



# STARK COUNTY

## SAFETY COUNCIL

# member news

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### *A message from Your BWC Safety Council Program Manager*



Dear Safety Council Rebate Program Participants,

We thank you for your patience as we've determined how to proceed with the FY20 Safety Council Rebate Program in the midst of COVID-19.

As you know, we directed safety council sponsors to cancel March, April, and May safety council meetings in light of public health concerns. And today's announcement will eliminate the need for sponsors to host a June meeting. As a result of these cancellations, we realize it is impossible for many of you to complete the program's FY20 rebate eligibility requirements. Therefore, we will provide the FY20 rebate to safety council members who, as of Feb. 29, 2020, had attended at least FOUR safety council meetings. This determination was based on crediting each member with one meeting credit for each cancelled meeting, the maximum of two external training credits and waiving the CEO attendance and calendar year 2019 semi-annual report requirements.

Although we realize a small number of safe-

ty councils host more than one meeting a month late in the program year, we are granting relief for only one safety council meeting credit per month in March, April, May, and June. This resolution reinforces the program's goal of active participation for the purpose of education, networking and resource sharing and, unfortunately, members who condense participation to the latter part of the program year will not appreciate relief from this solution.

Ultimately, employers we determine have earned the rebate under the revised guidelines will receive the maximum percentage rebate allowed per their BWC group-rating status:

- 2% for employers enrolled in BWC's Group-Retrospective-Rating Program and eligible for the participation rebate.
- 2% for employers enrolled in BWC's Group-Experience-Rating Program and eligible for the performance bonus - there will be no claims data measurement calculation.
- 4% for employers not enrolled in a BWC Group-Rating Program.

Your safety council sponsor will submit July 1, 2019 through February 29, 2020 attendance records to us when normal business operations resume. The timeline for the processing of these rebates is yet to be determined but

we will continue to update safety council sponsors when you should expect FY20 safety council program rebate checks.

Our most sincere interest is the health, wellness and safety of Ohio's workforce. Be safe and take care.

*Michelle Francisco*  
BWC Safety Council Program Manager



### Ohio BWC's Trenching Overview Webinar Monday, May 4 (3:30 to 5 pm)

This webinar will highlight a 'Focus Four Imperative' to identify risk factors related to trenching and excavation sites.

Instructor: BWC's Mona Weiss, an industrial safety consultant with 32 years' experience in the field of safety and health. No credits offered.

For more information or assistance when registering, contact BWC's Kaylee Blevings at [Kaylee.b.1@bwc.state.oh.us](mailto:Kaylee.b.1@bwc.state.oh.us)

Your Stark County Safety Council is hoping you are well and staying safe. We will be sharing any information we think is relevant to our current situation. If you have any questions or anything you need, please contact Connie Cerny [conniec@cantonchamber.org](mailto:conniec@cantonchamber.org).

**See page 6 for important info on the schedule of upcoming SCSC events.**



Like us on Facebook-[www.starkcountysc.com](http://www.starkcountysc.com).

**Stark County Safety Council Mission Statement:** *To provide a forum for safety and health information, education and networking through leadership, innovation, facilitation, programming, and support, in partnership with other public and private organizations.*

# Steps All Employers Can Take to Reduce Workers' Risk of Exposure to SARS-CoV-2

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

**A**s we anxiously anticipate our return to the workplace it is important to be prepared. Here are a few guidelines from OSHA's publication "Guidance on Preparing Workplaces for COVID-19" to assist in the preparation for reopening.

**Develop an Infectious Disease Preparedness and Response Plan:** Develop an infectious disease preparedness and response plan that can help guide protective actions against COVID-19. Stay abreast of guidance from federal, state, local, tribal, and/or territorial health agencies, and consider how to incorporate those recommendations and resources into workplace-specific plans. Plans should consider and address the level(s) of risk associated with various worksites and job tasks workers perform at those sites.

**Prepare to Implement Basic Infection Prevention Measures:** For most employers, protecting workers will depend on emphasizing basic infection prevention measures. As appropriate, all employers should implement good hygiene and infection control practices.

**Develop Policies and Procedures for Prompt Identification and Isolation of Sick People,** if appropriate:

- Prompt identification and isolation of potentially infectious individuals is a critical step in protecting workers, customers, visitors, and others at a worksite.
- Employers should inform and encourage employees to self-monitor for signs and symptoms of COVID-19 if they suspect possible exposure.
- Employers should develop policies and procedures for employees to report when they are sick or experiencing symptoms of COVID-19.

