



STARK COUNTY

SAFETY COUNCIL

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Cold Weather—Getting Ahead of the Chills

Provided by Andrew Seich, Director of Digital Media, Safety Resources Company of Ohio

It's that time once again. The cold has arrived, and while Ohio may not be known for stable weather, you can be sure that we are in for more than a few frosty days in the coming months. But while Ohio weather may not always be reliable, your Cold Weather Safety policies should be. Cold Weather Safety is a commonly overlooked topic, in part due to OSHA not having specific regulations regarding it. Cold Stress Illnesses are nothing to ignore however, so let's take a moment to review them, and the precautions that can be taken to prevent them from occurring.

What are Cold Stress Illnesses? Simply put, Cold Stress Illnesses are conditions that are caused exposure to the cold. Depending on the nature of the exposure, the risks can range from temporary skin redness and irritation, all the way up to permanent tissue damage and life threatening hypothermia. Worse, many of the warning signs of Cold Stress Illnesses are difficult to self diagnose. This

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February 14, 2019

February is Heart Month!

“Exercise for Improved Heart & Mental Health!”

Abbey Murphy, ACE Certified Personal Trainer, Wellness Supervisor, Aultcare

Spotlight Company

Bulwark is the world's leading flame-resistant (FR) apparel brand. And the relentless protectors of the people who power the world. From outfitting



you with the finest, most advanced, most intuitively designed FR products ever made, to surrounding you with the industry's premier FR education programs and consultative services, to backing every other FR brand in VF's unrivaled portfolio with more than 46 years of frontline experience, we are your total FR solution. So when you see our triangle on your left, trust you've done everything right. Because with Bulwark, you are armed with the world's best.

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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.*

ROBIN'S CORNER

By Robin Watson, Ohio BWC Representative

Q: How can we prevent slips and falls in winter?

A: Follow these 10 tips to make sure you're staying safe when walking around in snowy and icy conditions:

1. Walk slowly and carefully. Wear boots or other slip-resistant footwear.
2. Use special care when getting in and out of vehicles. Use the vehicle for support if you need to do so.
3. Watch for slippery floors when you enter any building or home.
4. Try to avoid carrying items, or walking with your hands in your pockets; this can reduce your ability to catch yourself if you lose your balance. Instead, carry a backpack if you have one.
5. Watch out for black ice.
6. Tap your foot on potentially slick areas to see if the areas are slippery.
7. Turn your feet slightly outwards and keep as flat-footed as possible.
8. Avoid uneven surfaces if possible. Avoid steps or curbs with ice on them.
9. Report any untreated surfaces to Maintenance and/or Facilities.
10. Remember: Ice and snow mean "take it slow!"



OSHA UPDATE

Provided by Andrew Seich, Director of Digital Media,
Safety Resources Company of Ohio & Stark County Safety Council Steering Committee Member

OSHA Civil Penalties Have Increased For 2019

In accordance with the Federal Civil Penalties Inflation Adjustment Act, OSHA penalties have been increased for 2019. To review how these penalties have changed, let's briefly review how they work.

OSHA penalties work in three basic tiers; individual penalties, failure to abate penalties, and willful or repeated penalties. When penalties are issued, OSHA begins by using their legally defined maximum rate. This rate is now \$13,260, up from \$12,934 in 2018, and \$7000 in 2015. For example, if an OSHA inspector were to find a single hazard, they can issue a citation for \$13,260. However, that's just where it starts. Any citation that is issued by OSHA may also have a mandatory abatement date set, by which the hazard must be resolved. If the hazard is not resolved by this date, then

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additional fines may be assessed at \$13,260 per day beyond the abatement date. For example, 5 days past the abatement date the OSHA penalty could increase the fine by an additional \$66,300. When violations are Willful or Repeated, the fine per violation goes up ten times, to \$132,598. This increased fine could also be applied additional times should the violation continue to not be corrected on future inspections.

By law, OSHA fines can be adjusted annually for inflation. If you have questions about OSHA penalties, information can be found at www.osha.gov/penalties.

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makes having a proper Cold Safety Plan in place very important. It all starts with identifying where the potential for Cold Stress exists, and that's not as simple as you might think.

The first thing to do is recognize the conditions that can cause Cold Stress Illnesses. While freezing temperatures are obviously a large concern, Hypothermia can set in at temperatures as high as 50 degrees, and even 70 degrees in certain scenarios. The colder the air, the faster your body loses heat. But while cold air by itself is a cause for concern, it's not the only thing that you need to consider. Wind and wet conditions multiply the potential dangers of cold weather. Moving air draws more heat from your body than still air, and water is even more effective. Since cold weather often brings high winds, rain, and snow, this means that even seemingly moderate temperatures can be dangerous to outdoor workers. This can be compounded even further by wet, muddy job site conditions. or if workers end up sweating through their clothing.



Like all safety topics though, prevention and preparation is the easiest and best way to prevent Cold Stress Illnesses. Start by minimizing exposure. When cold hazards are possible, try to see if the work can be rescheduled to when it will be warmer. A good example is keeping the work scheduled to daylight hours, when temperatures will be at their highest during the day. You should also avoid working during storms, if at all possible. If the work cannot be rescheduled to warmer times, then try to schedule workers in pairs, so that they can monitor each other for signs of Cold Stress. Next, make sure that workers are adequately geared for cold weather conditions. Hats, gloves, and water-resistant or water-proof boots and other outerwear go a long way in keeping workers properly protected from the cold. Additionally, encourage workers to keep a dry set of clothing available as, especially socks and underwear, that way they have something to change into if needed. Finally, build recovery time into your job plan. Employees working in cold conditions need the opportunity to periodically warm back up, ideally indoors with hot, sugary drinks to help them recover.

