



STARK COUNTY

SAFETY COUNCIL

A committee of the Canton Regional Chamber of Commerce

news

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StarkCountySafetyCouncil.org

## The Costs of Fatigue

*Provided by Curtis Speck, President  
Safety Resources Company of Ohio, Inc. and  
Stark County Safety Council Committee Member*

In the past, the expectation was for workers to have weekends off, and enough time away from work to rest and recover. However, the world is changing and continues to move toward a 24-hour society. As a result, to some workers just the idea of a full night's rest is now more a luxury than a necessity. For workers such as truck drivers, hospital staff, and others who routinely work overnight shifts, the fatigue that comes with these roles has become a way of life with potentially serious impacts on productivity, health, and safety. In fact, recent NIOSH studies have shown that as many as 38% of US workers get less than the recommended minimum of 7 hours of sleep each night. In addition to the increased risk of developing sleeping disorders that can further increase fatigue, these workers can cost employers as much as \$2000 per year in lost productivity, and are 4 times more likely to be involved in a safety incident.

While some of the factors of fatigue can be addressed through the promotion of healthier lifestyle choices by employees, the environmental factors within a workplace cannot be ignored. Managers should ensure that schedules are written to prevent fatigue. One option is to ensure that workers have at least two consecutive days off per week, while avoiding more

## April 13, 2017

**“Ohio CCW Facts—What You  
Need to Know About Conceal &  
Carry”**

**Speaker: Sheriff George Maier**

**HARVEST FOR HUNGER DONATIONS  
COLLECTED AT THIS MEETING**

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Spotlight Company



U.S. HealthWorks has been serving employers occupational medicine needs in Stark County since 1990. Our clinic provides a full range of occupational medicine specializing in early diagnosis and treatment of work related injuries and illnesses. We also specialize in employment related physicals, drug screens and other medical testing services.

U.S. HealthWorks offers:

- Full service occupational health clinic
- Physician always on duty during clinic hours
- Specialization in early return to work as well as cost containment for injured employees
- After hours, on-site drug and alcohol testing
- Exceptional customer/patient experience is a cornerstone of our practice
- **24/7 online access to patient information**
- Many clinic services can be conducted on-site at employer location

Contact Rob Serena  
Rob.serena@ushworks.com  
330-806-7807



Like us on Facebook-[www.starkcountysafetycouncil.org](http://www.starkcountysafetycouncil.org).

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**Stark County Safety Council Mission Statement:** *To provide a forum for safety and health information, education and networking in Stark County, through leadership, innovation, facilitation, program, and support, in partnership with other public and private organizations.*

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than 4 overnight or 5 early morning shifts in a row, or at least not on a regular basis. Schedules and rosters should be built such that employees are able to get a full nights sleep everyday, such as avoiding back to back shifts that don't allow for resting in-between. Remember, going even a relatively short time without restful sleep can significantly impair an individual. According to one study, the impairments of just 20 hours without sleep can be equal to a Blood Alcohol Content of 0.1. While naps and breaks can help mitigate this, to a degree, there is no substitute to a proper night's rest.

Designing the workplace itself to prevent fatigue is advisable as well. Effective design strategies include providing adequate bright lighting, minimizing "monotonous" background noise, and maintaining a "comfortably cool" and low humidity atmosphere work in, where possible. For office work, encourage workers to be active for at least a few minutes every hour or two, even if just to walk around the office for a moment. In outdoor environments, be sure to provide workers with the means to shelter and recover from adverse conditions such as rain, snow, and extreme heat or cold. This can be as simple as taking breaks in a heated or air conditioned truck, or as comprehensive as providing a job trailer with some form of a break room.

Whatever steps you decide to take to address Workplace Fatigue, remember that in doing so, you are taking an active measure to protect your business and your workers from a danger that most of us would otherwise overlook.

## ROBIN'S CORNER

By Robin Watson, Ohio BWC Representative

### Q. Can Transparent Blue Screens Be Used for Welding Operations to Protect against Hazardous Arc Light?

A: A. Welding operations emit visible light and ultraviolet light (UV rays) just like those emitted from the sun. Unprotected exposure to welding arc light can cause eye injuries



such as welding flash from short term exposure, to cataracts and retinal damage from extended periods or repeated short-term exposures. Unprotected skin can also experience a "sun-burn" from exposure to the UV light.

Because the source of the UV light is much closer than that from the sun, the effects of the UV light are experienced more quickly than when exposed to the sun. Therefore, welders and employees adjacent to welding operations must be protected from the UV light. The welders are protected from UV rays by protective lenses in glasses or their welding helmets. Partitioned booths and portable welding

screens made of semitransparent or dark vinyl were developed in the 70's to protect bystanders. The trend for more transparent screens came about in the welding industry to allow outside personnel the ability to see the progress of welding operations and for the protection of the welder in case of an emergency that requires assistance. Welding screens also protect welders from the arc light of adjacent welders when they are not wearing their helmets or protective shades during setup time.

