



BERKELEY LAB
LAWRENCE BERKELEY NATIONAL LABORATORY



DZAC October 2011

**Opening Remarks
Ken Fletcher**



BERKELEY LAB

LAWRENCE BERKELEY NATIONAL LABORATORY



U.S. DEPARTMENT OF
ENERGY

DZAC Changes

DZAC Changes

- Thirty Minute Format
- Meet Every Month
- Focused Training
 - Easier to present to Sub-groups
 - Present Metrics and Subject Matter to Sub-groups
 - Many Cases We Have Supplemental Videos
 - Remember To Use Appropriate Sign-in Form
 - Ensure Meeting Sign-in Forms Forwarded
- Near Hit Board Retired



BERKELEY LAB

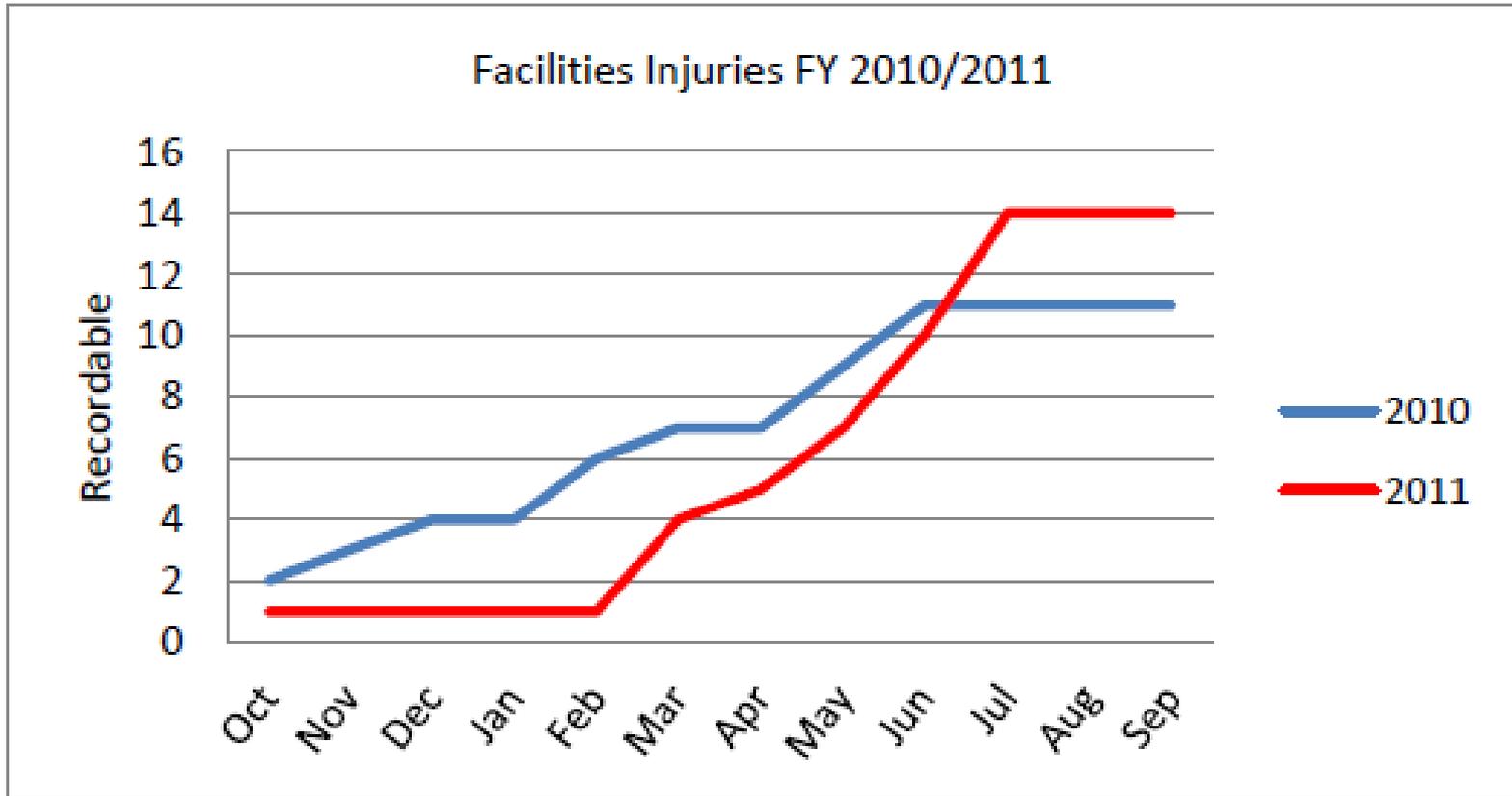
LAWRENCE BERKELEY NATIONAL LABORATORY



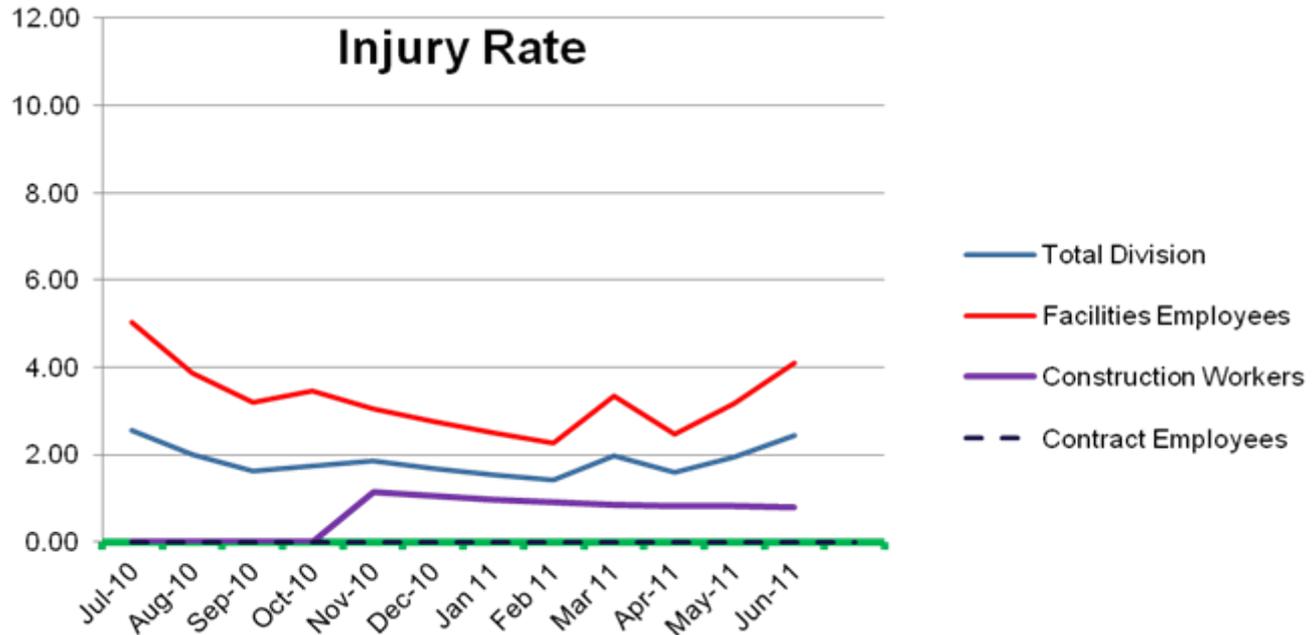
U.S. DEPARTMENT OF
ENERGY

**Expectation:
Zero Injuries**

Expectation: Zero Injuries



Expectation: Zero Injuries



Injury Rates Last 4 Q	
Facilities Workers	4.10
Construction Workers	0.80
Contract Workers	0
Total Division	2.43

Expectation: Zero Injuries

Who is Responsible?

Craft	Number	Recordable	First Aid	Back / Neck	Finger	Foot / Ankle	Arm	Knee	Neck / Shoulder	Head	Hand / Wrist	Leg
Custodian	9	29%	25%	1	1	1		1	2		1	2
Electrician	6	29%	10%	1	1	1				1	2	
Material Handler	3	14%	5%	1	1				1			
PMT	3	7%	10%	3								
Carpenter	2	7%	5%		1	1						
Painter	1	7%						1				
Groundskeeper	1	7%						1				
Laborer	3		15%	1	1		1					
Driver	2		10%	1		1						
Administration	4		20%	1		1					2	
Total	34			9	5	5	1	3	3	1	5	2

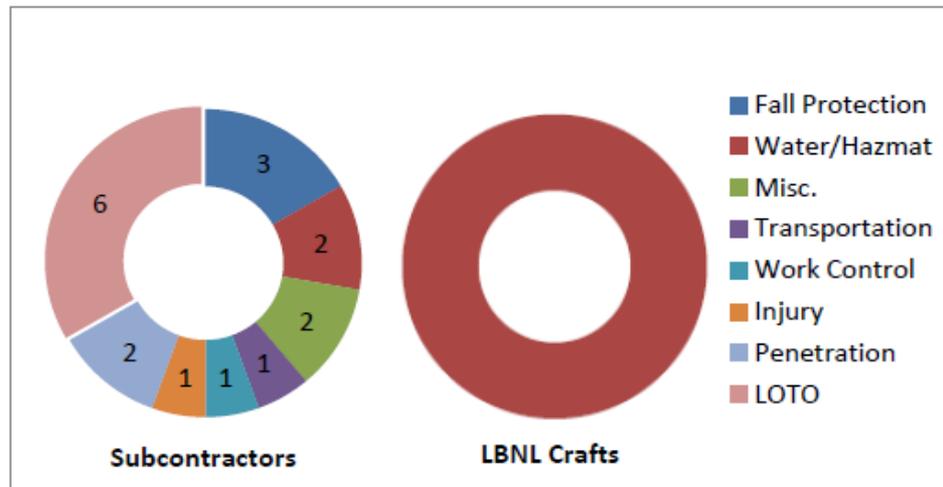
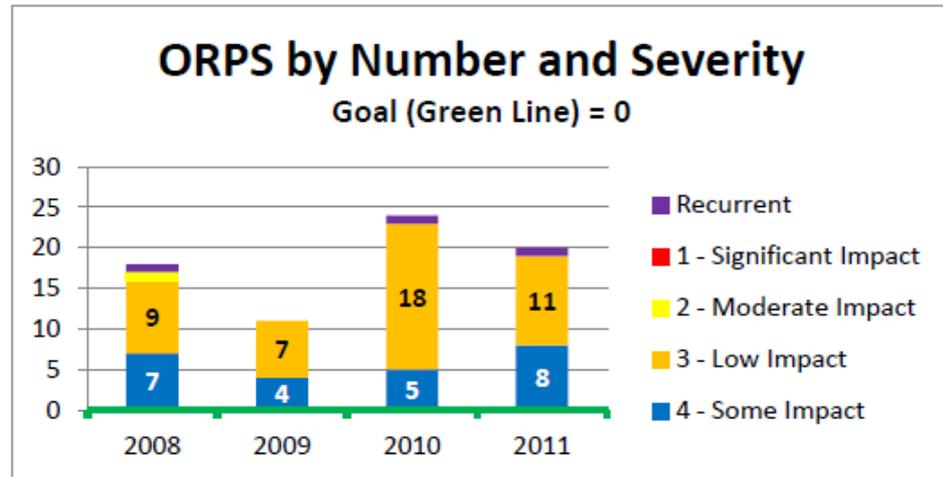
Expectation: Zero Injuries

Injury Type:

Injury Type	Number	Recordable	First Aid	Total
Strains / Sprains	18	26%	26%	53%
Contusion	5		15%	15%
Laceration	3	6%	3%	9%
Splinter	2		6%	6%
Avulsion	1	3%		3%
Bone Spur	1	3%		3%
Infection	1	3%		3%
Abrasion	1		3%	3%
RSI	2		6%	6%
Total	34			

Expectation: Zero Injuries

Occurrence Reports:



Employee Wellness

TAKING CARE OF YOU



WHAT IS WELLNESS?



- **Wellness is the state of being at your best**
 - **Physically**
 - **Mentally**
 - **Emotionally**
- **Almost half of all Americans live with at least one chronic illness**
- **Wellness directly contributes to many of our injuries and therefore is a component of injury prevention**
- **Many practical ways to prevent and manage illness**
 - **“Just Do It!”**

HEALTH SCREENINGS

- **Employee wellness programs**
 - **Health * Fit @ LBNL (see A-Z)**
 - **Occupational Health Programs**
 - **Human Resources – Benefits Department**
 - **CARE Services**
 - **Employee Activities Association**
- **Regular medical check-ups**
- **Don't ignore symptoms**
- **Report injuries / problems immediately**



PREVENTION



- **Smoking**

- **Considered more deadly than car crashes, homicides, suicides, and even AIDS**
- **Steps to quitting**
 - **Have plan**
 - **Determine why you want to quit**
 - **Set date to quit**
 - **Consult doctor and other resources**

- **Drugs and Alcohol**

- **You have a problem if you continue to use them even when they cause problems with your health, finances, work, school or relationships**
- **To prevent substance abuse and addiction, avoid drugs and alcohol altogether**

PREVENTION

(continued)

- **Know preventive care services that your health plan offers**
- **Get up-to-date on vaccinations**
- **Have hearing, teeth and vision checked regularly**



STRESS

- **Effects of stress are real**
- **Prevent and manage your stress level for overall mental and emotional wellbeing**
- **Implement ways to reduce stress**
 - **Exercise**
 - **Relax**
 - **Get plenty of sleep**
 - **Let go of the ‘un-important’**



SHIFTWORK



- **Can be more stressful than a day job**
- **Learn ways to trick your body into being alert at night and sleepy during day**
- **Be active during breaks**
- **Exercise before work**
- **Don't leave most boring tasks for end of shift**
- **Use caffeine only during first half of shift**
- **Don't eat main meal at middle of your shift; eat high protein, low starch meals**

DIET

- **More weight you gain**
 - **More difficult to do your job well**
 - **Higher risk for developing serious medical conditions**
- **Four leading causes of death due to poor diet and lack of exercise**
- **Watch food portions, keeping each meal to three “fists” -worth**
- **Eat brightly-colored fruits and vegetables**
- **Eat less processed foods**



EXERCISE



- Many benefits to being active and doing regular exercise
- Thirty minutes of exercise per day
 - Take stairs instead of elevator
 - Walk to co-worker instead of calling
 - Park further away from building entrances to increase walking time
- Do activities you love
- Warm up / stretch before your shift!

REST

- **Most adults need 7 to 9 hours sleep**
- **Without enough sleep**
 - **Weakened immune system**
 - **Increased risk of diabetes and heart disease**
 - **Increased appetite**
 - **Effects on ability to learn, pay attention and react**
 - **Safety at risk**
- **Make sleep a priority**
 - **Set aside 7 to 9 hours for sleep and do what you can do with the rest**
- **Seek help if you are getting enough sleep but are still tired**





Questions?



BERKELEY LAB
LAWRENCE BERKELEY NATIONAL LABORATORY



Safety Issues Discussion