



STARK COUNTY

SAFETY COUNCIL

2017 SAFETY COUNCIL OF THE YEAR

member news

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Workplace Eye Wellness— It’s Not Just Safety Glasses

*Provided by Andrew Seich, Director of Digital Media,
Safety Resources Company of Ohio*

March is Workplace Eye Wellness Month, which means that now is a great time to take a look at your eye safety programs. Eye Safety is an important subject in any construction or industrial environment. After all, no one wants to see someone become blinded in an accident. To many, eye hazards consist of things like flying debris and blinding arc flashes. These aren’t wrong, but there are more mundane hazards that should be addressed too. While these seemingly lesser hazards may not be as dangerous, they can still heavily impact employees.

In truth, many daily tasks that we do every day can put strain on our eyes, even in seemingly comfortable office environments. While eye strain on it’s own generally isn’t harmful, it can cause lead to fatigue, headaches, or even migraines in some individuals. Unfortunately, common office conditions can contribute to this, if not fully considered. For example, working in a well lit office can prevent eye strain by minimizing the appearance of a bright monitor in a dark room. As a general

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March 14, 2019

“Resources to Help You Stay Out of Trouble & Save Money - Ohio EPA’s Office of Compliance Assistance & Pollution Prevention”

Presenter: Dan Sowry, Assistant Chief of Ohio EPA’s Office of Compliance Assistance and Pollution Prevention (OCAPP) within the Ohio EPAs Division of Environmental and Financial Assistance

Spotlight Company

Since 1993, Safety Resources Company of Ohio has provided expert guidance and training to workers on hundreds of projects.



From Confined Space Monitoring and Rescue, to Drug Testing and Worker Training, Safety Resources has the knowledge, tools, and expertise to help you meet all of your safety needs. Be sure to join us in March for a Luncheon Spotlight that you won't forget.

Curt Speck, President
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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.*

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rule, the more consistent lighting is throughout any given space, the less your eyes have to adapt to different brightness levels, lessening eyestrain. The placement of lighting should be considered, too. If lights are placed such that they glare or reflect off of computer screens, this can further increase eye strain.

You may have also heard of “computer vision syndrome”. Believe it or not, computer vision syndrome is a real condition that can have real affects on a person’s overall well being. Computer vision syndrome is caused by long periods of computer use, and can lead to harm by encouraging poor posture and drying out the eyes due to reduced blinking. This can result in headaches, back and neck pain, and dry eye symptoms. Encouraging workers to take a 1 minute break every hour, drink water, or even to just reposition their screens to eliminate a hunched over position can go a long way in minimizing these effects.

Lastly, nothing can replace regular eye examinations with a licensed ophthalmologist. Like any other medical condition, if something is going wrong with your eyes, then catching it early will give you the best odds to deal with it. Vision is the most important of our basic senses, and taking precautions to safe guard it wherever we happen to work is always worth the time.

ROBIN’S CORNER

By Robin Watson, Ohio BWC Representative

Q: Can you explain why and when I need shaded lenses?

A: Shaded lenses are not just provided for welding helmets. There are shaded safety glasses and safety goggles for other types of hot work applications as well. Choosing the appropriate shade of lens or lenses is as important as choosing the right type of safety eyewear.

- Failure to use the appropriate lens or lenses can result in inflammation of the cornea (welders flash) or damage to the eyes lenses and/or retinas.
- ANSI has established a numbering system to help us identify the different shades of lenses and select the shade that is most appropriate for each specific task.
- For torch soldering, use safety glasses or goggles with #2 shaded lenses.



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- For torch brazing, use safety glasses or goggles with #3 or #4 shaded lenses.
- For cutting with oxy-acetylene, use safety glasses or goggles with #5 shaded lenses.
- For electric arc welding, the shade of lens you need to attach to your welding helmet depends on the size of the electrode and the amount of electrical current being generated. Check with your supervisor to find out whether you need a #10, #12 or #14 shaded lens for each specific electric arc welding application.
- For gas metal arc welding, the shade of the lens you will need to attach to your welding helmet depends only on the amount of arc current being generated. Check with your supervisor to find out whether you need a #11, #12 or #14 shaded lens for each specific gas metal arc welding application.

WELDING FILTER LENSES

OSHA 1910.252(b)(2)(ii)(H)

ANSI Z87.1-1968

Welding Operation	Shade Number
Shielded metal-arc welding; 1/16, 3/32, 1/8, 5/32, electrodes	10
Gas-shielded arc welding (nonferrous); 1/16, 3/32, 1/8, 5/32, electrodes	11
Gas-shielded arc welding (ferrous); 1/16, 3/32, 1/8, 5/32, electrodes	12
Shielded metal-arc welding:	
3/16, 7/32, 1/4, electrodes	12
5/16, 3/8, electrodes	14
Atomic hydrogen welding	10 - 14
Carbon arc welding	14
Soldering	2
Torch brazing	3 or 4
Light cutting, up to 1"	3 or 4
Medium cutting, 1" to 6"	4 or 5
Heavy cutting, 6" and over	5 or 6
Gas welding (light) up to 1/8"	4 or 5
Gas welding (medium) 1/8" to 1/2"	5 or 6
Gas welding (heavy) 1/2" and over	6 or 8

Note: In gas welding or oxygen cutting where the torch produces a high yellow light, it is desirable to use a filter or lens that absorbs the yellow or sodium line in the visible light of the operation.

