S A F E T Y *NOTES*

A Monthly Newsletter of the Delaware Area Safety Council
A Program of the Delaware Area Chamber of Commerce
July 2019

Monthly meetings are the second Tuesday of the month:
11:30 - 12:00 optional lunch*
12:00 - 1:00 program
*lunches not prepaid are at $15 at the door, cash or check. No invoicing available.

All meetings are at the Eagles Lodge
127 East William Street
Delaware, OH
unless otherwise specified. Check the **Safety Council website** for more details.

Remember that you must register online the Wednesday prior to the meeting to reserve your lunch.

Prepaying for your lunches does not mean you have registered for that month's lunch.

Steering Committee

Susan Garrett
Mail Pro 1
Billy Gibson
Del-Co Water Co.
Larry Jones
Liberty Casting Company
Bill McCague
Abrasive Technology
Mark Nelson
BWC

It's semi-annual report time!

Your BWC semi-annual report is **due by July 15th, 2019.**

Instructions for completing the semi-annual report can be found here.

You have three different ways you can submit your report:

1. Click here to fill out the January-June semi-annual report and click submit when completed (this option may not work with all browsers);
2. Complete and print the attached report, scan and email to safetycouncil@DelawareAreaChamber.com or
3. Complete and print the attached report, fax to 740-369-4817 (no cover sheet required)

Please note: **All** Safety Council members should complete this report, regardless of rebate eligibility.

If you have any questions, you can email safetycouncil@DelawareAreaChamber.com or call 740-369-6221.

Safety Council doubles scholarship awards

Edward Miller, Lauren Lewis, Billy Gibson

Each year the Delaware Area Safety Council awards two $1000 scholarships to folks studying in a field of health, wellness or safety. Eligible recipients are Safety Council members or their families. SC had a good year and with so many applications submitted this year, the steering committee chose to award four one thousand dollar checks. They were presented at the June 11 regular meeting of SC.

Pictured are Edward Miller, a Buckeye Valley graduate who will be studying mechanical engineering at Ohio University. Edward has been interning with Bensen Fire & Safety Consulting. Lauren Lewis, also a BV grad, will be using her scholarship award toward her nursing degree at Mount Carmel College of Nursing.

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The Delaware Area Safety Council is here to provide our community with quality programs addressing occupational safety and health, workers' compensation and risk management, education and information.

Safety Council Calendar

FY19 Meeting #1
July 9
Sponsored by:
6th Annual Health, Safety & Wellness Fair

FY19 Meeting #2
August 13
Sponsored by:
Are you high? Drugs in my workplace?

FY19 Meeting #3
September 10
Sponsored by:
Disaster Resource Sharing with Ohio Department of Public Safety

SAFETY

Safety Council basics:

⇒ Don't forget to sign in at every meeting and check the box if you are a CEO

⇒ Up to two of your 10-meeting requirement can be substituted by external trainings. Plan ahead for the year now and schedule your classes with BWC. **Click here** for a list of courses offered in Columbus for FY18

⇒ **Click here to go to the BWC monthly newsletter.**

⇒ **Click here to go to the OSHA QuickTakes monthly newsletter.**

Sponsor a FY 2020 Safety Council meeting

This month's sponsor:
Your logo here
Delaware Area Safety Council

Be the sponsor at a monthly SC meeting and enjoy special recognition. All sponsorships include:

- your logo on a sign at registration & lunch buffet tables
- your company logo in the newsletter & on the website calendar
- your "elevator speech" at the meeting
- opportunity to introduce the speaker
- donation of a raffle prize to be given away at the end of the program (except for July). (Please bring the prize to the meeting)

Sponsorships are a bargain:

Regular monthly meetings August 2019—June 2020: $75
Annual Awards meeting in May 2020: $100
Health, Wellness and Safety Fair in July 2019: $100

A member may sign up for a month, then will be put on a wait list in order to allow all members an opportunity to sponsor.

To sponsor, contact SafetyCouncil@DelawareAreaChamber.com or call 740-369-6221.

CLEVELAND AASCIF 2019

BWC is pleased to announce that Ohio is hosting the 2019 American Association of State Compensation Insurance Funds (AASCIF) Conference in Cleveland July 21-24.

AASCIF is an association of workers' compensation state funds from 26 different states, plus 8 workers' compensation boards in Canada. The association gathers each year to discuss hot topics and best practices.

Registered attendees attend sessions on subjects such as claims management, safety and national issues. For more information and to register please visit www.aascifannual.org.

OSHA—Did you know?

Applicants for OSHA's Susan Harwood Training Grant Program must have up-to-date registrations with Grants.gov and Systems of Award Management (SAM). There is no charge to register with Grants.gov or SAM. If you are new to Grants.gov, begin the registration process now, since it may take several weeks to complete.

Safety Humor

OSHA News

Keeping Workers Safe from Heat Hazards

OSHA is urging employers to protect workers from heat-related illnesses and hazards. As we enter the summer season, warmer and more humid weather can increase the risk to workers both outdoors and in indoor workplaces with hot conditions. Learn how to keep workers safe by preventing heat hazards.