**Implement Workplace Controls:** Occupational safety and health professionals use a framework called the "hierarchy of controls" to select ways of controlling workplace hazards. In other words, the best way to control a hazard is to systematically remove it from the workplace, rather than relying on workers to reduce their exposure. During a COVID-19 outbreak, when it may not be possible to eliminate the hazard, the most effective protection measures are (listed from most effective to least effective): ***Engineering Controls, Administrative Controls, Safe Work Practices, and PPE***. In most cases, a combination of control measures will be necessary to protect workers from exposure to SARS-CoV-2.

**Engineering Controls** - involve isolating employees from work related hazards. In workplaces where they are appropriate, these types of controls reduce exposure to hazards without relying on worker behavior and can be the most cost-effective solution to implement.

*Continued next page*

## **Examples of Engineering Controls for SARS-CoV-2:**

- Installing high-efficiency air filters.
- Increasing ventilation rates in the work environment.
- Installing physical barriers, such as clear plastic sneeze guards.
- Installing a drive-through window for customer service.
- Specialized negative pressure ventilation in some settings, such as for aerosol generating procedures (e.g., airborne infection isolation rooms in healthcare settings and specialized autopsy suites in mortuary settings).



**Administrative Controls** - require action by the worker or employer. Typically, administrative controls are changes in work policy or procedures to reduce or minimize exposure to a hazard.

## **Examples of Administrative Controls for SARS-CoV-2:**

- Encouraging sick workers to stay at home.
- Minimizing contact among workers, clients, and customers by replacing face-to-face meetings with virtual communications and implementing telework if feasible.
- Establishing alternating days or extra shifts that reduce the total number of employees in a facility at a given time, allowing them to maintain distance from one another while maintaining a full onsite work week.
- Discontinuing nonessential travel to locations with ongoing COVID-19 outbreaks.
- Developing emergency communications plans, a forum for answering workers' concerns and internet-based communications, if feasible.
- Providing workers with up-to-date education and training on COVID-19 risk factors and protective behaviors (e.g., cough etiquette and care of PPE).
- Training workers who need to use protecting clothing and equipment how to put it on, use/wear it, and take it off correctly, including in the context of their current and potential duties. Training material should be easy to understand and available in the appropriate language and literacy level for all workers.

**Safe Work Practices** are types of administrative controls that include procedures for safe and proper work used to reduce the duration, frequency, or intensity of exposure to a hazard.

**Examples of safe work practices for SARS-CoV-2:**

- Providing resources and a work environment that promotes personal hygiene. For example, provide tissues, no-touch trash cans, hand soap, alcohol-based hand rubs containing at least 60 percent alcohol, disinfectants, and disposable towels for workers to clean their work surfaces.
- Requiring regular hand washing or using of alcohol-based hand rubs. Workers should always wash hands when they are visibly soiled and after removing any PPE.
- Post hand washing signs in restrooms

**Personal Protective Equipment (PPE)** While engineering and administrative controls are considered more effective in minimizing exposure to SARS-CoV-2, PPE may also be needed to prevent certain exposures. While correctly using PPE can help prevent some exposures, it should not take the place of other prevention strategies. Examples of PPE include gloves, goggles, face shields, face masks, and respiratory protection, when appropriate. During an outbreak of an infectious disease, such as COVID-19, recommendations for PPE specific to occupations or job tasks may change depending on geographic location, updated risk assessments for workers, and information on PPE effectiveness in preventing the spread of COVID-19.

**All types of PPE must be:**

- Selected based upon the hazard to the worker.
- Properly fitted and periodically refitted, as applicable (e.g., respirators).
- Consistently and properly worn when required.
- Regularly inspected, maintained, and replaced, as necessary.
- Properly removed, cleaned, and stored or disposed of, as applicable, to avoid contamination of self, others, or the environment.

Employers are obligated to provide their workers with PPE needed to keep them safe while performing their jobs. The types of PPE required during a COVID-19 outbreak will be based on the risk of being infected with SARS-CoV-2 while working and job tasks that may lead to exposure.

