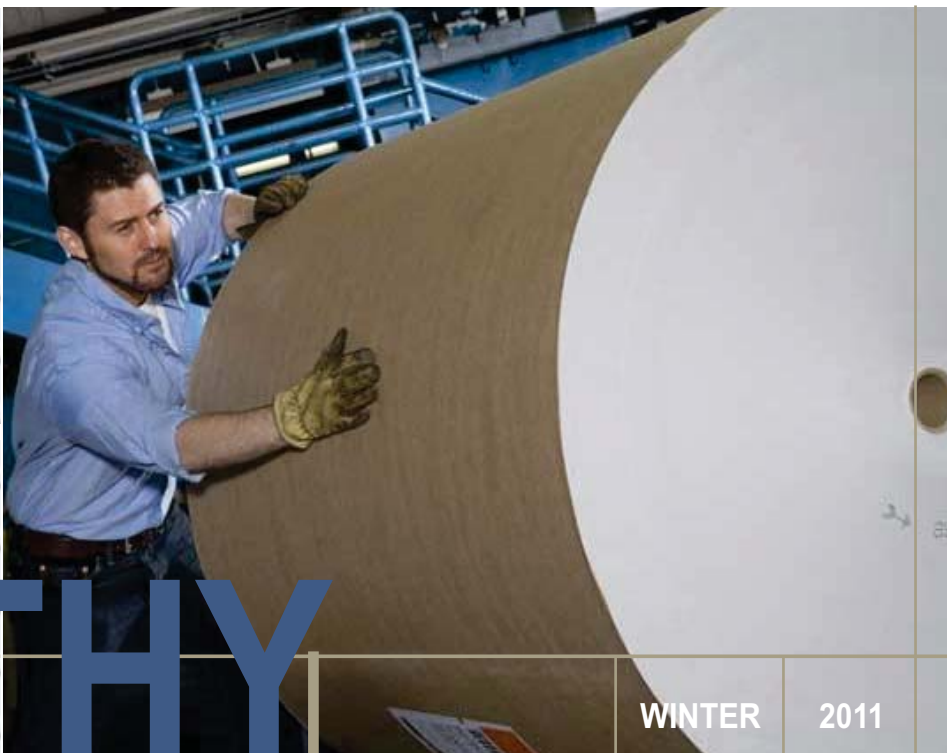




WCTI
WORKERS' COMPENSATION
TRUST OF ILLINOIS



TRUST WORTHY

WINTER

2011

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NEWS

FORCE

Overview:

Force can be defined as the amount of physical effort that is required to accomplish a task or motion. If higher forces are required, then there are higher mechanical loads on muscles, tendons, ligaments, and joints. Tasks involving high forces may cause muscles to fatigue more quickly, therefore they may be more prone to injury. High forces can also lead to irritation, inflammation, strains and tears of muscles, tendons and other tissues. Force can be internal (tension develops within the muscles, ligaments and tendons during movement); or external (when a force is applied to the body, either voluntarily or involuntarily).

Force may place excessive mechanical loads on tissues (e.g., muscles, tendons, other tissues) that are used to exert or transfer force from the skeletal system to the work. Heavy loading of tissues causes the body to fatigue more quickly, and increases the amount of time tissues need to recover from the effects of exertions. Tasks involving prolonged

forceful exertions or excessive force alone can result in muscle strains or tears. If other risk factors are present, they add to the force required to accomplish the exertion.

Force can also cause or contribute to nerve disorders. The application of high levels of muscle and tendon tension and the contraction necessary to perform forceful exertions may increase pressure on entrapped/confined nerves and other tissues. The continuous application of muscle-tendon movements in the hand and wrist inflames the tendons and puts pressure on the median nerve. Without adequate recovery time they can become inflamed.

Evaluation and Design:

The first step is to examine lifting, lowering, carrying, pushing, pulling, full hand gripping and pinch gripping tasks. If these exist (manually) then force may be an issue. Quantitative tools can be used to determine if forces exceed recommended limits (such as the NIOSH Lift Formula or the Liberty Mutual's Manual Materials Handling Guidelines). Other data can help to establish parameters.

