



Clampco Clips July 2018

Whether it happens at work or on the golf course, overexertion continues to be a leading cause of injury over all age groups. It was the second leading reason (after falls) that adults age 25-64 ended up in emergency departments in 2013, and the third leading cause for kids ages 10 and older, often from too-heavy backpacks, computers and gaming, and poor posture.

Overexertion causes 35% of all work-related injuries and is, by far, the largest contributor to workers' compensation costs – more than \$15 billion, or 25% of the total cost in 2012, according to Injury Facts 2016®. It also is the #1 reason for lost work days. More than 322,00 people missed work that year due to overexertion. Here are some injury statistics by industry for 2014:

- Construction – 19,070
- Manufacturing – 46,040
- Wholesale trade – 21,100
- Retail trade – 42,720
- Transportation and warehousing – 38,960
- Professional and business services – 23,410
- Education and health services – 68,720
- Government – 72,050

The Safety Corner

Over all age groups, whether work-related or off-the-job, hospitals treated 3,132,271 overexertion-related injuries in 2014, and the trend doesn't seem to be going downward. What gives?

It's Really About Ergonomics

Ergonomic injuries are disorders of the soft tissue, specifically of the muscles, nerves, tendons, ligaments, joints, cartilage, blood vessels and spinal discs caused by:

Excessive lifting, lowering, pushing, pulling, reaching or stretching, Repetitive motion, Working in awkward positions, Sitting or standing for prolonged period of time, Using excessive force, Vibration, resting on sharp corners or edges or Temperature extremes.

Whether you become injured on an assembly line or typing on a computer, playing video games or helping someone move, it's important to know the signs. Ergonomic injury is cumulative. Symptoms can include everything from posture problems and intermittent discomfort, to tendonitis, chronic pain and disability.

Overexertion can be Prevented

Regular exercise, stretching and strength training to maintain a strong core all are beneficial in preventing injury. Following are some additional tips for work and home:

- Plan a lift before you begin, keep your back straight and lift with your legs
- Limit the amount of time you spend doing the same motion over and over
- Take frequent breaks from any sustained position every 20-30 minutes

If you work at a desk, move frequently used items close to you, use a footrest and adjust the height of your computer

- Report pain, swelling, numbness, tingling, tenderness, clicking or loss of strength to your doctor before it becomes a full-blown injury – **Matt Olszewski, Safety Director**

EAP News

Our Employee Assistance Program, Tri-County EAP, has merged with 'Life Services EAP,' which will now be called just that! The benefits don't change for however, and in fact, they are strengthened. In addition to the free counseling services offered, Life Services can now provide alternate locations, so that traveling to Akron isn't your only option for intake or visits. There is also a website, which any employee (temp included) can access and tap into Life Service's offered benefits. Please refer to the new fliers, posters and brochures available in the lunchroom.

HSAV Contribution Notes

If you are planning to contribute to your Optum bank account for the remainder of 2018 and into 2019:

2018 limits are:

Single Plan Coverage - \$3,450

Family Plan Coverage - \$6,900

2019 limits are:

Single Plan Coverage - \$3,500

Family Plan Coverage - \$7,000

A Note from the desk of:

Shauna Dixon, Network Administrator

The Information Technology Department has been busy recently and this year so far. We are trying to stay current with the latest technology and make sure everyone has what they need to be able to do their job efficiently. We added a new team member to the I.T. Department recently. Paul Staley finished his internship with us and is now an I.T. Assistant and will be going to school for Cyber Security at The University of Akron in the Fall. He will be helping to make sure the network is running smoothly on a day to day basis.

Projects that we have completed include: installing a new server and backup system, new wireless access points and new lines for the access points. These improvements help to increase speed, security and service. With these improvements we are able to run more wireless devices and more programs that help with the advancement in many areas including; tracking steel inventory usage with the handheld scanners, product shipment verification and the ability to cast a device to the monitor in the conference room for meetings.

We implemented a new scanning system in the office within this past year and have been training users on that and adding new features as we get comfortable with the others. We have more improving to do on this down the road and hope to help Clampco to move to more of a paperless system with certain items in the office.

We also had to update the computer and user security plan according to a new law titled "General Data Protection Regulation" that came into effect on May 25, 2018. In accordance with this law we had to review all our computer and user security procedures. We created a training module on our new Clampco training portal that all individuals affected by this new law had to complete by utilizing the new Clampco Learning Lab within the Information Technology office. We also plan to use this training room for new employee department specific training. The maintenance department added locks to all necessary filing cabinets and doors needed to comply with this law and the I.T. department has to make sure all security procedures are adhered to.

New projects that we have planned include creating a new/updated disaster recovery plan for the I.T. Systems. The disaster recovery plan is a set of procedures that we will follow to recover and protect our infrastructure in the event of a disaster. We will also be running more ethernet lines for Andon boards for production in the future.

Let us know if there is anything we can do to help you or your department. We are more than willing to assist and will do the best we can to take care of your needs in a timely manner.

MMOH Quit Line

Deciding to go smoke free is no easy feat. That's another reason why Clampco went with Medical Mutual of Ohio. Their cessation support is top-notch, and local. The Quit Line is confidential and free, plus you'll be provided a uniquely tailored plan, just for you on how to quit. The Quit Line is 1-866-845-7702. Expect about 30 minute first call in order to get yourself set up.