



**SUMMIT COUNTY  
SAFETY COUNCIL**

## ***SAFETY AND HEALTH NEWS***

### ***A Member's Story***

*Hi Ron,*

*I heard you speak about Eversafe at the Summit County Safety Council Meeting in January. I wanted to share my thanks and a quick story about how your talk impacted me.*

*I am an aggressive driver, (always follow laws!), but will pass, turn right on red; I'm always in a hurry to get where I'm going.*

*So, when you were talking I thought; He's talking to me, but I'm safe, I'll be fine.*

*Something sunk in though. I slowed down, started enjoying driving again, and thought of you when I drove.*

*Three weeks ago, I stopped at a traffic light that I always go through red.*

*The car in front of me, stopped and turned.*

*I saw the light was about to change so I waited 5 seconds and turned on green, again thinking of your talk.*

*I pulled onto a four lane road into the left lane and noticed im-*

*mediately that something was happening ahead.*

*A full size SUV, was coming too fast from the other direction.*

*He lost control, barely missed the car that had turned in front of me (a police car) and slid sideways across both my lanes of travel.*

*I had enough time to think - This is going to hurt, and it was over. I moved right as he completed a 180, missed me by millimeters, completed the 360 and he kept going!*

*Who could ask for a better result? Well, maybe he could have gotten a ticket...*

*The moral of the story?*

*If I had not changed my behavior, I would have turned on red five seconds earlier and had a full frontal impact with him. The worst possible result.*

*So, you have my thanks.*

*I'm so glad we were both at that meeting.*

*Keep doing what you're doing, it makes a difference...*

*...Kim*

#### **Upcoming Regular Monthly Meetings**



**April 20, 2016**

Regular Meeting—Tangier's  
**Taking the Stress Out Of  
Stress Management**

Jep Hostetler



**May 18, 2016**

Regular Meeting—Tangier's  
**Creating a Healthy  
Workplace**

Jerry Lynch  
Central Wellness



**June 15, 2016**

Regular Meeting—Tangier's  
Stephen Ash, Ph.D.  
The University of Akron



## April's Featured Program...

**Jep Hostetler**

### **Taking the Stress Out of Stress Management**

In this presentation you'll learn how easy, practical "time out" stress relievers will help manage the stress-related factors that can reduce your energy and health. And, you'll have fun doing it!

Jep Hostetler, Inspirational and motivation speaker, associate professor Emeritus of preventive medicine, healthcare researcher, author, magician, grandfather and...pew! When you need motivation, ask a busy guy. For over twenty years, Jep Hostetler, Ph.D., has used his uplifting presentations to inspire medical students, school administrators, hospital volunteers, civic leaders, teachers, students, 4H leaders and members, representatives of business, healthcare, and financial institutions, and a wide range of social service agencies. Dr. Jep, as many of his students call him, is a master teacher, inviting his audience to consider fresh ways to look at the foibles, joys and sorrows of life.

Magical entertainment is always a part of Dr. Jep's presentations. He is no stranger to the magic arena, having served as the President of the International Brotherhood of Magicians as well as winning the coveted First Prize, International Close-up competition at the annual International Brotherhood of Magicians convention in Washington, DC.

Hostetler taught at the Ohio State University, College of Medicine for over 25 years, and is now an associate professor emeritus in the Department of Preventive medicine. He has served on committees for local civic groups involved in drug and alcohol prevention efforts, has garnered several Outstanding Teacher awards, and is active in his church and community.

Being married for nearly 45 years, having three grown married daughters and seven grandchildren, and being raised in a family of seven children, Hostetler brings a wide variety of stories to his presentations. He enjoys finding scientific evidence for the positive contributions laughter, humor and festivity can make toward improving one's health.

### **Mark Your Calendar April 20, 2016**

11:30 a.m.

