



STARK COUNTY

SAFETY COUNCIL

member news

Volume 18 Issue 6 June 2020

starkcountysc.com

Fatigue at Work, On the Road Can Be Deadly

*Provided by Curt Speck, President,
Safety Resources Company of Ohio and
SCSC Steering Committee Member*

Many of us don't recognize the importance of sleep.

People often make light of how little sleep they get on a regular basis; an over-worked, over-tired condition has become the norm for many. But a good night's sleep is not just a novelty, it's a necessity. The effects of fatigue are far-reaching and can have an adverse impact on all areas of our lives.

Work often requires us to override those natural sleep patterns. More than 43% of workers are sleep-deprived, and those most at risk work the night shift, long shifts or irregular shifts. Following are a few facts for employers:

- **Safety performance decreases as employees become tired.**
- **62% of night shift workers complain about sleep loss.**
- **Fatigued worker productivity costs employers \$1,200 to \$3,100 per employee annually.**
- **Employees on rotating shifts are particularly vulnerable because they cannot adapt their "body clocks" to an alternative sleep pattern.**

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Upcoming June Webinars

Selling Safety and Why It's Important - Instructor:

Cari Gray

June 4—1-2 pm

Developing an Effective Ergonomics Management Process—

Instructor: Mike Rierneth

June 11—1-2 pm

Before you Hire that

Contractor: Groundwork to Reduce Safety Risks—Instructor:

Mary Beth Holley

June 18—1-2 pm

Accident Analysis: Why Should I do it? - Instructor: Lisa

Houston

June 25—1-2 pm

Webinars are free of charge. [CLICK](#)

[HERE](#) to download registration

flyer. For more information or

assistance registering, contact

BWC's Kaylee Blevings at

Kaylee.B.1@bwc.state.oh.us

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Drowsy driving is impaired driving, but while we wouldn't allow a friend to drive drunk, we rarely take the keys away from our tired friends or insist they take a nap before heading out on the road. NSC has gathered research that shows:



- **You are three times more likely to be in a car crash if you are fatigued.**
- **More than 5,000 people died in drowsy-driving related crashes in 2014.**
- **Losing even two hours of sleep is similar to the effect of having three beers.**
- **Being awake for more than 20 hours is the equivalent of being legally drunk.**
- **Sleep is a vital factor in overall health.** Adults need an average of seven to nine hours of sleep each night, but 30% report averaging less than six hours, according to the National Health Interview Survey.
- **Chronic sleep-deprivation causes depression, obesity, cardiovascular disease and other illnesses.**
- **Fatigue is estimated to cost employers \$136 billion a year in health-related lost productivity.**
- **More than 70 million Americans suffer from a sleep disorder.**

Americans receive little education on the importance of sleep, sleep disorders and the consequences of fatigue, but industry leaders recently have been drawing attention to this issue. Employers, too, are in an ideal position to educate employees on how to avoid fatigue-related safety incidents.

<https://www.nsc.org/work-safety/safety-topics/fatigue>



To weaken the impact of the ongoing COVID-19 pandemic and to assist in creating safe workplaces across our state, we are providing at least 2 million face coverings to Ohio's state fund employers.

Under the direction of Governor Mike DeWine, we are sending Ohio employers covered by BWC these non-medical-grade face coverings — funded from our existing budget and at no impact to employer premium — as our latest effort to support our employer community and workforce through this public health emergency.

Ohio employers covered by the Ohio Bureau of Workers' Compensation (BWC) that report payroll (i.e. they have employees) will receive a package from us containing at least 50 face coverings.

- Cost (if asked): Less than \$1 on average per face covering, covered by our existing budget and at no impact to employer premiums.
- We began shipping batches this week (May 20).
- We are working on obtain-

ing additional supplies so we can send even more face coverings in the weeks ahead.

The face coverings don't guarantee protection from COVID-19. However, public health experts say they lessen the risk for carriers to transmit the virus to others.

They are intended to support and enhance, not replace, any workplace safety and health efforts your employers already have in place.

We encourage employers and their employees to wear the face coverings, practice proper social distancing, wash their hands frequently, and follow other guidelines posted on coronavirus.ohio.gov.

If employer have any questions about BWC as it relates to COVID-19:

Visit our COVID-19 information page at bwc.ohio.gov, or email us at BWCCOVID19@bwc.state.oh.us

Protecting Ohio's Workforce—We've Got You Covered—FAQs

Provided The Ohio Bureau of Workers' Compensation

What employers are eligible for these face coverings?