Consider:

Lifting:

- The recommended range:
 - 5 lbs. at 30" horizontally from body
 - Up to 51 lbs. approx. 7" (17.8 cm) horizontally from body
 - Avoid lifting from lower than 10" ht.
 - Preferred:
 - Vertical ht. range: 30" to 53"
 - 1-handed: 25" to 50"

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WCTI HOSTS TRAINING
First Aid, CPR, AED, BBP Classes

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FIRST QUARTER TRAIN THE TRAINER
Ask the Expert - The need for Daily Machine Safeguarding Inspections by Operators

pg4

FORCE (continued)
Continuation of our cover story

THE LATEST WCTI INFORMATION
Shared claims, prospect referrals information and new members.

INCIDENT ALERT



PRESS BRAKE

ACCIDENT DESCRIPTION:

Press brakes have been the cause of several amputations for WCTI in the last couple of years. Press brakes can be hard to guard because of the part being made on the brake. Guarding should consist of light curtains, 2-palm buttons, or use of restraints. All guards should be inspected prior to the operator starting up the machine.

An amputation occurred at one member when an employee's hands were in the die and the foot pedal was activated. Whenever a foot pedal is used on a press brake, there needs to be some other type of guarding. It is common for employees to ride the foot pedal and activations can occur when least expected.



WCTI Hosts 1st Aid, CPR, AED, BBP Class for Members

On November 30 and Dec. 2nd, WCTI hosted two First Aid, CPR, AED and Bloodborne Pathogen classes for WCTI members. There were 54 participants signed up from nine different members. The class was conducted by Jeff Skelley of My LifeSaver CPR. Jeff Skelley is a paramedic and holds classes when not scheduled to be at the Bloomingdale fire station. The cost for the classes was a flat fee split among attendees with lunch served to all. Each participant had their own mannequin to work on and worked with a partner for the first aid portion. Everyone had a great time and learned a lot and gave great reviews.

There will be another class offered during first quarter 2012 for any members who still have interest and weren't able to attend these two classes. Watch for the announcement after the first of the year.

Lisle Class 11-30-11



12-2-11 Class Held at Kronos Foods in Glendale Heights.



CORRECTIVE MEASURES:

1. Add light curtains.
2. Permanently affix the foot pedal to the floor outside the light curtain.
3. Install a two-hand control device.
4. Install restraints and have the supervisor sign off on the set up each time an employee uses the restraints.
5. Get assistance – contact Craig Lindmark of Rockford Systems at 815-637-6630

If you are interested in having a class at your location, Jeff Skelley from My Lifesaver CPR can be reached at admin@mylifesavercpr.com

ASK THE EXPERT ON THE NEED FOR DAILY MACHINE SAFEGUARDING INSPECTIONS BY OPERATORS

When is the best time to correct a machine safeguarding device missing, poorly adjusted or not functioning properly?

- A. After a WCTI Loss Control visit
- B. After an OSHA visit and you are paying a fine
- C. After an accident
- D. At the beginning of the shift before the operator is placed at risk

Obviously everyone would pick D but does your business have a daily inspection by the operators to verify that all safeguard devices are working properly? The 1st Quarter 2012 Loss Control visit will review a daily inspection for your business along with other changes to the 2012 Member Safety Audit Program.

WCTI has planned an Ask The Expert Session for the 1st Quarter Train the Trainer session on February 14, 2012. We will feature Mr. Craig Lindmark, Rockford Systems, Inc. to answer your specific machine safeguarding questions. Attendees should submit photos of your guarding questions prior to the meeting and we will review as a group so everyone can learn from other member's guarding issues.



Push/pull handtrucks or carts:

- Maximum initial force: 50 lbf. (pounds of force)
- If maintain force: 40 lbf. for 10'
- 1 minute of continuous movement: 25 lbf.

Pushing/Pulling Horizontal (maximum limits)

