

# NC Industrial Commission Safety Bulletin

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**"Safety doesn't happen by accident." ~Author Unknown**

**January - 2006**

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Greetings Friends in the Name of Safety:

We would like to take this opportunity to say "Thank You" for your support this past year. We have had a very productive year with over 53,000 employees trained in North Carolina through our services. Our email list has grown, our Regional Workshops have proven to be an effective way of reaching the smaller businesses and we have developed several new partnerships. Beginning in 2006, we will partner with the NC Rural Water Association, offering another series of free workshops throughout North Carolina. Our partnership with the NC Northeast Partnership's Annual Safety Roundtable in the Northeast portion of the State continues to grow. We have hopes to expand our Industrial Safety Course at Western Carolina University to include NC A&T State University and East Carolina University and we are going to rollout a new 10-hour & 30-hour Accident Prevention Certificate Program next year. (See below) Last but not least, we hope to add four new positions by late spring or early summer!

**These exciting additions would not be happening without YOU! We ask that you continue to support our efforts and to be patient as we *S-T-R-E-T-C-H* to meet your safety needs in North Carolina.**

*As always, we continue to update our email list. These mailings are the life-blood for attendance of our Eight Regional Safety Councils and without good contacts; the word will not get out. If you know of someone who might wish to receive these mailings, please send their contact information along to me at [parnell@ind.commerce.state.nc.us](mailto:parnell@ind.commerce.state.nc.us) or to their area Safety Representative as soon as possible. For those of you with SPAM software, you will need to add [brontomail@blast.com](mailto:brontomail@blast.com) to your "ACCEPT ALWAYS" list. Your Internet Provider service can help you with this. If that is not an option, provide us with a personal email address if you have or can create one.*

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**Another little-know service offered by the NC Industrial Commission...**

## **[Workers' Compensation Nurses Section](#)**

### **Introduction**

The North Carolina Industrial Commission Workers' Compensation Nurses Section employs six registered nurses who are responsible for different geographic segments of the state. They have a vast amount of knowledge in the field of rehabilitation medical management for individuals who have received traumatic injuries as well as facilities or individuals available to provide assistance in the

recovery process following injuries. The goal is to assist in recovery through coordination and utilization of professionals, specialized facilities, and community resources in a manner that will help the injured worker advance from disability to ability in a steady, progressive process.

Ongoing rehabilitation case management of injured workers covered by the North Carolina Workers' Compensation Act is provided mainly by Medical and Vocational Rehabilitation Professionals employed in private industry. The Industrial Commission Workers' Compensation Nurse Consultants are available to assist with case management and medical rehabilitation needs in the event difficulties arise in areas such as communication, trust, confusion, misunderstanding, or any other problem that interferes with the ongoing progress of returning injured workers to their maximum physical capabilities. The Industrial Commission Nurse Consultants strive to become temporarily involved in cases to assist with obtaining solutions to problems and prefer that ongoing case management continue to be provided by Rehabilitation Professionals in Private Industry.

The NCIC Nurses Section services are available to anyone who expresses concern for the care they feel injured workers in North Carolina are or are not receiving. Referrals are received from within the Industrial Commission, physicians, insurance representatives, attorneys, patients themselves or anyone else interested in the treatment for injured workers. The service is sponsored by the State of North Carolina and free to those seeking assistance.

**Referral forms from the NCIC Website:**

<http://www.comp.state.nc.us/ncic/pages/rehab.htm#forms> or from the Workers' Compensation Nurses Section by telephone at (919) 807-2616, fax at (919) 715-8231, to the N.C. Industrial Commission, [Workers' Compensation Nurses Section](#), 4341 Mail Service Center, Raleigh, NC 27699-4341.

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Our **Video Library** has been updated. To view current video listings, please [click here](#)

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## Insight...

- There are 293 ways to make change for a dollar.
- Russia has vast water resources, but even so, it is using them in an extravagant manner. Russians use about 500 liters of water per capita per day - vs a European average of 200 liters - and Germany uses only 120!! An aging, leaking infrastructure and inefficient industrial facilities are largely to blame for Russia's profligate water usage.
- About 25 percent of children aged 4 to 11, have an imaginary companion: an invisible friend or one embodied in a toy or stuffed animal. Although many parents try to discourage this in their children, research is now consistently showing that children who have had an imaginary friend, often develop language and cognitive skills at a faster pace than children who do not. Part of this beneficial effect is due to the fact that such children must make up BOTH sides of conversations and activities, hence they get more practice, and are actively engaged in mental activity of the kind most likely to lead to greater linguistic, social and mental skills, for a far greater proportion of time than those who interact only with real persons.

