



STARK COUNTY

SAFETY COUNCIL

member news

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starkcountysc.com

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

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July 11, 2019

“Get Street Smart About Drugs”

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

Spotlight Company

LEPPO RENTS

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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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@ (330-612-7012) miked@leppos.com

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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 month¹. 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)² 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:

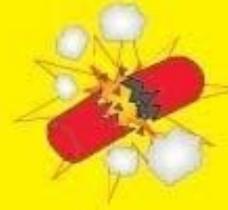
- Improve employee productivity
- Reduce on-the-job accidents and workplace crime, including theft and violence
- Reduce employee turnover
- Decrease absenteeism
- Lower workers' compensation insurance and healthcare costs, including premiums
- Comply with state or federal regulations

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
Barbco
Beaver Excavating
Beaver Constructors
Stone Products
Tractor Parts
Multi-County Juvenile Attention System
GBS
Timken Steel



Family Safety Tips For Summer

Provided by Randy Martin, Beaver Excavating & Stark County Safety Council Steering Committee Member

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 / blistering, 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.

While partaking 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.

ROBIN'S CORNER

By Robin Watson, Ohio BWC Representative



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/>

Presented by: **SCSC STARK COUNTY SAFETY COUNCIL**

ATTENTION: VENDORS

2019 STARK COUNTY SAFETY COUNCIL SAFETY, HEALTH AND HUMAN RESOURCES FAIR

EARLY BIRD SPECIAL - SAVE \$50 DEADLINE: AUGUST 31, 2019

THURSDAY, SEPTEMBER 12, 2019 - 11:30 A.M. - 1 P.M.
Alex B Krassas Event Center - 25125th St NW, Canton OH 44709
Doors open at 9:30 a.m. - Vendors MUST BE set up by 10:30 a.m.

WHAT TO EXPECT:

- PRODUCTS & SERVICES:** Occupational Safety & Health Consulting, Safety, Health & Medical Equipment, Safety, Health & Medical Services, Managed Care Organizations, Ergonomic Products, Wellness, Legal, Training, Staffing Agencies, Health Insurance Reps, Third-Party Administrators, Industrial Hygiene Testing and Labs, Rehabilitation and Wellness Providers
- FOOD:** Fantastic lunch featuring fair-style foods!
- SAVE \$50:** Early bird special - reserve your table by 8-31-2019
- COST:** \$100.00 per table (\$150 after 8-31-19)
- INCLUDES:** 1 display table, linen tablecloth and 2 chairs (no table skirts), Lunch for two, Listing on the SCSC Website, Featured in the October SCSC Newsletter

REGISTER EARLY!
BUY YOUR TABLE ONLINE WWW.STARKCOUNTYSC.COM
OR CALL 330-458-2070 TO REGISTER

PRIZES!

ROBIN'S CORNER

By Robin Watson, Ohio BWC Representative



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Illness	Symptoms	First Aid*
Heat stroke	<ul style="list-style-type: none"> ✦ Confusion ✦ Fainting ✦ Seizures ✦ Excessive sweating or red, hot, dry skin ✦ Very high body temperature 	<p>Call 911</p> <p style="text-align: center;">While waiting for help:</p> <ul style="list-style-type: none"> ✦ Place worker in shady, cool area ✦ Loosen clothing, remove outer clothing ✦ Fan air on worker; cold packs in armpits ✦ Wet worker with cool water; apply ice packs, cool compresses, or ice if available ✦ Provide fluids (preferably water) as soon as possible ✦ Stay with worker until help arrives
Heat exhaustion	<ul style="list-style-type: none"> ✦ Cool, moist skin ✦ Heavy sweating ✦ Headache ✦ Nausea or vomiting ✦ Dizziness ✦ Light headedness ✦ Weakness ✦ Thirst ✦ Irritability ✦ Fast heart beat 	<ul style="list-style-type: none"> ✦ Have worker sit or lie down in a cool, shady area ✦ Give worker plenty of water or other cool beverages to drink ✦ Cool worker with cold compresses/ice packs ✦ Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes. ✦ Do not return to work that day
Heat cramps	<ul style="list-style-type: none"> ✦ Muscle spasms ✦ Pain ✦ Usually in abdomen, arms, or legs 	<ul style="list-style-type: none"> ✦ Have worker rest in shady, cool area ✦ Worker should drink water or other cool beverages ✦ Wait a few hours before allowing worker to return to strenuous work ✦ Have worker seek medical attention if cramps don't go away
Heat rash	<ul style="list-style-type: none"> ✦ Clusters of red bumps on skin ✦ Often appears on neck, upper chest, folds of skin 	<ul style="list-style-type: none"> ✦ Try to work in a cooler, less humid environment when possible ✦ Keep the affected area dry

* 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.



Bureau of Workers' Compensation

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
- Occupational Health & Safety Administration—www.osha.gov

August 8, 2019

“Ladder Safety”

Dave Dennison, Safety Specialist
Werner Ladder and Fall
Protection

Represented by Flaherty Sales Co.

Spotlight Company:



Safety Council Officers & Contributing Members

Chairman: Randy Martin
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Karen L. Bostrom (kbostrom@kwgd.com)

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Deb Bailey (Deborah.b.1@bwc.state.oh.us)



*Stark County Safety Council
June 2019 Photos*



**June Spotlight Company
Ohio Hearing**

June Panel: - Left to Right
Dr. Janice Bremen, MD, Occupational Medicine, Alliance Aultworks;
Jodi Sabatino, Employer Services Specialist, BWC Canton Service Office
Gust Callas, Attorney At Law, BLACK McCUSKEY SOUERS & ARBAUGH, LPA;

