



Solid Waste Management Injury Prevention Program

Presented by:
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Dr. Tom Renner, CIMA

Agenda

- City of Mesa Safety & Training Program
- Injury Prevention/Health & Wellness
- Introduction of Dr. Tom Renner, CIMA
- Developing an Injury Prevention Program
- Maintenance
- Questions
- Contact Information

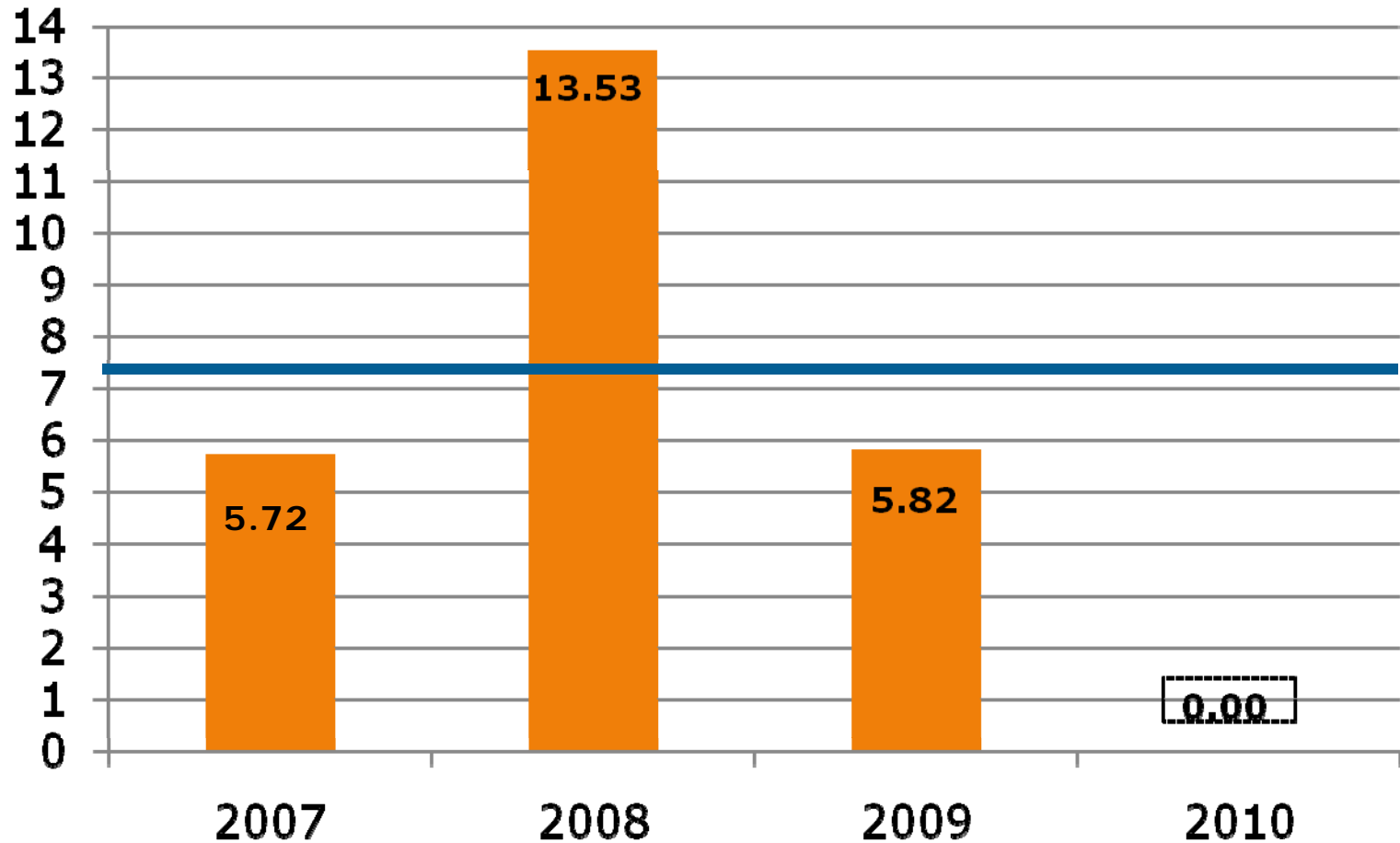
Mesa Facts & Figures

Year	Population	Number of Employees	Approx. Residents per Employee	Total Hours Worked	Injuries	Incident Rate
FY 83/84	199,611	111	1800	161,134	95	117.91
FY 88/89	296,866	106	2800	147,434	55	74.61
2008	462,823	137	3400	251,283	17	13.53
2009	461,102	125	3700	206,139	6	5.82

- Number of OSHA recordable cases for Refuse and Recycling collection.

