

HAPPY
HOLIDAYS!

December 2016

Upcoming Dates

January 26, 2017

Special Temporary Staffing Agency Panel
SPOTLIGHT: Carter's Copy

February 23, 2017

Ocular Safety: Raise Your Eye-Q
Dr. Brian Mathie, Roholt Vision Institute

March 8-10, 2017

Ohio Safety Congress

March 23, 2017

The Dangers of Distracted Driving
Chief Chris Miller, Minerva Police Department

April 27, 2017

Award Celebration & Heroin Epidemic Update
George T. Maier, Stark County Sheriff

Don't forget to "like" the ESCSC on Facebook!

Do you have future safety topics you'd like to see? Would you like to be a spotlight company?

Contact any member of the Steering Committee to submit your ideas and for spotlight consideration!

INCORPORATING MILLENNIALS INTO THE WORKPLACE



Services as Deputy Executive Director, Human Resources & Support Services.

Valarie is a member of the Society for Human Resource Management, Job & Family Services Human Resource Association, Public Children Services Association of Ohio HR Committee, Ohio Public Employers Labor Relations Association, National Public Employers Labor Relations Association and the Stark County Human Resource Association (SCHRA).

Valarie also volunteers her time for various organizations in the Stark County region. Valarie serves as the Vice-Chair for the Fan Appreciation Parties for the Pro Football Hall of Fall Enshrinement Festival, and is a member of the Meyer's Lake YMCA and St. Peter's Parish. In addition, Valarie serves as the cheerleading coach at the University of Mount Union.

Together with her husband Dave, Valarie has one daughter, Victoria. Dave works as the Athletic Director for the Meyers Lake YMCA and serves as the assistant varsity girls' basketball coach at Canton McKinley HS.

Valarie offers training for other organizations through her company, Dominick-Nash Consulting. For more information please contact Valarie at vdominicknash@yahoo.com.

December Spotlight Company



12 Days of Savings

Utilize these easy tips from the U.S. Department of Energy to slash your energy usage and costs!

Day 1: Empty Your Car

Just 100 pounds in your trunk can increase gas cost by up to \$.08 per gallon.

Day 2: Eliminate Phantom Loads

Phantom loads cost Americans about \$100 per year, on average. Plug your holiday decorations into power strips and turn off the strip when you aren't using the decorations.

Day 3: Install A Light Timer

Set the timer to turn on and off at certain times.

Day 4: Use LED Lights

It only costs \$0.27 to light a 6 foot tree for 12 hours a day, 40 days a year. The same amount of non-LED lights would cost around \$10.00.

Day 5: Evaluate Your Stove

Use the right sized pots and pans to avoid unneeded heat usage. Save \$36.00 annually with an electric range or \$18.00 annually with a gas range.

Day 6: Utilize Rechargeable Batteries
Paired with an ENERGY STAR charger, rechargeable batteries are more cost effective. Give the gift that keeps on giving!

Day 7: Purchase ENERGY STAR

Depending on usage, an ENERGY STAR computer can save 30-65% more than a computer without that designation.

Day 8: Take Advantage of Sunlight

Open curtains during the day to allow sunlight to warm your home. Close them at night to reduce chill.

(cont.)

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12 Days of Savings (cont.)

Day 9: Prepare Your Windows for Winter

Install storm windows to reduce heat loss by 25-50%.

Day 10: Maintain Your Fireplace

Keep warm air in your house. Seal your fireplace damper, caulk around the hearth and perform regular maintenance.

Day 11: Install a Programmable Thermostat

Lowering your thermostat 10 degrees for 8 hours a day can save up to 15% a year on heating bills. Set the thermostat to warm the house up before your return home.

Day 12: Conduct A Home Energy Audit

Utilize the U.S. Department of Energy's website to conduct a self-audit. Most people save 5-10% of their total energy costs per year!

Ask Robin

Q: Why is Nylon Lifting Sling Inspection Important and How Do I Inspect Them?

A: No matter how durable your nylon web sling is, eventually it will wear out and need to be replaced. Inspecting a web lifting sling before each use not only protects the load you're lifting but the people working on the job site. Following the below nylon sling check list will ensure each time the sling is used to lift an object, everyone remains safe.

How to Inspect a Web Sling

Sling Damage: Surface and Edge Cuts: All the fibers in web slings contribute to the strength of that sling. When a significant number of fibers are broken in a nylon web sling, that sling should be taken out of service.

What to Inspect: Broken fibers of equal length indicate that the sling has been cut by an edge. Red core warning yarns may or may not be visible with cuts.

How to Prevent: Always protect synthetic slings from being cut by corners and edges by using wear pads.

Sling Damage: Holes, Snags, and Pulls

What to Inspect: Punctures or areas where fibers stand out from the rest of the sling surface.

How to Prevent: Avoid sling contact with protrusions, both during lifts and while transporting or storing.

Sling Damage: Abrasion

What to Inspect: Areas of the sling that look and feel fuzzy indicate that the fibers have been broken by being subject to contact and movement against a rough surface. Affected areas are usually stained.

How to Prevent: Never drag slings along the ground. Never pull slings from under loads that are resting on the sling. Use wear pads between slings and rough surface loads.

Sling Damage: Heat and Chemical

What to Inspect: Melted or charred fibers anywhere along the sling. Heat and chemical damage can look similar and they both have the effect of damaging sling fibers and compromising the sling's strength. Look for discoloration and/or fibers that have been fused together and often feel hard or crunchy.

How to Prevent: Never use nylon or polyester slings where they can be exposed to temperatures more than 200° F. Never use nylon or polyester slings in or around chemicals without confirming that the sling material is compatible with the chemicals being used.

Sling Damage: Knots: These compromise the strength of all slings by not allowing all fibers to contribute to the lift as designed. Knots may reduce sling strength by up to 50%.

What to Inspect: Knots are easy to detect.

How to Prevent: Never tie knots in slings and never use slings that are knotted.

Sling Damage: Broken/Worn Stitching: The main stitch patterns of web slings have a direct adverse effect on the strength of a sling. The stitch patterns in web slings have been engineered to produce the most strength out of the webbing. If the stitching is not fully intact, the strength of the sling may be affected.

What to Inspect: Loose or broken threads in the main stitch patterns.

How to Prevent: Never pull slings from beneath loads where stitch patterns can get hung up or snagged. Never overload the slings or allow the load edge to directly contact the stitch pattern while lifting. Never place a sling eye over a hook or other attachment whose width/diameter exceeds 1/3 the eye length.