Industrial Hygiene Monitoring: 
Finding the Unseen Hazards of 
the Workplace

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

Many times, when thinking of hazards in the workplace, only the big dangers come immediately to mind. Workers being struck by falling material, or collisions between pieces of equipment are all genuine concerns, to be certain, but they aren’t the only hazard your workers might face. Environmental and Health Hazards can often times present even greater risks than more noticeable dangers.

Toxic and Hazardous gases, for example, can present asphyxiation hazards almost invisibly. Black mold and silica can over time cause a number of severe health problems when inhaled, as can metal fumes such as lead or hexavalent chromium. Even sound at extreme volumes can potentially cause severe injury to workers. Addressing these dangers is of utmost importance, and it begins with Industrial Hygiene Monitoring.

Industrial Hygiene Monitoring refers to equipment and procedures used to identify environmental and health hazards in the workplace. Air monitoring, for instance, uses specialized devices to detect the presence of dangerous substances in the air, such as harmful or explosive gases. Such dangers are frequently found in confined spaces that feature poor ventilation, making air monitoring a must for such work. Substance sampling is another method, which can help to identify the presence of hazardous materials and chemicals that need to be removed or managed. Sound monitoring is also important to identify areas in which serious hearing damage can occur, so that safety plans requiring such protection can be developed. With the aid of an Industrial Hygiene Specialist, the sources of these dangers can be located so that appropriate actions can be taken to protect employees who must

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“Bed Bugs in The Workplace”

Courtney Myers, RS
Environmental Health Services
Stark County Health Department

Spotlight Company

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Safety Resources Company of Ohio, Inc.
www.srcohio.com 330-477-1100
perform their tasks around them. By implementing effective Industrial Hygiene Monitoring, workers can be protected from injuries such as cancer, skin corrosion, respiratory illnesses, and the temporary or permanent loss of hearing and vision.

The first step in building an Industrial Hygiene Monitoring plan is to schedule an appointment with an IH Specialist. This can be done through the Bureau of Worker’s Compensation, or through a local safety consulting company.

Within safety, we often talk about eliminating hazards as the best way to protect workers from them. Industrial Hygiene Monitoring is a vital step in identifying these dangers. Without it, many hazards can easily go unnoticed until someone is injured, and no one wants to see that happen.
Bed Bugs

Provided by Barbara Friedman, Safety and Workers Compensation Manager
Union Metal Corporation and Stark County Safety Council Steering Committee

For most people the first question you ask yourself is “How did I get bed bugs”? I clean my house every day.

There are a lot of questions people ask when you find bed bugs in your home. Most of us do not really know how, when and who bought these bugs into your house.

Here are some ways you can rid bed bugs in your home:

1. Living in an apartment. Bed bugs often live or crawl in the spaces between walls. So if your neighbor has them you may have them as well.
2. Clothing. Sometimes they could get into your house by crawling onto your clothes randomly – but this is actually pretty rare.
3. Travel. Many hotels have infestations. Bed bugs will often crawl into your luggage and get carried back into your home. All it takes is one to get an infestation started.
4. Used furniture or clothing. This is more common – if you buy used clothes or used furniture, sometimes there can be bed bugs in them (they just don’t live in beds).
5. Your occupation. If you regularly go into other people’s houses for some reason, you can easily bring them home with you.
6. Guest. If someone stays at your house, they could bring them over. One big source of this is students coming home for the holidays. Dorm rooms can easily pick up an infestation given how many people are coming in and out all the time.
7. Wild animals. This is kind of rare, but sometimes animals get into your houses for a short period and bring them. Birds and bats are the most common.

Now that we know How, when and possible who bought them in. How do you get them out of your house? First you should know a little about those nasty bed bugs.

Bed bugs are small, oval, brownish insects that live on the blood of animals or humans. Adult bedbugs have flat bodies about the size of an apple seed. Bedbugs do not fly, but they can move quickly over floors, walls, and ceilings. Although they are a nuisance, they do not transmit diseases.