Incident Rate

OSHA Avg. = 7.50



Safety & Training

- Monthly Safety Committee Meetings
- Injury Analysis and Department Status Report
- Quarterly Meetings
- Training Certifications
- Job Safety Analysis
- Physical Ability Test
- Injury Management Consultant

Injury Prevention/Health and Wellness Program

Program Purpose and Goal:

- The objective is to provide training to the Solid Waste Management Department employees that will identify and reduce the risk of injury while addressing current healthcare issues through education.

Phase 1- Operators

- **Observations/Analysis with Dr. Tom Renner**
- **Safety/Communications Committee Meeting**
- **Management/Supervisor/Foreman Training**
- **Four Sessions with Operators for on-site training**
 - **Session One: Preparation**
 - **Session Two: Techniques**
 - **Session Three: Changes during the day**
 - **Session Four: Recovery**

Introducing



Dr. Tom Renner, CIMA

Background and Experience

- 18 Years private practice in MN
- Specialized in injuries, rehabilitation
- Sports Practice
- Minnesota Vikings, MSU
- 1998 Post Grad Industrial Med Cert
- BackSafe, Industrial Athlete, CHA
- 2001 CIMA
- 8 years primarily working with private trash haulers. Over 50,000 employees trained
- Trucking/Transportation
- Distribution
- Construction
- Printing
- Seated workers (SitFit)

Where Injuries Come From



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The Problems we Face Today

- Accountability questions
- An aging workforce
- A de-conditioned workforce
- An unhealthy workforce
- Lack of knowledge
- Leadership
- Direction

Focus On

- Stop the bleeding
- Change the culture
- Get them well
- Maintenance

***“If you focus on injuries and claims
you’ll get injuries and claims.”***

Creating Awareness and Accountability



"If you focus on health you'll get health."

