



# STARK COUNTY

SAFETY COUNCIL

## member news

Volume 17 Issue 5 May 2019

starkcountysc.com

### OSHA Hiring More Inspectors = More Inspections

*Provided by Curt Speck, President Safety Resources Company of Ohio*

**O**SHA fines start at \$13,260.00 for a single serious violation & a willful violation can cost up to \$132,598.00.

- Are you prepared for an OSHA inspection?
- Do you have a written Hazcom program?
- Is your OSHA required training up to date?
- Is your safety program going to meet OSHA's stringent requirements?

In the April 2019 National Association of Safety Professionals newsletter, Secretary of Labor R. Alexander Acosta announced he expects an increase in OSHA inspections when recently hired inspectors get fully up to speed.

He pointed out OSHA inspections in 2017 and 2018 exceeded 32,000 surpassing the 31,948 total in 2016, despite attrition of compliance safety and health officers at the agency. The number of compliance safety and health officers was a record low 875 as of Jan. 1, 2019.

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May 9, 2019

### “Mental Illness - Safety & The Workplace

Presenter: Ruth Scheufler  
LPCC-S, LICDC, Clinical  
Director, Aultman Behavioral Health

#### Spotlight Company

Total Safety is the leading global provider of integrated industrial safety services, strategies and equipment necessary to keep your workers, your facility and the environment safe. We not only deliver complete, cost-effective safety service solutions to our customers as promised and without compromise, but we have the resources and the support to back it up.



Headquartered in Houston, Texas, with 176 locations worldwide in more than 20 countries, Total Safety has the people, programs and processes to deliver the industry's best industrial safety services and equipment tailored to your specific business needs.

Shawn Wolf

Strategic Account Manager

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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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Secretary Acosta also called attention to a decrease of 43 workplace fatalities and more than 40,000 fewer workplace injuries from 2016-2017.

**Budget Concerns:** In a recent interview, Acosta pointed to an increase in enforcement funding in 2020, (around \$3.8 million more for federal enforcement) and the hiring of Compliance Safety and Health Officers (CSHO's). The Department of Labor has committed to bringing 26 new full-time equivalent inspectors to the agency for the upcoming fiscal year and hired 76 CSHOs in 2018.

“I would take issue with the budget not reflecting an enforcement priority because, in fact, it does.” Acosta said. The attrition in number of OSHA inspectors is, in part, because of a hiring freeze during the first year of the Trump administration. Retirements and resignations that have also played a role. Under the administration’s budget proposal, Department of Labor funding would be cut by 9.7%, or \$1.2 billion, to \$10.9 billion in FY 2020.

Compliance is the best answer to staying out of OSHA’s crosshairs.



## Many Thanks!

Thank you for donations at the April Luncheon for the Stark County Hunger Task force. Total food (with the monetary donations as well) was 1,935 pounds!! What an awesome drive!



# May is Mental Health Awareness Month

Provided by By: Amy Sciefer, Director, Aultworks Occupational Medicine

**A**n estimated 44 million adults in the United States have a mental illness. This number represented 18.07% of U.S. adults.

One out of every 5 families in the United States has a member with serious mental illness  
56.4% of adults with mental illness are not receiving treatment

The rate of youth experiencing mental health symptoms continues to rise.

12.63% are experiencing mental health symptoms  
62% of youth experiencing a major depressive episode do not receive treatment

## Common Barriers to Receiving Treatment

The individual does not believe they need treatment  
Social stigma / Discrimination  
Cost of treatment or not having insurance coverage  
Challenges maneuvering through the Mental Health System  
Limited Mental Health resources available in the community



## Signs and Symptoms of Mental Illness

Symptoms vary in frequency, severity and duration. The following are symptoms of depression:

- Sleep or appetite changes
- Mood changes
- Withdrawing from social situations
- Loss of interest or pleasure in hobbies and activities
- An unusual drop in daily functioning
- Increased sensitivity to sights, sounds, and touch
- Feeling restless or having trouble sitting still
- Thoughts of death or suicide, suicide attempts
- Feeling disconnected from self, others, or reality
- Illogical thinking – unusual or exaggerated beliefs
- Aches or pains, headaches, digestive problems without a clear physical cause
- Appetite and/or weight changes
- Difficulty concentrating, remembering, or making decisions