Emergency Preparedness and Response

Natural disasters can create a variety of hazards for workers. Preparing for an emergency plays a vital role in ensuring that employers and workers have the necessary equipment, know where to go, and know how to stay safe when an emergency occurs. OSHA's Emergency Preparedness and Response page provides information on how to prepare and train for emergencies and the hazards to be aware of during cleanup and recovery operations.

Suicide Prevention Resources

Suicide is a serious public health concern that can have lasting harmful effects on individuals, families, workplaces, and communities. A new webpage provides confidential resources to help identify the signs and how to get help.

OSHA Requests Information on Potential Changes to Lockout/Tagout Standard Including Addressing Robotic Technology

OSHA's Lockout/Tagout Standard at 29 C.F.R. 1910.147 regulates the control of exposure to unexpected energization during service and maintenance on machines or equipment. On May 18, 2019, OSHA issued a Request for Information (RFI) seeking "information regarding two areas where modernizing the Lockout/Tagout standard might better promote worker safety without additional burdens to employers: control circuit type devices and robotics." To read more, click here.

BWC News

Share your knowledge at OSC20!

Do you have the experience to help make workplaces safer and healthier? Are you comfortable speaking to a crowd? If so, you could be a presenter at our Ohio Safety Congress & Expo 2020 (OSC20), the nation's largest occupational-focused safety and health event. We're now accepting presentation proposals for this multi-day event, scheduled for March 11 – 13, 2020, in Columbus, Ohio. We're accepting applications until July 19. To find out more, click here.

Be TICK Smart! Protect, Check, Remove, Watch

As the weather warms and we're spending more time outdoors, the Ohio Department of Health (ODH) urges us to take precautions in preventing tick bites and the diseases they may carry. To read more, click here.

New online poster archive takes visitors on a safe trip through time

Long before there was the Occupational Safety and Health Administration (OSHA), Ohio had the Division of Safety & Hygiene. To read more, click here.

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Billy Gibson, Del-Co Water's Safety Specialist, recently received his associate's degree in Occupational Safety & Health. Billy is enrolled in Columbia Southern University where he is pursuing his bachelor's degree in the same major. Billy thinks a Masters might be down the road.

Unable to attend the luncheon was Morgan Zahner. Morgan is a senior at Olentangy High and will be attending OSU in the fall pursuing a major in biomedical engineering.

Congratulations to this year's recipients and best of luck in these worthy pursuits.

Confined spaces

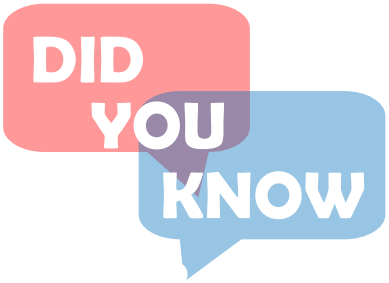
Confined spaces – such as manholes, crawl spaces, and tanks – are not designed for continuous occupancy and are difficult to exit in the event of an emergency. People working in confined spaces face life-threatening hazards including toxic substances, electrocutions, explosions, and asphyxiation.

OSHA has developed an informational webpage to report on the new regulation, compliance assistance documents, and other resources in place to help employers and workers understand the rule. OSHA will continue to publish new guidance products in the coming months, and will post them on this page. Please check the website often for updates.

Construction workers often perform tasks in confined spaces - work areas that (1) are large enough for an employee to enter, (2) have limited means of entry or exit, and (3) are not designed for continuous occupancy.

These spaces can present physical and atmospheric hazards that can be prevented if addressed prior to entering the space to perform work. The website link below is a starting point for finding information about these spaces, the hazards they may present, and ways to safely work in them.

Click here for more information.



- OSHA has resources to help young workers know their rights and stay safe on the job.
- OSHA has work zone traffic safety publications for employers and workers.
- Select OSHA publications are available in eBook format. OSHA eBooks are designed to increase readability on smartphones, tablets and other mobile devices.
- We'd like to feature our Safety Council members in our monthly SC newsletter. Do you have a great safety tip? Get recognized in your industry for safety? New safety staff? Got something to say? How about writing an op-ed? Have a safety-related story? How about a photo with a fun or interesting caption?
  Help make our SC newsletter about YOU! Email your news to SafetyCouncil@DelawareAreaChamber.com

Heat Stress

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress can occur, and can result in death.

Factors: High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate for hot workplaces.

Symptoms of heat exhaustion: Headaches, dizziness, fainting; weakness and moist skin; mood changes such as irritability or confusion.

Symptoms of heat stroke: Dry, hot skin with no sweating; mental confusion or losing consciousness; seizures or convulsions

Prevention: Know the signs/symptoms; block out direct sun or other heat sources; use cooling fans/ air conditioning; rest regularly; drink lots of water, about 1 cup every 15 minutes; wear lightweight, light colored, loose fitting clothes; avoid alcohol, caffeinated drinks or heavy meals

Heat-related Illnesses and First Aid

Heat stroke, the most serious form of heat-related illness, happens when the body becomes unable to regulate its core temperature. Sweating stops and the body can no longer rid itself of excess heat. Signs include confusion, loss of consciousness, and seizures. Heat stroke is a medical emergency that may result in death! Call 911 immediately.