Ohio private and public employers in good standing who have payroll and pay premium to the State Insurance Fund.

Can I order more?

We are not taking orders for additional face coverings, but we will continue to assess the needs of our employer community and workforce and how we can help throughout this pandemic.

We have plenty of face coverings, can we return these?

Please do not return these items to BWC. We strongly encourage you to share extras with local organizations

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in need, such as a school or nursing home, as well as with family members of your employees.

Will I be billed for these items or see my premium go up as a result?

No, they are funded through existing dollars in our FY 2020 budget. This will not impact your premium.

Are these the N-95 masks I hear so much about?

No, these are simple, non-medical-grade face coverings suitable for in-home use and at most work and public places.

Are there other types of personal protection equipment (PPE) that you supply?

At this time, we want to ensure employers have some portion of basic PPE as they restart their businesses. Additional PPE may be discussed in the future.

As a self-insured employer, will I receive a shipment of face coverings?

At this time, PPE is being supplied to those private and public employers who have payroll and pay premium are contributors to the State Insurance Fund only.



Are the masks disposable?

The masks being distributed are of washable, reusable cotton fiber. The amount of reuse will depend on the type of industry and area of use by the employee.

When will I receive my shipment?

We began shipping masks on 5-20-20 and will continue shipments for several weeks. We are able to track when shipments have been prepared for delivery; however, we cannot say the exact date the delivery will be made.

How will the masks be shipped?

Masks will be shipped via United Parcel Service. (UPS)

Will masks be shipped to my mailing or physical address?

Masks will be shipped to the physical location of the em-

ployer.

I need to have masks soon. Should I hold off purchasing masks until I receive my shipment?

As the efforts around Protecting Ohio's Workforce are to augment efforts employers implement to ensure employees are safe, there is no need to hold off any planned mask purchases. The Protecting Ohio's Workforce initiative is not meant to replace any actions employers already have in place.

For more tips on preventing the spread of COVID-19, visit coronavirus.ohio.gov.

For questions about BWC as it relates to COVID-19, please visit our COVID-19 Information page at bwc.ohio.gov or email us at BWCCOVID19@bwc.state.oh.us



Bureau of Workers'
Compensation

BWC Talking Points June 2020

*Provided By Robin Watson,
Ohio BWC Representative*

Hi Everyone,

I hope this finds everyone well and staying safe and healthy. I thought you (at least some of you) might look forward to my Talking Points that I usually share at the beginning of the SCSC Luncheons. So here goes . . .

- SAVE THE DATE – Ohio Safety Congress dates for next year are March 31, 2021 – April 2, 2021.
- ISSP (Industry Specific Safety Program)
 - Private Sector
 - ◊ Private employers enrolled in ISSP for the 2019 – 2020 program period had the program requirements waived due to COVID19.
 - ◊ If you are already enrolled, you will automatically be re-enrolled.
 - ◊ Remember to complete the online SH 26 (Management Self-Assessment) form between July 1 – 31, 2020 for the next program year (July 1, 2020 – June 30, 2021).
 - ◊ If you are not already enrolled for the next program year (July 1, 2020 – June 30, 2021) and you want to be in the program, the enrollment deadline has been extended through June 30, 2020. You can enroll through the website: www.bwc.ohio.gov

- Public Sector
 - Please continue fulfilling the ISSP requirements by:
 - ◊ Taking online courses through the BWC website; 3 – one-hour sessions equal 1 activity requirement; you can receive all your activity credits this way.
 - ◊ And/Or, you can have a BWC Consultant assist with reviewing your Safety Programs over the phone. I'll be reaching out to my customers to see if they want to do this option or you can call me.

DFSP (Drug Free Safety Program)

- Private Sector
 - ◊ Private employers enrolled in DFSP for the 2019 – 2020 program period were given a deadline extension to June 1, 2020 and the education requirements were waived. All other requirements remain the same.
 - ◊ All Safety Council functions have been cancelled through June 2020 and all safety Council Members will receive credit of attendance for the March, April, May, & June meetings.
 - ◊ As a result of these cancellations, it is impossible for many of the members to complete the program's FY20 eligibility requirements. Therefore, BWC will provide the FY20 rebate to Safety Council members who, **as of Feb. 29, 2020, have attended at least FOUR safety council sponsored meetings** and would have had the opportunity (with four remaining months of safety council meetings and two external training credits) to fulfill the program requirements. The BWC has waived the CEO attendance requirement and calendar year 2019 semi-annual report requirements.

