employers to develop an injury and illness prevention plan to control heat hazards in those workplaces affected by excessive heat. As part of the plan, employers will need to evaluate heat risks and when heat increases risks to workers, will need to implement protective measures such as providing rest breaks and water to protect employees from the hazardous heat.

For more information on the proposed rule, please visit OSHA’s Webpage: [Heat Injury and Illness Prevention in Outdoor and Indoor Work Settings Rule-making](#).

Currently, OSHA plans to accept comments on this notice of proposed rule-

## Construction Suicide Prevention Week

September is National Suicide Prevention Month, but the week of September 9-13 is specifically [Construction Suicide Prevention Week](#). An annual event that started 4 years ago, Construction Suicide Prevention Week promotes awareness of challenges faced, particularly by construction workers, how the challenges affect mental health, and ways to save lives by reducing the risk of suicide.

How can you aid in prevention? To the extent that you feel comfortable:

- Be aware – When you work closely with someone, you may be able to sense when something is wrong.
- Pay attention – Changes in behavior or mood may signal that someone is at risk.
- Reach out – If you’re concerned, provide a listening ear.
- Take action – If a coworker is in immediate risk, stay with them until additional help arrives.

# Thinking Ergo-logically About Occupational Health

By: Colton Bailey

Occupational ergonomics is a specialized field within ergonomics that focuses on enhancing the health, safety, comfort, and productivity of workers. An ergonomist (pronounced like "economist") tailors or designs workspaces to suit the needs of workers, rather than forcing workers to adapt to work environments not designed with the worker in mind. These adjustments are crucial for preventing musculoskeletal disorders (MSDs) in the workplace. Ergonomic hazards often arise from specific job tasks, such as manual handling, repetitive twisting movements, prolonged awkward postures, and heavy lifting. In fact, work-related MSDs are among the most commonly reported causes of lost or restricted work time. Liberty Mutual Insurance estimates that these injuries cost employers \$12.84 billion annually. Employers have a responsibility to ensure a safe and healthy workplace, which includes creating physically comfortable work environments to reduce the incidence and severity of work-related MSDs. Preventing these injuries is essential for maintaining productivity and minimizing work absences. Here are some steps employers can take to protect workers from ergonomic injuries:

1. Early Reporting—Encourage workers to report injuries or discomfort early, before they worsen. Early intervention can reduce the severity of injuries and prompt preventive measures to avoid further harm.
2. Worker Involvement—Actively involve workers in worksite inspections and solicit their feedback on workstation improvements. This collaboration can help identify hazards and reduce exposure, leading to a safer workplace.
3. Promote Movement—Encourage workers to take short

breaks every 15 minutes to stretch, walk, or change positions. This helps improve blood flow and reduces the risk of muscle strains and sprains.

4. Implement Hazard Controls—Modify the workspace to meet the needs of the worker, making it more comfortable and improving productivity.

By following these steps, employers can boost workplace productivity and reduce the time workers need to recover from injuries.

References :



1. Gangopadhyay S. (2022). Occupational Ergonomics: A Special Domain for the Benefit of Workers' Health. *Indian journal of occupational and environmental medicine*, 26(3), 135–139. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9674068/>
2. Chintada, A., & V, U. (2022). Improvement of productivity by implementing occupational ergonomics. *Journal of Industrial and Production Engineering*, 39(1), 59–72. <https://doi.org/10.1080/21681015.2021.1958936>
3. <https://www.osha.gov/ergonomics>
4. <https://business.libertymutual.com/insights/2023-workplace-safety-index/>
5. <https://www.ccohs.ca/oshanswers/ergonomics/office/stretching.html>

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