



AEA SAFETY COMMITTEE

January 2024 NEWSLETTER

www.aeanj.org

OFFICE WORKERS BEWARE

Most people think the office is a comfortable and hazard-free environment, but there is a variety of risks all around us. The Bureau of Labor Statistics reports there are tens of thousands of injuries to office workers each year! Common office injuries include strains to backs and shoulders, repetitive motion injuries, and lacerations or cuts to fingers or hands. The mechanisms of injury include slips, trips, and falls, poor lifting mechanics and postures, overextending or overexerting, lack of situational awareness, and improper use of equipment. These following recommendations can result in elimination or at least minimizing the risk of injury!



Computer Work Stations-Ergonomics

Eye Strain

Indoor Air Quality

Fire Safety

2 0 2 3



MOST CITED STANDARDS

1. Fall Protection – General Requirements (1926.501): **7,271 violations**
2. Hazard Communication (1910.1200): **3,213**
3. Ladders (1926.1053): **2,978**
4. Scaffolding (1926.451): **2,859**
5. Powered Industrial Trucks (1910.178): **2,561**
6. Lockout/Tagout (1910.147): **2,554**
7. Respiratory Protection (1910.134): **2,481**
8. Fall Protection – Training Requirements (1926.503): **2,112**
9. Personal Protective and Lifesaving Equipment – Eye and Face Protection (1926.102): **2,074**
10. Machine Guarding (1910.212): **1,644**



Tips to keep your family safe while playing in the snow. Wear warm clothing, and have your kids come indoors periodically to prevent hypothermia or frostbite. Make sure your kids use the proper gear, like helmets, when they are skiing, snowboarding or playing ice hockey.



Family Winter Safety Resource



If you have any safety or risk management issues the AEA Safety Committee is here to help!

Need answers or resources email JKessler@acua.com or Karen@aeanj.org

Our committee meets quarterly if you would like to join us!

Our next scheduled meeting is Friday, January 19, 2024 at 10:00 am via zoom