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- All BWC “in-person” classes have been cancelled through June of 2020.
- The BWC Library has a “Streaming Videos” service from “Training Network NOW”. There are approximately 260 videos that can be streamed for **FREE**. The videos are anywhere between 4 minutes – 20 minutes long. Please email the library at www.library@bwc.state.oh.us to set up an account to use this service.
- New BWC Initiative - **Protecting Ohio’s Workforce – We’ve got you covered!**
 - ◊ BWC will begin sending at least 2 million non-medical grade face coverings this week to Ohio’s private and public employers covered by the State Insurance Fund that report payroll and are in good standing with BWC.
- Summer is fast approaching, please:
 - ◊ Look out for Motorcycles. If you’re a rider – don’t forget to wear your helmet.
 - ◊ Swimming Pools - Make sure you’re following Pool Safety protocols; please have the little ones wear life jackets and never leave them alone.
 - ◊ If you’re going to the lake, make sure you’re following safety protocols for water & boating safety. Life Jackets!
 - ◊ Follow Grill safety protocols and include Food safety too! Keep a fire extinguisher close by!
 - ◊ If you have a camp fire, also keep a fire extinguisher close by!
 - ◊ When mowing the grass on a riding mower, please don’t give rides to the little ones!
 - ◊ When using a push mower/self-propelled mower, and other lawn powered equipment, keep the little ones away!
- When fireworks are involved . . . **LET THE PROFESSIONALS SET OFF THE FIREWORKS!**



I Miss You All . . . Hope you had a great Memorial Day!

Robin

If you have any questions, please contact me.

330.904.4867 robin.w.1@bwc.state.oh.us

May is Mental Health Awareness Month

Provided by Amy Schiefer, DirectorAultWorks Occupational Medicine and Stark County Safety Council Steering Committee Member

This is the perfect opportunity to make sure our own mental health is “in check” in addition to that of our employees. Why is mental well-being relevant in the workplace?



- Mental health issues are often long term
 - A study produced by the [Substance Abuse and Mental Health Services Administration](#) revealed that, every year, nearly 1 in 5 adults in the US suffer from some form of mental illness. Indeed, depression and anxiety affect both blue- and white-collar workers alike.
- Mental well-being/stress affects productivity and profitability
 - Stress in the workplace is normal, but some experts suggest that it can contribute to employees’ depression and anxiety. When this type of scenario arises, productivity will go down which will in turn negatively affect the company’s bottom line. Moreover, it could also increase employee turnover
- It can affect Worker’s safety
 - By keeping one’s mind focused and stress free, the safety of the company’s work environment will be significantly improved.

Covid 19 and Mental Health: The outbreak of coronavirus disease 2019 (COVID-19) may be stressful. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of [alcohol](#), [tobacco](#), or [other drugs](#).
-

Everyone reacts differently to stressful situations: How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include:

Older people and people with chronic diseases who are [at higher risk for severe illness](#) from COVID-19.

- Children and teens.
- People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders.
- People who have mental health conditions including problems with substance use.

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OSHA Seven-Step Guideline for Training

1. Determine if training is needed.	2. Identify training needs.	3. Identify goals and objectives.
4. Develop learning activities	5. Conduct the training.	6. Evaluate program effectiveness
7. Improve the program		

OSHA has already determined if training is needed, but depending on the industry and specific hazards, initial training and refresher training may be required. Thorough planning is crucial. Companies and organizations should determine the equipment, materials, training locations, and other resources to complete training. It is best to plan and identify your needs before the delivery of your training.

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Take care of yourself and those around you: Taking care of yourself, your friends, your co-workers and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger. Other ways to cope with stress

- **Take breaks from watching, reading, or listening to news stories**, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
 - Take deep breaths, stretch, or meditate.
 - [Try to eat healthy, well-balanced meals.](#)
 - [Exercise regularly, get plenty of sleep.](#)
 - Avoid [alcohol](#) and drugs..
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.



<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

<https://thriveglobal.com/stories/top-3-reasons-why-you-should-care-about-your-employees-mental-well-being/>

ROBIN'S CORNER

By Robin Watson, Ohio BWC Representative



Q: What can we do to prevent exposure and reaction from Poison Ivy?

