



RETAIL  
ASSOCIATION  
SERVICES Inc.

December 2020

Hello RETRO Members;

Happy December! This month is the National Highway Traffic Safety Administration's [Stop Impaired Driving Month](#). Impaired driving refers to operating a vehicle while under the influence of alcohol and drugs.

These substances take a while to work through the human body. Employees may still be impaired many hours after using such substances because it takes a while to work through the human body. Such impairments can affect the safety of that employee as well as those who work with them.

Therefore, please review and update your policies to include alcohol, prescription drug abuse.



## Alcohol & Drugs

These substances affect the brain's ability to function and can negatively impact an alcohol/drug user at work. The impaired employee may find it hard to maintain customer relationships, productivity, and company morale.



Click the following links for recommended websites:

- [Alcoholics Anonymous](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [National Institute on Drug Abuse](#)
- [RS SafetyTV](#)



# Pallet Jack Claims Up

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We are seeing an increase in claims involving pallet jack use and have put together the following resources for you to review with your employees that use manual or electric pallet jacks.

Here are more resources on pallet jack safety:

- [How to Prevent Pallet Jacks from Causing Injury](#)

- [Pallet Jack Rules](#)  
(employee/supervisor sign off)

- [RS Safety TV](#)

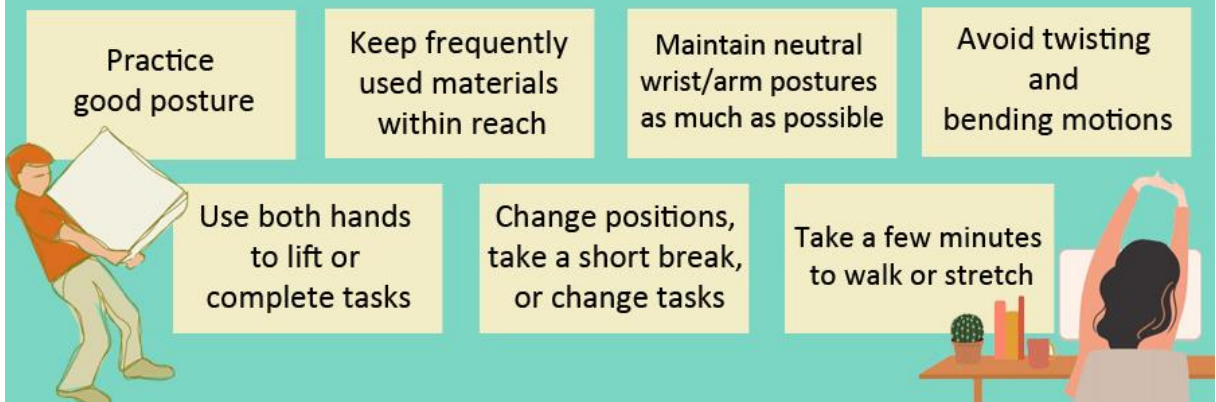
The Auto Group experiences a larger portion of this type of injury due to the nature of the work being performed, putting this as number three on the most common type of injury. Examples of awkward postures would be twisting, bending, and reaching, pulling, or lifting. Other instances of awkward posture are working with the hands above the head, elbows above the shoulders, working with the neck or back bent more than 30 degrees without support and without the ability to vary posture.



# Awkward Postures

*Refers to the positions of the body while performing work activities that deviate significantly from the body's 'neutral' position; causing muscles to operate less efficiently and more force expended to complete the task*

## PREVENTATIVE MEASURES AND CONTROLS



Awkward postures include:

- twisting your head to the side
- bending your neck down
- reaching, pulling or lifting

Negative Impacts:

- increases your chances of experiencing discomfort and pain
- puts yourself at risk for injury

Reducing Awkward Postures [handout](#).

I can also send you other materials for your safety meetings.

Wishing you all a safe and enjoyable holiday season!

**Rick Means**

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