

Summit County Safety Council Newsletter

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Working Alone

Protecting Isolated Employees

John Bruce, HEI, AHC

The Risk Factors of Working alone

The biggest single risk factor to a lone worker is when the work is done at night. Night workers seldom get enough sleep and this increases their level of fatigue. A fatigued worker is more likely to make mistakes, have lapses in judgment and thus get into accidents.

Other potential dangers when working alone include:

- Slip, trip, fall or similar injury;
- Sudden illness;
- Equipment malfunction and building issues

There are at least five things you can do to protect any of your workers who work alone or in isolation.

1. Designate a Contact

One of the things that makes working alone so dangerous is that there's nobody there to hear your calls for help. This danger is easy to neutralize. Just make sure there are others nearby who can check on the worker or whom the worker can call if he gets into trouble.

2. Supply a Safety Alarm

Supply isolated workers with a hard-wired or wireless duress alarm that they can activate to alert others and summon assistance. Also consider some of the other alarms that are available. A web search for "personal safety alarms" will yield information on a variety of available alarms and systems. Since each situation is different, employers can choose the one that best meets their particular needs.

3. Require Regular Check-ins

When workers are working alone outside or at a remote off-site facility, there are more complex challenges. In some instances, the worker can make regular check-in calls via cell phone, landline, e-mail or two-way radio. Some personal alarms are also suitable for this application.

4. Establish Overdue Worker Procedures

Establish an "overdue worker" procedure that will mobilize a response in the event that the worker fails to call in at the designated time or doesn't respond to inquiry calls. The response can be from another worker or member of management at another site, private security agency, or, if the situation is serious enough, law enforcement.

5. Provide Ample Training

It is important to establish and review with the worker:

- All specific procedures for the job;
- Any hazards associated with the job or the jobsite; and
- Emergency procedures.

Conclusion

Working alone is not a desirable situation, but sometimes it may be the only option. When this is the case, you must take the necessary steps to protect the isolated workers and provide them with the means of summoning help in case of an emergency. And you need to be sure that there's always someone available to receive the call and respond to it in a timely way.

September, 2008

Mark your Calendar

September 17, 2008

Regular Meeting at Tangier
featuring
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OSHA Office

Executive Committee

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Workers' Compensation University (WCU) Returns this Fall

BWC's educational conference to visit six Ohio cities

- Workers' Compensation University (WCU) returns to six cities in September 2008. Courses cover key aspects of workers' compensation in Ohio. As always, WCU admission is free!
- The Ohio Bureau of Workers' Compensation (BWC) sponsors WCU. This educational conference helps our customers gather valuable information and get the latest updates on Ohio's workers' compensation system.
- BWC has submitted most WCU 2008 courses for con-

tinuing education credit; and attendees participating in many of BWC's premium discount programs can get credit for their WCU attendance.

- Online registration and additional details are available at wcu2008.com. By registering online and printing a confirmation page, attendees can skip on-site check-in.
- Below is a list of dates and locations for WCU 2008.
 - Sept. 3 Cleveland
 - Sept. 9 Cincinnati
 - Sept. 11 Toledo
 - Sept. 18 Dayton
 - Sept. 22 Akron
 - Sept. 24 Columbus

For additional information, call 1-800-466-6292, or visit wcu2008

Local Safety Councils to Co-sponsor OSHA Recordkeeping Class

Each year, on February 1st, employers must conspicuously post in the workplace an OSHA Form 300A, which includes a summary of the previous year's work-related injuries and illnesses. Employers must also record on the OSHA Form 301 individual incident reports that provide added detail about each specific recordable injury or illness.

Summit, Green (CAK) and Barberton Safety Councils are co-sponsoring an OSHA Recordkeeping class to be held on Thursday, December 4, 2008 at Chenoweth Country Club in Akron. You will also learn how to fill out the semi-annual report. The class will begin at 8:30 a.m. and last approximately 3 hours. Cari Gray, Industrial Safety Consultant with BWC will be instructing the class. A light breakfast will be served at 8:00 a.m. Cost is \$15.00 per attendee. Attendance at this class will qualify as one event for BWC's Safety Council Incentive Program. Please contact Sally Cox at scox@neo.rr.com if you are interested in attending this class. Chenoweth Country club is located at 3087 Chenoweth Road, just off SR 77 at Arlington Road.

