



## Safety & Health News

### STAY SAFE IN THE COLD

#### Upcoming Regular Monthly Meetings



**January 18, 2017**  
Regular Meeting—  
Tangier's  
Mike Ressler  
First Energy Corp.  
**Live high-voltage  
electrical safety  
demonstration**



**February 15, 2017**  
Regular Meeting—  
Tangier's  
Shull Medical Educators



**March 15, 2017**  
Regular Meeting—  
Tangier's  
1-888-OHIOCOMP

Anyone working in a cold environment may be at risk of cold stress. Some workers may be required to work outdoors in cold environments and for extended periods, for example, snow cleanup crews, sanitation workers, police officers and emergency response and recovery personnel, like firefighters, and emergency medical technicians.

#### How cold is too cold?

What constitutes extreme cold and its effects can vary across different areas of the country. In regions that are not used to winter weather, near freezing temperatures are considered "extreme cold." A cold environment forces the body to work harder to maintain its temperature. Whenever temperatures drop below normal and wind speed increases, heat can leave your body more rapidly.

Cold stress occurs by driving down the skin temperature and eventually the internal body temperature (core temperature). This may lead to serious health problems, and may cause tissue damage, and possibly death.

#### What are the risk factors that contribute to cold stress?

- Wetness/dampness, dressing improperly, and exhaustion
- Predisposing health conditions such as hypertension, hypothyroidism, and diabetes
- Poor physical conditioning

#### How does the body react to cold conditions?

In a cold environment, most of the body's energy is used to keep the internal core temperature warm. Over time, the body will begin to shift blood flow from the extremities (hands, feet, arms, and legs) and outer skin to the core (chest and abdomen). This shift allows the exposed skin and the extremities to cool rapidly and increases the risk of frostbite and hypothermia. Combine this scenario with exposure to a wet environment, and trench foot may also be a problem.

#### What are the most common cold induced illnesses/injuries?

Hypothermia  
Frostbite  
Trench Foot



March 8-10  
Greater Columbus Convention Center



## Upcoming SCSC Seminars



**First Aid, CPR, AED, Bloodborne Pathogen Training**

**February 16, 2017**

and

**February 28, 2017**

6 hour classes at Tangier's Instructed by John Shull of Shull Medical Educators (ASHI Certified) \$20

**Contact Sally For reservations**

## 2016 Foodbank Donations

**\$1,739.50 and 537 lbs. of food**

**Providing 7,405 meals to our community!**

**Many Thanks!**



## January's Featured Program...

**Mike Ressler**

**First Energy Corporation**

Mike Ressler will be presenting a live high-voltage electrical safety demonstration. Mike has worked at The Illuminating Company for 31 years and has held several positions within the company's operations services department. Mike is currently the company's night shift supervisor with responsibility for service territory stretching from Avon to Ashtabula.

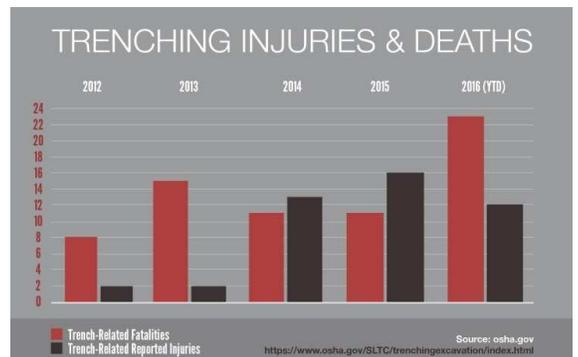
## Ohio Worker's Death Highlights Doubling Of Trench Collapse Fatalities Nationwide in 2016

Trenching Injuries and Deaths 2012-2016: 2012: 8 deaths, 2 injuries; 2013: 15 deaths, 2 injuries; 2014: 11 deaths, 13 injuries; 2015: 11 deaths, 16 injuries; 2016 (YTD): 23 deaths, 12 injuries

Twenty-three workers have been killed and 12 others injured in trench collapses in 2016 – an alarming increase from the previous year. "There is no excuse," said Dr. David Michaels, OSHA assistant secretary. "These fatalities are completely preventable by complying with OSHA standards that every construction contractor should know."

Among the victims was a 33-year-old employee, crushed to death this summer as he dug a 12-foot trench for KRW Plumbing LLC of Ohio. An OSHA investigation found that KRW failed to protect its workers from the dangers of trench collapses. The company was issued two willful and two serious violations, with proposed penalties of \$274,359.