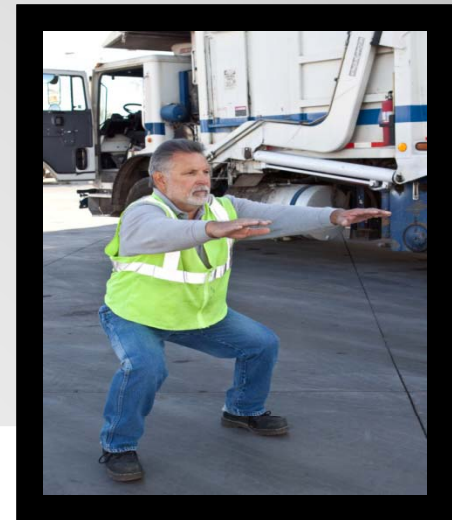
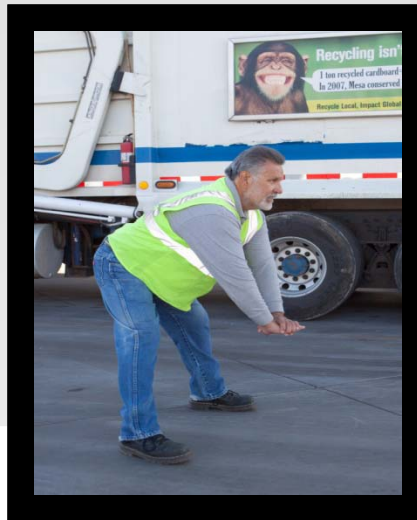
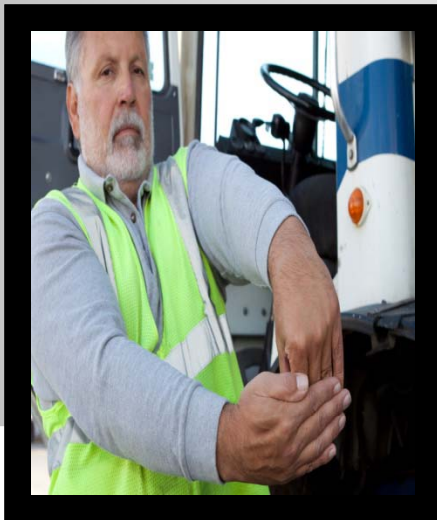
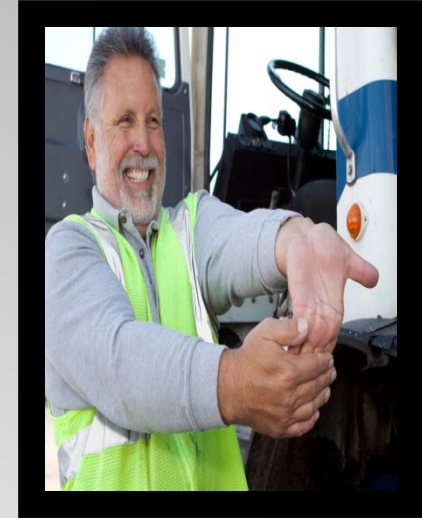
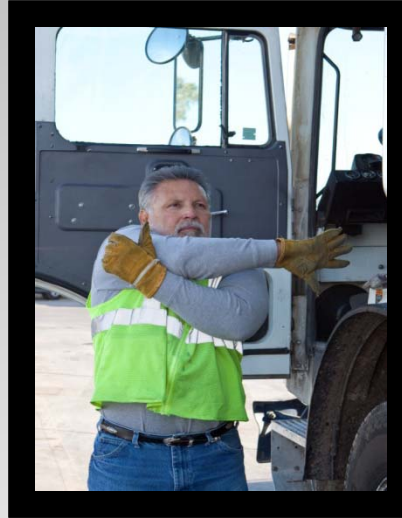
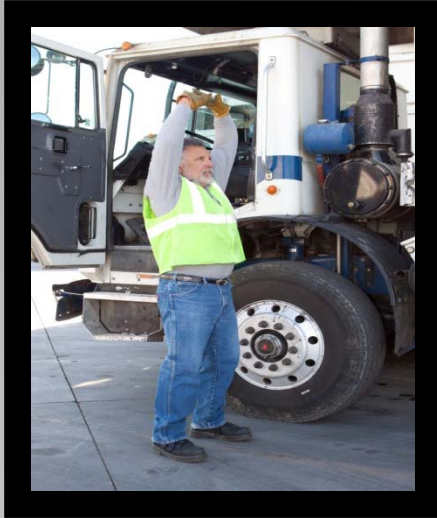
The 4 Steps

1. Preparation
2. Techniques
3. Changes During the Day
4. Recovery

Part One: Preparation

- Nutrition
- Hydration
- Conditioning
- Support Materials

Pre-Shift Conditioning Techniques



Part Two: Technique

- Specific Techniques
 - Posture control
 - Lift/Push/Pull
 - Sitting/Driving
 - Reaching
 - Exiting
 - Body Part/Task Specific
- Conditioning Support
- Wellness Support
- Support Materials

Part Three: Changing Conditions

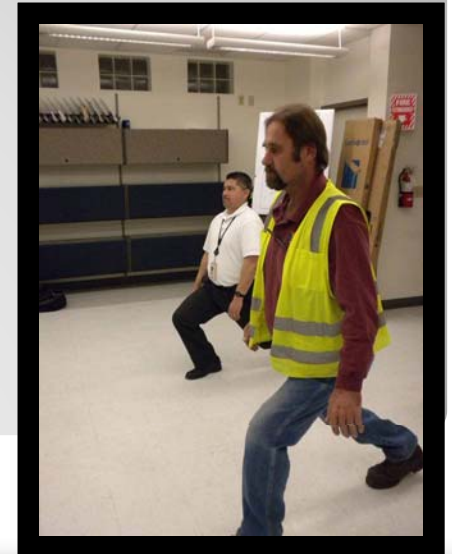
- Awareness and effect of daily changes
- Nutrition
- Environmental
- Physical changes
- Posture
- Fatigue
- Support Materials

Part 4: Recovery

- Wellness based
- Nutrition
- Personal habits
- Sleep
- Dealing with aches and pains
- Exercise

Maintenance

- Fresh and fun
- Continuing the message
- Challenges
- Handouts
- Retraining and follow-through
- A new perspective



Questions?

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