Three Little Known Drug Test Facts  Quest Diagnostics

Provided by Curt Speck, President Safety Resources Company of Ohio

Fact #1: Drug testing helped identify a massive post-war heroin addiction epidemic
Drug testing originated shortly after the Vietnam War. In 1971, President Nixon directed the military to initiate a urine drug testing program to identify service members in need of rehabilitation. This newly formed program yielded a disturbingly high positivity rate among military personnel returning from Vietnam. In the years following, the U.S. Department of Defense formally defined and put into place forensic drug testing requirements for the U.S. Army, Navy, and Air Force. After implementation, drug test positivity in the military dropped from a staggering 27.6% in 1974 to 5.3% in 1988. Service members indicated that they believed drug testing was the main reason for this decrease in drug use.

Fact #2: The life of a drug testing specimen does not end at the collection site
The collection site is only the beginning of the drug testing journey. Once the drug test specimen arrives at the laboratory, it undergoes

Continued top next page

July 11, 2019

“Get Street Smart About Drugs”

Sergeant Michael N. Powell (Ret.)
Franklin County Sheriff’s Office

Spotlight Company

Leppo Rents will be celebrating 75 years in business in 2020 with 6 full-service locations serving Ohio and surrounding locations. (Tallmadge, Canton, Youngstown, Wooster, Cleveland and Cleveland West)

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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.
a rigorous and well-orchestrated testing process that includes sorting, scanning, screening, certifying results, and archiving specimens. While handling more than 20,000 specimens each day, our laboratories usher through every specimen using sophisticated, state-of-the-art instrumentation, time-tested processes, and a village of trained professionals who adhere to strict, highly regulated procedures.

**Fact #3: You can pass a drug test**
How can you pass a drug test? Don’t do drugs. Attempting to evade drug tests and believing false advertising from concoctions designed to help in deceiving laboratory tests, simply does not work. Drug test technology continues to evolve and there will always be people who try to find ways to cheat a urine drug test. One of the best ways to combat potential cheaters is to diversify your workplace drug testing program and choose test types with observed collections, such as oral fluid and hair, to reduce the risks of cheating.

**Why drug test? Quest Diagnostics**
Substance abuse – which includes drugs and alcohol – takes a heavy toll on businesses, costing billions of dollars in lost productivity and increased healthcare spending each year.

According to data from the National Survey on Drug Use and Health, 10.6% of full-time employees and 13.2% of part-time employees aged 18 or older reported using illicit drugs within the past month. Survey respondents who reported past-month drug use said they would be less likely to work for employers that conduct pre-employment or random drug testing.

In addition, data from Substance Abuse and Mental Health Services Administration (SAMHSA) shows that employees who use drugs are:
- 2.5 times more likely than co-workers who do not use drugs to be absent for 8 or more days each year
- 3.6 times more likely to be involved in an accident at work
- 5 times more likely to file a workers’ compensation claim

**Drug testing programs aim to filter out drug users and deter drug use in the workplace.**
Since companies first began drug testing their employees in the 1980s, drug use among workers subject to testing has steadily declined. Employers are aware of the negative impacts of workplace substance abuse including higher absenteeism, increased risk of injury and lower productivity and performance.

If the overall goal is to establish a safer, more productive and drug-free work environment, there are many benefits that employers receive from drug testing programs including:
- Improve employee productivity
- Reduce on-the-job accidents and workplace crime, including theft and violence
- Reduce employee turnover
- Decrease absenteeism
- Lower workers’ compensation insurance and healthcare costs, including premiums
- Comply with state or federal regulations

Because every business and workforce is unique, every employer should make a careful determination about the drug testing program elements that are most beneficial for their workplace.
**Safety Tip of the Month**
Provided by Troy Mannion, Safety Director, Hilscher-Clarke

**FIREWORKS are a BLAST**

**CELEBRATE SAFELY**

- Always have adult supervision.
- Always wear eye protection when lighting fireworks.
- Make sure the area is safe for the use of fireworks.
- Alcohol and fireworks do not mix. Have a designated shooter.
- Follow label instructions and use common sense.
- Never point or throw fireworks at another person.
- Have water handy.
- Never shoot fireworks in metal or glass containers.
- Light one firework at a time.
- Never attempt to re-light a firework.
- Never have any portion of your body over the firework.
- Don’t experiment with homemade fireworks. M-80’s are dangerous and ILLEGAL.
Thank you SCSC Members

2019 Stand-Down Challenge Results are in!

Thank you to all Stark County Safety Council (SCSC) members who participated in the Take a Stand-Down To Prevent Falls In Construction Challenge! Each year, the Occupational Safety and Health Administration (OSHA) encourages employers across the country to participate.

A stand-down is a break from the typical work duties for employers to talk directly to their workers about safety, focusing on fall hazards and reinforcing the importance of fall prevention.

The SCSC had 31 employers participate for a total of 3984 employee’s trained. In addition, SCSC Falls Stand Down Seminar had 19 people trained for a grand total of 4002 folks trained!

