

safety lately



A monthly newsletter from A&A Elevated Facility Solutions

Accident Reporting Procedures: Stay Safe, Stay Compliant

Accident Reporting Procedures

At A&A Elevated Facility Solutions, safety is our top priority. As part of our CIMS certification compliance, we reinforce the importance of Accident Reporting Training to ensure all incidents are properly documented and addressed. This newsletter outlines the procedures for reporting workplace accidents, injuries, and general liability incidents.

In this issue:

➤ Accident Reporting Procedures:

Step-by-Step Accident Reporting Procedures

Workers' Compensation Contact

➤ Eating for Better Sleep

What about taking a supplement for better sleep?

Sleep promoting dessert yogurt recipe



WHY IS ACCIDENT REPORTING IMPORTANT?

Accident reporting is crucial for maintaining a safe and compliant workplace. Reporting injuries and incidents helps to:

- Identify hazards and prevent future accidents.
- Ensure injured employees receive proper medical attention.
- Maintain compliance with OSHA and CIMS standards.
- Protect employees' rights and provide necessary support.

Employees should feel safe and encouraged to report work-related injuries without fear of retaliation. Open communication ensures a safer work environment for everyone.

TYPES OF ACCIDENTS TO REPORT

- Any workplace injury, regardless of severity
- Sudden illness requiring first aid or emergency response
- Transportation or vehicle-related accidents while on duty
- Non-employee accidents or property damage

Step-by-Step Accident Reporting Procedures

WHY IS ACCIDENT REPORTING IMPORTANT?

1. Immediate Notification: Employee must inform their Supervisor as soon as an injury occurs.

2. Supervisor Response: The Supervisor must respond promptly to assess the situation.

3. Life-Threatening Incidents:

- Call 911 immediately.
- Inform the VP of Operations and follow any site-specific emergency protocols.

4. Non-Life-Threatening Injuries:

- Supervisor contacts WorkCare **888-449-7787** with the employee to determine if medical treatment is necessary.

5. Incident Investigation:

- Take photos of the accident scene.

FOR NON-EMPLOYEE ACCIDENTS & PROPERTY DAMAGE

1. Immediate Notification: Report the incident to the VP of Operations.

2. Incident Investigation:

- Take photos of the scene.

OSHA REPORTING REQUIREMENTS

- Fatalities: Must be reported to OSHA within 8 hours.
- Hospitalization, amputation, or loss of an eye: Must be reported within 24 hours.
- Contact OSHA: **1-800-321-6742**

KEY TAKEAWAYS

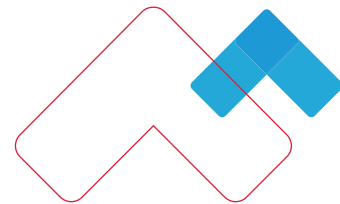
- ✓ Always report incidents immediately.
- ✓ Inform your Supervisor once an injury occurs.
- ✓ Follow proper documentation and investigation steps.
- ✓ Ensure compliance with OSHA and CIMS standards.
- ✓ Stay informed and participate in accident prevention training.
- ✓ Employees should feel safe in reporting work-related injuries.

Reminder: Employees should review and acknowledge this training as part of ongoing compliance efforts. Ensure your team is up to date with safety standards!

WORKERS' COMPENSATION CONTACT

Per California state law, a DWC1 form must be given to an employee within 24 hours of the employee reporting an injury.

If an employee is out on a work-related injury, a doctor's note is required. Employees must ensure to send all doctor's notes to their supervisor once received.



Eating for Better Sleep

Did you know diet quality can have a direct impact on your sleep? A nutrient-dense diet tends to be high in key sleep-promoting nutrients; tryptophan, melatonin, magnesium, and B-complex.

- **Melatonin**, the hallmark of good sleep, is a sleep-regulating hormone. Uniquely, melatonin is produced by the body but can also be found in food. Eggs, fish, nuts, tart cherries, dairy, and bananas are key melatonin-rich foods.
- **Tryptophan**, another key sleep-promoting nutrient, is an essential amino acid (only food in food, aka-> the body cannot produce) that helps aid melatonin production. Which foods contain tryptophan? Fortunately, tryptophan is found in several foods such as chicken, beef, fish (salmon is very high in tryptophan) eggs, dairy, chia seeds, pumpkin seeds, cashews, pistachios, oats and buckwheat- to name a few!
- **Magnesium** is a natural muscle relaxer but also plays an important role with B complex as essential cofactors. Magnesium and B complex work as cofactors converting tryptophan into melatonin. Fortified whole grains, dairy, legumes, nuts, spinach, and avocados are high in magnesium/B complex.

WHAT ABOUT TAKING A SUPPLEMENT FOR BETTER SLEEP?

Supplements are not regulated by the FDA and unless prescribed by your doctor are not

recommended over consumption via diet.

Consuming nutrient-rich foods provides the body with various nutrients compared to an isolated supplement. Also, did you notice a key trend in the foods containing key sleep-promoting nutrients? Many of the same food items are rich in 2 or more key sleep-promoting nutrients!

SLEEP PROMOTING DESSERT YOGURT RECIPE:

This delicious yogurt bowl not only contains key sleep-promoting nutrients but also is high in calcium and fiber to help you stay feeling full for a restful sleep ahead.

- *½ cup 2% plain Greek yogurt*
- *Honey to taste*
- *1 TB chopped almonds, 1TB chopped cashews*
- *Sprinkle of chia seeds*
- *¼ cup fruit of choice (Berries or banana make an excellent addition!)*
- *Optional: sprinkle of low sugar added granola for a crunch & added fiber!*