Heat exhaustion is the body's response to loss of water and salt from heavy sweating. Signs include headache, nausea, dizziness, weakness, irritability, thirst, and heavy sweating.

Heat cramps are caused by the loss of body salts and fluid during sweating. Low salt levels in muscles cause painful cramps. Tired muscles—those used for performing the work—are usually the ones most affected by cramps. Cramps may occur during or after working hours.

Heat rash, also known as prickly heat, is skin irritation caused by sweat that does not evaporate from the skin. Heat rash is the most common problem in hot work environments.

The chart below shows symptoms and first aid measures to take if a worker shows signs of a heat-related illness. For prevention advise, click here.

Illness	Symptoms	First Aid*
Heat stroke	• Confusion • Fainting • Seizures • Excessive sweating or red, hot, dry skin • Very high body temperature	• Call 911 While waiting for help: • Place worker in shady, cool area • Loosen clothing, remove outer clothing • Fan air on worker; cold packs in armpits • Wet worker with cool water; apply ice packs, cool compresses, or ice if available • Provide fluids (preferably water) as soon as possible • Stay with worker until help arrives
Heat exhaustion	• Cool, moist skin • Heavy sweating • Headache • Nausea or vomiting • Dizziness • Light headedness • Weakness • Thirst • Irritability • Fast heart beat	• Have worker sit or lie down in a cool, shady area • Give worker plenty of water or other cool beverages to drink • Cool worker with cold compresses/ice packs • Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes. • Do not return to work that day
Heat cramps	• Muscle spasms • Pain • Usually in abdomen, arms, or legs	• Have worker rest in shady, cool area • Worker should drink water or other cool beverages • Wait a few hours before allowing worker to return to strenuous work • Have worker seek medical attention if cramps don't go away
Heat rash	• Clusters of red bumps on skin • Often appears on neck, upper chest, folds of skin	• Try to work in a cooler, less humid environment when possible • Keep the affected area dry

* Remember, if you are not a medical professional, use this information as a guide only to help workers in need.

BWC pledges another $1 million to law enforcement body armor

Due to high demand, BWC has pledged an additional $1 million to funding body armor for Ohio law enforcement officers.

The funds will go to the Ohio Law Enforcement Body Armor Program, which was created by Governor DeWine while he served as Ohio's Attorney General. The additional money brings total funding for the body armor program to $3.5 million.

"It is critical that law enforcement officers in Ohio have access to equipment that can help them come home to their families every day," said Governor DeWine. "Officers should have access to this life-saving safety gear, and by adding this extra funding to the Ohio Law Enforcement Body Armor Program, we can ensure that more officers throughout the state are protected."

To date, BWC has approved funding for 335 law enforcement agencies, slightly exceeding the funding initially allotted to the program for this fiscal year. The new $1 million in grants, which is in addition to $500,000 added to the program in February, will go toward funding body armor for agencies whose grant applications are still pending or agencies that are anticipated to apply.

"These funds are clearly making a difference, and we're pleased to commit these additional dollars so the men and women who put their lives on the line every day for their fellow Ohioans can return safe to their families after their shift each day," said BWC Administrator/CEO Stephanie McCloud.

The Ohio Law Enforcement Body Armor Program, which is administered by Attorney General Dave Yost, allows local law enforcement agencies to receive up to $40,000 per agency to purchase body armor vests with a local match of 25 percent. Interested agencies may apply for the program through the Ohio Law Enforcement Gateway.

H2Ohio water quality initiative

Better You™ Better Ohio!
Ohio Bureau of Workers' Compensation

There are few things in life more important to us than O2 and H2O. Air and water. We can't survive without them.

Let's focus on water. Its benefits are innumerable, as long as it's clean and safe. That's the goal of Governor DeWine's H2Ohio water quality initiative. The initiative is part of the governor's budget and seeks to invest in longterm solutions to ensure safe and clean water across Ohio.

Clean, safe water is such an important part of our overall health that it's one of the areas we encourage Ohioans to focus on when they join Better You, Better Ohio!™, our health and wellness program for Ohio's workforce.

The free program offers health and wellness coaching and other resources for employees of businesses that have 150 or fewer workers. Healthy employees are less prone to injury. And when they are injured, they're usually able to recover more quickly.

You can learn more about the program and register here.

If you're eligible, you'll have access to: Free health assessment and biometric screening. Disease management and health coaching. Monetary incentives for participating and more!

ActiveHealth Management – our partner in offering the Better You, Better Ohio! program – also has many free health and wellness resources available to anyone. This includes a monthly newsletter, webinars and other items covering a variety of health and wellness topics, including the importance of H2O.

This fact sheet covers the benefits of H2O, how much you need and tips for drinking enough every day.