



UPCOMING DATES

March 24, 2016

Hot Topics in Employment Law

Scott Zurakowski – Krugliak, Wilkins, Griffiths & Dougherty Co., L.P.A.

Spotlight: Ohio Bureau of Worker’s Compensation

April 28, 2016

Avoiding Slips, Trips and Falls

Virginia Ragozzino – Country View Manor & Safety Council Award Presentation

Spotlight: Day-Ketterer

May 26, 2016

Understanding Workplace Ergonomics

Steve Hanna – Ohio Bureau of Worker’s Compensation

June 23, 2016

What to Do When OSHA Knocks

Howie Eberts – Director, Cleveland OSHA

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!

This Month’s Presentation:

STARTING A CORPORATE WELLNESS PROGRAM

Tricia McQuown joined the American Heart Association as the Heart Walk Director in 2015 with a personal goal to make a difference in the community for her two children, Gavin and Elise. She has lived in Stark County most of her life and currently lives in North Canton with her family.



Tricia is currently planning The Alliance Community Heart Walk coming up on May 19, 2016, at Mount Union. The walk will start at 4:00 p.m. and conclude at 7:00 p.m. We would love to see you at the walk, or sponsor your participation! Please see a Steering Committee Member for more information.

February Spotlight Company



American Red Cross

Together, we can save a life

SAFETY BRIEF

Many employers have in-house first aid and CPR certified individuals. While certified employees are a great resource, employers should be mindful that both first aid and CPR are based on studies of data collected usually over a five year time period. At the end of the five year study, the guidelines for applying first aid and CPR are often updated. Certified employees should be made aware of these changes even if their current certification is not expired.

The American Heart Association issued new guidelines in 2015 and place an emphasis on:

- Ensuring chest compressions are of adequate rate and adequate depth
- Allowing full chest recoil between compressions
- Minimizing interruptions in chest compressions
- Avoiding excessive ventilation

The most recent guidelines are available on the Heart Association’s Resuscitation Science page.

<http://cpr.heart.org/>

Steering Committee Members

Chairman

Rich Burton
Acme Surface Dynamics
rburton@acmesdi.com
330.821.3900

John Miller
Whitacre Greer Co.
jmiller@wgpaver.com
330.823.1610 x230

Amy Schiefer
Aultworks
amy.schiefer@aultman.com
330.491.9675

Valerie Giarrana
Haiss Fabripart
valerieg@haissfabripart.com
330.821.2028

Stella Tsirelis
Consumers National Bank
sttsirelis@consumersbank.com
330.868.9071

Gloria Slentz
Morgan Engineering
gslentz@morganengineering.com
330.823.6120

Amanda Pearson
Trilogy Plastics
apearson@trilogypastics.com
330.821.4711 x144

Co-Sponsor

Mark Locke
Alliance Chamber of Commerce
mlocke@neo.rr.com
330.823.6260

Consulting Representatives

Robin Watson
Ohio Bureau of Workers Comp
robin.watson@bwc.state.oh.us
330.904.4867

Linda Ghindea
Industrial Hygenist
Ohio Bureau of Workers Comp
Linda.g.4@bwc.state.oh.us
330.904.3966

Ohio Bureau of Workers
Compensation
www.bwc.ohio.gov

Ask Robin

Q: What is cold stress, and how can it be prevented?

A: 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.

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. Types of cold stress include trench foot, frostbite, and hypothermia.

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 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 also:

- 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.

Life's Simple 7

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. These simple steps can make a huge difference in the fight against heart disease!

