

In the Spotlight

Smart Goal Setting



When setting goals for your organization, be sure to stick to the “SMART” objectives!

- S**pecific
- M**easurable
- A**ttainable
- R**elevant
- T**ime-bound

When your objectives are specific, measurable, attainable, relevant, and time-bound, you have set goals for your organization that you are likely to successfully achieve.



FRIENDLY REMINDER

Be sure to submit your application for the PCPA Trust Risk Management Grant Award. Develop a project to help reduce workplace injuries. If selected, your organization will receive funds to implement your project. Applications were sent by email to all Trust members and must be returned by October 31st. Awards will be distributed in March 2019.

MRSA: What It Is and What To Do About It

Millions of Americans suffer from skin infections every year! Many of which come after a hospital stay. Although there are many types of skin infections, one common skin infection to be watchful of is MRSA. Awareness is the key to stopping skin infections like MRSA from spreading to your employees or consumers.

What is it?

MRSA is a type of staph bacteria that causes skin irritation. This can later spread from a minor infection to pneumonia, and even life threatening reactions if left untreated. It is normally spread through contact with an infected area or by skin contact with a contaminated item. Large groups of people and shared equipment increase the risk for the spread of MRSA.

Symptoms

MRSA is commonly mistaken for a spider bite. But, unless you have seen a spider, the irritation is likely the cause of MRSA infection. MRSA bumps have the following appearance:

- Red
- Swollen
- Painful
- Warm to the touch
- Full of pus or other drainage
- Accompanied by a fever



If you discover this type of rash, contact a physician and use clean hands to cover the area with a bandage. Continue to replace the bandages with clean ones until a doctor can be seen. Do not pick at the sore. If the bump is accompanied by a fever, be sure to seek treatment immediately, as conditions are already more severe.

Prevention

Luckily, there are preventative measures that can be taken to reduce the risk of a MRSA infection.

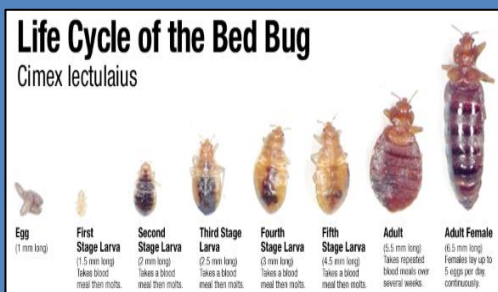
- Maintain good hygiene. Be sure to wash your hands often and body regularly, especially after exercise.
- Keep any cuts or scrapes covered until fully healed.
- Do not share personal items such as razors or towels.
- Wash and dry sheets, towels, and clothes thoroughly.
- If you think you might have an infection, see a doctor immediately.

What NOT to do...

- Do not panic!
- Do not try to kill bedbugs by using agricultural or garden pesticides.
- Do not apply pesticides directly to your body.
- Do not throw away your furniture – they can be treated!
- Do not store things under the bed. Storing stuff under the bed gives bed bugs new places to hide.
- Do not move things from room to room. Moving your things from the room with bed bugs to another room may spread the bugs.
- Do not wrap items in plastic and place them in the sun. It will not get hot enough to kill all the bugs.

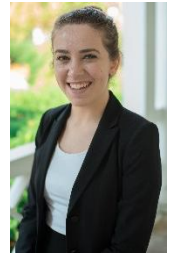
What to DO...

- Call a professional exterminator!



Avoiding Bed Bugs

Bed bugs have had a reputation for years as a troublesome problem. Infestations were decreasing for many decades; however, due to the rise of immigration and increased overseas traveling, bed bug infestations are back.



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Risk Management Intern
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There are no major risks associated with a bed bug infestation, but once they are found, they can be extremely difficult to exterminate.

About Bed Bugs

Bed bugs are most commonly found in hotels. However, infestations also occur in homes, office spaces, movie theatres, transportation vehicles, and other places where large groups of people congregate.

Bed bugs live most commonly under mattresses, but they can latch onto clothes, suitcases, or hide behind furniture or walls. They can survive for up to a year without feeding and reproduce quickly.

What to Look For

Bed bugs feed on human blood, typically at night. Red, swollen bumps on the skin are a sign of a bed bug infestation. They are typically painless and harmless but occasionally produce itching at the site.

Bed bugs can be found by looking underneath mattresses and in crevices by the bed. They are small, between 5-7 mm, and a reddish brown color. Finding the physical bug is the only sure sign of a bed bug infestation, but egg cases, fecal stains, and shed skin can also be a strong sign of an infestation.

Prevention and Eradication

Once bed bugs are found, there is little that can be done besides calling in a pest control specialist. Some low-odor sprays, dusts, and aerosol insecticides can also be used to kill bed bugs. However, calling in a specialist is the only way to confirm and eradicate a bed bug infestation.

The best way to prevent bed bugs is to avoid places that have been infected. Always inspect for bed bugs, and be sure to store luggage away from the bed to avoid the transfer of bed bugs.

Washing and drying clothes in high heat can also kill any bed bugs that have latched onto your clothes.

Beyond avoidance, it is also beneficial to stay proactive through measures such as good housekeeping, regular vacuuming, and clearing out clutter. Sealing your mattress in a protector is another great way to keep the bugs away and keep you safe.



