



Safety “Kohn” Standard

Information provided by Thomas Kohn, CALS Safety Coordinator

Safety Starts with You

September 2022

Ergonomics / Safety Lifting

- **Ergonomics** - Is the science of fitting workplace conditions and job demands to the worker.
- **Musculoskeletal Disorders (MSDs)** - Are soft-tissue injuries that can affect muscles, nerves, tendons, joints and cartilage. MSDs are caused by sudden or sustained exposure to repetitive motion, force, vibration, and awkward positions.

Manual material handling tasks that are performed repeatedly or over long periods of time can lead to fatigue or injury. Conditions or risk factors associated with manual material handling tasks and the development of injuries include:

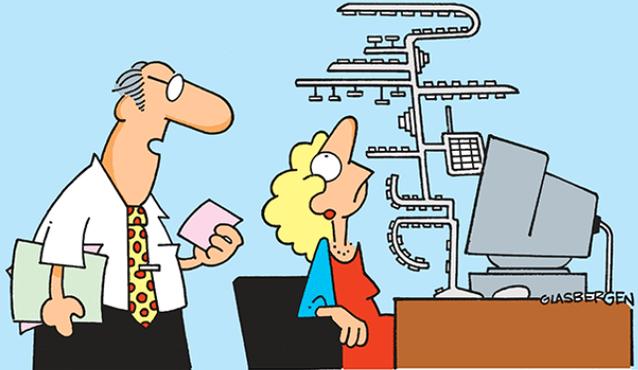
- Awkward or Static postures
- Repetitive motions
- Forceful exertions
- Pressure points

While initial exposure may only lead to fatigue or discomfort, repeated exposure to the conditions listed above may lead to injuries to the back, shoulders, hands, wrists, or other parts of the body. MSDs including injuries to muscles, tendons, ligaments, nerves, and blood vessels may occur.

UW-Environmental, Health, & Safety has several ergonomics trainings available.

- [Materials Distribution](#)
- [Snow Removal](#)
- [Waste Removal](#)
- [Setting Up Your Computer Workstation](#)

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“It’s an ergonomic keyboard. Once you learn how to use it, it will increase your speed by six percent!”

National Preparedness Month

[Ready.gov/september](https://ready.gov/september)

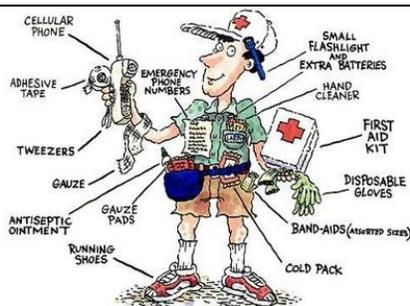
National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

This year’s national public service announcements have been developed and released throughout the country this September, to help get preparedness information into the hands of those who live in underserved communities.

2022 Theme: A Lasting Legacy

The life you’ve built is worth protecting. Prepare for disasters to create a lasting legacy for you and your family. The link below is for a one-minute video related to being prepared.

A Lasting Legacy: 60 Emergency Preparedness



[CPR/AED & First Aid Classes are now available for CALS personnel, click on the first responder above for additional information or go to the training page on the website listed below.](#)
[American Red Cross training in CALS – Safety – UW–Madison \(wisc.edu\)](#)

Worker Protection Standard (WPS) training is required annually for any personnel that may be exposed to pesticides in the fields or greenhouses. Visit <https://safety.cals.wisc.edu/cals-safety-training/> to learn more and register for trainings.

CALS Safety Website

Please take a few moments to familiarize yourself with the information and resources found at <https://safety.cals.wisc.edu/>

