



Safety & Health News

Upcoming Regular Monthly Meetings



March 15, 2017
Regular Meeting—
Tangier's

Roles and Responsibilities of your Managed Care Organization
Garry Paul and
Melissa Wilkinson
1-888-OHIOCOMP



April 19, 2017
Regular Meeting—
Tangier's

The Real Cost of Safety
Rich McElhanev
2016 Safety Awards
Presentation



May 17, 2017
Regular Meeting—
Tangier's

Summertime and the Livin' is Easy (So Stay Healthy)
Dr. Margo Erme
Summit County Public
Health Dept.

Don't Lose Sleep with Daylight Saving Time's Arrival

In most of the United States and Canada, daylight saving time (DST) coincides with the beginning of construction's busy season.

The extra daylight that comes with moving clocks ahead one hour, which this year occurs on March 12th, can help keep outdoor projects on schedule. However, the first Monday following the change is also a day of record numbers of workplace injuries and traffic accidents.

What makes this day so dangerous? Shortchanged sleep.

Workplace Injuries

According to a report published in the Journal of Applied Psychology, the first Monday of DST finds workers, some of whom already seldom get the seven to eight hours of shut-eye needed to be at the top of their game, are even more sleep deprived than usual. The study, an examination of over half a million mining injuries suffered from 1983-2006, found that on the first workday of DST, most workers arrived at their jobs having slept about 40 minutes less than normal the night before. The study also found that the average Monday resulted in 63 workplace injuries, while the first Monday of DST time resulted in 66.6 injuries, an increase of 5.7 percent. These injuries also tended to be more severe, resulting in more work days lost.

Traffic Accidents

The first Monday of DST is also a day when getting to and from work is particularly hazardous. Studies from the U.S. National Highway Traffic Safety Administration (NHTSA) and the University of British Columbia link sleep loss the night before to the 17 percent increase in traffic accidents in the U.S. and the 8 percent increase in Canada that occur on this day.

You can reduce your risk for a DST-induced injury by resetting your internal body clock:

Five days before DST:

Every night, set your alarm clock another 15 minutes earlier.

On the Saturday before:

Around midday, get some vigorous exercise like riding your bike or going for a run.

On Sunday morning:

Get up at your regular time regardless of what time you went to bed. Take a morning walk. Spend an hour or more outside.

As always, good sleep habits are also essential. Regardless of whether or not you are preparing for DST.

It is important that employers are aware of the increased risk for workplace injuries on the first Monday of daylight saving time.



Upcoming SCSC Seminars



First Aid, CPR, AED, Bloodborne Pathogen Training

March 28, 2017

And

May 4, 2017

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



NFPA 70E—Arc Flash & Energized Electrical Work hazards Training

May 11, 2017

8 hour class at Tangier's Instructed by Jerry Bennett of Hilscher-Clarke Electric \$20

Contact Sally For reservations

March's Featured Program...

Roles and Responsibilities of Your Managed Care Organization (MCO)

Garry Paul and Melissa Wilkinson ~ Regional Managers

1-888-OhioComp

If a workplace injury occurs, it's important to have the resources to provide care for your injured workers. Your managed care organization (MCO) will help you file and manage claims, and ensure injured workers receive the quality medical care they deserve. Your MCO also helps facilitate a quick and safe return to work, which benefits your company and your workforce.

This presentation will cover:

- Staffing's/Meetings with a team approach
- The value of Transitional Work
- Being proactive and not reactive

Melissa Wilkinson was a Claims Supervisor for the Bureau of Workers Compensation for 14 years and has been a Regional Manager for 1-888-Ohio Comp for 9 years.

Garry Paul was an Employer Services Specialist for the Bureau of Workers Compensation for 17 years and has been a Regional Manager for 1-888-Ohio Comp for 9 years.

National Ladder Safety Month | March 2017

Every step matters: From step stools to extension ladders, make sure you're putting the right foot forward.

