

12-Month Safety Training Calendar Guide

Introducing the 12-Month Safety Training Calendar by Axiom Medical: Your premium tool for **injury prevention** and **cost-saving** in the workplace.

Each month, tackle one of the 12 most common workplace injuries using evidence from Axiom's injury data. As each month passes, your team's preventative knowledge grows, covering critical issues such as strain injuries, chemical exposures, and heat exhaustion. The guide offers **practical solutions**, delving into the specifics of each injury type and providing strategies to prevent them.

Minimize the cost of workplace injuries—not just in terms of productivity and healthcare but also in compliance fines. With our methodical, **data-backed approach**, you can enhance safety, reduce the occurrence of OSHA-recordable incidents, and potentially decrease insurance costs while ensuring your employees stay safe and healthy.

And if an incident occurs, don't worry. The guide includes a complete run-down of the Axiom Injury Reporting process, providing a seamless solution to manage and navigate workplace injuries.





January

Lumbar Sprains and Strains - 1281 occurrences

Imagine Jane, a warehouse employee, bustling through her usual day. It's a busy shift, and she is responsible for moving boxes to various departments. Normally, she teams up with a colleague for heavy items, but today she's short-handed. Spotting a large box labeled "FRAGILE," she decides to move it on her own. She bends over, lifting with her back rather than her knees, and feels a sharp twinge.

The pain tells a clear story – she has just become part of the 1,281 occurrences of lumbar sprains and strains. This common injury, often a result of improper lifting techniques and inadequate assistance, underscores the critical need for workplace safety education and proper lifting protocol reinforcement.

Key Takeaways:

- ▶ Educate on proper posture and lifting techniques.
- ▶ Introduce exercises that strengthen the lower back.
- ▶ Highlight the use of back support aids where necessary.
- ▶ Emphasize the importance of team lifting for heavy objects and the use of mechanical aids.
- ▶ Discuss the implementation of mandatory stretch breaks during long shifts.

"Lift smart, lift safe: Protect your back, protect your future."



February

Shoulder Sprains and Strains - 733 occurrences

Bob, a seasoned construction worker, starts his early morning on the job site. Tasked with installing drywall, he reaches overhead repeatedly, hoisting panels high above his shoulders. As the day wears on, his movements become autopilot, but fatigue starts to set in. Ignoring the throb in his shoulder, he pushes through, convinced that he can rest at the weekend. It happens in an instant – a sharp pain sears through his shoulder as he lifts a particularly heavy sheet. The weight is too much, his form compromised from exhaustion, and he knows immediately that he's hurt.

Later, the diagnosis confirms it: a shoulder sprain and strain from repetitive motion and overexertion. This textbook example illustrates how easily an injury can occur without proper breaks, job rotation, or awareness of workplace limits.

Essential Insights:

- ▶ Perform warm-up routines to prepare the shoulder muscles for work.
- ▶ Demonstrate safe work practices that reduce overhead extension.
- ▶ Encourage reporting early signs of shoulder discomfort.
- ▶ Emphasize the importance of taking regular breaks to prevent overuse injuries.
- ▶ Discuss the role of job rotation in reducing the risk of repetitive strain injuries.

“Shoulder the load wisely: Respect your limits, rotate tasks, recover right.”

March

Ankle Sprains and Strains - 720 occurrences

Meet Emily, an agile security guard who patrols a vast shopping center. On her shift, navigating through throngs of people and scattered obstacles is second nature. But one oversight alters her routine – a wet floor sign misplaced due to the day’s rush. In the middle of her patrol, Emily’s foot slides unexpectedly, twisting her ankle in a split second.

Amid the hustle of the environment, she becomes one of the 720 reported cases of ankle sprains and strains – a reminder of how even the most vigilant workers are vulnerable to commonplace hazards.

Main Highlights:

- ▶ Implement balance training and ankle-strengthening activities.
- ▶ Define clear pathways free from trip hazards.
- ▶ Underscore the importance of promptly addressing spills and hazards.
- ▶ Reinforce the significance of proper footwear with ankle support.
- ▶ Advocate for the awareness of one’s surroundings, especially in high-traffic areas.

“Stride with caution, step with confidence: Ankle safety is a step in the right direction.”





April

Knee Sprains and Strains - 560 occurrences

In the construction world, meet Carlos, a skilled carpenter known for his meticulous work. Carlos spends hours on his knees installing flooring tiles throughout expansive commercial properties. He's aware of the strain this puts on his knees but shrugs it off as just part of the job. One day, while hurriedly moving to meet a deadline, he twists awkwardly to reach a tool and feels a sharp pain in his knee.

Carlos has become a statistic despite his resilience, one of the 560 knee sprains and strains that occur annually. This incident sheds light on the occupational hazards faced by workers who perform repetitive tasks in strenuous positions and the necessity of ergonomic practices and protective gear.

Core Points to Remember:

- ▶ Provide knee pads or protective gear for jobs involving kneeling.
- ▶ Train on safe techniques for jobs that include crouching or bending.
- ▶ Promote the implementation of micro-breaks to alleviate joint stress.
- ▶ Advocate for exercises that enhance knee flexibility and strength.

“Knee health is not just about recovery; it’s about prevention and resilience. Protect your mobility, protect your livelihood.”



May

Chemical Exposures - 500 occurrences

In the bustling spaces of a high-tech manufacturing plant, Alex, a diligent lab technician, is surrounded by the whirl of machines and an array of chemicals. She has years of experience handling each substance with care, following protocols religiously. However, despite her meticulous nature, an abrupt equipment failure leads to a chemical spill. Quick reflexes and a calm mind allow Alex to contain the situation, but not before she inhales some fumes.

A staunch advocate for safety, Alex had always pushed for more rigorous safety measures, and now her experience has become a case study of the necessity for constant vigilance and preparedness against the risk of chemical exposures.

Crucial Learnings:

- ▶ Reinforce training on chemical handling and storage.
- ▶ Update on the correct use and disposal of hazardous materials.
- ▶ Review emergency procedures for chemical spills.
- ▶ Highlight the significance of regular equipment checks to prevent malfunctions.
- ▶ Advocate for proper personal protective equipment (PPE) and its correct usage.

“Safety is not a slogan; it’s a way of life. Equip, educate, and protect—because every incident avoided is a life unaltered.”



June

Laceration, Finger, Uncomplicated - 488 occurrences

During a long shift at the docks, where the relentless rhythm of machinery sets the tempo for the workers, Jack, a seasoned dredge operator, scrambles to secure a loose cable. As he swiftly works to prevent it from entangling in the machinery, his hand slips — the cable snaps back, and he feels a sharp sting. With a grimace, he glances at his finger: a clean cut, not deep, but bleeding, nonetheless.

Uncomplicated as it may seem, this laceration is a stark reminder that even the most straightforward tasks can bear risks, and caution should never be sidelined in the pursuit of efficiency.

Important Takeaways:

- ▶ Offer safety training and proper usage of cut-resistant gloves.
- ▶ Conduct inspections of tools and equipment’s safety features.
- ▶ Reinforce control measures for material handling.
- ▶ Educate on immediate and correct handling of cut injuries to prevent infection.
- ▶ Discuss the need for comprehensive first-aid kits readily accessible in the workplace.

“Precision in prevention: Protect every digit, preserve every grip. Safety isn’t just a pair of gloves; it’s a mindset that keeps every finger intact.”





July

Contusion, Finger - 355 occurrences

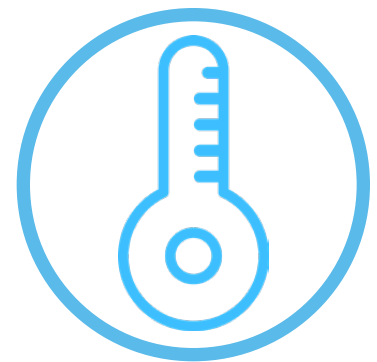
Summer's heat mirrors the bustling activity within the steel manufacturing plant where Sofia, a veteran machine operator, oversees the precise cutting equipment. Temperatures rise, not just outside but also within the walls lined with molten metal and heavy machinery. Sofia is accustomed to the roar of engines and the dance of sparks, moving with an almost choreographed grace around the equipment. But an unexpected moment of distraction, a shout from a colleague over the din, leads to a mild yet painful mishap: a crushed finger between two steel plates.