OSHA's trenching standards require protective systems on trenches deeper than 5 feet, with soil and other materials kept at least two feet from the edge of trench. OSHA has a national emphasis program on trenching and excavations with the goal of increasing hazard awareness and employer compliance with safety standards.



## Cari's Safety Corner

### Q: How can we engage millennial workers in safety programs?

A: Millennials currently comprise 36% of today's workforce, and by 2020 that number will grow to at least 46% of the workforce. So how has this generation affected safety in the workplace? Samson Agboola, a Research Administrator at the Ohio BWC, identified that Millennials between the age of 20 and 24 had the third highest rate of injuries requiring one or more days away from work in Ohio. Additionally, Millennials between the ages 16 and 19 had the highest rate of severe injuries that resulted in days away from work in Ohio. With Millennials accounting for both the highest and third highest severe injury rates we must actively engage those workers in our safety programs.

Engaging Millennials in the workplace with safety or any other aspect requires leadership who is willing to inspire those workers. Millennials were raised in a generation of high stimulation from technology and active engagement in their upbringing resulting in their impatience and strong drive to be involved in all aspects of work programs. Knowing this information upfront when you develop your safety programs will help to ensure you have active engagement by those workers.

From a Ken Blanchard study Millennials expect leaders to:

- Trust and empower employees
- Provide regular feedback
- Clearly state goals and expectations
- Be open to hearing new ideas
- Not micromanage

These qualities can be easily incorporated into your current safety programs with minor adjustments. Empowering Millennials could be as simple as identifying a safety program for them to champion and oversee in the workplace. Providing frequent feedback results from the development of a strong safety observation program that addresses safety practices and provides support and correction in real time. A strong safety program should also incorporate leading indicator goals centered around safe behaviors that are clearly articulated to staff and reported out on a regular basis. Millennials are more likely to be engaged with your safety program if they have a vested interest through incorporation of their ideas. Have an open door policy that allows those workers to bring forward ideas, and then review those ideas with those employees and the leadership team. Lastly, Millennials need room for exploration in the safety program and do not respond well to micromanagement; however they expect guidance on how best to do the job. Preventing injuries within the Millennial Generation will require adjustment of current safety practices and utilization of new technology. As we know the only constant is change in the workplace, and making these changes sooner than later can help to reduce your injury rates.

### Steering Committee

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#### Board Members

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Dale Alwardt of  
Air Enterprises was the  
winner of \$74,000.00 in  
December's  
50/50 raffle!

Dale and SCSC's shares  
were donated to the  
Akron-Canton Regional  
Foodbank!

Thank you for supporting  
SCSC and the Akron-  
Canton Regional  
Foodbank!

### Mission Statement

To promote well  
being and  
injury prevention by  
offering informational  
and educational  
opportunities to both the  
private and public  
sectors within the  
community.

Co-sponsored by the  
Ohio  
Bureau of Workers'  
Compensation (BWC)

## New Electrical Code Videos

The National Fire Protection Association (NFPA) is issuing videos to assist you in understanding the new 2017 National Electrical Code (NEC). Two videos are currently available.

- The first video issued is on the five new articles in the NEC.
- The second video covers changes in the NEC that impact all electrical installations regardless of type of occupancy.

For free access to the 2017 NEC, visit the NFPA website (requires free registration).



### Upcoming BWC Class Schedule (North Canton)

339 E. Maple St., Suite 200

North Canton, OH 44720

Register at [bwclearningcenter.com](http://bwclearningcenter.com)

Industry Safety Elements - OSHA 10 General Industry Jan 23-24

Trenching and Excavation: Feb 15-16

Petroleum Education Council Core Refresher (Oil & Gas Industry Safety) – Feb 23

Restaurant and Food Service Safety Workshop – Feb 27 8:30AM to 12noon

Understanding and Identifying Ergonomic Risk Factors – Feb 27 1:00PM – 4:30PM

Respirator Fit Testing – March 6-7

### FY17 BWC Safety Council Rebate Program Requirements

For those members who are eligible to participate in BWC's Safety Council Rebate Program this year, the following requirements must be met between **7/1/16 and 6/30/17**:

- **Enrollment with safety council by 7/31/16.**
- **Attendance at 10 Safety council meetings/events.** At least 8 thru the local safety council. You can get credit for up to two meetings at BWC's safety training courses or other offsite industry-specific training courses./seminars. Certificate must be submitted to safety council.
- **CEO attendance at one safety council sponsored meeting.**
- **Submit semi-annual reports for the 2016 calendar year.**