



Loss Prevention
COMPIInsiders®
by summit

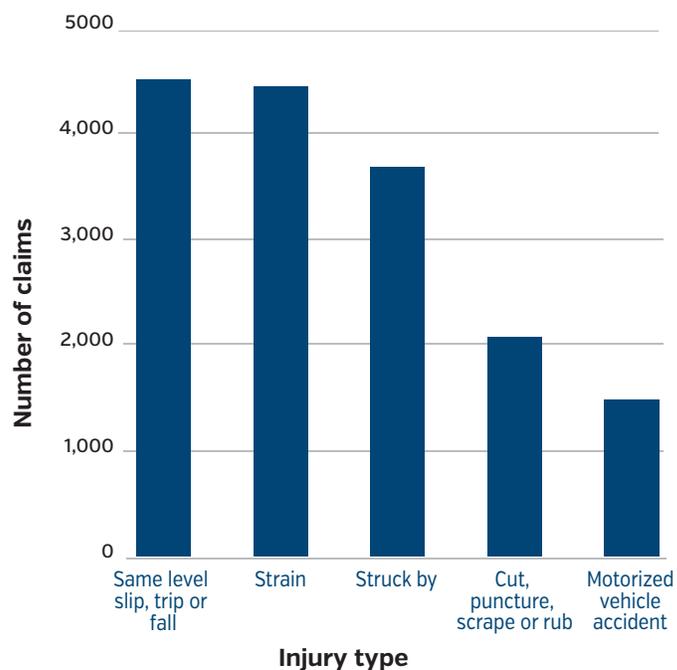
Top Injuries in Health Care

The health-care industry employs more than 18 million workers in the U.S. and is projected to add about 2.4 million new jobs by 2029—more than any other occupational group. This projected growth is due to an aging population, which will lead to a greater demand for health-care services.^{1,2} Health-care workers—especially those providing home health-care services and working in skilled nursing facilities—face a wide range of hazards on the job. Although exposure is often preventable, claims among health-care workers continue to rise. Let’s look at some of the more common injuries we’ve seen in health care and some recommended tips to help avoid them.

Common injuries³

Based on lost-time and medical-only claims during 2017–2022 for Summit-managed insurers.

- 1. Same level slip, trip or fall:** Involving liquid spills on floors, uneven walking surfaces, cluttered floors or not wearing slip resistant shoes.
- 2. Strain:** Involving improper lifting, pulling or pushing of a patient or medical equipment.
- 3. Struck by:** Involving combative or agitated patients in nursing homes or youth social services facilities.
- 4. Cut, puncture, scrape or rub:** Involving lack of personal protective equipment, needle sticks, improper use of medical devices or equipment or animal bites during home visits.
- 5. Motorized vehicle accident:** Involving home health-care workers driving to and from patients’ homes.

