Clinician RESOURCES

This issue we focus on resources to help clinicians protect themselves from injuries and engage in a healthier lifestyle.

OSHA safety website

A hospital is one of the most hazardous places to work, according to the Occupational Safety and Health Administration (OSHA). The agency provides a wealth of information on how to protect hospital workers as part of its website **Worker Safety in Hospitals: Caring for Our Caregivers[A]**.

PDF resources include:
- A fact sheet that helps **dispel myths[B]**, barriers, and concerns related to safe patient handling
- Information on **making the case[C]** for safe patient handling programs
- **An overview[D]** of workplace violence
- **A road map[E]** for preventing workplace violence
- **Core elements[F]** of a safety and health management system

Download an overview[G] of available tools and resources.

Shift work education program

The National Institute for Occupational

Safety and Health (NIOSH) offers the free online education program "**NIOSH training for nurses on shift work and long work hours[H]**."

The program is designed to educate nurses and their managers about the health and safety risks associated with shift work, long work hours, and related workplace fatigue issues. The program also discusses strategies in the workplace and in the nurse's personal life to reduce these risks.

Guidelines for preventing workplace violence

Download "**Guidelines for preventing workplace violence for healthcare and social workers[I]**" from OSHA. The document con-

tains information on identifying risk factors in the workplace and developing violence prevention programs, along with several checklists, such as:

- risk factors for workplace violence
- inspecting work areas
- security measures
- workplace violence prevention program assessment.

Creating a more civil workplace

"**Conversations to inspire and promote a more civil workplace**[J]," published in *American Nurse Today*, provides practical strategies for having difficult conversations in the workplace.

Although targeted towards nurses, all clinicians can benefit from these tips, such as how to apply the four steps of the DESC model:

D: Describe the specific situation.
E: Express your concerns.
S: State other alternatives.
C: Consequences stated.

Keep track of your healthy activities

Trying to live a healthier life? Get some

help from the United States Department of Agriculture's **Supertracker**[K].

On Supertracker you can:

- look up nutritional information for foods and even do a side-by-side comparison
- track the foods you eat and compare to your nutritional goals
- log your physical activity
- see how your weight is trending.

You can also get weight management guidance, establish personal goals, and sign up for tips from a virtual coach. ∎

Online Resources

A. osha.gov/dsg/hospitals/

B. osha.gov/dsg/hospitals/documents/3.1_Mythbusters_508.pdf

C. osha.gov/dsg/hospitals/documents/3.5_SPH_effectiveness_508.pdf

D. osha.gov/dsg/hospitals/workplace_violence.html

E. osha.gov/Publications/OSHA3827.pdf

F. osha.gov/dsg/hospitals/documents/2.4_SHMS_roadmap_508.pdf

G. osha.gov/dsg/hospitals/documents/2.4_SHMS_roadmap_508.pdf

H. cdc.gov/niosh/docs/2015-115/default.html

I. osha.gov/Publications/osha3148.pdf

J. americannursetoday.com/cne-civility/

K. supertracker.usda.gov/