Age, experience matter in cost of workplace injuries

After examining more than 1.2 million worker compensation claims from 2016 to 2020, a new study from The Travelers Companies Inc. shows that an employee's time spent in a particular role and his or her age were driving factors in injury frequency and cost of claims, respectively.

Some findings from the study:

■ Employees in their first year on a job, regardless of their age or industry experience, represented more than one-third (34%) of all claims and accounted for nearly seven million missed workdays due to injury.

■ Though they were injured less often than most other age groups, employees ages 60 and older had higher average costs per claim, totaling nearly 15% more than employees between the ages of 35 and 49 and approximately 140% more than those ages 18 to 24.

■ The most common injuries were strains and sprains, 38%; fractures, 13%; contusions, 8%; inflammation, 7%; and dislocations, 7%.

■ The most common causes of injury were overexertion, 29%; slips, trips and falls, 23%; being struck by an object, 13%; motor vehicle accidents, 5%; and caught-in or caught-between hazards, 5%.

■ The costliest common claims were dislocations, causing almost three times the average cost per claim.

■ On average, the injuries analyzed resulted in 71 missed workdays.

■ The construction industry had the highest average number of lost workdays per injury (99 workdays), followed by transportation (77 workdays).

■ Injured employees from small businesses missed an average of 79 workdays.

The researchers also suggested that an injured employee's road back to work can be difficult. The longer he or she remains out, the harder it can be for them to return. They recommended that employers promptly file claims after an incident – so that injured workers can immediately receive the help they need. *Source: EHS Today*

OCCMed Jackson can help ...

▶ **Pre-employment physicals, including nerve conduction studies and physical ability testing, to help determine if the employee can do the job.**
▶ **Job site evaluations to assess a job's physical requirements and workplace noise evaluations.**
▶ **A physical therapy department that offers quality treatment and better continuity of care, enabling your employee to recover and return to work more quickly.**
▶ **Testing for drugs and alcohol, pulmonary function, vision, hearing, and heavy metal.**

Finally, we are experts at steering you through the entire workers' compensation process – from treating the injured employee and determining causation to keeping you informed and providing documentation.

For more information, contact …
OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@occmedjackson.com.

It's the season for flu shots

An annual flu shot is the best way to reduce the risk of your employees getting sick with the flu and spreading it throughout your workplace and to their families.

Physicians Quality Care OCCMed has the flu vaccine, and we're already providing flu shots to company employees throughout our area at worksites and in our clinics.

Flu shots also help prevent lost work time and increased medical costs.

The CDC recommends that every person 6 months old or older get the flu shot by the end of October. It takes about two weeks for the vaccine to be effective.

Each year, millions of people get the flu, hundreds of thousands of people are hospitalized and tens of thousands die from flu-related causes. Even healthy people can get very sick and spread the flu to others.

Schedule flu shots with a visit from our self-contained, state-of-the-art mobile clinic. From those flu shots to employee physicals, the OCCMed mobile clinic has the equipment and resources to provide a wide range of medical care. It is staffed with a nurse practitioner and medical assistant.

You can schedule your flu shots or the mobile clinic by contacting Jennifer Carmack, OCCMed Director, at 731-984-8400 or jennifer@occmedjackson.com.

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Tools for a good night's sleep

A program designed to help supervisors support employees' work-life balance and sleep health is available from the Oregon Institute of Occupational Health Sciences.

The Centers for Disease Control and Prevention says about one out of three adults don't get the recommended minimum of seven hours of sleep a night.

Here are tips from the Oregon Institute's Center for Supportive Leadership to form healthy sleep behaviors …

◗ Begin to wind down 30 to 60 minutes before bedtime, and avoid stimulating or stressful activities during this time.
◗ Go to bed and wake up at the same time each day.
◗ Keep your bedroom cool and dark.
◗ Try not to dwell on sleep issues or lay in bed worrying.
◗ Get out of bed if you can't sleep, then listen to music or do something else relaxing.
◗ Eat nutritious meals and limit caffeine intake during the day.
◗ Exercise regularly, stopping a few hours before bedtime.

Source: Safety+Health

We speak OSHA!
To help you comply with OSHA, we offer …

◗ On-site CAOHC-certified audiometry in our mobile unit
◗ DOT, non-DOT & hair follicle drug screening
◗ Breath- & blood-alcohol testing
◗ Health fairs
◗ Strength & agility testing
◗ NIOSH-approved pulmonary function testing
◗ DOT, wellness & pre-employment physicals
◗ Respirator-fit testing & respirator medical evaluations
◗ Heavy-metal testing
◗ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
◗ Nerve conduction studies
◗ X-rays and EKGs