



PO Box 14663  
Grand Forks, ND 58208-4663  
www.nosha.net ♦ info@nosha.net

# NOSHA News

October 2015

## General Membership Meeting

**Wednesday, October 21st at the VFW, 312 DeMers Ave, East Grand Forks MN 56721**

Our topic will be "Preventing Needless Work Disability" presented by Dr. Monjur Alam, Sanford OccMed

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## **Job Accommodations for Return To Work**

The goal of a return-to-work program, sometimes called a transitional duty program, is to make job changes or provide job accommodations that return individuals to work who are absent for workers' compensation or disability-related reasons.

Return-to-work programs help reduce workers' compensation costs and increase productivity by returning employees to work earlier. As part of a broader disability management program, a return-to-work program, including the provision of light duty, should also address the Americans with Disabilities Act (ADA), the Family and Medical Leave Act (FMLA), the Occupational Safety and Health Act (OSH Act), and state workers' compensation and other disability-related laws.

The following is a quick overview of some of the job accommodations that might be useful when returning someone to work following an injury or illness.

### **Gross Motor Impairment:**

#### *General*

- Modify the work-site to make it accessible
- Provide an accessible route of travel to other work areas used by the employee
- Modify the workstation to make it accessible
- Make sure materials and equipment are within reach range
- Move workstation close to other work areas and break rooms

#### *Industrial*

- Provide overhead structure for lifting devices
- Place frequently used tools and supplies at or near waist height
- Provide low task chairs, stand/lean stools, and anti-fatigue mats
- Make wheelchairs, scooters, industrial tricycles, or golf carts available
- Provide compact lifting devices to push and pull supplies and tools from storage
- Provide aerial lifts, rolling safety ladders, and work platforms

*The preceding are just a few of the accommodation suggestions provided by Job Accommodation Network. Visit their website for more information on accommodations at [www.askjan.org](http://www.askjan.org).*



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## **Thank You**

to those who attended the 2015 NOSHA Safety Conference. Nearly 200 people attended this year's event, and feedback was very positive.



The results of the participant surveys will be used to help us make next year's event even better. If you would like to provide additional feedback or if you have suggestions for improvement, please contact Tony Vigness at info@nosha.net

Copies of the presentation given by Adele Abrams can be found on the 2015 Conference page of our website: www.nosha.net

## **Northern Region Association of Safety Professionals (NRASP)**

Annual Safety Conference  
 To be held  
 November 9-10

Hilton Garden Inn  
 Fargo, ND

Featuring keynote speakers:

Sgt. Travis Jacobson of the Grand Forks Police Department  
 David & Jamie Dyck, "Explosion Man—The Man Who Lived"

Visit [www.nrasp.com/conference](http://www.nrasp.com/conference) for additional details and registration

## **BOARD MEETING**

Board members meet on the 2nd Tuesday of each month from 11 am to 1 pm

**NEXT MEETING November 10**

### 2015 BOARD MEMBERS

**Dan Mankie** (President)  
*Cirrus Aircraft*

**Eric Pearson** (Vice President)  
*CHS (Cenex Transportation)*

**Tony Vigness** (Vice President)  
*Black Gold Farms*

**Callie Wagner** (Treasurer)  
*Minnkota Power Cooperative*

**Cindy Holweger** (Secretary)  
*Development Homes*

**Joe Strang**  
*Valley Dairy Car Wash*

**Lyle Ross**  
*Vigen Construction*

**Dave Opp**  
*Opp Construction*

**Sally Miskavige**  
*Opp Construction*

**Dean Riley**  
*Steffes Corporation*

## **COMMITTEES**

### Communication Committee/Newsletter

(Tony Vigness)

Visit [nosha.net](http://nosha.net) for the latest announcements!

### Education Committee

(Lyle Ross, Tony Vigness)

### Upcoming GM Meeting Presentations

October: Dr. Monjur Alam, Sanford Occ Med—  
*Preventing Needless Work Disability*

November: Altru Occupational Medicine –  
*Hearing Conservation*

### Membership Committee

(Dave Opp, Eric Pearson)

**NOSHA** is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals, and ideas to promote workplace safety.