



STARK COUNTY

SAFETY COUNCIL

2017 SAFETY COUNCIL OF THE YEAR

member news

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Heat Exhaustion—Don't Get Beat by the Heat

Provided by Curtis Speck, President Safety Resources Company of Ohio, Inc.

Seasonal climate dangers pose a unique challenge to companies with outdoor staff. The changing of seasons is a regular and expected occurrence, and because of this, changing weather has a habit of sneaking up on workers. However, failure to properly address climate conditions can have significant impacts on the health and safety of workers. To begin, Heat Exhaustion is one of a small handful of conditions called heat-related illnesses. Heat-related illnesses are caused primarily by over-exposure to high temperature conditions. Fortunately, this makes addressing them fairly easy, provided that this is done properly.

First, work to minimize the possibility for workers to be over-exposed to high temperature work environments. This starts by recognizing when work environments will be hot. Weather reports are an important piece of information that should be considered, but they don't always tell the full story. For example, workers who are physically located near hot furnaces for most of their shift could still fall victim to heat exhaustion, even on a relatively mild day. Working with supervisors and workers to identify where these conditions

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June 14, 2018

“Distracted Drivers: Driven to Distraction—Get Your Head Out of Your App!”

Major CJ Stantz
The Stark County
Sheriff's Office

Spotlight Company



US SafetyGear Inc has been in business since 1989 and is a locally owned full line provider of safety items and personal protective equipment. We offer on-site shoe mobile service and first aid service. We sell, rent and service gas monitors. We can help with all of your fall protection needs as well as lockout/tagout products and heat stress products for the summer. In additional, we have our own customization department for logo safety glasses, logo hardhats and silk screen and embroidered clothing from Under Armor, Nike, Adidas and many others. Please let me know if you have any areas where you need assistance with your safety program.

Chris Zabel
Cell Phone (330)717-6626
czabel@ussafetygear.com

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*

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exist is a great way to stay ahead of potentially hazardous work environments, and address them before they become truly dangerous.

Next, be sure to provide workers with the ability to recover from heat exposure periodically. This can be accomplished similar to addressing cold weather dangers, only with an emphasis on helping workers to cool off. Shaded rest areas, cold water, and regular breaks are all excellent ways to help workers periodically recover over the course of a day. If necessary, make regular breaks required, and rotate teams so that while one group is resting, another, freshly rested group is returning to work.

Last, being ready to respond when a worker is suffering from heat exhaustion is vital. The symptoms of heat exhaustion include heavy sweating, cold, clammy skin, fast or weak pulse, nausea, cramping, disorientation, and fainting. If a worker starts to show any of these symptoms, have them rest in the recovery area and slowly drink water. If a worker is vomiting, is unable to recover after an hour, or their symptoms get progressively worse despite attempts to recover, then seek medical help immediately.

Safety Tip of the Month

Provided by SafetyNow.com

Spring Weather Can Bring Workplace Hazards

Flooding is the most common natural disaster that affects workplaces. When your workplace gets flooded, the dangers do not recede with the floodwaters and leaves in its wake many unexpected hazards.

Here are just a few of the many hazardous situations which can be created by a flood:

- Water and electricity are a dangerous mix. When walls, flooring and other objects are damp, they can conduct electricity from live electrical installations.
- Mechanical hazards can occur in unexpected places as machinery has been moved around by the flood.
- Damage to floors, stairs and walkways may not be apparent, so you should assume these surfaces are insecure until you can determine otherwise.
- Flammable liquids and gases may have been spilled, ready to explode if ignited.
- Toxic chemicals may have been tipped into the floodwaters, creating even more toxic combinations. Not only is the water contaminated, but so is every surface it has touched.
- Sewage may have seeped into the floodwaters, contaminating it with disease-causing bacteria and viruses.
- Rotting trash, vegetation, fabrics and other materials may harbor molds which cause respiratory problems.
- Asbestos insulation may be exposed, requiring removal by persons properly trained and equipped to do so to avoid lung damage from the fibers.
- Poisonous snakes such as the water moccasin may enter flooded basements and buildings in search of frogs which thrive in the newly flooded areas.

The Value of the Plant Survey

*Provided by Chris Zabel, Territory Manager, US SafetyGear
And Stark County Safety Council Steering Committee Member*

Congratulations to the Stark County Safety Council for once again earning the #1 spot as the top safety council in Ohio. I'd make a strong case that we are the top safety council in the USA also!!! This is an award that is earned by all the members of the safety council and by Connie Cerny with the Chamber and Mark Cush who is our Chairman and the whole steering team. (16 of us in total). I am currently a safety salesperson and I was also the past chairman or the Stark County Safety Council (I'm proudly still part of the steering team).



