



July 2016

UPCOMING DATES

August 5-21, 2016



August 25, 2016

The Importance of Proper PPE
Chris Zabel – U.S. Safety Gear
Spotlight: Industry Consulting Enterprise, Inc.

September 23, 2016

Medical Marijuana Effect on DFWPs & Updates

March 8-10, 2017

Ohio Safety Congress

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!

**HOW SLEEP AFFECTS YOUR HEALTH:
SLEEP APNEA**

Mary Wike LPN, RSPGT (Registered Sleep Technologist) joins us from the Alliance Community Hospital to discuss a silent performance killer – sleep apnea. As the Director of Respiratory Services, Sleep Lab & EEG, Mary is vital to diagnosing and treating sleeping disorders at Alliance Community Hospital.

One-third of adult Americans (approximately 50 million people) suffer from a sleep problem and are not aware of it. One common disorder is sleep apnea, a serious condition that occurs when a person's breathing is interrupted during sleep.

People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times. This means the brain -- and the rest of the body -- may not get enough oxygen.

If left untreated, sleep apnea can result in a growing number of health problems, including:

- High blood pressure
- Stroke
- Heart failure, irregular heartbeats, and heart attacks
- Diabetes
- Depression
- Worsening of ADHD
- Headaches

In addition, untreated sleep apnea may be responsible for poor performance in everyday activities, such as at work and school, motor vehicle crashes, and academic underachievement in children and adolescents.

ARE YOU GETTING ENOUGH SLEEP?

PROMOTE HEARING HEALTH

It is well documented that occupational noise exposure is a significant health hazard that can lead to permanent noise-induced hearing loss. It is less well known that a substantial number of medications and common industrial chemicals can also cause hearing loss themselves or exacerbate the effects of noise.

These chemicals are said to be ototoxic (oto = ear, toxic = poisonous) and include:

- Organic solvents – e.g., toluene, styrene, xylene, ethylbenzene, etc.
- Heavy metals – e.g., mercury, lead, trimethyltin
- Asphyxiants – e.g., carbon monoxide, hydrogen cyanide
- Endocrine disrupters – e.g., Aroclor 1254, Acrylonitrile

Workers with combined excessive noise and ototoxic chemical exposure are often at the greatest risk for permanent hearing loss.

For workers currently covered by a Hearing Loss Prevention Program, a trained professional may need to examine the audiometric data to determine the relationship between exposure to noise and ototoxic chemicals.

Find more information on the CDC's website under: Protect Your Hearing, Promote Hearing Health.

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Ask Robin

Q: What are my requirements under OSHA's New Recordkeeping Final Rule?

A: OSHA's Final Rule to Improve Tracking of Workplace Injuries & Illnesses is effective starting January 1, 2017. Certain employers will be required to submit their injury and illness information electronically. (This information is already required to be recorded on the OSHA 300, 301, & 300A forms)

This requirement applies to:

- Establishments with 250 or more employees that are currently required to keep OSHA injury and illness records must electronically submit information from OSHA forms 300 – Log of Work-Related Injuries and Illnesses, 300A – Summary of Work-Related Injuries and Illnesses, and 301 – Injury and Illness Incident Report.
- Establishments with 20 – 249 employees that are classified in certain industries with historically high rates of occupational injuries and illnesses must electronically submit information from OSHA Form 300A.

The electronic submission requirements do not change an employer's obligation to complete and retain injury and illness records.

The following is the phase-in period:

Submission Year	Establishments with 250 or more employees	Establishments with 20 – 249 employees	Submission Deadline
2017	Form 300A	Form 300A	July 1, 2017
2018	Forms 300A, 300, 301	Form 300A	July 1, 2018

Beginning in 2019, the submission deadline will be changed from July 1st to March 2nd.



OSHA's Guidelines for Nursing Homes (OSHA 3182-3R) is a great source of information tailored to nursing homes and assisted care facilities. "Nursing homes that have implemented injury prevention efforts focusing on resident lifting and repositioning methods have achieved success in reducing work-related injuries and associated workers' compensation costs.

Providing a safer and more comfortable work environment has also resulted in additional benefits for some facilities, including reduced staff turnover and associated training and administrative costs, reduced absenteeism, increased productivity, improved employee morale, and increased resident comfort."

Find the guide here: <https://www.osha.gov/ergonomics/guidelines/nursinghome/.pdf>