Cold Weather Strikes Again

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

It’s winter once again, and already we’ve been hit harsh, cold weather conditions. As the mercury falls, the risk of Cold Stress increases unless it is addressed properly. Cold Stress primarily presents itself as either Hypothermia or Frostbite, although there are other forms such as Trench Foot and Chilblains. All stem from either prolonged or repeated overexposure to cold and wet conditions that can potentially lead to the loss of limbs, or even be fatal. Fortunately, prevention of these injuries is simple to accomplish across the board.

Even something as simple as dressing appropriately for the weather can have a profound impact on limiting these injuries. Opt for layers of lightweight clothing, and wear a hat and gloves to minimize heat loss while working outdoors. You should also avoid tight fitting clothes, as these can restrict the flow of warm blood to the limbs.

But it’s not just about keeping the cold out either. Planning outdoor work for the warmest parts of the day, and breaking up shifts with periods of rest in warm, sheltered areas will also protect you from the effects of cold weather. If these areas are removed from heated buildings, then take care to properly warm them with space heaters. Such devices should only be operated with direct supervision, kept least 3 feet away from anything flammable, and always set up on hard, level ground to prevent tipping. You should also consider stocking rest areas with warm, sugary liquids to help employees recover body heat faster, but try to avoid anything caffeinated if possible.

Moisture is just as large a concern as the temperature, however. While it’s better than nothing, wet or soaked clothing can actually increase the risk of Cold Stress injuries. Take care not to allow clothing to become soaked

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January 12, 2017

“Marijuana: Fact or Fiction? Is It Here to Stay?”

What accommodations, if any, do employers have to make? Is the drug-free workplace a thing of the past? Are hiring practices affected by the medical marijuana legalization? Will you still get your workers’ compensation discounts?

Gust Callas, Attorney at Law Partner, Black, McCusky, Souers & Arbaugh

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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.
Q: Could you briefly review storage for compressed gas?

A: Yes; according to the OSHA Regulations and Ohio Administrative Codes:

Under no condition should acetylene be generated, piped (except in approved cylinder manifolds), or utilized at a pressure in excess of 15 pounds per square inch gauge pressure.

OAC 4123:1-5-16(D)
OSHA 29 CFR 1910.253(a)(2)

Oxygen cylinders in storage should be separated from fuel-gas cylinders and/or combustible material (especially oil or grease) a minimum distance of 20 feet or by a non-combustible barrier at least 5 feet high having a fire resistance rating of at least 1/2 hour.

OAC 4123:1-5-16(E)(2)(b)(i)
OSHA 29 CFR 1910.253(b)(2)(ii);(4)(iii)

When not in use, cylinders should be protected from any excessive heat radiating objects or open flame.

OAC 4123:1-5-16(E)(2)(b)(ii)
OSHA 29 CFR 1910.253(b)(2)(i)

Close valves on oxygen and acetylene cylinders and bleed off hose pressure after use to prevent damage to regulators and gauges.

OAC 4123:1-5-16(E)(2)(d)

Provide facilities for securely fastening cylinders of compressed gas in an upright position, such as ropes, chains, etc.

OAC 4123:1-5-16(E)(2)(f)
OSHA 29 CFR 1910.253 (b)(2)(ii); (3)(ii); (5)(iii)

(A)

Replace the valve protection cap when a cylinder is not connected for use.

OAC 4123:1-5-16(E)(2)(c)(ii)
OSHA 29 CFR 1910.253(b)(2)(iv)

Provide check valves and/or flashback arresters on the oxygen and acetylene hoses.

OSHA 29 CFR 1910.253(e)(3)(ii)(A),(B) & (C)

Cylinders not having fixed hand wheels must have keys, handles, or non-adjustable wrenches on valve stems while these cylinders are in service. NOTE: The key or wrench must not be opened more than 1.5 turns, preferably not more than 0.75 turns.

OSHA 29 CFR 1910.253(b)(5)(iii)(L)

Except for cylinders that are in use, you should limit the total gas capacity to 2000 cubic feet or 300 pounds of liquefied petroleum gas.

OSHA 29 CFR 1910.253(b)(3)
Thank you SCSC Members for all your donations of Toys for Tots! 515 toys and 12 bikes for a total of 527 pieces and $608 in cash
THANK YOU START COUNTY SAFETY COUNCIL!

Upcoming

**Crime Prevention Breakfast**, Feb. 14, 8 a.m. at Tozzi’s on 12th—fee $11.00
**Ohio Safety Congress** in Columbus, March 8-10.
**CEO Breakfast**, March 30th 8 a.m. at Skyland Pines Banquet Center fee—$20.00
**SCSC Awards Banquet**, April 13th 6 p.m. at Skyland Pines fee—$35.00
This time of year after the holidays we will be using a lot of ladders both at work and at home here are a few tips to keep us safe.

1. Studies show that falls produce many serious injuries at work and at home. These studies also show that **STEP LADDERS ARE INVOLVED IN A LARGE PERCENTAGE OF THE FALLS**.

2. Are step ladders unsafe? The answer can be “Yes” or “No.” It all depends on how the step ladder is used. Unsafe practices and conditions have caused many accidents. Let’s look at a few of these conditions:

   - Broken rails and treads. A damaged step ladder really cannot be repaired and should be discarded
   - **STEP LADDERS** used as a straight ladders. The treads may not be level or the legs slip
   - Standing on the top step. Using ladders that have ice, mud, snow, etc. on the steps
   - Make sure you always set the step ladder on all four legs and on flat ground.

Reminder - work to get rid of the unsafe practices and conditions that can lead to accidents with step ladders.
**Emergency Preparedness Planning**—Jan. 11—8:30 a.m.-4:30 p.m.

**Industry Safety Elements (OSHA 10)**—Jan. 23-24—8:30 a.m.-4:30 p.m. both days

**Trenching and Excavation**—Feb. 15-16 2 days 8:30 a.m.-4:30 p.m. each day

**New! Petroleum Education Council Core Refresher (Oil and Gas Industry Safety)** Feb. 23—8:30-4:30 p.m.

**Restaurant and Food Service Safety Workshop**—Feb. 27—8:30 a.m.-Noon

**Understanding and Identifying Ergonomic Risk Factors**—Feb. 17—1:00 p.m.-4:30 p.m.

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**Coming Next Month**

**February 9, 2017**

“**Bed Bugs in The Workplace**”

Courtney Myers, RS  
Environmental Health Services  
Stark County Health Department

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**Safety Council Officers & Contributing Members**

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**Ohio Safety Congress & Expo**

**March 8-10**

Greater Columbus Convention Center

**Attendee Service Center Opens January 2017**

Register at:  [https://bwc.expoplanner.com/content/osc17/home](https://bwc.expoplanner.com/content/osc17/home)