Message from the Workers Compensation Director

Developing a Culture of Safety

Safety in the workplace is a shared responsibility between employers and employees. While state and federal requirements govern employer responsibilities for addressing safety concerns, employees can dramatically improve safety for all. By reporting potentially hazardous issues and taking personal responsibility for your individual safety, we can further a "culture of safety" that I hope becomes part of our everyday lexicon at the City & County of San Francisco.

To help address this question, I examined the causes of injuries to CCSF employees during the 2012 calendar year. I was startled to find that there were 485 claims in 2012 that were attributed to employee slips, trips, and falls. To give you some perspective, this represents approximately 15% of the total number of claims filed in that time period.

What can you do to ensure your personal safety against trips, slips, and falls? You can start by paying close attention to your walking surface. Is it wet? Are there obstacles in your way or uneven surfaces that could be problematic? Keeping your attention on your path can help you to avoid surprises. The same goes for using handrails to stay steady when you are ascending or descending stairs, escalators, or ramps. That's what they are there for in the first place.

Are you always in a hurry? Talking on your cell phone or texting as you are trying to get from one place to another? If so, you are putting yourself at risk for unnecessary accidents. Instead, leave plenty of time to get from one place to another and keep your mobile phone safely tucked away as you go. This can also help to keep you safe from criminals who rely on your lack of attention when they are targeting victims.

Finally, stay vigilant about potential hazards and report them to those responsible for the maintenance of your workplace.

Peggy W. Sugarman, Workers’ Compensation Director
City Has Much Improved OSHA Citation Record

The chart includes data available through April 15, 2013. Please note that Open citation fines could be reduced. Find your department's OSHA citation history.

Keeping Safe While Bike Riding during Work

More and more employees are taking advantage of the CityCycle Employee Bike Sharing Program

The City and County of San Francisco has a tremendous asset in the CityCycle Employee Bike Sharing Program, run by the Department of the Environment (ENV). Presently, 1230 City employees participate, and average 2 miles per rider per week. The trick is to give our employees who take advantage of this program all of the resources and reminders that they need to keep safe while riding a bike during work. ENV offers (and requires) a safety course for CityCycle users which includes bike safety, helmet use, road rules & route selection. Also, DHR's Employee Safety page includes a module on Bike Safety with links to other great resources. Lastly, take every opportunity to remind employees about the need for safety awareness with any form of transportation, including walking!

Laptop Ergonomic Issues at Home

Check out this memorable video with a sweet ending

Take two minutes to remind yourself of some key ergonomic issues for you and your family,
5 Ideas for Dealing with Difficult People in the Workplace
Reverse negative attitudes with these positive steps

Need a reminder today on a better way to approach that difficult someone? Read these 5 brief ideas. Click here

Also, DHR periodically offers a training called "Crucial Conversations." The next one will be scheduled for the fall. Click here for the DHR training catalog and schedule

How to Listen when Someone is Venting
Find out the 3 best questions to effectively guide the process

No matter what, you'll come across that employee or customer that needs to vent. Listening is especially challenging at this time. So why not prepare yourself ahead of time with 3 questions that will help you guide the process toward a more positive outcome... Click here

"Knowing Your Numbers" Can Make a Difference
DHR and Office of Economic & Workforce Development team up for biometric screening

On Tuesday, May 28, 46 DHR employees joined 13 Office of Economic & Workforce Development employees at 1 South Van Ness for a free, confidential biometric screening run by Kaiser and sponsored by the Health Service System. Responses to the anonymous survey afterwards included: "Was great, saved me a trip to Kaiser." and "Good learning experience. Enjoyable." and "Not so good, but it's great to know when you're in trouble. I found out that I have hypertension." Another wrote: "We are headed in the right direction." Aggregate results will help the DHR Wellness Council keep DHR headed in the right direction by targeting wellness initiatives to the needs of our employees.

Contact: Tom Hoffman, Department of Human Resources 415.557.4928 or dhr.safety-health@sfgov.org

Let us know what you think! Quick Feedback Survey

This email was sent to thomas.hoffman@sfgov.org by dhr.safety-health@sfgov.org
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