



# STARK COUNTY SAFETY COUNCIL

## member news

Volume 15 Issue 11 November 2017

starkcountysc.org

### Cold Weather Hazards: Preparing Early to Address Fully

*Provided by Curtis Speck, President  
Safety Resources Company of Ohio, Inc. and  
Stark County Safety Council Committee Member*

As the leaves begin to turn, so do temperatures begin to fall. To many people, cold weather is just an inevitable part of Fall and Winter. However, when your work places you outside for hours at a time, or in wet and damp conditions, the hazards that cold weather can bring become a major concern.

OSHA does not maintain a specific set of cold safety regulations, but NIOSH does study cold related injuries and how to prevent them. According to NIOSH, there are 4 main types of cold related injuries; Frostbite, Chilblains, Trench Foot, and Hypothermia. While the exact effects of these injuries vary, all can lead to the loss of a limb, or even death in the most extreme cases. Fortunately, addressing cold stress is easily managed, and it all starts with adequate planning. Start by identifying tasks where cold Exposure is likely. Outdoor work is most likely to involve Cold Exposure during the Fall and Winter months, especially at night. Wet and windy conditions also increase these hazards, as they will sap heat away from the body even faster. Ideally, you should try to avoid working in these conditions where possible, such as scheduling maintenance tasks during warmer months.

*Continued bottom of page 2*



Like us on Facebook-[www.starkcountysafetycouncil.org](http://www.starkcountysafetycouncil.org).

### November 9, 2017 At the Alex D. Krassas Center

#### “Using Stress Management Techniques to Boost Employee Productivity”

*Charlotte Schaar, BCS, CCWS, Wellness  
Product Specialist, Huntington Insurance*

*NOTE: We will be collecting hat, mittens, etc. at this  
meeting, see page 4 for details*

### Spotlight Company



#### The Sirak-Brockett Agency, Ltd.

Celebrating over 60 Years of Life, Disability, LTC insurance, and investing in the Stark County area. Our insurance approach is tailored to meet individual and business needs. The planning for your group health and medical needs is critical; providing the best health options for your employees and their families. There are many plans which will include Group Short and Long-Term disability. Vision and Dental care is important for individuals and families.

The Sirak-Brockett Agency, Ltd will work with your company to provide the Health Care plan for your company. There are many levels to health and disability plans. Let us design the plan to meet your need.

Matt DiRuzza     George Bruner  
The Sirak Brockett Agency  
4700 Dressler Rd. N.W. Canton, Ohio 44718  
**330.493.3211**

**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.*

# ROBIN'S CORNER

By Robin Watson, Ohio BWC Representative

**Question:** Do I need to inspect the walking-working surfaces in my facility?

**Answer:** Yes, according to OSHA's revised walking-working surfaces rule. OSHA's definition of a walking-working surface is any horizontal or vertical surface on or through which an employee walks, works, or gains access to a work area or workplace location. The employer must inspect the surfaces, regularly and as necessary, to ensure they are maintained in a safe condition. If a hazardous condition is recognized, the condition is to be corrected or repaired before an employee uses the surface again. If the correction or repair cannot be made immediately, the hazard must be guarded to prevent employees from using the surface.



Hazardous conditions may include sharp or protruding objects, loose boards, corrosion, leaks, spills, snow, and ice. For more information on the revised rule, see Subpart D of 29 CFR 1910.

## March 7-9—Ohio Safety Congress & Expo

Greater Columbus Convention Center Registration now open:  
[https://bwc.expoplanner.com/index.cfm?do=reg.content&event\\_id=19&content\\_id=382&page\\_id=1&entity\\_id=55&regs\\_id=0](https://bwc.expoplanner.com/index.cfm?do=reg.content&event_id=19&content_id=382&page_id=1&entity_id=55&regs_id=0)

### Attention HR Managers:

**Trouble filling vacancies?** The Workshops Inc. is a nonprofit organization supervising crews of adults with disabilities while performing packaging, assembly, and janitorial services onsite for local companies. Contact Lorie Travaglino at (330) 479-3362 to discuss your needs in greater detail.

*Continued from first page*

Avoiding cold Exposure is not always a viable plan though. In these circumstances, proper equipment and planning is called for. To begin, when work must be done in cold weather, try to restrict it to the warmest parts of the day, avoiding conditions such as wind, rain, and snow storms as much as possible. You should also ensure that all workers are properly equipped for the cold. Workers should be equipped with adequate clothing, coats, gloves, hats, or other gear as necessary. In extreme conditions, heated gear or warming packs may be necessary. Workers should also work in pairs, and monitor each other for signs of cold stress, such as fatigue or confusion. Lastly, be sure to provide workers with an adequate rest area, so that they can rest and recover from the cold.

Cold stress and cold related Injuries can be serious conditions which require first aid or even advanced medical attention. If you or a fellow worker begin to show symptoms, get them to a recovery area immediately and seek medical attention.