The contusion is a vivid purple badge of her lapse in attention, a visual cue for the reminder that diligence in the factory is as crucial as the machines themselves for maintaining the productivity and safety of operations.

Principal Conclusions:

- ▶ Review hand safety protocols and the use of protective gloves.
- ▶ Inspect and maintain machinery guards.
- ▶ Encourage attentiveness to avoid pinch points and caught-in/between accidents.
- ▶ Stress the importance of maintaining focus in noisy or distracting environments.
- ▶ Encourage regular safety briefings before each shift.

“Guard every motion, protect every touch: A contusion is not just a mark, but a message. In the rhythm of production, let safety be the beat to which we all move.”



August

Heat Exhaustion - 295 occurrences

In the expansive landscapes where energy utilities stretch towards the horizon, workers like Carlos toil under the relentless sun to maintain the integrity of our power systems. The vast web of electrical lines requires constant attention, and heat exposure becomes an inevitable part of the daily routine.

One sweltering afternoon, while fastening a faulty transformer, the oppressive heat overcomes Carlos. He experiences the onset of heat exhaustion, his body's plea for relief from the unyielding temperature. This event is a stark reminder of the environmental hazards that utility workers face and the vital importance of preventive measures against heat-related illnesses.

Insights to Act On:

- ▶ Acclimate workers to hot environments gradually.
- ▶ Stress the importance of hydration and regular cool-down breaks.
- ▶ Provide training on recognizing and treating heat exhaustion symptoms.
- ▶ Encourage the use of personal cooling devices and access to cold water stations.
- ▶ Schedule heavy work for cooler parts of the day and lighten workloads during peak heat.

“Heat exhaustion is a threat, but foresight is our defense.”



September

Sprains and Strains, Wrist - 316 occurrences

In the fast-paced corridors of the city hospital, Emma, a dedicated nurse, efficiently juggles multiple tasks to keep the ward running smoothly. Her hands are almost always full—administering medication, recording vital signs, and assisting patients with their needs. Amidst this flurry of activity, a misstep during a patient transfer results in an awkward twist of her wrist.

A sharp pain announces a sprain, and suddenly, her vital role in patient care faces an unforeseen hurdle. This instance underscores the critical need for proper techniques and support when performing physically demanding tasks in healthcare settings.

Learnings to Consider:

- ▶ Emphasize ergonomics in workstation setup.
- ▶ Demonstrate wrist-friendly tool use and techniques.
- ▶ Highlight the importance of regular wrist exercises.
- ▶ Introduce a buddy system for tasks that are identified as high-risk for sprains and strains.
- ▶ Organize workshops on proper body mechanics and lifting techniques.

“Wellness in movement, safety in care: A sprain is a sign that every lift counts.”





October

Sprains and Strains, Thoracic - 285 occurrences

Deep within the cavernous depths of the earth, workers like Sofia navigate the dark tunnels of the minerals and mining industry. Their labor is essential to extracting the raw materials that fuel our technology and construction. However, physical strain is a common adversary in pursuit of such valuable resources.

As Sofia discovers while maneuvering heavy machinery, a sudden twist or improperly handled piece of equipment might lead to a thoracic sprain. This incident brings to light the need for rigorous safety protocols and ergonomic innovation within the mining sector.

Points for Reflection:

- ▶ Educate on safe lifting limits and the use of mechanical aids.
- ▶ Promote spine-neutral tasks and ergonomic work practices.
- ▶ Discuss stress reduction methods which can impact muscle tension.
- ▶ Emphasize the necessity of comprehensive risk assessments to identify potential hazards leading to sprains and strains.

