

# OSHA Tidings



## VetOSHA.com

Veterinary OSHA Management for Your Practice

May 2023

Mental Health  
Awareness

By Dr. Kendrick

Emergency Action Plans  
& Exit Diagrams

By Laura Conn, CVT,  
CVPM, CVBL

OSHA Management  
Consulting



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#1 in OSHA Services for the  
Veterinary Practice

- *Veterinary Specific*
- *Manuals*
- *Training*
- *Safety Data Sheet*
- *Library*
- *GHS Secondary*
- *Container Labels and*
- *Charts*
- *Advocacy*
- *Complaint Response*

[Chery@vetosha.com](mailto:Chery@vetosha.com)



**Doc Chery**

Dr. Chery F. Kendrick is the owner, president, and chief regulatory specialist at VetOSHA.

## Mental Health Awareness

By Dr. Chery F. Kendrick

From this week's OSHA News blast comes this wonderful example of State and Federal agencies working together to promote safety stand-downs:

**US Department of Labor partners with Georgia agencies, employers to promote safety stand-downs to address workplace mental health awareness. Participants:**

U.S. Department of Labor's [Occupational Safety and Health Administration](#)

Georgia Department of Public Health  
Mental Health America of Georgia

**What:** Mental Health Safety Stand-Down

**Background:** OSHA is collaborating with the Georgia Department of Public Health and Mental Health America of Georgia – referred to as the Georgia Mental Health Alliance – to protect workers and encourage employers to hold safety stand-downs during National Mental Health Awareness Month in May.

The initiative calls on companies to use the benefits a stand-down offers and to stop all work for a safety meeting focused on the importance of workers caring for their mental health and supporting their co-workers' well-being. *The three-pillar objective provides information, resources, and empowerment to help employers reduce exposure to mental health stressors and prevent work-related suicide.* Numerous resources are available for employers to support this initiative, including guides from [OSHA's workplace stress page](#).

Since 1949, Mental Health Awareness Month is observed in the U.S. in May to help raise national awareness in support of the nearly [one in five U.S. adults who lives with a mental illness](#). Workplace stress ranks high among stressors, causing about 120,000 deaths each year. In one survey, about 65 percent of U.S. workers said work was a very significant or somewhat significant source of stress in each year from 2019-2021.

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**Doc Chery**

Dr. Chery F. Kendrick is the owner, president, and chief regulatory specialist at VetOSHA.

## Mental Health Awareness (Cont.)

**By Dr. Chery F. Kendrick**

**Quote:** "Nearly everyone faces workplace stress. Left unchecked, the strain may lead to serious mental illness. Employers must recognize these mental health challenges can have a direct impact on workers' and co-workers' safety and health. Guiding employees toward resources to protect and improve workers' mental health makes good business sense," said OSHA Area Director Jeffery Stawowy in Atlanta-West. "OSHA offers many resources and materials for employers to develop workplace programs to support mental health and help employees seek assistance."

## Workplace Violence: Active Shooter Events

This is also a good time to remind everyone about the importance of preparing for an Active Shooter event. It is critical to have a plan in place, and to have thought of and discussed what to do if an Active Shooter event occurs.

The Department of Homeland Security has put together an excellent video, and we here at VetOSHA have put together a Discussion Sheet to help you and your staff work through the issues brought up in the video.

We have attached a copy of the discussion sheet here along with this link to this must-see video (It is an OSHA requirement for all staff members to view an active shooter video or to have some other form of active Shooter training).

Link to ASV: DHS Active Shooter Video 2021

<https://www.youtube.com/watch?v=jsr-HlPk9Sw>

*Stay Safe, Take Care of Yourselves, and Each Other*

*Doc Chery*

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Laura is the Director of Management and Education at VetOSHA.

## Manager's Minute:

### Emergency Action Plans (EAP's) and Exit Route Diagrams

#### EAP's:

In conjunction with Doc Chery's article this month, I wanted to discuss the practice managers role in providing the necessary information to ensure our team members know what to do in case of an emergency.

No one wants to consider that our practice may be involved in any type of emergency, including active shooters or even weather related. However, it is not realistic to assume we are exempt from these types of situations. So, the next best thing to do is **be prepared!**

EAP's are designed to provide site specific information on emergency procedures. These include, but are not limited to:

- Where to go for a weather outbreak such a tornado, flood, or other significant events. Outlines where team members would shelter in place.
- What to do and where to go in case of a fire. What roles everyone plays and when is it safe to put the fire out. Also, who ensures the clinic is evacuated, how/if pets are to be evacuated, who calls 911, who is responsible for a head count, and who needs to be contacted.
- What to do in case of an active shooter. (Training is only REQUIRED once on this, but it is never a bad idea to review it with team members).
- Where the emergency gas shut off is located and who is responsible for shutting it off, if it safe to do so.
- Who is responsible for a chemical spill cleanup and where the spill kit is located.

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Laura is the Director of Management and Education at VetOSHA.

## Manager's Minute: Cont.

It is always important to remember, that no matter what the situation, HUMAN SAFETY COMES FIRST!

### Exit Route Diagrams

Exit route diagrams should be posted throughout the practice. Information on the diagrams need to include the location of the following:

- Exit doors
- Fire extinguishers
- Gas shut off
- Electrical panels
- Oxygen tanks
- Shower (if applicable)

While we all assume we would know where to exit or where all of these items are located, our brains just think differently in emergency situations. People often draw a blank when under pressure, so it is essential to have this information readily available and posted in the practice. It never hurts to take that extra step to ensure our team members are safe!

If you have any questions or concerns, please always reach out to us at [team@VetOSHA.com](mailto:team@VetOSHA.com). We are always here to help you!