## My Back is Killing Me! (BLR)

Back pains are among mankind's earliest and most enduring afflictions. It has been estimated that two-thirds of industrial workers, and more than half of all office workers, have suffered at least one back injury by age 65.

About 85 percent of the patients one occupational health doctor sees for back problems have strained muscles in their "lumbar" region—the lower back. A specific movement at a specific moment in time, he says, usually sets off lower back pain. Lifting, falling, or trying to catch or break the fall of an object are the most common actions that cause such an injury. At that instant, the person may feel a snap, a popping sensation, nothing at all, or immediate agony.

Being in a *hurry* is a major element in back injury cases, this occupational health expert has found. If a person would just take the time to get a forklift instead of trying to pick up the too-heavy object, or get the ladder instead of just reaching for something too high, a possible injury could probably be avoided.

Understanding your spine can also help. Constructed of 24 connected segments of bone and cartilage called vertebrae, it provides structural stability for the body. Spongy discs between the vertebrae cushion the bones while also bonding them together and providing the mobility that allows twisting, bending, and flexing movements. Also holding the vertebrae together are muscles and ligaments. Within the bones and protected by them is the spinal cord, the control center of the nervous system.

If the springy disc material between the bones of the spine loses some of its bounce—which can happen simply as part of the aging process—then the stress of some particular movement may cause the disc to bulge or even break, with spongy tissue spilling out. This "herniated" disc can press on an adjacent nerve, causing pain, numbness, tingling, or painful muscle spasm.

Here are some precautions that can help protect your back from injury:

- Follow the safe lifting practices we've stressed so often.
  - Sit and stand upright without slouching.
  - Minimize stress on the lower back by avoiding overweight.
  - Sleep on your back, with a cushion under the knees, or on your side
  - Don't maintain one position for a long time—take a break.

Conditioning exercise is also a part of good back pain prevention. Your goals are to improve flexibility of the back (swimming and walking are great for this) and to strengthen both back and stomach muscles, to provide proper back support.

Here's what doctors advise for those who do have an injury that results in acute back pain: Stop. Get into bed for the first terribly painful period. You may want to use ice to reduce swelling or heat to ease muscles. Anti-inflammatory medication or muscle relaxers given to you by your doctor will help muscle spasms, too. Add a board underneath a too-soft mattress.

In from one to five days, you should be able to move again, although in easy ways. In fact, it's important that you do begin to move at this point, to increase flexibility and strength. Allow discomfort and your good sense to tell you how far you should go.

Long-term recovery may depend on your physician's help and adhering to the preventive measures already mentioned. Doesn't this emphasize how much smarter—and more comfortable—you'll be by taking those preventive steps in the first place? *(Based on information from the American Physical Therapy Association.)*

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From the Desk of Dennis Parnell, Director Safety Education...



## **30-HOUR ACCIDENT PREVENTION CERTIFICATE AWARENESS PROGRAM**

The NC Industrial Commission Safety Education Section is pleased to offer a new 30-Hour Accident Prevention Certificate Awareness Program. This program is designed for awareness of Safety as it relates to Accident Prevention. The training is focused towards reducing Workers' Compensation Claims and Costs. The target audience is Safety and Health Managers and Employees, facility employees, Maintenance staff, Individuals new to the field, Experienced safety and health professionals looking to expand their awareness as well as those who are new to the field. Any employee with safety responsibilities will gain significant awareness.

This **FREE\*** program will be offered March 27-30, 2006 at the Village Inn Golf & Convention Center in Clemmons, NC. To register for the workshop, please contact [Anne Hill](#), 919-807-2603 or go online to [www.comp.state.nc.us](http://www.comp.state.nc.us) click on 30-Hour Accident Prevention Certificate Program and print and mail registration to Anne Hill NC Industrial Commission 4339 Mail Service Center Raleigh, NC 27699-4339

The Village Inn Golf & Convention Center is offering a rate of \$59.75 per night plus taxes single/double. Please make hotel reservations directly with the [Village Inn Golf & Convention Center](#) by calling 336-766-9121 or fax 336-766-1112.