Companies participating in 2019 were:

- Midwest Industrial Supply
- Paarlo Plastics
- Extreme Trailer
- Selinsky Force
- Custom Utilicom
- Gregory Industries
- Rices Landscapes
- Lindsay Precast
- Aeration Septic
- Central Allied
- Navarre Industries
- Fred Olivieri Construction
- Abbott Electric
- Resco Products
- Falls Seminar w/CAK
- Myers Controlled Power
- Village of Brewster
- Hilscher-Clarke Electric
- Goodwill Industries
- Mid-East Truck & Tractor Services
- WW Schaub Electric
- Builders Exchange
- RJ Matthews
- Stark County Engineers
- Barbo
- Beaver Excavating
- Beaver Constructors
- Stone Products
- Tractor Parts
- Multi-County Juvenile Attention System
- GBS
- Timken Steel
School is out, and so is the sun. Days are made to have fun. With fun also comes responsibility. Here are some tips to keep your family safe while enjoying the season.

Too much sun can be a bad thing?! You bet. Be sure to use a high SPF sunscreen for protection against UV Rays. Even on a cloudy day, harmful rays can still cause damage. Sun burn is uncomfortable, but sun poisoning is dangerous. Some signs of sun poisoning include: Redness / blistersing, pain/swelling, headache, fever, chills, dehydration and nausea, which require a doctor’s attention. Remember to drink plenty of fluids and stay hydrated. Even if you’re not thirsty, your body is.

Whilepartaking in any outdoor activity, or even babysitting, it’s always a good idea to take a CPR class from your local resources and basic first aid knowledge is always useful. Whether you’re an adult or a child around or in water, swimming lessons are important. If lessons are not feasible, life preservers are. Never leave a child unattended while around water.

Biting insects are prominent this time of year, especially at dusk and dawn. Diseases such as Lyme, Zika and West Nile can be transmitted through bites. Protect your family and pets by regularly checking for ticks. Other ways of prevention include using unscented lotions, wearing dull colors, shoes instead of flip flops and using an effective insect repellent. Deet and Picaridin are two effective chemicals found in most bug repellents. Read your labels: a higher percentage of deet does not mean that the product is stronger, only that it lasts longer. Avoid combination lotions (sunscreen and insect repellent) as they are not a safe duo. Sunscreen should be applied every few hours, and children should not be exposed to that much bug repellent. Take the time to apply the two separately. Natural repellents utilize plant oils such as citronella, lemongrass, peppermint and cedarwood. These products eliminate the strong chemicals but need to be applied more frequently.

From motorcycle rides to kayaking, bicycling to boating, ATV’s to hiking, always make sure your equipment is well maintained and up to standard, no matter what activity is involved. Oil changes, tire pressure, visual inspections on gear and mechanical inspections before taking off on that trip are good precautions to help avoid being stranded or injured due to faulty equipment. Always have an emergency plan of action if equipment should fail.

Summer is meant to be fun and relaxing, doing activities that we can only do for a few months of the year. Make it a goal to get outside and unplug the children. Summer break allows cyber bullying to be an optional issue.

Taking time to think about precautions will make the season much more enjoyable for you and your family, so that you can enjoy it together, as a family.
Q: How can I tell if someone is having a heat related illness?

A: As the outside temperature and humidity rises in the summer months, employees must stay hydrated and drink more fluids due to the summer heat. Equally important, is the need for employers and fellow employees to know the signs and symptoms of the different heat related illnesses and how to help an affected employee.

- **Heat stroke**, the most serious form of heat-related illness and 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 on the following page shows symptoms and first aid measures to take if a worker shows signs of a heat-related illness.

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**Upcoming Events**

**July 1–July 15**—Semi Annual Reports Due

**September 12**—Stark County Safety Council’s **Safety, Health and Human Resources Fair**. Vendors can reserve their table (registration forms are available) at www.starkcountysc.com or call 330.458.2070

For info on Stark County Safety Council events go to http://starkcountysc.com/
**ROBIN’S CORNER**

*By Robin Watson, Ohio BWC Representative*

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

* Remember, if you are not a medical professional, use this information as a guide only to help workers in need.
FREE BWC SAFETY CLASSES
Free BWC safety classes available at North Canton Service office. See the BWC catalog for class descriptions.

First Aid In The Workplace—July 16—8:30-4:30
Behavior-based Safety Systems Half-day Program—Aug. 7—8:30-Noon
Bloodborne Pathogens—Aug. 7—1-4:30 p.m.

Go to www.bwclearningcenter.com to enroll.

Resources

- The BWC Library creates a monthly ‘Safety Update’ available at www.bwc.ohio.gov

August 8, 2019

“Ladder Safety”

Dave Dennison, Safety Specialist
Werner Ladder and Fall Protection
Represented by Flaherty Sales Co.

Spotlight Company:

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Gust Callas, Attorney At Law, BLACK McCUSKEY SOUERS & ARBAUGH, LPA;