Regular Meeting —  
Tangier's

Cost—\$17.00

### **Upcoming Seminars**



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

June 2, 2016

6 hour class at Tangier's  
Instructed by John Shull  
of Shull Medical  
Educators  
(ASHI Certified)

Cost \$20 (includes lunch)

RSVP to Sally

## Steering Committee

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

### Board Members

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

**Bill Silver—Past President**  
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**Paul Alic—Vice President**  
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**Mark Schwerdtfeger**  
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**Jenni Ticer**  
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### BWC Representative

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

## Cari's Safety Corner

### Question: What are Anti-Fatigue Mats???

- Anti-fatigue mats are designed to help reduce fatigue related to standing on a hard surface such as concrete or for standing for an extended time > 2 hours/shift.
- Anti-fatigue mats may be made of various materials including rubber, carpeted materials, vinyl, and wood.

### Question: Why Use Anti-Fatigue Mats???

- Anti-fatigue mats are often used to decrease musculoskeletal disorders (MSD) for workers who stand in one position for an extended time frame. Discomfort, tiredness, and sore feet, legs, knees or hips after long hours of standing are the combined effect of several factors, namely the design of the work, workstation, workers footwear, and the flooring material. According to scientific data, standing for long periods of time is particularly stressful and fatiguing.
- Anti-fatigue mats absorb the shock due to walking and this cushioning effect reduces foot fatigue.

### Question: When and what type of Anti-fatigue mats should you use??

- Where resilient floors are not practical you may want to consider using an anti-fatigue mat where personnel stand for extended timeframes.
- Consider the flooring, the work environment, and shock absorbency of the matting. If floors are oily you may want to consider a mat which will not degrade from the oil, and not allow oil to create a slip hazard.
- Consider long beveled edges on the matting to prevent slips, trips and falls.

However, providing a mat may not solve the entire problem. When combined with proper work design, shock absorbing footwear, and the opportunity to sit occasionally you may reduce leg and foot fatigue.

## Water Works Challenge Wrap-Up

Congratulations to those of you who participated in the Water Works Wellness challenge!

Participants who consumed at least 200 servings of water during the 21 day challenge will be awarded at May’s regular safety council meeting. Stay tuned for more wellness challenges!

The challenge winners are:

Robby Andrus  
Nordec, Inc.

Selma Muller  
Copley Township

Matt Beck  
Copley Township

Heidi Russell  
Falls Stamping and Welding

Rainy Boucher  
City of Barberton

Patrina Sanders  
Summit Academy Management

Cari Gray  
BWC

Bill Suplit  
Landmark Plastic

Nancy Henry  
City of Cuyahoga Falls

Jenni Ticer  
NMG Aerospace

Jessica Keifer  
United Foundations

Michelle Tucker  
Akron Public Schools



**SUMMIT COUNTY**  
**SAFETY COUNCIL**  
**WELLNESS**

### SCSC WELLNESS Subcommittee Members

**Jenni Ticer—  
Chair**  
National Machine  
Co.

**Claudia Dillinger**  
City of Macedonia

**Tracie Collins**  
Summit County  
Educational  
Service Center

**Selma Muller**  
Copley Township

**Rainy Boucher**  
City of Barberton

**Kim Donato**  
Steere Enterprises

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### Zika Virus Information

The CDC has compiled information that covers symptoms, prevention, transmission, identification of areas with Zika outbreaks, and information for healthcare providers and pregnant women.

<http://www.cdc.gov/zika/index.html>

## SCSC

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 Summitcountysafetycouncil@gmail.com  
 thesummitcountysafetycouncil.

Matthew Washinger of Fomo Products was the winner of \$69.00 in March'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)

## Calling All Gamers

OSHA's Hazard Identification Training Tool is an interactive, online, game-based training tool for small business owners, workers and others interested in learning the core concepts of hazard identification. After using this tool, users will better understand the process to identify hazards in their own workplace.

### 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 5 April 18 1-4:30 PM  
 (LOTO and Electrical)

Job Safety Analysis : Apr 21 8:30-12 noon

Powered Industrial Trucks: Developing a Training Program Half-day Workshop : Apr 21 1-4:30 PM

Ergonomics: Basic Principles : April 26

Industry Safety Elements (OSHA 10 Industry) : April 27-28

Safety for the Non-safety Professional : May 5

Trenching and Excavation : May 10-11

Thermal Stress : May 18 8:30-12 noon

Hazard Communication: May 24

### 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.**