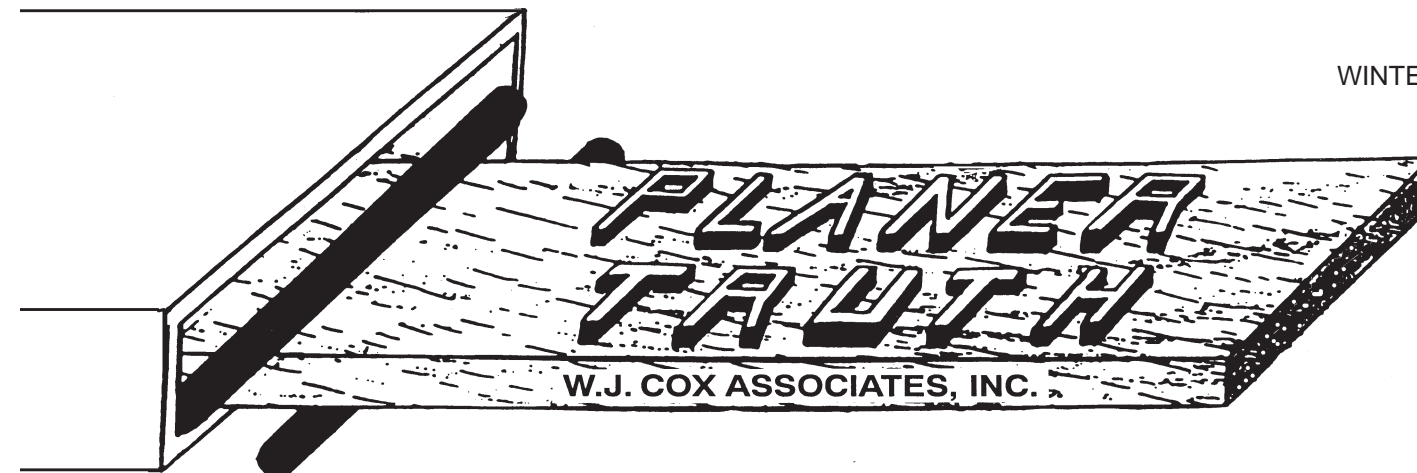


W. J. Cox Associates, Inc.
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Clarence, NY 14031-2093

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WINTER 2011



Safety Incentive Program Update



The third incentive period of 2011 ended on December 31. For those of you that worked the entire period without a reportable injury, you will receive a knit hat.

The first incentive period of 2012 began on January 1 and will conclude on April 30. The incentive gift for this incentive period will be a t-shirt.

Important Dates to Remember

Monday, February 20, 2012

W. J. Cox Associates, Inc. Office will be closed

Friday, March 30, 2012

New York Lumbermen's Insurance Trust Fund
31st Annual Meeting
Holiday Inn - Syracuse, NY

Friday, April 6, 2012

W. J. Cox Associates, Inc. Office will close at 11:30 a.m.

Monday, May 28, 2012

W. J. Cox Associates, Inc. Office will be closed

Wednesday, July 4, 2012

W. J. Cox Associates, Inc. Office will be closed

This publication is intended for the educational use of employees and contractors who work for and provide services to members of the New York Lumbermen's Insurance Trust Fund. The techniques suggested herein do not apply to all situations and all work procedures should be discussed with supervisory personnel prior to being applied to your job.

Accident Investigation *Lifting Accident*

Jeffrey L. Worrall, Loss Prevention Consultant

BACKGROUND

In a small frame sawmill the sawyer sits in a booth for most of his 8 hour shift and goes through the motions to make lumber out of logs. Log sizes vary in length, crook and flare. The variation in logs affects the ability conveying system, the log turner and dogs on the carriage to transfer, rotate and hold the log. In this mill the sawyer primarily makes square timbers that are transferred to a re-saw system.

