

JUPITER WEST MEDICAL CENTER

*Safety & Prevention*  
WORKSHOPS

*Presented by:*

*Dr. Michael Papa,  
D.C.*

JUPITER WEST  
MEDICAL CENTER

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# JUPITER WEST MEDICAL CENTER

Dear Concerned Employer & Program Director:

In the interest of promoting prevention to reduce on-the-job injuries and employee absenteeism, our organization is offering safety seminars and health fairs to industries in our community at either no charge or at very competitive rates (depending on the number of seminars, times they are to be delivered, etc.). The safety programs that are presented are unique in their format, content and results. They can be done in 30 minute, 45 minute or 1 hour segments. Employee participation is fostered with the desire to actually change dangerous and destructive habits.

Enclosed you will find a fact sheet that documents the increasing costs of on-the-job injuries. The only solution is prevention programs oriented to reducing the risk of injury. You will also find enclosed the OSHA (Occupational Safety and Health Administration) Guidelines. Please note our seminars help you comply with these guidelines and fit under voluntary programs. Finally, you will find several flyers that describe some of our workshops. These flyers can be made available to help promote the workshop of your choice. We look forward to helping you. We will call you to answer any questions.

Respectfully yours,

Dr. Michael Papa, D.C.  
President  
Jupiter West Medical Center

675 Indiantown Rd. ~ Suite 203 ~ Jupiter, FL 33458 ~ (561)744-7373

# JOB SAFETY & HEALTH PROTECTION

The Occupational Safety and Health Act of 1970 provides job safety and health protection for workers by promoting safe and healthful working conditions throughout the nation. Provisions of the Act include the following:

EMPLOYERS	PROPOSED PENALTY
<p>All employers must furnish a place of employment free from recognized hazards that may cause or are likely to cause death or serious harm to employees. Employers must comply with occupational safety and health standards issued under the Act.</p>	<p>The Act provides for mandatory civil penalties against employers of up to \$7,000 for each serious violation and for optional penalties of up to \$7,000 for each nonserious violation. Penalties of up to \$7,000 per day may be proposed for failure to correct violations within the proposed time period and for each day the violations within the proposed time period and for each day the violation continues beyond the prescribed abatement date. Also, any employer who willfully or repeatedly violates the Act may be assessed penalties of up to \$70,000 for each such violation. A minimum penalty of \$5,000 may be imposed for each willful violation. A violation of posting requirements can bring a penalty of up to \$7,000.</p> <p>There are also provisions for criminal penalties. Any willful violation resulting in the death of any employee, upon conviction, is punishable by a fine of up to \$250,000 (or \$500,000 if the employer is a corporation), or by imprisonment for up to six months, or both. A second conviction of an employer doubles the possible term of imprisonment. Falsifying records, reports, or applications is punishable by a fine of \$10,000 or up to six months in jail or both.</p>
<p><b>EMPLOYEES</b></p> <p>Employees must comply with all occupational safety and health standards, rules, regulations and orders issued under the Act that apply to their own actions and conduct on the job.</p> <p>The Occupational Safety and Health Administration (OSHA) of the U.S. Department of Labor has the primary responsibility for administering the Act. OSHA issues occupational safety and health standards, and its Compliance Safety and Health Officers conduct job site inspections to help ensure compliance with the Act.</p>	
<p><b>INSPECTION</b></p> <p>The Act requires that a representative of the employer and a representative authorized by the employees be given an opportunity to accompany the OSHA inspector for the purpose of aiding the inspection.</p> <p>Where there is no authorized employee representative, the OSHA Compliance Officer must consult with a reasonable number of employees concerning safety and health conditions in the work place.</p>	
<p><b>COMPLAINT</b></p> <p>Employees or their representatives have the right to file a complaint with the nearest OSHA office requesting an inspection if they believe unsafe or unhealthful conditions exist in their workplace. OSHA will withhold, on request, names of employees complaining.</p> <p>The Act provides that employees may not be discharged or discriminated against in any way for filing safety and health complaints or otherwise exercising their rights under the Act. Employees who believe they have been discriminated against may file a complaint with the nearest OSHA office within 30 days</p>	<p><b>VOLUNTARY ACTIVITY</b></p> <p>While providing penalties for violations, the Act also encourages efforts by labor and management, before an OSHA inspection, to reduce workplace hazards voluntarily and to develop and improve safety and health programs in all workplaces and industries. OSHA's Voluntary Protection Programs recognize outstanding efforts of this nature.</p> <p>OSHA has published Safety and Health Program Management Guidelines to assist employers in establishing or perfecting programs to prevent or control employee exposure to workplace hazards. There are many public and private organizations that can provide information and assistance in this effort, if requested.</p> <p>Also, your local OSHA office can provide considerable help and advice on solving safety and health problems or can refer you to other sources for help, such as training.</p>
	<p><b>CONSULTATION</b></p> <p>Free assistance in identifying and correcting hazards and in improving safety and health management is available to employers, without citation or penalty, through OSHA-supported programs in each state. These programs are usually administered by the State Labor or Health Department or a state university.</p>
<p><b>CITATION</b></p> <p>If upon inspection OSHA believes an employer has violated the Act, a citation alleging such violations will be issued to the employer. Each citation will specify a time period within which the alleged violation must be corrected. The OSHA citation must be prominently displayed at or near the place of alleged violation for three days, or until it is corrected, whichever is later, to warn employees of dangers that may exist there.</p>	<p><b>POSTING INSTRUCTIONS</b></p> <p>Employers in States operating OSHA approved State Plans should obtain and post the State's equivalent poster.</p>

Jupiter West Medical Center

# *Back Pain:*

## **The Causes and The Cures**



Winning techniques that help improve performance and eliminate risk of injury.

*Presented By:*  
Jupiter West  
Medical Center

*Guest Speaker:*  
Dr. Michael Papa,  
DC

*For Information:*  
(561)744-7373

### **SAFETY PREVENTION PROGRAM**

This unique program will demonstrate to participants the primary bad habits that cause back injuries and provide instruction on how to break these habits.

***This workshop is a must for those who lift or bend as part of their occupation.***

# Low Back Pain

## **One third of all disability costs in the United States are related to low back pain.**

More than 26 million Americans of working age have frequent low back pain [Lawrence et al., 1998]. Aggregate annual productivity losses in the United States due to chronic back pain have been estimated at \$28 billion [Rizzo et al., 1998]. Much of low back pain, however, can be prevented. Interventions including engineering controls (such as mechanical lifts and dollies), lifting training, and back belts have been implemented in the workplace with the aim of preventing back problems.

## **What can cause pain in my lower back?**

Injuries, such as a muscle strain or spasm, sprains of ligaments (they attach one bone to another bone), joint problems, or a "slipped disc," can cause pain in your lower back. The most common cause of back pain is using your back muscles in activities you are not used to, like lifting heavy furniture or doing yard work.

## **Is there relief for ongoing back problems?**

Treatment of ongoing back problems must be directed at the cause. This may mean losing weight (being overweight can make back pain worse), getting your muscles in better shape, or improving your posture when you are sitting, standing, and sleeping.

## **What is the best way to sit?**

Sit in chairs with straight backs or low back support. Keep your knees a little higher than your hips. Adjust the seat or use a low stool to prop your feet on. Turn by moving your whole body rather than by twisting at your waist. When driving, sit straight and move the seat forward. This helps you not lean forward to reach the controls. You may want to put a small pillow or rolled towel behind your lower back if you must drive or sit for a long time.

## **What is the best position for standing?**

If you must stand for long periods, rest a foot on a low stool to relieve pressure on your lower back. Every five to 15 minutes, switch the foot you are resting on the stool. Maintain good posture: keep your ears, shoulders, and hips in a straight line, with your head up and your stomach pulled in.

## **What is the best position for sleeping?**

The best way to sleep is on your side with your knees bent. You may put a pillow under your head to support your neck. You also may put a pillow between your knees.

If you sleep on your back, put pillows under your knees and a small pillow under your lower back. Do not sleep on your stomach unless you put a pillow under your hips.

Use a firm mattress. If your mattress is too soft, put a board of half-inch plywood under the mattress to add support.

## **What exercises can I do to strengthen my back?**

Some specific exercises can help your back. One is to gently stretch your back muscles. Lie on your back with your knees bent and slowly raise your left knee to your chest. Press your lower back against the floor. Hold for five seconds. Relax and repeat the exercise with your right knee. Do 10 of these exercises for each leg, switching legs.

While some exercises are specific for your back, it also is important to stay active in general. Swimming and walking are good overall exercises to improve your fitness.