Not all screen colors protect the eye equally. Welding arcs emit hazardous levels of blue light that must be filtered to prevent injury. Blue screens appear blue because they allow a larger portion of the blue light, in the visible spectrum of light, to reach the eye. **Consequently, the transparent blue screens do not adequately filter out the blue light and should not be used. Blue transparent screens are not compliant with the welding screen requirements set by the American Welding Society (AWS) standard AWS F2.3M:2011, Specification for Use and Performance of Transparent Welding Curtains and Screens.**

# Work Safety Zone Is In Your Hands!

By: Stephen Gronow, Stark County Engineer's Building & Safety Superintendent  
and Stark County Safety Council Steering Committee

Summer is just around the bend, and so are the orange barrels that mark the start of construction season. Our roadway workers put their lives on the line every time they set foot in a work zone, which is why transportation agencies across the nation have designated the week of April 3rd thru the 7th as National Work Zone Awareness Week.

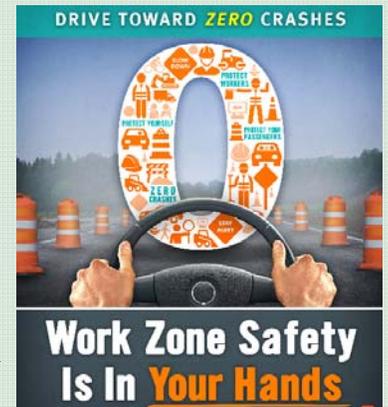
National Work Zone Awareness Week is an annual spring campaign held at the start of construction season to encourage safe driving through highway work zones. The key message is for drivers is to use extra caution in work zones. On average, nearly 600 people, including 120 workers, are killed in accidents at these sites annually. An additional 30,000 people are injured.

In memory of all the workers, pedestrians, and drivers who lost their lives in work zones, and with so much construction starting up this time of year, I would like everyone to keep the following tips in mind when driving through work zones.

- **Avoid Distractions.** Such as changing radio stations, using an iPod, texting or talking on a cell phone while driving.
- **Stay Alert.** Keep an eye out for workers and equipment. Make safety your first priority.
- **Drive Courteously.** Merge with caution, and don't tailgate.
- **Do Not Speed.** Follow posted speed limits in and around work zones.
- **Respect the Flagger.**
- **Buckle Up.**
- **Be Patient.** Today's work zones lead to improved safety and mobility on your roads tomorrow.



What is the difference between a safe work zone and unsafe work zone? The difference is you! Drive safely, stay alert, and stay alive. Work zone safety is in your hands.



## Upcoming

Annual Awards Banquet April 13<sup>th</sup> 5:30 p.m. fee Skyland Pines



Your Stark County Safety Council will host a food drive again this year to benefit the Akron-Canton Regional Foodbank at the **April 13<sup>th</sup> luncheon**. All food collected will stay in Stark and surrounding counties. Monetary donations will also be accepted in the form of cash or check. Make checks payable to Akron-Canton Regional Foodbank. For **every \$1 donation** to Harvest for Hunger, the Akron-Canton Regional Foodbank can **provide four meals to a hungry family**.

## The third BILLION back

BWC proposes \$1 billion workers' comp rebate - Major safety investment in the works Administrator/CEO Sarah Morrison joined Gov. John Kasich yesterday in proposing a \$1 billion rebate for Ohio's private and public employers, the third such rebate since 2013. "By continually looking to reduce workers' compensation costs to public and private employers, and invest in workplace safety efforts, Ohio has been able to create a much better climate for success for job creators, government employees and workers," said Kasich. "Returning yet another \$1 billion back to our businesses, schools and local governments means we will have saved employers as well as taxpayers an impressive \$6 billion in our continuing efforts to make workers' compensation operate better."



### Class Schedule (North Canton)

339 E. Maple St. Suite 200

North Canton, OH 44720

Register at [bwclearningcenter.com](http://bwclearningcenter.com)

**Effective Safety Teams**—April 3—8:30-4:30 p.m.

**Confined Space Assessment and Work**—April 6—8:30-4:30 p.m.

**Certified Safety Professional (CSP) Examination Review**—April 11 to 13—3 day program—8:30-4:30 p.m. each day

**Hazardous Waste Operations and Emergency Response Awareness**—April 18—8:30-Noon

**Noise and Hearing Conservation Half Day Workshop**—April 18—1-4:30 p.m.

**Controlling Workers' Compensation Costs**—April 20—8:30-4:30 p.m.

**Industry Safety Elements**—(OSHA 10) April 26-27—2 days— 8:30-4:30 p.m. each day

## Coming Next Month

# May 11, 2017

## “Forklift Safety—Tough Topics and Answers”

David Hoover  
Forklift Training Systems

Spotlight Company:



## Safety Council Officers & Contributing Members

**Chairman:** Mark Cush ([mcush@youngtrucks.com](mailto:mcush@youngtrucks.com))

**Vice Chair:** Randy Martin  
([randym@beaverexcavating.com](mailto:randym@beaverexcavating.com))

**Program Manager & Canton Regional Chamber Representative:** Connie Cerny  
([conniec@cantonchamber.org](mailto:conniec@cantonchamber.org))

**Newsletter Coordinator:**  
Karen L. Bostrom ([kbostrom@kwgd.com](mailto:kbostrom@kwgd.com))

**Ohio BWC Representatives:**  
Robin Watson ([robin.w.1@bwc.state.oh.us](mailto:robin.w.1@bwc.state.oh.us)) and  
Deb Bailey ([Deborah.b.1@bwc.state.oh.us](mailto:Deborah.b.1@bwc.state.oh.us))

# Stark County Safety Council March 2017 Luncheon Photos