PERSONAL CHARACTERISTICS

The 40 year old sawyer had 16 years of experience having started with the company as a lumber piler. He had experienced several back pain incidents in the course of his work, but had no permanent injury.

UNSAFE ACT/UNSAFE CONDITION

An 18" x 8' log slipped off the carriage in such a manner that the log turner was not enough to get the log back up on the carriage. The sawyer stepped out of the cab and used a cant-hook in an effort to help the log back onto the carriage.

ACCIDENT

The sawyer positioned his body in a manner such that as he attempted to rotate, lift and roll the log he was twisting and lifting the log to his left as he tried to get it in place.

INJURY

The third effort trying to rotate the log upward was successful, but the sawyer felt substantial pain in his back. He reported the situation to his employer who asked why he didn't seek assistance since he had had back pain before. The employee went to a chiropractor and continued to work. After several treatments and the use of over the counter medication he felt he had healed.

RECOMMENDATIONS FOR CORRECTION

Lifting and twisting is the worst combination for maintaining a healthy back. When lifting, it is important to lift with the legs and not the torso. Body position should enable a worker to keep the back straight. Test the object before lifting. Getting help can make a difficult and possibly injurious job much easier. Installing an overhead chain hoist with log hooks may also be helpful in this location.

If you have an accident investigation story that you would like to see published in the Planer Truth, please submit to:

*Michelle Conley
W. J. Cox Associates, Inc.
9600 Main Street, Suite Three, Clarence, NY 14031-2093
-or-
mconley@wjcox.com*

If we use your submission, you will receive a \$25 WalMart gift card.

EAP Update - WHAT ZEBRAS CAN TEACH US ABOUT STRESS!

No doubt about it, recent events have caused many of us to become "stressed-out." These include gloomy economic forecasts, a monster hurricane, a stubborn economy – and oh yes, an earthquake! So clearly, a stress response is understandable. But are we making it unnecessarily painful? According to Dr. Robert Sapolsky, the answer is a resounding **yes**. (**Why Zebras Don't Get Ulcers**, New York: Henry Holt & Co.)



Sapolsky, Professor of Neurological Sciences at Stanford University, has spent the last 25 summers in Africa observing and documenting the stress response of zebras in the wild that are exposed to constant dangers including mortal attacks by predators. His conclusion? These animals respond appropriately to stress while we humans still don't "get it." The internal mechanism for humans and zebras is identical. Once an external danger is identified, the adrenal system immediately produces a flood of hormones which triggers and sustains the short term "fight or flight" response. After the danger has been evaded or overcome, the stress response quiets down and a sense of healing calm returns.

For humans, however, our advanced intellectual skills can undermine a healthy stress response by 1) anticipating danger where none exists and 2) "replaying" the stressful event long after the danger has passed. Unproductive worry about threats for which there is little or no evidence is sometimes called **catastrophizing** and many become trapped in a cycle of fearing every sort of catastrophe around the next corner. At the other end, many of us constantly dwell on a past negative event thereby elongating the pain – sometimes for years. The good news is that these self-punishing mental habits can be overcome and in the final chapter of his book, Dr. Sapolsky offers some constructive suggestions:

- **Try to control present stress. Don't try to control things that have already happened and don't try to control the uncontrollable future.**
- **Seek out information that can help you right now but don't overwhelm yourself with too much information or information with a clearly alarmist agenda.**
- **Find an outlet for your frustrations that is not harmful to you or others.**
- **Surround yourself with good, positive people.**

And to this we would add. **Remember your Employee Assistance Program!** Your EAP enables you and your immediate family members to connect with a professional counselor 24/7/365 for "in the moment" assistance in dealing with anticipatory fears, painful memories as well as practical assistance in dealing with clear and present life challenges.



- **Hope for the best and let that dominate most of your emotions, but at the same time let one piece of you prepare for the worst.**

Employee Assistance Program
(800) 252-4555 -or- www.theEAP.com

Daylight Savings Time Leads to More On-the-Job Injuries

Insurance Journal, September 2009

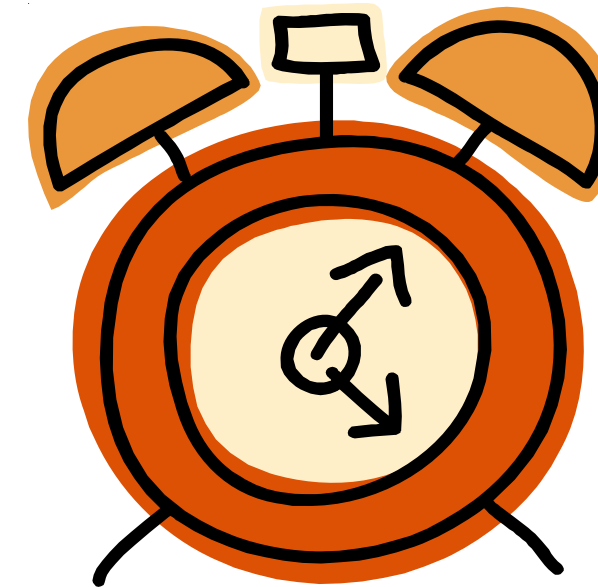
Every March, most Americans welcome the switch to daylight savings time because of the longer days, but also dread losing an hour of sleep after they move their clocks forward. Now a new study shows that losing just an hour of sleep could pose some dangerous consequences.

"One hour of lost sleep may not seem like a lot. But our findings suggest it could have an impact on people's ability to stay alert on the job and prevent serious injuries," said the article's lead author, Christopher Barnes and co-author David Wagner, Phd, who were both doctoral students in organizational behavior at Michigan State University when they conducted this research.

They analyzed the number of injuries reported to the Mine Safety and Health Administration from 1983 to 2006. The U. S. Department of Labor requires all mine operators to investigate and report all mining-related injuries. The researchers also looked at the number of work days employees missed as a result of their injuries. Across the 24 years, there were 576,292 reported injuries on the job.

On average, there were 3.6 more injuries on the Mondays following the switch to daylight saving time compared to other days, and 2,649 more days of work were lost as a result of those injuries. That's approximately a 68% increase in lost work days. In their analysis, the researchers controlled for weekends and holidays. Work experience did not appear to play a role in the number of injuries suffered.

The researchers also confirmed that people do sleep less in the days after they're forced to turn their clocks forward. They looked at data from the Bureau of Labor Statistics' American Time Use Survey, which measures that amount of time Americans spend engaged in various activities, including sleep. For this study, the researchers looked at data from 14,310 interviews from 2004 to 2006. Results showed that after the switch to daylight saving time, people slept an average of 40 minutes less on the Sunday night they switched to daylight saving time.



The researchers did not find any significant changes in the number and severity of workplace injuries on the Mondays after the switch to standard time, when people gained an hour. Further analysis of the American Time Use Survey showed that people had a much easier time adjusting their sleep schedules and did not, on average, sleep less or more after they changed to standard time. These findings would help explain why there were no significant effects, according to Barnes.

The study could have some important practical implications for employers, Barnes said. "We think managers and organizations can use this information to help improve safety in the days following the switch to daylight saving time," he said. "They can schedule particularly dangerous work on other days, perhaps later in the week after employee have had more time to adjust their sleep schedules." Another suggestion would be to implement extra safety precautions on those days.

Congratulations to the Winners of the W. J. Cox Associates, Inc. Safety Quiz for Families

1st Prize
\$150 WalMart Gift Card
Ralph Munger & Family
Munger Logging
Castorland, NY

2nd Prize
\$100 WalMart Gift Card
Kim LeBarron & Family
Demonstoy Lumber, Inc.
Cooper Plains, NY

3rd Prize
\$50 WalMart Gift Card
Liannis Merino & Family
Premier Hardwood Products, Inc.
Jamesville, NY