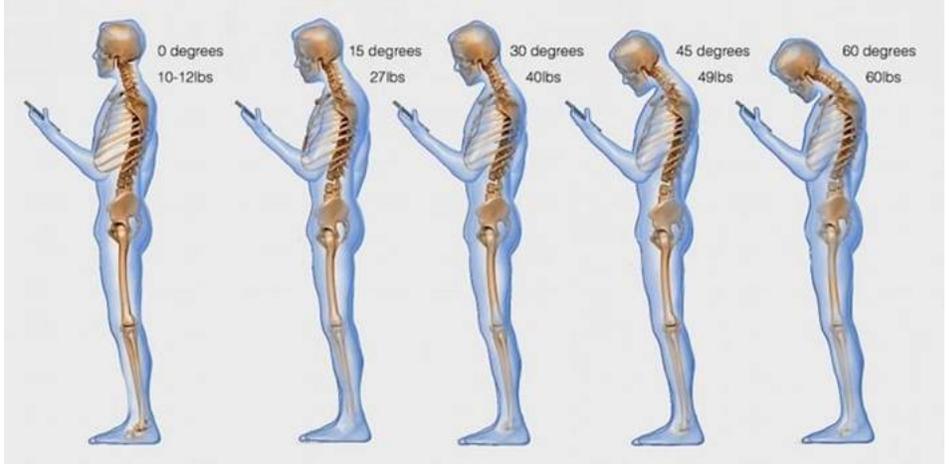
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# ROBIN'S CORNER

By Robin Watson, Ohio BWC Representative

## Q: What is text neck syndrome?

**A:** **Text neck** is the term used to describe the **neck** pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. Increased angle adds significant weight to your neck to hold the head in this position. Using a mobile device often can lead to poor posture and symptoms of **text neck**:



- Instant upper back or neck pain when using a handheld device.
- Nagging or sharp pain in the neck or shoulders at the end of the day.
- General shoulder pain and tightness.
- Intermittent or constant headache made worse when looking down or using the computer.

For relief, sit up tall in a chair and keep your chin parallel to the floor. Without tilting your head in any direction, gently draw your head and chin back, like you're making a double chin. Be careful not to jam your head back. You should feel a stretch along the back of the **neck**.

Ohio | Bureau of Workers' Compensation

*Continued from page 3 Mental Health Awareness Month*

## Seeking help is a sign of strength!

- Talk with family or a friend.
- Ask your Primary Care Physician for a referral.
- Contact your insurance company for information about providers within your network.
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### Crisis Contact Information:

**Carroll County Crisis Hotline:** 330-627-5240

**Stark County Crisis Hotline:** 330-452-6000

**Tuscarawas County Crisis Hotline:** 330-343-1811

**Wayne/Holmes County Crisis Hotline:** 330-264-9029

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)

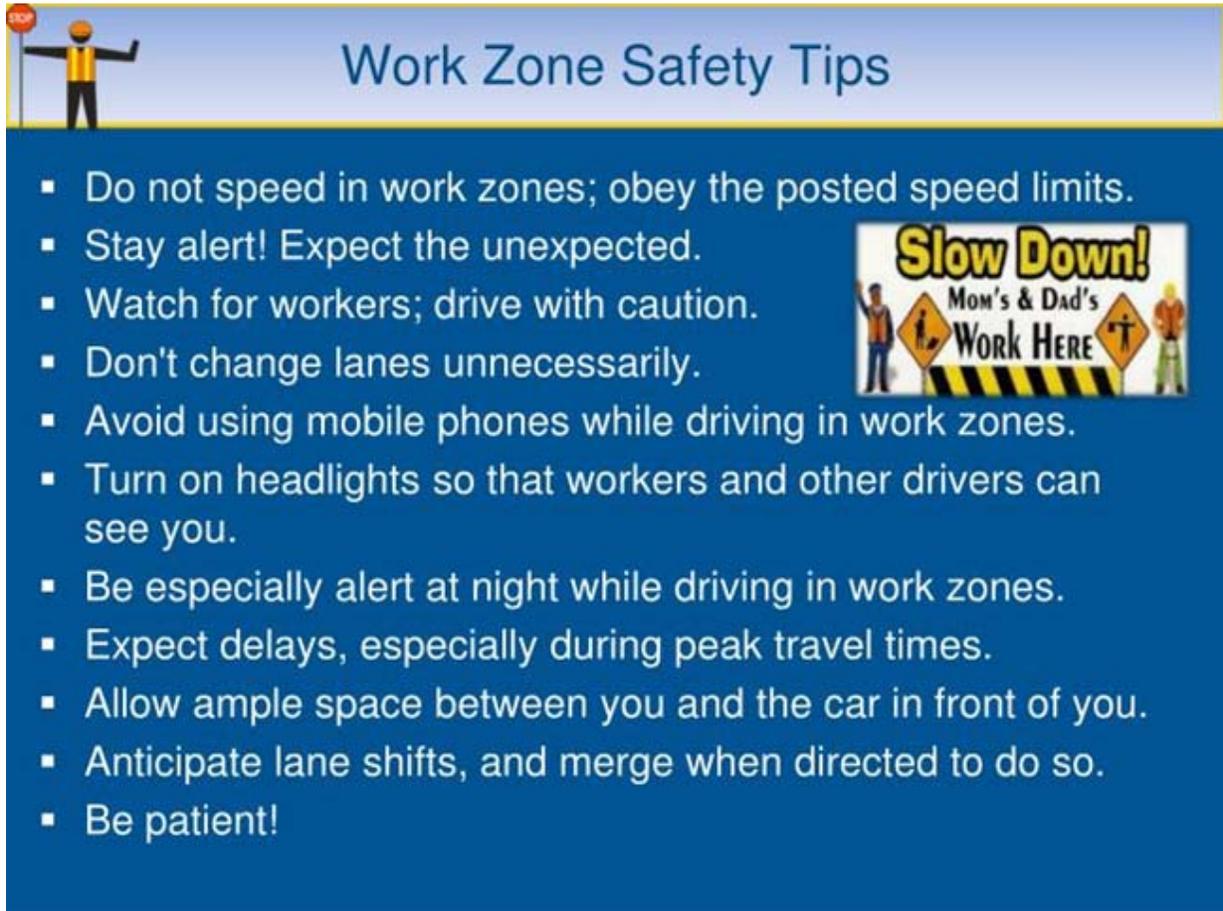
**Domestic Violence Help Line:** 330-453-SAFE (7233)

