



May 2016

UPCOMING DATES

June 23, 2016

What to Do When OSHA Knocks
 Howie Eberts – Director,
 Cleveland OSHA
Spotlight: AA Blueprint

July 28, 2016

**The Distracted Driving Epidemic:
 U Drive. U Text. U Pay.**
Spotlight: AA Blueprint

August 25, 2016

The Importance of Proper PPE
 Terry Alberini – CEO, U.S. Safety
 Gear

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!

**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!

**ERGO STUFF:
 THINGS YOU NEED TO KNOW**

Stephen P. Hanna, Certified Safety Professional (CSP), joins us from the Canton Service Office of the Ohio Bureau of Worker's Compensation. For more than 23 years, Stephen has worked with the Division of Safety & Hygiene as a Supervisor and Field Ergonomic Consultant.



Mr. Hanna has completed over 600 safety equipment grants totaling more than \$14 million dollars for Ohio employers. His years of dedicated service make him a valuable source of information.

Stephen received his Bachelor of Science from West Liberty University and a Master of Science from West Virginia University.



May Spotlight Company

**ALLIANCE COMMUNITY
 CAR SEAT SAFETY**



SAFETY BRIEF

Ladders: so common, employees can forget they can be dangerous. To help prevent falls, remind workers to:

- Maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder (see picture below)
- Keep the body near the middle of the step and always face the ladder
- Only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes.
- Inspect the ladder before use. Do not use if there is slippery material on the rungs or shoes, the ladder is damaged, or if pieces of the ladder are missing
- Do not use the ladder if the combined weight of the worker and his/her tools are greater than the maximum capacity of the ladder
- Use a ladder only on a stable and level surface
- Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height
- An extension ladder must extend at least 3 feet above the point of support

Get more information from OSHA's Stairways and Ladders, Standard Number 1926.1053.

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Ask Robin

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

A: Employers must protect their employees from different types of emergencies and be prepared with proper response to fires, severe weather, workplace violence and medical emergencies. 29 CFR 1910.38(b) and 1910.39(b) require an employee emergency or fire prevention plan to be in written form if there are 11 or more employees at the facility. A 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 or an explanation of their duties under the plan

If you don't have a written plan, OSHA has an easy-to-use tool! Visit www.osha.gov and select the A-Z index. From there, find the e-tool link and 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 which can then be printed and saved.

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

Know the Difference: When Can Children Switch Seats?

Using the correct car seat or booster seat can be a lifesaver: make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.

REAR-FACING CAR SEAT
Birth up to Age 2*
Buckle children in a rear-facing seat until age 2 or when they reach the upper weight or height limit of that seat.

FORWARD-FACING CAR SEAT
Age 2 up to at least age 5*
When children outgrow their rear-facing seat, they should be buckled in a forward-facing car seat until at least age 5 or when they reach the upper weight or height limit of that seat.

BOOSTER SEAT
Age 5 up until seat belts fit properly*
Once children outgrow their forward-facing seat, they should be buckled in a booster seat until seat belts fit properly. The recommended height for proper seat belt fit is 57 inches tall.

SEAT BELT
Once seat belts fit properly without a booster seat
Children no longer need to use a booster seat once seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck).

Keep children ages 12 and under in the back seat. Never place a rear-facing car seat in front of an active air bag.

*Recommended age ranges for each seat type vary to account for differences in child growth and height/weight limits of car seats and booster seats. Use the car seat or booster seat owner's manual to check installation and the seat height/weight limits, and proper seat use.

Child safety seat recommendations: American Academy of Pediatrics.
Graphic design: adapted from National Highway Traffic Safety Administration.
www.cdc.gov/motorvehiclesafety/cps