# Stay Positive!

Source: *The Depression Project*

## Cognitive Reframing Self-Isolation:

"My friends and I  
**can't see** each other"



"My friends and I are  
**protecting** each other"

"I'm **stuck** at home"



"I'm **safe** at home"

"I have **lost** all  
my freedom"



"I have **relinquished**  
my freedom for a  
**noble purpose**"

"I **miss** the  
things I love"



"I'm increasing my  
**gratitude** for the  
things I love"



**Stay positive in these tough times**

@RealDepressionProject



# Safety Tip of the Week

By Troy Mannion, Safety Director, Hilscher-Clarke and Member, Stark County Safety Council Steering Committee

## How to explore outdoors safely with kids

				
<b>SUPERVISION</b> Explore new environments together, discussing how to overcome obstacles & navigate risks	<b>CHECKLIST</b> Consider packing refreshments, warm clothes, waterproofs, sun lotion & a basic first aid kit	<b>ORIENTATION</b> In natural, open areas, agree on imaginary boundaries which mustn't be crossed	<b>HAZARDS</b> Keep an eye out for hazards that young children may not be able to see for themselves	<b>TRAFFIC</b> Educate children on road safety from an early age, highlighting dangers in your local area

## 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:

**May 4**—BWC's Trenching Overview—A Focus Four Imperative—Webinar—more info on page 1

**May 12**—Crime Prevention Breakfast—Skyland Pines—**POSTPONED**

**May 14th**—Safety Council Luncheon—Alex D. Krassas Event Center—**CANCELLED**

**May 19**—SCSC Awards Banquet—Skyland Pines— **POSTPONED new date TBD**

**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 precaution, 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>.

For the latest info on COVID-19 visit [www.coronavirus.ohio.gov](http://www.coronavirus.ohio.gov)

For the latest information on COVID-19s effect on BWC, email [BWCCOVID19@bwc.state.oh.us](mailto:BWCCOVID19@bwc.state.oh.us).

# Once The Threat is Over

By Bruce Boguski

**J**ust because we are practicing social distancing and remaining at home is no reason to not get ready for the coming surge once the current threat is over. Vince Lombardi, legendary coach of the Green Bay Packers said it best, “Winning isn’t everything, preparing to win is everything.” That phrase is usually misquoted, but Coach knew that we always needed to have our heads in the game and prepare for anything. So for today’s PUMP DAY let’s prepare for increased performance by developing a habit to increase our personal power and become a more effective communicator and leader.



Today, as you go through your daily activities, begin noticing what you are communicating to yourself and those around you with the words you are using. Words can improve or detract from performance because **WORDS HAVE POWER** and they filter into the subconscious mind. Words can actually become part of our makeup which can determine our personal motivation. Words also indicate exactly how serious and committed we are to getting results!

For instance, when we use the word TRY, we suggest that we are not in control. The phrase, “I’ll try to be there”, indicates that we may be there or we may not. If you have attended any of my seminars, you know that the word ‘TRY’ is simply an excuse why we may not deliver on our promises. From now on catch yourself and substitute the word ‘WILL’ for ‘TRY’ whenever possible producing purpose and increasing the chances for better results.

Using the phrase “I can’t” will also undermine performance. If you don’t believe you can accomplish something in the first place, then it will never happen. Say “won’t” instead of “can’t”—this shows you are in control and have made a decision and simply choose not to take part in the activity, but could if you really wanted to.

If we begin controlling what we say, then what we are saying will start to have a positive effect on our thoughts and feelings. And the better we feel, the better we will perform.

Dr. Wayne Dyar concluded that “All of our behavior results from the thoughts that precede it.” Get your family, friends and coworkers involved and catch each other using words and phrases that hinder success. Have a penalty, like donating a quarter or having to do a chore if those words are used. This helps you become aware of the unconscious use of these performance killers and awareness is the first step towards their elimination.

Have fun with this and watch results improve. Use this time wisely to discover how what you say affects the outcome and performance of your team and co-workers.

*Bruce Boguski, author, motivational speaker, columnist, well known for his ability to inspire others to "do the impossible". His business face book page, The Winner's Edge provides more insight for staying motivated.*

# ROBIN'S CORNER

By Robin Watson, Ohio BWC Representative



## **Q: What is OSHA's current interpretation of the response times for first aid in response to life-threatening bleeding, including active shooter incidents?**

A: OSHA's current interpretations of the response times for first aid in response to life-threatening bleeding are addressed in letters of interpretation. These letters state in part:

In workplaces where serious accidents such as those involving falls, suffocation, electrocution, or amputation are possible, emergency medical services must be available within 3-4 minutes; if there

is no employee on the site who is trained to render first aid...While the standards do not prescribe a number of minutes, OSHA has long interpreted the term "near proximity" to mean that emergency care must be available within no more than 3-4 minutes from the workplace, an interpretation that has been upheld by the Occupational Safety and Health Review Commission and by federal courts...The basic purpose of these [first aid] standards is to assure that adequate first aid is available in the critical minutes between the occurrence of an injury and the availability of physician or hospital care for the injured employee... Medical literature establishes that, for serious injuries such as those involving stopped breathing, cardiac arrest, or uncontrolled bleeding, first aid treatment must be provided within the first few minutes to avoid permanent medical impairment or death...



