

Why Risk It?

RISK REDUCTION RECOMMENDATIONS & REVIEWS

The Y in Central Maryland



March 2024

Risk Spotlight: OSHA Guidelines

Is your program compliant with Guidelines from the Occupational Safety & Health Administration (OSHA)? Review the statements below to find out.

1. The current 6-in-1 FMLA poster is displayed for associates.
2. Our current workers compensation information is available to associates.
3. The current Y Emergency Preparedness Plan has been reviewed with associates and is readily available.
4. The Y Hazard Communication Program has been reviewed with associates and is readily available.
5. Copies of the following inspections/permits are current and available as needed: Boiler; Hot Water Heater; Climbing Wall; Elevator; Fire Marshall; Sprinkler System; Pools; Splash Pads.
6. An SDS binder is available and contains an SDS sheet for each chemical and cleaning agent in the center.
7. PPE is available for associates to protect them from bodily fluids and chemicals/cleaning agents (gloves, eye protection, aprons, masks).
8. Nothing is stored in front of the electrical panels, water heaters, or exits.

How did you do? Email riskmanagement@ymaryland.org to send us your results and any questions you may have.

Risk Reduction Recommendations

Preventing Injuries in the Fitness Area

Unfortunately, the fitness area is a common location where incidents happen. The types of incidents include: falls from treadmills, dropping weights on fingers or toes, being struck by a broken TRX strap, and over-exertion. While some of these may seem minor, others can result in serious injuries.



There are many steps you can take to help prevent injuries and accidents from occurring. Take this [Micro Learning](#) for guidelines on how to identify and remove hazards before someone suffers an injury.

(information courtesy of The Redwoods Group)

Risk Raves and Reviews

We'd like to recognize those associates who have recently demonstrated heroic feats in assisting others:

Marquis Pritchett Simmons - Dancel

Maddux Wukitch - Pasadena

Dilyn Collins - Pasadena

Ryan Jackson - Weinberg

Sam Brubaker - Weinberg

Abigail Carter - Pasadena

Madison Kupfer - Orokawa

Krista Khlor - Annap Grdns Head Start

Geneva Prosper - Pasadena

Karen Farley - Hill

Ahmad Farid - Parkville

Kris Battle - Orokawa

Shawna Fleet - Catonsville Preschool

Michelle Brown - Ring Factory BASE

Mikinsey Johnson - Ring Factory BASE

Louise Bell - Mt Calvary Head Start

Ryan Mechlinski - Dancel

Juanita Clark - EFRC Head Start

Thank you for your efforts to keep our members, associates and partners safe!

Risk Reminders

Check out Dayforce for trainings on the most recent Policies & Procedures Manuals. Questions . . . contact trainer@ymaryland.org.

Risk Resources

Do you need resources to help mitigate risk in your area? Contact us at riskmanagement@ymaryland.org.