I know that we have the best EHS professionals in the country dealing with a plethora of safety hazards in NE Ohio. Most of these companies have already implemented strong safety programs that protect their employees to the best of their ability. Even those companies still value a facility survey to identify additional areas of improvement within their safety programs. Some of the recommendations may be considered low hanging fruit and some areas are harder to identify. I find that I can identify areas of additional safety improvements in every plant I visit. Often the recommendations I would make are based on “best safety practices” that I learned at another facility locally. When you have an outside observer walking through the plant and bringing new ideas, you decide when and how to implement those ideas, if at all. This is often according to prioritized importance and budgetary constraints.

I know there is still concern at many companies about security and confidentiality. In those cases, it could make sense for the company to form their own internal plant survey team to walk through to make recommendations. You can also rely on the BWC for their amazing expertise in this plant walk through process. I recommend you start with the top 10 OSHA citations list which OSHA has pre-selected as the most important areas of safety concern for all companies in the USA.

Upcoming

Season pass luncheon tickets are now available! The cost for each pass booklet is \$170. By purchasing a season pass, you get 12 luncheon tickets for the price of 10. The luncheon tickets will be mailed to you prior to the July luncheon. **The passes are good for the regular monthly luncheons only.** Season pass holders **do not** need to register each month.

June 21st – 8 to 10—@ Chamber - \$10—**Tips and Tricks to Safety Management Workshop.**
Go to starkcountysc.com for registration.

June 22—Portage County Safety Council Expo—Maplewood Career Center, Ravenna—
Attendance at this event qualifies for one safety council external training credit with submission of a certificate of attendance to a sponsoring organization by June 30 (CEO credit only applicable to Portage County Safety Council members)

ROBIN'S CORNER

By Robin Watson, Ohio BWC Representative

Q: What are the risks associated with energy drink consumption and how can it effect employees in the workplace?

A: The researchers state that the health risks associated with energy drink consumption are primarily related to their caffeine content. Researchers from the [World Health Organization \(WHO\)](#) have written a [narrative review](#) of studies on the health risks associated with energy drink consumption and policies related to energy drinks.

Some of the potential risks associated with energy drink consumption include:

- caffeine overdose (which can lead to a number of symptoms, including palpitations, high blood pressure, nausea and vomiting, convulsions and, in some cases, even death)
- type 2 diabetes – as high consumption of caffeine reduces insulin sensitivity
- neurological and cardiovascular system effects in children and adolescents
- sensation-seeking behavior
- use and dependence on other harmful substances
- night-time sleep difficulties and daytime sleepiness

Energy drinks also contain a variety of other ingredients, such as Taurine and Guarana, and the effect of long-term regular consumption of the combination of the substances in energy drinks is unknown.

Excessive consumption of energy drinks can result in dehydration if other appropriate fluids (water, electrolyte solutions, etc.) are not consumed throughout the day. Employees working outside in the summer or in hot work environments in general, can be more prone to heat illnesses.

Overall, excessive consumption of energy drinks may lead to employees putting themselves at a greater potential for accidents/injuries/illnesses in the work environment through dehydration, sleep deprivation, damaging neurological and cardiovascular effects and other adverse effects of the ingredients in energy drinks.



Class Schedule (North Canton)
339 E. Maple St. Suite 200
North Canton, OH 44720
Register at: bwclearningcenter.com



NEW! Flammable Liquid and Gas Safety Basics—June 5—8:30-4:30
Safety Series Workshop Module 8—June 11—1-4:30
Personal Protective Equipment Selection Criteria—June 13—8:30-noon
Job Safety Analysis—June 13—1-4:30
First Aid in the Workplace—July 17—8:30-4:30
Nonviolent Strategies for Caregivers and Other Staff Working Directly with the Public—July 24— 8:30-4:30

Resources

The BWC Library creates a monthly 'Safety Update' available at bwc.ohio.gov"

July 12, 2018

“High Voltage Electrical Demo: Watch Sparks Fly”

Mike Ressler
First Energy

Spotlight
Company:



Safety Council Officers & Contributing Members

Chairman: Mark Cush (mcush@youngtrucks.com)

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Thank you for making the Stark County Safety Council #1. At the May 6th Safety Council leadership conference, the BWC announced that your Stark County Safety Council was named 2017 Safety Council of the Year of 83 councils statewide. SCSC was able to achieve this special honor because of the support of our members and their leadership's dedication to the safety, health and wellness of their employees. Thank you for your continued support.



L to R – Mark Cush, 2017 SCSC Chairman and Safety Director for Young Truck Sales; Connie Cerny, Stark County Safety Council Program Manager; Randy Martin, SCSC Vice Chairman and Safety Director for Beaver Excavating



Stark County Safety Council May Luncheon 2018 Photos



**May Spotlight
Burkins Ritchie & Associates, LLC**