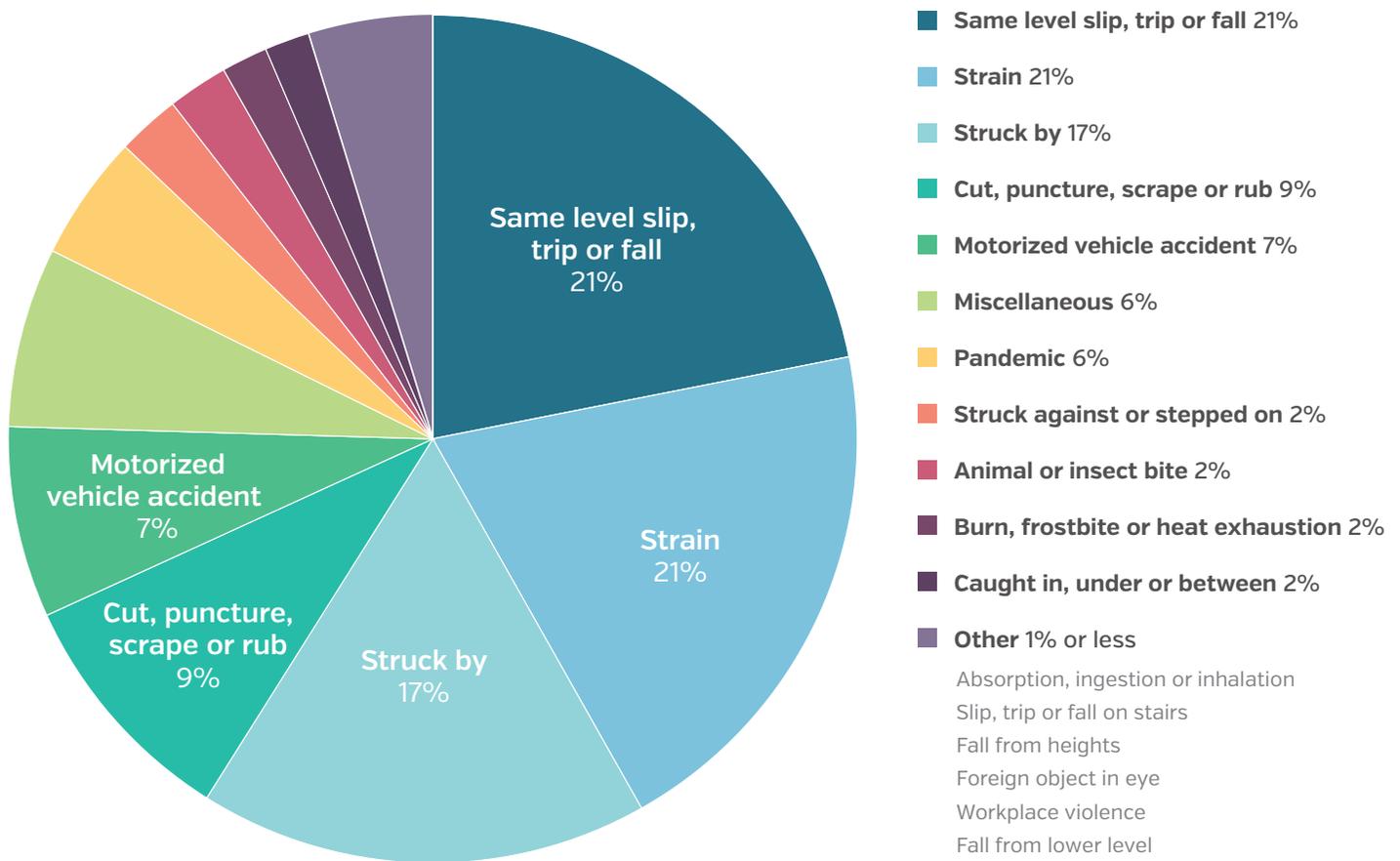


Health-care industry not immune to injuries

Summit's internal data shows that injuries in the health-care industry were 13 percent of the total claims reported from 2017 to 2022, ranking second for the number of claims following the construction industry. The most common body parts involved in these injuries were the lower back, finger, knee and shoulder, due to strain, same level slip, trip or fall and being cut, punctured or scraped by an object.³ Many of these injuries can be avoided with continual safety training and education.

Injuries reported among health-care employees³

Based on lost-time and medical-only claims during 2017–2022 for Summit-managed insurers.



Did you know?

According to the Bureau of Labor Statistics, the likelihood of injury or illness resulting in days away from work is higher in hospitals than in construction and manufacturing—two industries that are relatively hazardous.⁴ It's important to focus on efforts to keep health-care workers safe while at work so that they can continue to provide essential services.



Preventing same level slip, trip or fall

- Ensure spills are reported and cleaned up immediately.
- Use waterproof footwear to decrease slip and fall hazards.
- Do not use stools, chairs or boxes as substitutes for ladders.
- Eliminate cluttered or obstructed work areas.
- Use flashlights or low-level lighting when entering patient rooms during night hours.⁵
- Wear proper nonslip footwear.