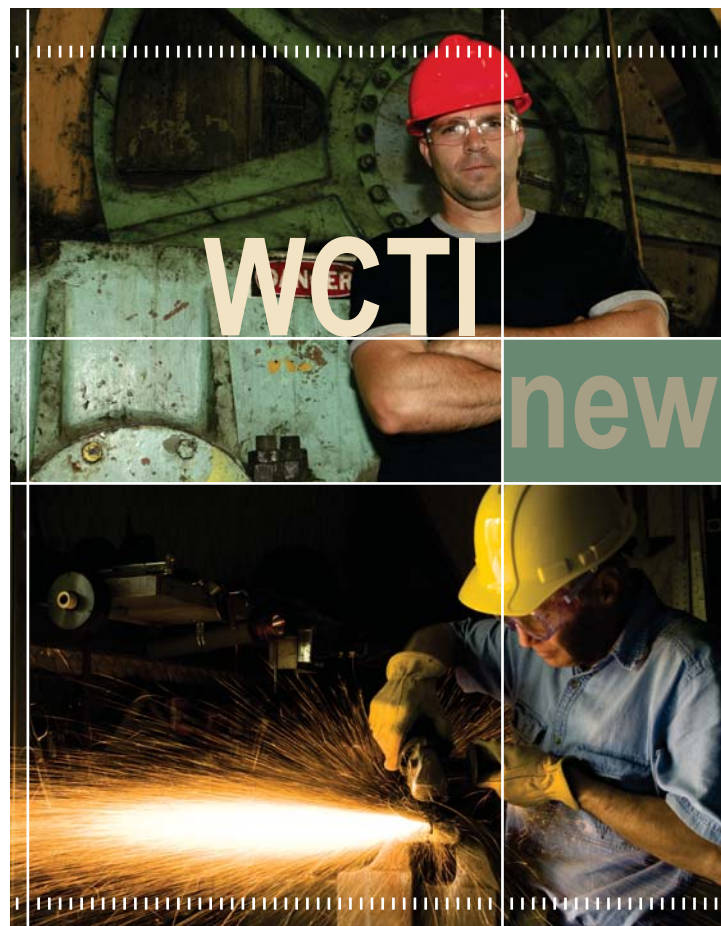
- Standing whole body: 50 lbf.
- Standing arms fully extended (is mostly upper strength): 24 lbf.
- Kneeling: 42 lbf.
- Seated: 29 lbf.
- Push across front of body: 15 lbf.

Pushing/pulling Vertical (maximum limits)

- Pull down:
 - From overhead: 45 lbf.
 - @ shoulder: 70 lbf.
- Pull up:
 - 10" from floor : 70 lbf.
 - to elbow: 33 lbf.
 - to shoulder: 17 lbf.
- Push down @ elbow: 64 lbf.
- Push up shoulder: 45 lbf.

WCTI can help with measuring forces to obtain quantitative data and provide suggestions for reducing the force risk.

Source: Eastman Kodak Company. Ergonomic design for people at work (volume 1). (1983). New York: Van Nostrand Reinhold.



Not a Member of WCTI?

If you are not a member of WCTI and would like to see if your company would qualify:

Check out our website at www.wcti.info or call Angie Blakeney at 217-444-1117.

new members

Oak Steel Supply Company, Inc. joined 10/1/2011

Oak Steel Supply Company, Inc. is located in Chicago Ridge, Illinois with approximately 30 employees. Oak Steel Supply Company, Inc. is a steel processor. For more information please feel free to review their website at www.oaksteel.com.

Custom Filter, LLC joined 12/25/2011

Located in Aurora IL is our newest member, **Custom Filter, LLC**. Custom Filter, LLC is engaged in the design, manufacture and sale of custom filters. They have approximately 49 employees. For more information please feel free to review their website at www.customfilter.net.

WCTI - WORKERS' COMPENSATION TRUST OF ILLINOIS SHARED CLAIMS INFORMATION.

When a Member's claim dollars exceed their maximum claims fund, shared claims are generated. The dollars that exceed a member's maximum claims fund are then distributed to the other members of the Trust.

- Shared claims for 2011 are 5.98%
- Shared claims for 2010 are 13.44%
- Shared claims for 2009 are 7.50%
- Shared claims for 2008 are 17.78%
- Shared claims for 2007 are 11.28%
- Shared claims for 2006 are 21.43%
- Shared claims for 2005 are 16.66%
- Shared claims for 2004 are 23.22%



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PROSPECT REFERRALS REAP DOUBLE REWARDS

Members of the Workers' Compensation Trust of Illinois receive a double reward when they provide prospect referrals that ultimately become WCTI members. Each new member that joins WCTI reduces the allocated fixed costs of the Trust for all members. This is the first reward. Additionally, WCTI provides a lunch for all employees of a member that refers a prospect that joins the Trust. There is a maximum of \$5.00 per employee, not to exceed \$2,000.

Spread the word to business associates committed to providing a safe workplace. Introduce WCTI to these safety managed companies and receive double rewards!