



**SUMMIT COUNTY  
SAFETY COUNCIL**

## SAFETY AND HEALTH NEWS

### Upcoming Regular Monthly Meetings



**February 17, 2016**  
Regular Meeting—Tangier's  
**Electrical Safety in the  
Workplace**  
Jerry Bennett  
Hilscher-Clarke Electric



**March 16, 2016**  
Regular Meeting—Tangier's  
**Trenching & Excavating**  
Dennis Hobart



**April 20, 2016**  
Regular Meeting—Tangier's  
**Taking the Stress Out Of  
Stress Management**  
Jep Hostetler



**May 18, 2016**  
Regular Meeting—Tangier's  
Central Wellness



**Make A Date With Your Heart!**  
February is American Heart Month, and Valentine's Day is a great time to start taking steps to be heart-healthy.

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and sugar normal and lower your risk for heart disease and heart attack. A healthy lifestyle includes the following:

- Eating a healthy diet.
- Maintaining a healthy weight.
- Getting enough physical activity.
- Not smoking or using other forms of tobacco.
- Limiting alcohol use.

### Healthy Diet

Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods.

Eating foods low in saturated fats, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt (sodium) in your diet also can lower your blood pressure. Limiting sugar in your diet can lower your blood sugar level to prevent or help control diabetes.

### Healthy Weight

Being overweight or obese increases your

risk for heart disease. To determine if your weight is in a healthy range, doctors often calculate your body

mass index (BMI). If you know your weight and height, you can calculate your BMI at CDC's Assessing Your Weight website. Doctors sometimes also use waist and hip measurements to calculate excess body fat. They may use special equipment to calculate excess body fat and hydration status.

### Physical Activity

Physical activity can help you maintain a healthy weight and lower your blood pressure, cholesterol, and sugar levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.

### No Smoking

Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

### Limited Alcohol

Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than 2 drinks per day, and women only 1.



Ohio Safety Congress & Expo  
**March 9 - 11**

**Mark Your Calendar  
February 17, 2016**

11:30 a.m.

Regular Meeting —  
Tangier's

Cost—\$17.00

**Upcoming Seminars**



**NFPA 70E Electrical  
Safety in the Workplace  
and Arc Flash Training**

March 22, 2016  
8 hour class at Tangier's  
Instructed by Jerry  
Bennett of Hilscher-  
Clarke Electric



**First Aid, CPR, AED**

March 31, 2016  
8 hour class at Tangier's  
Instructed by John Shull

Cost \$20 (includes lunch)

RSVP to Sally

**February's Featured Program...**

**Jerry Bennett  
Hilscher-Clarke Electric**

**Electrical Safety in the Workplace**

Electrical dangers such as shock, electrocution, electrical explosion, and arc blast will always be present on the job, but a proper electrical training program and strategies can minimize the likelihood of injuries and fatalities. This program will cover:

- Electrical shock safety
- Electrical arc flash safety
- NFPA 70E Arc Flash Safety Standard updates.

Jerry Bennett is an authorized OSHA 502 Outreach Trainer. He has been instructing OSHA 10 hour, OSHA 30 hour, as well as Electrical Safe Work Practices/NFPA 70E classes since 2004. Mr. Bennett is a journeyman electrician with more than seventeen years of experience, being employed with Hilscher-Clarke Electric since 2001. Starting in 2007, his focus has been on Preventative Maintenance and Testing as well as Arc Flash Risk Assessment's for NFPA 70E compliance. Mr. Bennett is a Level I Thermographer with extensive experience in thermal imaging and testing on electrical systems as part of a preventative maintenance program.

**February's Featured Sponsor...**



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Rentwear has been serving the northeast and central Ohio area for over 40 years as a family owned and operated uniform supplier specializing in corporate, food service, and industrial uniform rental, in addition to linen, towel, mop, and restroom hygiene rental services.

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## Cari's Safety Corner

### What is cold stress?

What constitutes cold stress 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 factors for "cold stress." Increased wind speed also causes heat to leave the body more rapidly (wind chill effect). Wetness or dampness, even from body sweat, also facilitates heat loss from the body.

Cold stress occurs by driving down the skin

temperature, and eventually the internal body temperature. When the body is unable to warm itself, serious cold-related illnesses and injuries may occur, and permanent tissue damage and death may result. Types of cold stress include: trench foot, frostbite, and hypothermia.



For more information, see OSHA's Cold Stress Safety and Health Guide.

### How can cold stress be prevented?

Although OSHA does not have a specific standard that covers working in cold environments, under the Occupational Safety and Health Act (OSH Act) of 1970, employers have a duty to protect workers from recognized hazards, including cold stress hazards, that are causing or likely to cause death or serious physical harm in the workplace.

### Employers should train workers. Training should include:

- How to recognize the environmental and workplace conditions that can lead to cold stress.
- The symptoms of cold stress, how to prevent cold stress, and what to do to help those who are affected.
- How to select proper clothing for cold, wet, and windy conditions.

### Employers should:

- Monitor workers physical condition.
- Schedule frequent short breaks in warm dry areas, to allow the body to warm up.
- Schedule work during the warmest part of the day.
- Use the buddy system (work in pairs).
- Provide warm, sweet beverages. Avoid drinks with alcohol.
- Provide engineering controls such as radiant heaters.