Attendees will receive:

- A comprehensive workbook that you can use as a reference on the job
- "Tool Box Talks" to assist with safety meetings
- 25 MESH Credit Hours
- Upon completion of this program, Chairman Buck Lattimore will present certificates to participants acknowledging completion of 30 hours of Accident Prevention Awareness.

The program will consist of the following modules:

- WALKING WORKING SURFACES, FALL PROTECTION & LADDER SAFETY - 2 HOURS
- EMERGENCY ACTION PLAN, FIRE SAFETY, FLAMMABLE & COMBUSTIBLE LIQUIDS - 2 HOURS
- ELECTRICAL & LO/TO-2 HOURS
- PPE (INCLUDE HAND, EYE, FOOT, HEAD)-2 HOURS
- MACHINE GUARDING AND HAND TOOL SAFETY - 1 HOUR
- HAZCOM & MSDS AND LABELING (HANDS ON EXERCISE WITH MSDS)- 2 HOURS
- DEFENSIVE DRIVING - 4 HOURS
- BLOODBORNE/AIRBORNE PATHOGENS - 2 HOURS
- ERGONOMICS - 1 HOUR
- SAFETY & HEALTH PROGRAM - 1 HOUR
- ACCIDENT INVESTIGATION - 2 HOURS

- JSA - 2 HOURS HANDS ON
- SAFETY ATTITUDES = ZERO ACCIDENTS -1 HOUR
- HEARING CONSERVATION - 1 HOUR
- LIFTING & BACK SAFETY - 1 HOUR
- WORKERS' COMP LIFE OF A CLAIM - 2 HOURS
- RESPIRATORY PROTECTION - 1 HOUR
- FORKLIFT SAFETY - 1 HOUR

For more information, please contact [Dennis Parnell](#), Director Safety Education 919-218-3000.

\* There will be a \$3.00 per person cost to cover the Defensive Driving course book upon arrival.

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The *NC Industrial Commission Safety Education Section* stands ready to assist you with your Safety training needs. We offer a variety of courses, designed to suit your needs. Please give one of our Industrial Safety Representatives a call...

- [Mel Harmon](#)- Mid-State Area and Defensive Driving Instructor- 919-218-3374- Cell 919-545-0641- Office
- [Alvin Scott](#) - Eastern and Southeastern Carolina Areas - 919-218-2792- Cell 252-291-1370-Office
- [Eric Johnson](#) - Western Carolina, Blue Ridge & Southern Piedmont Areas 919-218-3567- Cell 704-933-2414- Office
- [Randy Cranfill](#) - Western and Central Piedmont Areas - 919-218-2986- Cell 336-679-8493- Office
- [Anne Hill](#) - Program Assistant - 919-807-2603
- [Dennis Parnell](#) - Director Safety Education - 919-218-3000- Cell 919-807-2602- Office



*We Are Working For You!*

**[NC INDUSTRIAL COMMISSION](#)**

**[CLIP AND SAVE]**

## ***Upcoming Events...***

- **January 19, 2006 - Southeastern Safety Council Quarterly Meeting -** Sandpiper Seafood, 411 N. Eastern Blvd, Fayetteville, N.C. (Intersection of Hwy 24 & Eastern Blvd.) 6 p.m. **Contact [John Wishart](#)**
- **January 26, 2006 - Blue Ridge Safety Council Quarterly Meeting -** Lincoln County Dept. of Social Services 1136 E. Main Street, Lincolnton, NC 6 p.m. - **Contact [Ted Hendrix](#)**
- **January 26, 2006 - Eastern Carolina Safety Council Quarterly Meeting -** Gardner's BBQ, Hwy 301 Rocky Mount, N.C. 6 p.m.- **Contact [William Babb](#)**
- **January 26-27, 2006 - NCALGEO Semi-Annual Conference -** The Village Inn Golf & Convention Center, Clemmons, NC - **Contact [Virginia Parker](#)**
- **February 8, 2005 - Eastern Carolina Construction Safety Workshop -** Wilson County Agriculture Center 1806 South Goldsboro St. Wilson, NC **Contact [William Babb](#)** 7:30 Registration & Exhibits Open 8:30 a.m. - 3:30 p.m. Program
- **March 27-30, 2006 - NCIC 30-Hour Accident Prevention Awareness Certificate Program -** **[The Village Inn Golf & Convention Center](#)** Clemmons, NC - **Contact [Anne Hill](#)**
- **May 9-12, 2006 NC Statewide Safety Conference, Joseph Koury Convention Center, Greensboro, NC.**