These time limits are maximums. OSHA does not prohibit but encourages shorter response times when feasible. In order for OSHA standards to more comprehensively address response times to uncontrolled bleeding, it would entail a notice of proposed rulemaking and comment effort.

These recommendations are consistent with the National Fire Protection Association's (NFPA) Standard 1710, Standard for the Organization and Deployment of Fire Suppression Operations, Emergency Medical Operations, and Special Operations to the Public by Career Fire Departments. This standard requires that emergency medical services ideally respond within one minute of turnout, that first responders take 4 minutes to get to the scene, and that other units should arrive within 8 minutes.

# Do's & Don't from Working from Home

*Source: Crain's Business*

**F**or many of you, the social distancing forced by the coronavirus emergency means it's the first time you'll be working at home for an extended period. Here are some tips to ease that transition.



**Start and end your day with a routine:** Getting dressed, eating breakfast or taking a brisk walk before diving in can help you focus. An after-work routine (think coffee or glass of wine, or another walk outside) is a critical signal that the workday is over and homelife begins.

**Maintain a dedicated workspace:** Establish a tangible boundary to maintain the separation between work time and home time, and so that you don't waste energy getting physically set up every day.

**Use a VPN:** Some employers have their own VPNs for remote use, but if yours doesn't, VPN software is readily available and a good security precaution for both work and personal data.

**Learn teleconferencing etiquette:** The mute button is your friend, especially in a house full of kids, a partner also working from home or noisy pets. Don't fear the webcam; videoconferencing can offer visual clues as to how ideas are accepted, but do make sure there's nothing in your camera's view that you wouldn't want to share with a colleague or customer.

**Take breaks; allow for personal time:** Set an alarm or timer to remind you that it's time to get up, stretch, grab a coffee, leave the house or head to the kitchen. Your eyes and your brain need those short moments away. If your job responsibilities allow, turn email notifications off overnight.

ADVERTISING

**Maintain relationships:** At the office, you'd take a few minutes here or there to chat with your coworkers. Keep that going via social media, Slack or some other means of staying in touch.

**Minimize online time:** While social media is a great way to keep tabs on friends, family and colleagues, remember to carve out a small period to deliberately disconnect. Close the laptop. Turn off the phone. Studies show too much social media is bad for mental health, after all.

**Manage expectations:** Understand that there will be a learning curve with new communication tools, virtual meetings, rethinking paths to access to information and the like. Be clear about what can be accomplished from home. Overcommunication is key. Finally, be candid about what works, what doesn't and what you need to get the job done.

# FREE BWC SAFETY CLASSES

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



**BWC Safety Classes have been suspended until further notice.**

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

## Resources

- For the latest info on COVID-19 visit [www.coronavirus.ohio.gov](http://www.coronavirus.ohio.gov)
- For the latest information on COVID-19s effect on BWC, email [BWCCOVID19@bwc.state.oh.us](mailto:BWCCOVID19@bwc.state.oh.us).
- 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)

Stark County Safety Council  
Photos from the Archives



## Safety Council Officers & Contributing Members

**Chairman:** Randy Martin  
([randym@beaverexcavating.com](mailto:randym@beaverexcavating.com))

**Vice Chair:** Troy Manion  
([tmanion@hilscher-clarke.com](mailto:tmanion@hilscher-clarke.com))

**Program Manager & Canton Regional Chamber Representative:** Connie Cerny  
([conniec@cantonchamber.org](mailto:conniec@cantonchamber.org))

**Newsletter Coordinator:**  
Karen L. Bostrom ([kbostrom@kwgd.com](mailto:kbostrom@kwgd.com))

**Ohio BWC Representatives:**  
Robin Watson ([robin.w.1@bwc.state.oh.us](mailto:robin.w.1@bwc.state.oh.us)) and  
Deb Bailey ([Deborah.b.1@bwc.state.oh.us](mailto:Deborah.b.1@bwc.state.oh.us))



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Photos From the Archives*