# Holiday Stress Relief

*Provided by Troy Manion, Safety Director, Hilscher-Clarke  
And SCSC Steering Committee Member*

**T**he holidays may be a time of joy, but they are not always a time of peace. Balancing your family's expectations with work commitments and social obligations can make this the most stressful time of the year. At the office, you may discover that the work is still coming in, but most of your colleagues are not. You may even be planning to take some time off yourself. Before the season gets too busy, try these strategies for reducing holiday stress in the workplace.



- **Plan** - Create a calendar for the holiday period, noting who will be at work on which days. If you know in advance that the office will be short-staffed at certain times, you can make plans. This might include reassigning essential tasks, prioritizing duties or hiring temporary help. If most of the office is on vacation, just having an extra person there to answer the telephone could reduce your stress level dramatically.
- **Prioritize** - What absolutely has to be done today, and what can wait until after the holidays? Ask yourself this question when you begin to feel stress at work. If a task can be held for completion in a week or two, set it aside.
- **Keep it simple** - One reason for holiday stress is the desire to make everything "perfect." If you're working during this season, you may have less time for shopping, cooking, social events or travel. Lower your stress level by simplifying your holiday plans.
- **Organize** your workspace - If you're going on vacation, organize your desk before leaving. Label files so that others can find information easily and leave a list of projects that you're working on. If something needs to be done in your absence, leave written instructions. Your voice mail message should include the date of your return and the name and telephone number of someone in the office who could take an urgent message.
- **Take care** - Fatigue, headache, elevated blood pressure, shortness of breath, increased irritability and insomnia. These are all symptoms of stress. You can reduce these symptoms by taking care of yourself during the holiday season. Eat balanced meals, get plenty of sleep, avoid alcohol and exercise regularly. Exercise is particularly important for energy and good health during the holiday season. Get a head start on your New Year's resolution: Talk to your doctor now about creating the right exercise program for you.

Continued on next page

- **Breathe** - If work becomes too stressful, stop and take a number of slow, deep breaths. Inhale, count to 3 slowly and gradually exhale. After 4 or 5 breaths, you probably will feel much more relaxed.
- **The Spirit of the Season** - When your co-workers are on vacation, the phone's ringing off the hook, the fax machine has run out of paper and you still haven't finished your holiday shopping, the season may not seem quite so jolly. Nevertheless, do something to remember the real spirit of the holidays. Consider donating gifts to a needy family, collecting canned food for a local shelter or sponsoring "Santa's visit" to a local children's hospital. You might find this is the best "stress reliever" of all.



The Stark County Safety Council will again be collecting hats, mittens and gloves at the November 9th luncheon. Items will be distributed to families in need on December 7th at **Light Up Downtown!**

As always your generosity is truly appreciated!  
**Both children and adult sizes needed.**



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

**Electrical Basics**—Nov. 7—8:30 a.m.—noon

**Understanding and Identifying Ergonomic Risk Factors**—Nov. 7—1:00—4:30 p.m.

**First Aid in the Workplace**—Nov. 30—8:30 a.m.-4:30 p.m.

**Safety for the Non-safety Professional**—Dec. 6—8:30-4:30 p.m.

**Safety Series Workshop Module 3**—Dec. 11 1-4:30 p.m.

**Effective Safety Teams**—Dec. 16—8:30 a.m.-4:30 p.m.

## Coming Next Month

# December 14, 2017

## “Generations Working Together”

**Deborah A. Easton, Communication Skills Consultant**

*Note: December meeting will be our Toys for Tots Collection*

Spotlight  
Company:



## Safety Council Officers & Contributing Members

**Chairman:** Mark Cush  
([mcush@youngtrucks.com](mailto:mcush@youngtrucks.com))

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



# Stark County Safety Council 2017 October Photos



Thank you to our October Speaker  
Kris Evans, Certified Identity Theft  
Risk Management Consultant  
Harvard Risk Management

## October Spotlight Company





## Stark County Safety Council 2017 Fire Prevention Breakfast Photos October 10, 2017

**T**he Stark County Safety Council October Fire Prevention Breakfast was held on October 10, 2017 at Skyland Pines Banquet Center. Honored was the *City of Canton Firefighter of the Year*, Justin Deierling, Firefighter/Paramedic (*pictured below top right photo*.) There wasn't a County FF of the year. Essay contest winners were: City essay contest - Alayna Graff from Clarendon Leadership School and (*pictured top left photo fifth from left*). County essay contest - Isabella Bowen, Massillon Intermediate (*pictured third from left photo, 5th from left*.) Canton Repository article is here: <http://www.cantonrep.com/news/20171010/canton-firefighter-essay-winners-honored-during-fire-prevention-week>

Thank you to these companies who donated seats to cover cost of recipients: Canton Chair Rental, Creative Management, Dominion Energy Corp, Canton City Council Member Jason Scaglione. A special thank you goes out to Belden Village Mall for donating gift cards for the essay contest winners.

