



## Promote Safety

### WHY this is important

Along with supporting disease and infection prevention, worksites can also take measures to ensure the safety of their employees and help prevent injury.

### HOW to support this outcome

#### Education and Awareness:

- Request a free, confidential, no-penalty Project WorkSAFE consultation at your facility to help identify hazards and receive assistance in improving safety. Services include safety audits, chemical exposure assessments, noise monitoring, safety program development and evaluation. Priority is given to workplaces with 250 or fewer employers.
- Educate employees on state laws and best practices related to safe driving, and develop workplace policies on seatbelt and cell phone use when using a vehicle for work purposes.
- Provide information on risk factors for injuries, such as proper body mechanics to prevent musculoskeletal disorders.
- Provide information on community resources for arthritis and chronic pain self-management.

#### On-Site Support:

- Offer ergonomic assessments to employees to ensure workspaces reduce the risk of injuries and chronic pain.
- Maintain proper housekeeping practices throughout your facility. This is especially important for walking and storage areas.
- Ensure walking areas meet requirements established in the Americans with Disabilities Act (ADA).
- Provide relevant Personal Protective Equipment (PPE), such as face masks, hearing protection, eye protection, safety shoes, hard hats, etc.
- Offer health promotion programs in the workplace, such as nutrition, physical activity and tobacco cessation.
- Offer opportunities for physical activity and stretch breaks.

#### Policy Change:

- Ensure policies support enough time for rest and recovery to help prevent accidents. Examples include:
  - Reducing the length of shifts
  - Allowing more break times
  - Ensuring enough staffing to rotate workers through tasks that are physically demanding
- Evaluate your organization's disability management and return-to-work policies to support employees returning to work after injuries.

#### WHERE to go for resources

- Project WorkSAFE: [labor.vermont.gov/project-worksafe/](http://labor.vermont.gov/project-worksafe/) or 1-888-SAFE YES
- Vermont RETAIN (return-to-work support and resources): [vtretain.weebly.com/](http://vtretain.weebly.com/)
- National Institute for Occupational Safety and Health (NIOSH) resources on ergonomics, diseases, injuries, occupation and industry-specific resources, hazards and exposures, emergency preparedness, chemicals and other safety and prevention topics: [www.cdc.gov/niosh/](http://www.cdc.gov/niosh/)
- Total Worker Health webinar series and resources: [www.cdc.gov/niosh/twh/default.html](http://www.cdc.gov/niosh/twh/default.html)
- Vermont Safety and Health Council: [vshc.net](http://vshc.net)
- Project Roadsafes: [agcvt.org/project-roadsafe/](http://agcvt.org/project-roadsafe/)

**For more info** ► The Vermont Department of Health is here to help. Contact the district office near you: [www.healthvermont.gov/local](http://www.healthvermont.gov/local).