



**SUMMIT COUNTY  
SAFETY COUNCIL**

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

### **Upcoming Regular Monthly Meetings**



**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



**July 20, 2016**

Regular Meeting—Tangier's  
**Updates from OSHA**  
Howie Eberts  
Cleveland Area OSHA

### **Fall Protection**

Why is fall protection important?

Falls are among the most common causes of serious work related injuries and deaths. Employers must set up the work place to prevent employees from falling off of overhead platforms, elevated work stations or into holes in the floor and walls.

What can be done to reduce falls?

OSHA requires that fall protection be provided at elevations of four feet in general industry workplaces, five feet in shipyards, six feet in the construction industry and eight feet in longshoring operations. In addition, OSHA requires that fall protection be provided when working over dangerous equipment and machinery, regardless of the fall distance.

To prevent employees from being injured from falls, employers must:

- Guard every floor hole into which a worker can accidentally walk (using a railing and toe-board or a floor hole cover).
- Provide a guard rail and toe-

board around every elevated open sided platform, floor or runway.

- Regardless of height, if a worker can fall into or onto dangerous machines or equipment (such as a vat of acid or a conveyor belt) employers must provide guardrails and toe-boards to prevent workers from falling and getting injured.
- Other means of fall protection that may be required on certain jobs include safety harness and line, safety nets, stair railings and hand rails.

OSHA requires employers to:

- Provide working conditions that are free of known dangers.
- Keep floors in work areas in a clean and, so far as possible, a dry condition.
- Select and provide required personal protective equipment at no cost to workers.
- Train workers about job hazards in a language that they can understand.



**Mark Your Calendar  
May 18, 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)



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

**July 12, 2016**

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

Cost \$20 (includes lunch)

RSVP to Sally

**May's Featured Program...**

**Creating a Healthy Workplace**

**Jerry Lynch ~ CEO of Central Wellness**

Successful businesses are built on the strength and vitality of their employees. A customized corporate wellness program has the power to not only improve your team's health but also lead to substantial savings. See how employee wellness initiatives pay off in terms of reduced absenteeism and healthcare costs.

This program will:

- Describe how wellness programs elicit a positive ROI
- Define the basic steps in the implementation of a wellness program
- List the short and long term benefits that wellness programs produce

Jerry Lynch is passionate about improving the health and wellness of employees while improving the bottom line for business by reducing health care costs.

For more than 25 years, he has run a successful manufacturing businesses. After discovering his own health risks during a company-sponsored Health Risk Assessment, he redoubled his efforts as a passionate health and wellness advocate. In 2006, his smoking cessation program was highlighted on the front page of Cleveland Crains' Business where he lowered health care costs at his business by helping employees decrease their health risk factors and become more fit. Five years later, he became the co-owner of a leading health and fitness facility.

In 2013, Jerry founded Central Wellness to offer the tools to other companies seeking to improve employee's health while lowering health care costs.

He is currently President/COO of an industrial manufacturer in Akron, Ohio, where he sponsors a weight loss/healthy eating series, walking/running challenges and smoking cessation programs for employees. An avid cyclist, Jerry is a spinning instructor, a member of a multi-sport racing team and has completed in more than 4 ironmans, 11 marathons as well as many half and Olympic distance triathlons.

## Cari's Safety Corner

### Question: Emergency Action Plans – Why do we need one and what is required?

We want to protect your employees from different types of emergencies. We also want to be prepared on how to respond to a fire, severe weather, work place violence and medical emergencies. OSHA requires that we have an emergency preparedness plan. 29 CFR 1910.38(b) and 1910.39(b)] requiring an employee emergency or fire prevention plan to be in written form. A written program is required if there are 11 or more employees at any given facility. Facility is defined as a building and/or group of buildings where the employees may go back and forth within a working day.

What is required in the Emergency Preparedness Plan?

- 1) Reporting procedures for fire and other emergencies
- 2) Procedures for emergency evacuation, including type of evacuation and exit route assignments
- 3) Procedures to be followed by employees who remain to operate critical plant operations before they evacuate
- 4) Procedures to account for all employees after evacuation
- 5) Procedures to be followed by employees performing rescue or medical duties
- 6) The name or job title of every employee who may be contacted by employees who need more information about the plan or an explanation of their duties under the plan

What if I don't have a written plan? OSHA has an app for that! You can go [www.osha.gov](http://www.osha.gov) and under the A-Z index select E and go to the **e tool** link. Under the Expert Advisor column select Evacuation – Create your Own Emergency Action Plan. The link will prompt you to enter minimum information about your facility. At the end you can print your “NEW” Emergency Action Plan.

Now all your need to do is train your employees on the plan! Happy Training!

### Steering Committee

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John Sypek, President and  
CEO of  
Area Wide Protective  
was the winner of  
\$81.00 in  
April's  
50/50 raffle! John donated  
his winnings to SCSC!

Thank you, John, and  
thanks everyone 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)

## NIOSH Releases New Information About Occupational Exposure to Heat and Hot Environments

The National Institute of Occupational Safety and Health (NIOSH) released the updated Criteria for a Recommended Standard: Occupational Exposure to Heat and Hot Environments. The revision includes additional information about the physiological changes that result from heat stress; updated information from relevant studies, such as those on caffeine use; evidence to redefine heat stroke and associated symptoms; and updated information on physiological monitoring and personal protective equipment and clothing to use to control heat stress.

<http://www.cdc.gov/niosh/docs/2016-106/pdfs/2016-106.pdf>

### Upcoming BWC Class Schedule (North Canton)

339 E. Maple St., Suite 200

North Canton, OH 44720

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

Thermal Stress : May 18 8:30-12 noon

Hazard Communication: May 24 Full Day

Personal Protective Equipment Selection Criteria: June 2 Half Day AM

Respirators: Do we Need them?: June 2 Half Day PM

Safety Series for Industry Workshop Module 6: June 6 Half Day PM

Hazardous Waste Operations and Emergency Response Refresher:  
June 8 Full Day

Effective Safety Teams: June 15 Full Day

Emergency Preparedness Planning: June 23 Full Day

### 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.**