



April 2016

UPCOMING DATES

May 3, 2016

A.L.I.C.E. Training

Chris Moffitt – Sergeant with the City of Hubbard Please see the handout for additional information.

May 19, 2016

American Heart Association Alliance Heart Walk

– Get sponsored by the ESCSC! Speak to any member of the Steering Committee to get your \$50 sponsorship or visit our Facebook page for more information

May 26, 2016

Understanding Workplace Ergonomics

Steve Hanna – Ohio Bureau of Worker’s Compensation

Spotlight: Alliance Community Car Seat Safety

June 23, 2016

What to Do When OSHA Knocks

Howie Eberts – Director, Cleveland OSHA

Spotlight: AA Blueprint

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!

GOT TRACTION?

A TRUE STORY OF REDUCING SLIPS, TRIPS AND FALLS

Virginia Ragozzino joins us from Countryview Manor in Carrollton, Ohio. With over 30 years of experience working in management and helping Individuals with developmental disabilities, she considers herself and her team to be “safety crazy”.



Virginia was born and raised in Canada, obtaining her Associates Degree in Social Work and a Bachelor’s Degree in Community Rehabilitation. Virginia worked with individuals with developmental disabilities and as a Behavior Consultant before moving to the United States in 2002.

Since moving to the U.S., Virginia obtained the Nursing Home Administrator position at Countryview where they take safety very seriously and have worked very hard over the past several years to reduce the accident/injury rate.

April Spotlight Company



Don’t forget to “like” the ESCSC on Facebook!

Follow us at <https://www.facebook.com/easternstarksc/> for important reminders, updates, and general safety information. Once we reach 50 likes, we will give away free meeting invites!

SAFETY BRIEF

Most workplace fires can be prevented with simple measures. The risk of fire is present as long as the fire has oxygen, a heat source, and a fuel source. This is known as the fire triangle. Eliminate one side of the triangle and eliminate the risk of fire.



Simple prevention measures include:

- Keep work areas neat and free of paper, trash and other flammables
- Smoke only in designated areas, and extinguish smoking materials safely
- NEVER block access to fire extinguishers, sprinklers, or emergency exits
- Check your electrical cords often. If a cord is damaged in any way, replace it
- Don't overload circuits
- Keep heat-producing equipment (including copiers, coffee makers, computers, etc.) away from flammables
- Perform hot work in a safe location, or with fire hazards removed or covered

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Ask Robin

Q: What are anti-fatigue mats?

A: Anti-fatigue mats are designed to help reduce fatigue related to standing on a hard surfaces (such as concrete) or for standing for an extended time (more than 2 hours per shift). Anti-fatigue mats may be made of various materials including rubber, carpeted materials, vinyl, and wood.

Q: What are some benefits of anti-fatigue mats?

A: Anti-fatigue mats can 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, worker's 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.

Q: When should you use anti-fatigue mats and what type should you use?

A: You may want to consider using an anti-fatigue mat:

- Where resilient floors are not practical
- Where personnel stand for extended times

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. Leg and foot fatigue may be reduced when combined with proper work design, shock absorbing footwear, and the opportunity to sit occasionally.

Stop Falls Stand-Down

This year, join the National Safety Stand-Down to Prevent Falls in Construction will be held from May 2nd to the 6th to coincide with the North American Occupational Safety and Health Week. Fatalities caused by falls from elevation continue to be a leading cause of death for construction workers, accounting for 337 of the 874 construction fatalities recorded in 2014 (BLS preliminary data). Those deaths were preventable.

What is a Safety Stand-Down?

A Safety Stand-Down is a voluntary event for employers to talk directly to employees about safety. This Stand-Down focuses on fall hazards and reinforcing the importance of fall prevention. Companies can conduct a Safety Stand-Down by taking a break to have a toolbox talk or another safety activity such as conducting safety equipment inspections, developing rescue plans, or discussing job specific hazards. A Safety Stand-Down should provide an opportunity for employers and workers to talk about hazards, protective methods, and the company's safety policies, goals and expectations.

Participation is not limited to the construction industry. Last year, nearly 15% of Stand-Down participants were non-construction employers.

2016 Stand Down Goals

Last year's Stand-Down was a tremendous success, reaching more than 2.5 million workers. This year, OSHA's goal is to reach 5 million workers. If we meet this goal, we will have touched more than half of the construction workers in the country.

All employers can receive a Certificate of Participation signed by Secretary of Labor Thomas E. Perez. Visit OSHA's webpage at www.osha.gov/StopFallsStandDown for detailed information.