Every year over 300 people die in ladder-related accidents, and thousands suffer disabling injuries. The American Ladder Institute (ALI) is celebrating the first-ever National Ladder Safety Month, designed to raise awareness of ladder safety and to decrease the number of ladder-related injuries and fatalities.

Cari's Safety Corner

Question: Do I need a Fire Prevention Plan and if so, what must I include?

Answer: Yes, every company needs a fire prevention plan. It must be in writing, be kept in the workplace, and be made available to employees for review. However, an employer with 10 or fewer employees may communicate the plan orally to employees. This is covered in OSHA: FIRE PREVENTION PLAN: 29 CFR 1910.39

Why have one? The standard calls for the control of accumulations of flammable and combustible waste materials. It is the intent of this standard to assure that hazardous accumulations of combustible waste materials are controlled so that a fast developing fire, rapid spread of toxic smoke, or an explosion will not occur.

What is it? Minimum elements of a fire prevention plan:

1. A list of all major fire hazards, proper handling and storage procedures for hazardous materials, potential ignition sources and their control, and the type of fire protection equipment necessary to control each major hazard;
2. Procedures to control accumulations of flammable and combustible waste materials;
3. Procedures for regular maintenance of safeguards installed on heat-producing equipment to prevent the accidental ignition of combustible materials;
4. The name or job title of employees responsible for maintaining equipment to prevent or control sources of ignition or fires;
5. The name or job title of employees responsible for the control of fuel source hazards.

Who needs to be trained? An employer must inform employees upon initial assignment to a job of the fire hazards to which they are exposed. An employer must also review with each employee those parts of the fire prevention

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Selma Muller
Copley Township

Kim Donato
Steere Enterprises

Muscle Up!

The Wellness Subcommittee is hoping that you will join us in the Summit County Safety Council **muscle Up!** Challenge. This challenge begins the week of March 12th and ends May 19th. The goal of the challenge is to decrease your body fat composition and increase your percentage of lean muscle. You can use the worksheet provided at the March meeting to self-record your body fat percentage. The measurements can be easily obtained using your own electronic scale (if so equipped), purchasing a hand-held unit to use at home (such as an Omron Fat Loss Monitor), using resources available at your gym, or by coming to the monthly meetings where units will be available for your use. You can also get an electronic copy of the worksheet and sign up for bi-weekly email tips on building lean muscle by emailing jticer@nmgaerospace and putting **“Muscle Up!”** in the subject line.

Here’s how the challenge works:

- Record your body fat percentage during the week of March 12th (units available at the March 15th meeting).
- Record your body fat percentage during the week of April 16th (units available at the April 19th meeting). This is an optional progress check.
- Record your body fat percentage on or before May 19th (units available at the May 17th Meeting).
- Calculate your difference in % body fat during the challenge and turn in only your final result expressed at body fat % lost or gained by May 19th.
- All final results will remain confidential and prizes will be distributed at the June meeting.



SCSC

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Edna Borders of The County of Summit was the winner of \$94.00 in February'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 sectors within the community.

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



Upcoming BWC Class Schedule (North Canton)

339 E. Maple St., Suite 200

North Canton, OH 44720

Register at bwclearningcenter.com

- Personal Protective Equipment Selection Criteria – March 14 8:30 AM to 12 noon
- Respirators: Do we need them? – March 14 1:00 PM – 4:30 PM
- Tree Work Essentials: Chainsaws, Chippers and other Safety Concerns – March 16
- Combustible Dust Hazards: Recognition, Evaluation and Control Recommendations – March 20
- Lockout/Tagout and Safety-related Work Practices – March 22 8:30 AM to 12 noon
- Accident Analysis Half-day Workshop - March 22 1:00 PM – 4:30 PM
- Electrical Safety Audits – March 27-28
- Construction Safety Elements (OSHA10) – March 29-30
- Effective Safety Teams – April 3

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.**