**Sally Cox—Program Director**  
summitcountysafetycoun-  
cil@gmail.com  
330-806-1676

#### Board Members

**Bill Silver—President**  
Billsilver54@gmail.com

**Gregory Newsome—Past  
President**  
gregory.  
newsome@timkensteel.com

**Robin Clute—Vice President**  
rthomasclute@gmail.com

**Paul Alic**  
palic@goldsmith-eggleton.com

**Timothy C. Campbell**  
tcampbell@hcplaw.net

**Carla DeSantis**  
cdesantis@akronenergyllc.  
com

**Tim Eberling**  
timothyjeberling@gmail.com

**Bob Pfeiffer**  
bobpfeiffer@akrochem.com

**Carl Roxbury**  
croxbury@akronlibrary.org

**William Sanderson**  
bsanderson@polymericinc.  
com

**Mark Schwerdtfeger**  
markschwerdtfeger@shearers.  
com

**Jenni Ticer**  
jticer@nationalmachinecompan  
y.com

#### BWC Representative

**Cari Gray**  
Cari.G.1@bwc.state.oh.us  
330-904-4475

**WELLNESS  
Subcommittee  
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**Tracie Collins**  
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Service Center

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**Kim Donato**  
Steere Enterprises

Many thanks to our  
WELLNESS  
Subcommittee  
for designing our  
wellness logo and im-  
plementing our first  
wellness challenge!  
Stay tuned for more  
WELLNESS activities!

**Up for a Challenge?**

Just a reminder that signups for the Water Works! Challenge will take place at the February meeting. Cost to participate is \$10 and includes the materials that can be used at your organization to bring awareness regarding the importance of staying hydrated. Aren't going to be at the February meeting? Email jenniticer@gmail.com to sign up. Materials will be emailed to you and the \$10 charge will be invoiced. Challenge begins Monday, February 22nd.

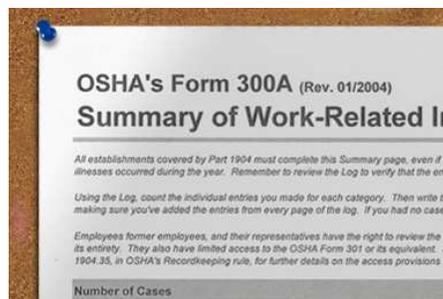


**Injury Reporting Webpage Simplified, Online Filing Now Available**

To help employers comply with new requirements to report severe worker injuries, OSHA has created a streamlined reporting webpage and now offers the option of reporting incidents online. The expanded requirements took effect in January 2015. Now, in addition to reporting any worker fatality within 8 hours, employers must report within 24 hours any severe injury – defined as an amputation, hospitalization or loss of an eye. In the first year of the new requirement, OSHA received about 12,000 reports. The agency plans to release complete numbers and a full analysis of the Year One reports soon.

**Remember to Post Your OSHA 300A Summary  
February 1 – April 30**

All employers required to keep OSHA Form 300, the Injury and Illness Log, must post the 300A, annual summary, in a workplace common area by Feb. 1, 2016. Form 300A reports a business's total number of fatalities, missed work-days, job transfers or restrictions, and injuries and illnesses as recorded on Form 300. It also includes the number of employees and the hours they worked for the year. If there were no recordable injuries or illnesses, a company must still post the form, with zeroes on the appropriate lines. OSHA requires that a company executive certify the 300A summary.



## SCSC

PO Box 67  
Navarre, OH 44662  
330-806-1676  
Fax 330-315-2012  
Summitcountysafetycouncil@gmail.com

Kelly King of  
Four Corners  
Cleaning  
was the winner of  
\$96.00 in  
January's  
50/50 raffle!

Thank you for  
supporting SCSC!

### Mission Statement

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

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

## U.S. Companies Pay \$62 Billion per Year for Workplace Injuries

Workplace injuries and accidents that cause employees to miss six or more days of work cost U.S. employers nearly \$62 billion in 2013, the most recent year for which statistically valid injury data is available from the U.S. Bureau of Labor Statistics (BLS) and the National Academy of Social Insurance, according to the 2016 Liberty Mutual Workplace Safety Index. That is more than \$1 billion per week spent on the most disabling, nonfatal workplace injuries.

### Upcoming BWC Class Schedule (North Canton)

339 E. Maple St., Suite 200  
North Canton, OH 44720

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

Safety Series for Industry Workshop Module 4: Mar 14 1-4:30 PM

(Emerg Prep, Flammables, Walking Working)

Welding and Brazing Safety: Mar 15 8:30 AM to 4:30 PM

OSHA Recordkeeping Half-day Workshop: Mar 17 8:30-12 noon

Accident Analysis Half-day Workshop: Mar 17 1-4:30 PM

Restaurant and Food Service Safety Workshop: Mar 21 8:30-12 noon

Combustible Dust Hazards: Recognition, Evaluation and Control Recommendations: Mar 23 8:30 AM to 4:30 PM

Controlling Workers' Compensation Costs: Mar 31 8:30 AM to 4:30 PM

### FY16 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 **7/1/15 and 6/30/16**:

- **Enrollment with safety council by 7/31/15.**
- **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 2015 calendar year.**