Bedbugs may enter your home undetected. Their flattened bodies make it possible for them to fit into tiny spaces, about the width of a credit card. Their initial hiding places are typically in mattresses, box springs, bed frames, and headboards where they have easy access to people to bite in the night. Because bedbugs live solely on blood, having them in your house is not a sign of dirtiness. You are as likely to find them in immaculate homes and hotels rooms as in filthy ones.
Here are some signs of an infestation:

- If you wake up with itchy areas you didn’t have when you went to sleep.
- Blood stains on your sheets or pillowcases
- Dark or rusty spots of bedbugs excrement on sheets and mattresses, bed clothes, and walls
- Bedbug fecal spots, egg shells, or shed skins in areas where bedbugs hide
- An offensive, musty odor from the bugs’ scent glands.

If you suspect an infestation, remove all bedding and check it carefully for signs of the bugs or their excrement. Remove the dust cover over the bottom of the box springs and examine the seams in the wood framing. Peel back the fabric where it is stapled to the wood frame. Also, check the area around the bed, including inside books, telephones or radios, the edge of the carpet, and even in electrical outlets. Check your closet, because bedbugs can attach to clothing.

If you are uncertain about signs of bedbugs, call an exterminator, who will know what to look for.

If you have signs of infestation here are some steps to take to get rid of the bugs and prevent their return:

- Clean bedding, linens, curtains, and clothing in hot water and dry them on the highest dryer setting. Place stuff animals, shoes, and other items that can’t be washed in the dryer and run on high for 30 minutes.
- Use a stiff brush to scrub mattress seams to remove bedbugs and their eggs before vacuuming.
- Vacuum your bed and surrounding area frequently. After vacuuming, immediately place the vacuum bag in a plastic bag and place in garbage can outdoors.
- Encase mattress and box springs with a tightly woven, zippered cover to keep bedbugs from entering or escaping. Bedbugs may live up to a year without feeding, so keep the cover on your mattress for at least a year. If your mattress is infested, you may want to get rid of it and get a new one, but make sure to rid your home of bedbugs or they will infest your new mattress.
- Repair cracks in plaster and glue down peeling wallpaper to get rid of places bedbugs hid.
- Get rid of clutter around the bed.

While cleaning up infested areas will be helpful in controlling bedbugs, getting rid of them usually requires chemical treatments. Because treating your bed and bedroom with insecticides can be harmful, it is important to use products that can be used safely in bedrooms. Do not treat mattresses and bedding unless the label specifically says you can use them on bedding.

Generally it is safest and most effective to have a professional do the bedbug extermination.

“Good night, Sleep tight, and don’t let the bed bugs bite”
Trenching and Excavation—Feb. 15-16 2 days 8:30-4:30 each day
Understanding and Identifying Ergonomic Risk Factors—Feb. 17—1:00 p.m.-4:30 p.m.
**NEW! Petroleum Education Council Core Compliance Refresher** (Oil & Gas Industry Safety)
Feb. 23rd 8:30-4:30
Restaurant and Food Service Safety Workshop—Feb. 27—8:30-1noon
Understanding and Identifying Ergonomic Risk Factors—Feb. 27—1:00-4:30
First Aid in the Workplace—March 1—8:30-4:30

**Coming Next Month**
**March 16, 2017**

“Pro Football Hall of Fame Weekend—Safety and Security”

Panel: Kevin Shiplett, VP of Operations & Facilities, Pro Football Hall of Fame; Major John Oliver, Stark County Sheriff's Dept.; Captain Dave Kurzinsky, City of Canton Police Dept.

Spotlight Company:

[Link to Attendee Service Center]

Register at: https://bwc.expoplanner.com/content/osc17/home
Stark County Safety Council
January 2017 Luncheon Photos

Spotlight Company: