



SAFETY VISIONS



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Small Businesses are Not Exempt from OSHA Standards

There is a common misconception among small business owners that the Occupational Safety and Health Administration (OSHA) standards do not apply to an operation with 10 or fewer employees. However, OSHA requirements apply the same to all employers. If there is a hazard, and there is an OSHA standard which applies to that hazard, the employer is required to follow it.

It is easy to understand why employers may think that not all OSHA standards apply to their business because of how the recordkeeping standards are written. In fact, there are only two OSHA standards which are applied to employers differently depending on the number of employees they have. One standard specifies that an employer with 10 or fewer employees during the year does not have to maintain the OSHA 300 log of all the OSHA recordable injuries or illnesses. In addition, the standard further states that if a business is classified under certain low hazard industries, it is exempt from keeping the OSHA 300 log even if there are 11 or more employees.

The other exception pertains to emergency evacuations.

Employers with 10 or fewer employees must still have an emergency evacuation plan, but they are only required to share this information verbally with their employees. If they have 11 or more employees, the evacuation plan must be in writing.

For more information: Contact Jim Saulters at (866) 780-NFIB (6342), option 6 or Jim.Saulters@sedgwick.com.



FIRST AID TRAINING IS AVAILABLE!

Did you know that the Occupational Safety and Health Administration (OSHA) has a standard for medical services and first aid? This standard requires employers to ensure the availability of medical personnel for advice and consultation on occupational health issues.

If there is not an urgent care facility, health clinic, or hospital in close proximity to the workplace (within three to five minutes response time) at least one person per shift needs to be adequately trained in CPR and how to correctly deliver first aid treatment on site. Basic first aid supplies should also be available.

To help put this into place for your business, our safety team can provide First Aid/CPR/AED certification.

For more information about this training: Contact Jim Saulters at 513-858-5022 or jim.saulters@sedgwick.com.





OSHA states slips, trips, and falls are responsible for 15% of all accidental deaths in the workplace.

Slips, Trips, & Falls

The Occupational Safety and Health Administration (OSHA) states slips, trips, and falls are the leading cause of workplace accidents. Slips, trips, and falls can lead to back injuries, strains, sprains, contusions, and fractures.

Suggestions to help decrease the frequency of slips, trips, and falls:

- Addressing spills of water, oil, or other liquids promptly. Paper towels are suitable for water, while oil and various chemicals may need specialized absorbent wipes.
- Immediately repairing or reporting any liquid leaks. If you are unable to handle the situation safely, notify the appropriate person and place a barrier around the affected area to prevent slips.
- Removing items from the floor. Even a tiny object, like a piece of plastic on a concrete surface, can lead to a slip.
- Sweeping up debris and waste materials. Certain powdered substances can behave like liquid spills on the floor, increasing the risk of slips and falls.
- Wear slip-resistant shoes.
- Store electrical cords and air hoses when not in use. When in use, be mindful of their placement to ensure they are not in areas where someone might trip over them.
- Keep stacked boxes and other items away from walkways.
- Ensure all drawers are closed to prevent anyone from tripping over an open drawer.
- Carry objects with care, maintaining a clear line of sight and being alert for obstacles that could lead to trips.
- After use, put away all equipment to minimize the risk of tripping over it.

Following these tips may help prevent the devastating injuries associated with slips, trips, and falls.

For more information: Contact Jim Saulters at (866) 780-NFIB (6342) or Jim.Saulters@sedgwick.com.

Tips for Avoiding Flu Viruses This Year

The Centers for Disease Control and Prevention (CDC) says that the single best way to prevent the flu is to get vaccinated. But good health practices can also help protect you from getting the flu.

Some examples of ways to help decrease the chances of getting the flu include:

- Avoiding close contact with people who are sick. Keep in touch by phone or just don't get too close to friends and relatives who are sick—unless, of course, you're the caregiver, in which case you'll have to rely on the next three tips.
- Keeping your hands clean. Washing your hands helps protect you from germs.
- Avoiding touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth; and,
- Practicing other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

The CDC offers two additional recommendations to help you avoid spreading the flu to others when you're sick:

1. Keep your distance when you're sick. You'll be less likely to spread the flu virus.
2. Cover your mouth and nose when coughing or sneezing. It helps keep those around you from getting sick.

For more information: Contact Jim Saulters, at (866) 780-NFIB (6342), option 6, or Jim.Saulters@sedgwick.com.



HAZARD COMMUNICATION STANDARDS

The Occupational Safety and Health Administration (OSHA) has issued a final rule that updates its Hazard Communication Standard (HCS) to align primarily with the seventh revision of the United Nations' Globally Harmonized System of Classification and Labelling of Chemicals (GHS). The update includes changes to hazard classes, classification criteria, labeling, and safety data sheets.

What does this mean for employers?

Employers must now update their safety data sheet inventory, workplace labels, Hazcomm training, and Hazcomm written plan to reflect the changes.

The first route an employer should take is to retrieve updated safety data sheets and labels from suppliers for affected chemicals. Then, use this information to update their Hazcomm written plans and training.

Employers have until July 20th, 2026, to ensure compliance for substances affected by the rule and July 19th, 2028, for mixtures affected by this rule.

For more information: Contact Kory Bakenhaster at (614) 932-1516 or Kory.Bakenhaster@sedgwick.com.

Tire Cage Safety



Tire cages are essential safety tools in the tire service industry, providing crucial protection during tire inflation. To protect against potential tire explosions, a cage should be used whenever tires are inflated, especially large truck tires.

Employers should ensure that proper training, regular maintenance of tire cages, and the use of personal protective equipment such as safety glasses are incorporated into their policies.

The following tips may be able to help prevent injuries while working with tire cages:

- Never put any part of your body in the cage during inflation;
- Use an extension hose and a clip-on chuck to keep workers at a safe distance, at least 10 ft away;
- Never alter tire cages, and keep them 3 feet away from other objects;
- When a tire is connected to a vehicle, you can still complete tire inflation but practice the same safe distance methods; and,
- Ensure workers are trained to avoid the trajectory hazards of a tire explosion, whether a tire is attached to a vehicle or not.

For more information: Contact Kory Bakenhaster at (614) 932-1516 or Kory.Bakenhaster@sedgwick.com.