**National Crisis Text Line:** Text "4hope" to 741741



# Safety Tip of the Month

Provided by Troy Mannion,  
Safety Director, Hilscher-Clarke

A graphic titled "Work Zone Safety Tips" with a blue background. On the left, a worker in a yellow vest and orange hard hat stands next to a red stop sign. On the right, there is a "Slow Down! Mom's & Dad's WORK HERE" sign featuring two workers and a yellow diamond warning sign. The sign has a black and white striped base.

## Work Zone Safety Tips

- Do not speed in work zones; obey the posted speed limits.
- Stay alert! Expect the unexpected.
- Watch for workers; drive with caution.
- Don't change lanes unnecessarily.
- Avoid using mobile phones while driving in work zones.
- Turn on headlights so that workers and other drivers can see you.
- Be especially alert at night while driving in work zones.
- Expect delays, especially during peak travel times.
- Allow ample space between you and the car in front of you.
- Anticipate lane shifts, and merge when directed to do so.
- Be patient!

## Upcoming Events

**May 1-May 31st**—3<sup>rd</sup> Annual BWC Canton/Cambridge safety staff Safety Council Challenge in honor of OSHA's "National Stand-down to Prevent Falls" campaign the entire month of May.

**May 17th**—The Lake County Safety Council, The Ohio BWC and Lakeland Community College are sponsoring the Lake County Safety Expo on Friday, May 17 at Lakeland Community College in Kirtland. The event features more than 20 class and informational sessions and over 20 vendors. **This event does qualify for safety council rebate program external training credit (and) group rating two-hour training credit.** Space is limited and classes are filling quickly. To register visit [www.lakecountysafetycouncil.org](http://www.lakecountysafetycouncil.org).

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

# FREE BWC SAFETY CLASSES

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



**Electrical Safety in the Workplace through Insight and Implementation of NFPA 70E—**

May 1—8:30—4:30

**Emergency Preparedness Planning—**May 14—8:30—4:30

**Measuring Safety Performance—**June 6—8:30-4:30

**First Aid in the Workplace—**June 17—8:30—4:30

Go to [www.bwclearningcenter.com](http://www.bwclearningcenter.com) to enroll.

## Resources

- The BWC Library creates a monthly 'Safety Update' available at [www.bwc.ohio.gov](http://www.bwc.ohio.gov)
- Occupational Health & Safety Administration—[www.osha.gov](http://www.osha.gov)

**June 13, 2019**

## “Topic: What Employers Need to Know About Marijuana and More”

### Panel Discussion With:

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

**Spotlight  
Company:**



## Safety Council Officers & Contributing Members

**Chairman:** Randy Martin  
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Deb Bailey ([Deborah.b.1@bwc.state.oh.us](mailto:Deborah.b.1@bwc.state.oh.us))



# Stark County Safety Council April 2019 Photos



## April Spotlight Company Concentra®

April Speaker: Matt R. Jensen  
3M Fall Protection and Confined Space Specialist,  
DBI-SALA & Protecta Brands