Safety Outreach Program for High Schools

Howland Davis (Buzz), President of the local chapter of the American Society of Safety Engineers, has an outreach project for this year. He has obtained a PowerPoint presentation to show juniors and seniors in High School the basics of safety (workers rights, HazComm, machine guarding, PPE, confined spaces, fire extinguishers, etc.) before they go work at the local fast food place or construction project. If you would be interested in having him present the PowerPoint slides (about one hour long) to the school that your children attend, please contact him at howlanddavisii@aol.com. He has already contacted the Akron Public and Copley-Fairlawn Schools

Upcoming Events & Reminders

September 30, 2008
PDP+ & DFWP Reports for 1/1/08
program period are due to BWC
Fax to 1-877-721-9420

◆
October 15, 2008
Regular Meeting—Tangier
Chief Michael Benson
Copley Fire Dept.
FY 08 Incentive check Distribution

◆
November 19, 2008
Regular Meeting—Tangier
Tim Dimoff
SACS Consulting
Flu Vaccinations

◆
December 4, 2008
OSHA Recordkeeping Class
Chenoweth Country Club

◆
December 17, 2008
Regular Meeting—Tangier
Christmas Luncheon

News from BWC

The Ohio Bureau of Workers' Compensation (BWC) Board of Directors will host a public forum on the agency's self-insurance program. The public forum will be held Thursday, Sept. 25 from 9:30 to 11:30 a.m., in the auditorium of the William Green Building located at 30 W Spring St., Columbus.

The September forum will focus on:

- Self Insured best practices for safety, transitional work and early intervention programs.
- Improvements to benefits delivery and cost designed to make Ohio's self-insured workers' comp program the most efficient regionally and nationally.
- Examining the economic viability of the self-insured Employers Guarantee Fund

Those wishing to address the Board on these topics are encouraged to register by completing a short form at ohiobwc.com by Sept. 15, 2008. On-site registration will be available the day of the forum.

Going Green

Summit County Safety Council will no longer be mailing the newsletter via the U. S. Postal Service. Effective with the October issue, the newsletter will be available on the SCSC web site and via email distribution only. Along with saving trees, the cost savings of printing and postage will be better appropriated for future educational purposes such as training, seminars and speakers. Contact Sally Cox to have your name added to the email distribution list. Thank you for your cooperation with this effort.

SPOTLIGHT PROGRAM

Spotlight your company by becoming a Summit County Safety Council meeting sponsor. A sponsorship fee of \$200.00 entitles you to 5 minutes of commercial speaking time, a reserved table for display items, your corporate logo in the safety council newsletter and an opportunity to give away promotional items. Contact Sally Cox at scsx@neo.rr.com for more information.

ATTENDANCE REMINDER

Don't forget to check the webpage for record of your meeting attendance, CEO attendance and receipt of semi-annual report. The CEO attendance and semi-annual report are denoted on the right side of the spreadsheet. A number in the CEO column denotes the month of CEO's attendance. Contact Sally Cox if you have questions regarding your attendance record.

Flu Immunization Campaign Scheduled

As an employer, a flu outbreak in your company or organization can be very harmful to productivity and your daily schedule. Summit County Safety Council will once again offer flu vaccinations to its members at a reduced cost of \$15.00 per immunization during our regular meeting on November 19, 2008. Please contact Sally Cox at scsx@neo.rr.com if you are interested in participating. We need to have an approximate count to have enough immunizations available.

STEP TOWARDS SAFETY SO YOU DON'T SLIP AND FALL

This month's winner of the Safety Slogan Contest is Terri Cordi of Provider Services. Terri's slogan "STEP TOWARDS SAFETY SO YOU DON'T SLIP AND FALL" was selected by the Executive Committee. Terri will receive a \$25.00 gift certificate for her winning slogan. Congratulations Terri!

Please continue to submit your safety slogans to Sally Cox at scsx@neo.rr.com. Each month's winner will receive a \$25.00 gift certificate. The winning slogan will be printed in the newsletter and projected at the monthly meeting.

**SUMMIT COUNTY
SAFETY COUNCIL**



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MISSION STATEMENT

To promote safety/accident prevention in the workplace by offering informational and educational opportunities to both the private and public sectors within the community.

The Summit County Safety Council will hold its regular monthly meeting on September 17, 2008, the Third Wednesday of the month at 11:45 a.m. and ending around 1:00 p.m. The meeting is at Tangier on West Market Street in Akron. Our speaker for September is Rob Medlock, Area Director, Cleveland Area OSHA Office. It is NOT necessary to make a reservation for this month's meeting.