



MESSAGE TO THE BEREAVED:

Recently, you suffered the loss of a loved one due to a workplace fatality. At this time there is nothing anyone can say or do to ease the pain. The trauma involved in such an incident is beyond the “normal” grieving process. When a workplace tragedy occurs, there is a terrible sense of injustice, bewilderment, disbelief, sometimes anger – all combined with feelings of horror, loss and pain. This confusing and conflicting array of emotions happens at the same time you are trying to “come to terms with” the fact the tragedy happened. You feel no one can relate to the tragedy you have been through. The grief and feelings of loneliness are overwhelming.

You are not alone though. There are many others out there in the same position as you. We know the devastation which takes place in the mind, body and soul. Your loved one is not forgotten – he/she is in the hearts and minds of many.

Transforming Tragedy into Prevention

Let USMWF Help

USMWF is a support group made up of empathetic families who have been where you are. We can help bear your load in your time of need. We strive to help you and others from having to go through both the grieving process and investigative process alone. We are not a counselling or legal service – just people who have also suffered the loss of a loved one at the workplace and who can provide you the unique insight that comes with experience and understanding.

ABOUT USMWF

USMWF is dedicated to promoting family involvement, transparency and fairness in the investigative systems; improving workplace protections and the workers’ compensation system; and giving workplace fatalities a face.

To assure these needs are met USMWF offers support, guidance and resources for family, friends and co-workers of individuals who died from work-related causes, and provides leadership and research to mobilize efforts toward safe and healthy workplaces for all.

To learn more about USMWF, log onto <http://www.usmwf.org>. Our website contains a variety of useful information, tributes, and more.

On usmwf.org you will find **“The Faces Campaign.”** It is intended to honor your loved one and give workplace fatalities a face. We invite you to add your loved one to **“The Faces Campaign.”**

USMWF has also started using the social site Facebook to introduce you to families and obtain support. Search for USMWF on Facebook and connect with others.

On The USMWF website you will find:

- Family Resources
- Hearings
- News
- Reading corner
- Safety Resources
- Tributes

On Facebook you will find:

- Events
- Families
- Hearing
- News
- Updates
- Support

WHAT TO EXPECT

Unfortunately, in addition to coping with your myriad of emotions and having to sort through the practical side of your life, there is also an enormous process to go through following a work-related tragedy.

These processes may involve:

- | | |
|-----------------------|-----------------|
| Police | OSHA/MSHA |
| Coroner | DOL |
| Attorneys | U.S. CSB |
| Fire Department | Insurance |
| Workers’ Compensation | Social Security |
| Unions | Employer |
| EPA | |

Each agency has a unique purpose. USMWF can help you understand the agencies and their roles.



USMWF can offer practical insight and experience as to what to expect, how to obtain the various reports, and how to keep you involved and informed during these processes. Members can share how they have used the Freedom of Information Act (FOIA) requests, the legislative process and other tools to get through these confusing procedures.

Fred R. Barnard said, *“One picture is worth a thousand words.”*
How many words does it take to peer into the eyes of tragedy or feel the heartache and pain that is set in motion after our loved one was lost.

United Support & Memorial for Workplace Fatalities

Because going to work shouldn't be a grave mistake!



USMWF was founded in 2003 by Tammy Miser after the death of her brother in a workplace accident. Tammy continues her work as Executive Director of USMWF along with a team of dedicated volunteers and professionals. See inside for a Special Message and more information.

USMWF MISSION STATEMENT:

USMWF empowers persons affected by preventable work related deaths or serious injuries by offering support, guidance, resources, and advocacy through a network of caring, empathetic professionals, staff, and volunteers dedicated to improving the health and safety of workplaces.

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LEARN MORE:

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Excerpted from "Grief and Bereavement in Accidental Death" by Dr. David J. Baxter, psychologist, Ottawa, Kansas, 2004 written for USMWF.

Dr. Baxter ... "Let me be very clear about my own opinion in this regard: **There is no recipe for the proper way to grieve; there is no schedule or timetable for grieving; there are no right or wrong ways to grieve.** Grief is a very individual and personal thing. The only right way to grieve is to do whatever you need to do at any given moment. The only timetable for grieving is your own. There is no length of time beyond which grieving should end: **you do not "get over" a loss like this** – you learn to accept it to some extent, to cope with the loss, and to live with it. In some cases, depending on who you are and who the individual you have lost was/is, grieving in one form or another may well last a lifetime."

Early on in our quest we realized we were unable to obtain any specific literature about workplace grief. Dr. Baxter shared his experiences after losing his daughter in a tragic, preventable accident. (She lost control of her car on a road the county chose not to sand to save money). Although not a workplace accident, the suddenness of the loss is similar. Dr. Baxter states, **"I was plagued by a myriad of feelings triggered by the fact that it was accidental (and therefore preventable), that in part it was the result of somebody's negligence..."**

We encourage you to read the full article "Grief and Bereavement in Accidental Death" located in the Reading Corner section of USMWF's website. The article talks about the stages of grief you will encounter, offers suggestions and explains the legacy your loved one holds.

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