With amputation and death being the worst outcomes of Cold Stress Illnesses, they are not to be taken lightly. By taking precautions similar to these, you can help prevent these types of injuries from occurring in your workforce.

Tips for Better Heart Health

*Provided by Colleen Mauer, Lindsay Precast
Stark County Safety Council Committee Member*

By Amanda MacMillan, Reviewed by [James Beckerman, MD, FACC](#) on October 08, 2017

1. Aim for lucky number seven.

The next time you're tempted to stay up later than you should, remember how comfy that pillow will feel and how good a full night's sleep is for your heart. In one study, young and middle-age adults who slept 7 hours a night had less calcium in their arteries (an early sign of heart disease) than those who slept 5 hours or less or those who slept 9 hours or more. The type of shut-eye they got was important, too. Adults who said they got good-quality sleep also had healthier arteries than those who didn't sleep soundly. If you have trouble falling asleep or staying asleep at night, or if you don't feel refreshed after a full night in bed, talk to your doctor about what changes you can make to help.



2. Keep the pressure off.

That cuff squeezing your arm at every doctor's visit is important. It measures the amount of pressure flowing through your arteries with every heartbeat.

3. Slash saturated fats.

To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options. Also, totally quit trans fats, which are found in some processed foods. They drive up your "bad" (LDL) cholesterol level. Check ingredient lists for anything that says "hydrogenated" or "partially hydrogenated" -- those are trans fats. If it's been 5 or more years since your last cholesterol blood test, you're probably due for one.

4. Find out if you have diabetes.

Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely. Your doctor should test your blood sugar if you are 45 or older, if you are pregnant, or if you're overweight and have other risk factors for diabetes. If you find out that you have diabetes, work with your doctor on your lifestyle (diet and exercise) and any medicine that you may need medication. If you have borderline high blood sugar, also called prediabetes, take action now to turn things around.

5. Move more.

To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. That includes any activity that gets you moving around and breaking a slight sweat. "If you're doing nothing, do something. And if you're doing something, do more," Lloyd-Jones says.

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6 . Clean up.

Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies). It's time-tested wisdom. "The latest fads get overplayed by the media. But the core of what makes a heart-healthy eating pattern hasn't changed for decades," Lloyd-Jones says. One of the fastest ways to clean up your diet is to cut out sugary beverages like soda and fruit juice, which lacks the fiber that's in actual fruit. "We drink way too many of our calories," Sanghavi says.

7. Think beyond the scale.

Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active. But there's more to it than that.

8. Ditch the cigarettes, real and electronic.

Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes are popular, but they're not completely problem-free. "They don't contain the harmful chemicals in cigarette smoke, and they can help some people wean themselves off of smoking," Lloyd-Jones says. "But they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version."

9. Do more of what you love.

"I tell my patients that managing stress in a healthy way, whether it's meditation, yoga, or exercise, is really important," Sanghavi says. Make it a point, too, to spend time with people you're close to. Talk, laugh, confide, and enjoy each other. It's good for your emotional health and your heart.

10. Celebrate every step.

Making changes like these takes time and effort. Think progress, not perfection. And reward yourself for every positive step you take. Ask your friends and family to support you and join in, too. Your heart's future will be better for it!

Upcoming Events

February 21—OSHA Safety Day 2019—OSHA Safety Day 2019 at The Ohio State University Fawcett Center. Attendance at this event qualifies for one safety council rebate program external training credit with submission of a certificate of attendance to your safety council sponsor by June 30, 2019. For more information email: oshaosusafetyday@gmail.com.

March 6-8—Ohio Safety Congress & Expo at the Greater Columbus Convention Center. For more information: ohiosafetycongress.com/content/osc19/home

March 19—Crime Prevention Breakfast at Tozzi's on 12th. Details to follow.

April 18—Work Zone Traffic Control & Safety Class at Local 33 Sheet Metal Workers Union Hall, Massillon. Details to follow.

OSC19
OHIO SAFETY CONGRESS & EXPO

March 6-8, 2019 • Greater Columbus Convention Center

FREE BWC SAFETY CLASSES



Free BWC safety classes available at North Canton Service office.
See the [BWC catalog](#) for class descriptions.

Accident Analysis Half-day Workshop—Feb. 21—8:30-noon

OSHA Recordkeeping Half-day Workshop—Feb. 21—1:00-4:30

Fall Hazards in Construction & Maintenance—Feb 27-28—8:30-4:30 each day

Respirator Fit Testing—March 5-6— 8:30-4:30 each day

Restaurant & Food Service Safety Workshop—March 11—8:30-noon

Tree Work Essentials: Chain saws, Chippers & other Safety Concerns—March 13—8:30-4:30

Resources

- The BWC Library creates a monthly 'Safety Update' available at www.bwc.ohio.gov
- Occupational Health & Safety Administration—www.osha.gov

March 14, 2019

“Resources to Help You Stay Out of Trouble & Save Money - Ohio EPA’s Office of Compliance Assistance & Pollution Prevention”

Come learn about on-site environmental assistance, available recycling grant money, sustainability assistance and tools, environmental recognition, and more.

Presenter: Dan Sowry, Assistant Chief of Ohio EPA’s Office of Compliance Assistance and Pollution Prevention (OCAPP) within the Ohio EPAs Division of Environmental and Financial Assistance

Spotlight Company:



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Stark County Safety Council January 2019 Photos



January Spotlight Company
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