“Supporting our workers’ health ensures the spine of our operations.”



November

Contusion, Foot - 233 occurrences

In the sprawling docks and on the open sea, where the might of the shipping industry keeps the arteries of global trade flowing, workers like Marco brave the elements to ensure the punctual delivery of goods. Amidst the maze of containers and on the rolling decks, the risk of physical injury is perpetually present.

A misstep on a wet surface or an unexpected wave can lead to a painful contusion of the foot. This type of incident underscores the necessity for robust safety measures and a commitment to reducing the incidence of maritime injuries.

Takeaway Analysis:

- ▶ Require safety footwear that protects against compression and impact.
- ▶ Assess workplace for objects that pose a risk of falling or rolling.

- ▶ Address housekeeping practices to minimize clutter in walk areas.
- ▶ Promote awareness and readiness for swift medical response.
- ▶ Encourage reporting and analysis of near-misses to improve safety protocols.

“Let’s navigate the risks and safeguard our workers against the preventable peril of foot contusions. By anchoring safety in our daily practices, we steer clear of harm’s way.”



December

Contusion, Knee - 231 occurrences

Workers are confronted with formidable challenges daily in the expansive oil and gas fields, where relentless machinery churns and drills into the earth. Amidst the din of industry and the shifting landscapes of derricks and drills, knee contusions are a stark reminder of the hazards that workers like Eva face.

A wrong step around heavy equipment or a fall on the jagged ground can result in a serious knee injury. Such occurrences not only cause pain and suffering to the individual but also significantly impact the energy sector’s operational efficiency.

Items for Review:

- ▶ Provide appropriate knee guards for jobs with a risk of impact.
- ▶ Instruct on proper first aid response to limit injury severity.
- ▶ Highlight the importance of safety training that includes proper maneuvering around high-risk areas.
- ▶ Encourage prompt reporting and attention to minor injuries to prevent more serious complications.

“Protecting one’s knees from injury is not just an act of care, it’s a cornerstone of productivity. Let’s commit to safety measures that absorb the shock of the industry and keep our personnel standing strong.”

By focusing on these key injury types month by month, employers can establish a routine of preventive talks and workshops that address the most pressing safety issues. This structured approach allows for the creation of an ongoing educational environment where safety becomes inherent in the company culture.





Your safety at your workplace is our utmost priority. Should you, unfortunately, experience an accident or an injury, the following are steps to follow within our Axiom Injury Reporting process:

Axiom Medical's Injury Management Process

Information

Caller provides basic information to route call to appropriate Nurse Case Manager.

Assessment

Injury assessment with medical history review. Treatment plan established.

Reporting

Detailed reporting of incident and employee status submitted to the company.

Managing

Follow up to assess status. Continued management through the recovery process.



Utilizing Axiom Medical's injury case management offers several tangible benefits, enhancing both the employee's recovery process and the employer's operational efficiency:

- ▶ **Streamlined Communication:** A single point of contact through a Nurse Case Manager reduces confusion and expedites the treatment process.
- ▶ **Professional Medical Assessment:** Immediate physical + mental health assessments by healthcare professionals ensure appropriate care recommendations.
- ▶ **Reduced Recovery Time:** Swift, professional management of injuries can lead to quicker recovery times, minimizing disruption to the employee's life and workplace absence.
- ▶ **Compliance Assurance:** Adherence to OSHA guidelines and other regulatory requirements are managed meticulously, maintaining your company's compliance.
- ▶ **Cost Management:** Efficient case handling can lead to lower overall costs associated with workplace injuries through proper care pathways and avoiding unnecessary procedures.
- ▶ **Data-Driven Approach:** Using insights from historical injury data to implement preventive measures, reducing the likelihood of future injuries.

By integrating Axiom Medical's comprehensive approach, businesses can expect a structured and supportive environment that prioritizes their employees' health while maintaining productivity and safety standards.



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Secure Your Team!

Injuries don't wait, and neither should you! Talk to Axiom Medical today to optimize your workplace health and safety strategy with our Injury Case Management solution.