This is the guide for the selection of the proper shade numbers. These recommendations may be varied to suit the individual's needs.

Hand Safety in The Workplace

Provided by Chris Zabel, Territory Manager, US SafetyGear Inc. & Stark County Safety Council Committee Member

A breakdown of the five most common hand injuries in the workplace include lacerations (63%), crushes (13%), avulsions or detachments (8%), punctures (6%) and fractures (5%), according to the Safety and Health Council of North Carolina.

What are the primary causes of these injuries? The U.S. Bureau of Labor Statistics reports more than 70 percent of workers experiencing hand injuries were not wearing gloves at the time. And the remaining 30 percent of injured workers were not wearing the right type of glove. Glove technology is improving dramatically and now is available to protect the hands of your employees from a wide variety of hazards. The newest styles of gloves offer amazing dexterity and greater cut resistance than what was available in the recent past. The cut protective gloves offered by manufacturers start at cut level A1 and they top out at A9 with the greatest cut resistance.

I always stop here and say “there is no such thing as a cut proof glove”. This however does not diminish the importance of superior glove technology offered today that protects hands much better than using no gloves at all or providing brown jersey or leather palm gloves that were the top sellers only a decade ago.

The newest glove coatings are micro foam latex, micro foam nitrile or polyurethane coated gloves. These coated styles are quickly replacing the old “stand by” gloves that every safety supplier used to purchase by the pallet.

Please contact your local safety supplier and review your specific glove needs by means of a **glove survey**. It will help reduce your workers compensation costs, improve the overall comfort every day for each of your employees, provide much safer gloves at your facility and most importantly: Send your employees home every night-Injury free!!

Source Reference: <http://www.southernlove.com/>

Upcoming Events

March 6-8—Ohio Safety Congress & Expo at the Greater Columbus Convention Center. For registration: ohiosafetycongress.com/content/osc19/home

OSC19
OHIO SAFETY CONGRESS & EXPO

March 6-8, 2019 • Greater Columbus Convention Center

March 19—Crime Prevention Breakfast at Tozzi’s on 12th. Fee.

April 10—CEO Breakfast at Skyland Pines Event Center—8 a.m. Fee.

April 18—Work Zone Traffic Control & Safety Class at Local 33 Sheet Metal Workers Union Hall, Massillon—Free.

April 30—2019 SCSC Safety Awards Banquet—Skyland Pines Event Center —6 pm dinner—Fee.

For info on Stark County Safety Council events go to <http://starkcountysc.com/>

Safety Tip of the Month



High Wind Safety

The spring months often mark the windiest time of the year for our region. Keep this information in mind when you encounter strong winds.



Crosswinds

- ✓ Drive with caution and beware of strong crosswinds.
- ✓ High profile vehicles are especially vulnerable.



Wind and Waves

- ✓ Strong winds can create dangerous waves on local lakes.
- ✓ Strong winds can capsize small vessels.



Flying Debris

- ✓ During periods of very strong winds, beware of flying debris.
- ✓ Trees, awnings, and signage can be dangerous in high winds.



Building a Weather-Ready Nation

www.weather.gov/safety

- ◆ Bring loose items – like patio furniture, potted plants and toys – indoors.
- ◆ If items are too large to bring indoors, make sure to anchor them so that they do not pose a hazard to people or property.
- ◆ Close and secure all doors and windows in your home or business. A strong wind can rip them from their hinges.
- ◆ When you are outdoors, watch for flying debris. Tree limbs can break and street signs can come loose in high winds.
- ◆ Take extra caution if you are in a high profile vehicle like a truck or SUV. These types of vehicles are more likely to be pushed or even flip in high winds.
- ◆ If you see a downed power line:
 - ◆ Call police and your local utility company's emergency line immediately.
 - ◆ Do not touch anything that the power line is coming into contact with including tree branches and vehicles.
- ◆ If a power line falls on your vehicle, stay inside your vehicle and do not touch any part of the metal frame.

FREE BWC SAFETY CLASSES

Free BWC safety classes available at North Canton Service office.
See the [BWC catalog](#) for class descriptions.



Respirator Fit Testing—March 5-6— 8:30-4:30 each day

Restaurant & Food Service Safety Workshop—March 11—8:30-noon

Tree Work Essentials: Chain saws, Chippers & other Safety Concerns—March 13—8:30-4:30 pm

Controlling Workers' Compensation Costs—March 18—8:30-4:30 pm

Powered Industrial Trucks: Developing a Training Program—March 21—Half day—8:30-Noon

Violence in the Workplace—March 21—1-4:30 pm

Hazard Communication— March 25—Half day—8:30-noon

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

April 11, 2019

“The ABCs of Fall Protection”

Presenter: Matt R. Jensen,
Fall Protection Specialist
3M - Ohio & Northeast Kentucky
Personal Safety Division,
Fall Protection Business

Spotlight
Company:



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Stark County Safety Council February 2019 Photos



February Spotlight Company

February Speaker Abbey Murphy, ACE
Certified Personal Trainer,
Wellness Supervisor, Aultcare