A: Here are some tips (do's and don'ts) to help prevent a reaction from poison ivy:

DO'S:

- Ø Know how to recognize it!! - three leaves, usually not serrated, often shiny; alternating branches; no thorns; climbing and ground cover; climbing often on dead trees
- Ø Wear Proper Protective clothing for the job – cover legs, arms, feet and hands, if needed; especially when weed eating in areas where unseen poison ivy may exist – eye protection too!
- Ø Use **Rubber Gloves, not Latex**; The plant oil, *urushiol* penetrates latex and will result in exposure
- Ø Wash hands (or other exposed skin) & tools with **cold or cool** (hot will open up your pores to the plant oil) water after coming in contact with plants; use a hard spray for tools/equipment & then wipe with alcohol
- Ø Consider using **TECNU**® to remove urushiol from skin; effective when used within 2-8 hrs of exposure
- Ø Remove plants from frequently used areas as the plants will overtake an area; physically remove (including roots); herbicides or biologically control with goats! J



DON'TS:

- Ø Don't rub your eyes or face if you think you have come in contact with poison ivy
- Ø Don't touch animals, tools (lawnmower blades, etc), clothing or anything that has come in contact with poison ivy without washing or decontaminating the object(s); is extremely stable and will stay active for many years in the right conditions
- Ø **NEVER** burn poison ivy to control it; this will spread oils through the smoke and can result in extreme respiratory issues
- Ø Don't assume you are immune if you have been in the past. About 15% of people are immune, others become immune. **HOWEVER**, you can gain or lose immunity as you age and your body changes
- Ø Don't use a weed eater to cut down the plants; this will pulverize the plants and spread the sap and oil

Be Aware—It's Summer

*Provided by Gust Callas, Partner, BLACK MCCuskey Soures & ARbaugh, LPA
And Stark County Safety Council Steering Committee Member*

Summer's here, no time to relax. Every June marks the beginning of summer and for those of us in Northeast Ohio it is welcomed with open arms, this year especially. Children will be out after being "confined" for weeks. Distracted driving hits its peak, with beautiful sceneries (illegal texting), and multi-tasking of drivers, which include on the phone, eating, drinking, and driving with one's knees all at once.



Children have been known to dart in front of cars while chasing a ball or riding bicycles without helmets in the middle of the street.

Safety must be first and foremost this time of year; inattentive driving, as well as tragic auto accidents by inattentive teenagers. Moreover social distancing is now at the forefront.

If we double our efforts regarding safety, hopefully the words of the song will ring true: "See you in September". We hope that we will all have a safe and healthy summer!

IMPORTANT INFORMATION RE: UPCOMING SAFETY COUNCIL EVENTS FOR UPCOMING MEETINGS AND EVENTS

As per guidance for the Ohio BWC, the following events are being cancelled or postponed to keep everyone safe due to the circumstances surrounding the COVID-19 situation. **The Ohio BWC will be awarding credits for the missed March, April, May, June meetings—CEO credits are waived.** Below is an update on the status of events as of this writing:

June 11—Safety Council Luncheon—Alex D. Krassas Event Center—CANCELLED

OSHA 2020 Fall Stand Down—In response to the COVID-19 pandemic and with the utmost of pre-caution, OSHA has decided to postpone the 2020 Fall Stand Down to a time to be determined later in the summer. A link to the news release is below. The link to the news release is here: <https://www.osha.gov/news/newsreleases/trade/03272020>.

March 31-April 2, 2021 Ohio Safety Congress—Save the date!

For the latest info on COVID-19 visit www.cornavirus.gov

For the latest information on COVID-19s effect on BWC, email BWC-COVID19@bwc.state.oh.us.

FREE BWC SAFETY CLASSES



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See Page 1 for Ohio BWC June Webinars. Registration: contact Kaylee.B.1@bwc.state.oh.us

Resources

- For the latest info on COVID-19 visit www.coronavirus.gov
- For the latest information on COVID-19s effect on BWC, email BWCCOVID19@bwc.state.oh.us.
- The BWC Library creates a monthly ‘Safety Update’ available at www.bwc.ohio.gov
- Occupational Health & Safety Administration—www.osha.gov

Your Stark County Safety Council is hoping you are well and staying safe.

Please note that Connie Cerny, SCSC Program Manager, is out of the office on medical leave.

If you have any questions, please contact Monique Thompson at moniquet@cantonchamber.org or (330) 456-7253.

Safety Council Officers & Contributing Members

Chairman: Randy Martin
(randym@beaverexcavating.com)

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*Stark County Safety Council
Photos From the Archives*