Preventing strains

- Use safe patient handling techniques, including body mechanics for proper ergonomics.
- Never lift a fallen patient alone. Use team lifts or mechanical assistance.
- Avoid heavy lifting, especially with your spine rotated.
- Never transfer a patient when feeling off-balance.
- Lift loads close to the body using your legs, not your back.⁶



Preventing being struck

- Call for help immediately if a patient becomes physically combative.
- Arrange furniture and medical equipment so that room entrances and exits cannot be blocked by patients.
- Be alert for potential violence and suspicious behavior and report it.
- Establish a system to track and evaluate violent behaviors, including a way to communicate information from one shift to another.
- Ensure that the patient cot, floor mount and restraint system are in place while transporting a patient in an ambulance.^{7,8}



Preventing being cut, punctured, scraped or rubbed by an object

- Do not bend, recap or remove contaminated needles and other sharps.
- Discard contaminated sharps immediately into appropriate containers.
- Sharps containers should be accessible, maintained upright and not overfilled.
- Do not pass sharps between workers.
- Use needles with engineered sharps injury prevention features.⁹



Preventing motor vehicle accidents

- Set and enforce mandatory seatbelt use policies.
- Choose fleet vehicles with the highest possible levels of occupant protection in the event of a crash.
- Maintain records of workers' driving performance.
- Incorporate training on fatigue management and the dangers of distracted driving into safety programs.
- Provide an emergency kit containing a flashlight, extra batteries, flares, a blanket and bottled water.¹⁰

Summit is here for you

Ensuring the safety of your employees is necessary to maintaining an efficient health-care facility. Your employees are essential to your business's productivity and success, so it makes sense that you invest in their health and well-being.

Summit is here to support you in that goal—not only by providing premier workers' comp coverage—but also by offering resources to help educate you and your employees on safe work practices.

Our loss prevention visits can assist in injury prevention by:

- Providing assistance and training for hazard identification, job safety analysis and incident investigations
- Conducting site surveys
- Providing recommended solutions to improve safety

Our employers and agents have access to an extensive library of online safety training videos and supplemental materials. Insureds and agents can request login credentials by emailing SafetyResourceRequest@summitholdings.com. (Videos provided through JER HR Group LLC, dba Training Network, a Summit vendor.)

Because we understand that accidents can still happen, even if an insured has initiated safety practices, we also offer a return-to-work program called Back2work®. Benefits of using this program after a work injury may include:

- Opportunities for transitional duty
- Quicker recovery
- Lower costs



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2. "Healthcare Occupations." U.S. Bureau of Labor Statistics. www.bls.gov/ooh/healthcare/home.htm [Accessed Mar. 13, 2023].
3. This information was obtained from Summit managed insurers Bridgefield Casualty Insurance Company*, Bridgefield Employers Insurance Company*, BusinessFirst Insurance Company, RetailFirst Insurance Company and Retailers Casualty Insurance Company. [01/01/2017 to 12/31/2022]. *A Summit affiliate.
4. "Worker Safety in Hospitals: Caring for our Caregivers." Occupational Safety and Health Administration, U.S. Department of Labor. www.osha.gov/hospitals/understanding-problem [Accessed Mar. 13, 2023].
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8. "4 Simple Ways to Improve Ambulance Safety During Transport." EMS1, Lexipol. www.ems1.com/ems-products/ambulance-safety/articles/4-simple-ways-to-improve-ambulance-safety-during-transport-gkaqInXLBhmxB9H/ [Accessed Mar. 13, 2023].
9. "Bloodborne Pathogens and Needlestick Prevention." Occupational Safety and Health Administration, U.S. Department of Labor. www.osha.gov/bloodborne-pathogens/general [Accessed Mar. 13, 2023].
10. "Home Healthcare Workers. How to Prevent Driving-Related Injuries." Centers for Disease Control and Protection. NIOSH. www.cdc.gov/niosh/docs/2012-122/pdfs/2012-122.pdf [Accessed Mar. 13, 2023].

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