

VPP Porcelain Press



**Returning to Work
After Injury or Illness-**
*We want you here, but
only when you're ready!*

Following the occurrence of an injury or illness resulting in an absence from work Staff and their managers must strive to ensure they return to work in a manner that **promotes health, safety, and productivity**. (3G635)

Before returning to work after such an illness, the staff member **must be evaluated to determine whether they can perform their assigned duties in a safe, reliable manner**, and they must be authorized to return to work by a health care professional, **when an occupational** injury or illness has resulted in one or more days away from work, or resulted in the issuance of work restrictions.

The employee must also be evaluated when a **non-occupational** injury or illness resulted in an absence from work for 5 or more consecutive days.

The evaluation is to determine whether affected staff members can perform their assigned duties. Staff at the Hanford Site must report to the Hanford Site Medical Contractor for a medical evaluation before returning to work.

For additional information, please see SMBS: Injury or Illness - 5. Returning to Work After Injury or Illness:
<http://sbms.pnl.gov/standard/28/2805d010.htm>

Three payroll numbers have been placed in this issue! If yours is one, you win a VPP prize! Contact 375-3750 or 376-4088 to claim your prize!

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**Skating Safely! Using
Proper Equipment Will
Help You Avoid Injuries**

In-line skating has become one of the fastest-growing recreational sports in the United States. With the warming weather, and the increase in people skating, it is important to remember that safety should be used in all recreational and sports activities.

According to the American Academy of Pediatrics, **the wrist is the most common site of injury** (37% of all injuries), and two thirds of wrist injuries are fractures.

Wearing proper gear is essential for safe skating. This includes a helmet, wrist guards, knee pads, and elbow pads. (3J725)

Wrist guards are designed to prevent wrist injuries by preventing sudden extreme hyperextension, absorbing some shock of impact, and preventing local gravel burns.

Recent research has evaluated the effectiveness of protective gear and indicates that wearing wrist guards could reduce the number of wrist injuries by 87%, wearing elbow pads could reduce the number of elbow injuries by 82%, and wearing knee pads could reduce the number of knee injuries by 32%. A bicycle, or similarly approved sports helmet, is strongly recommended to protect against the occurrence of a head injury due to the environments a skater is exposed.

Skaters who participate in roller hockey or perform tricks should wear heavy-duty protective gear, including well-constructed wrist guards, knee pads, elbow pads, and a full-head helmet that covers the ears.

Further information on skate safely is available from the international inline skating association:
<http://www.iisa.org/nsp/index.html> .