



**SUMMIT COUNTY
SAFETY COUNCIL**

SCSC NEWSLETTER

Upcoming Events



May 18, 2011

*Regular Meeting—Tangier
Stephen G. Kaiser, D.O.,
FACOEP
Medical Director
Summa Center for Corporate
Health
Effects of Sleep Deprivation
in the Workplace*



May 18-19, 2011

*Construction Industry OSHA
10 Hour Training Course
Chenoweth Country Club*



June 15, 2011

*Walter C. Fluharty, Psy.D.
Saint Gobain Building Distri-
bution North America
The Outcomes of Behavior
Based Safety at Saint
Gobain*



July 20, 2011

*Steven R. Ash, Ph.D.
The University of Akron
Preventing Small Problems
from Becoming Major
Crises*

Tornado Safety Basics

The 2011 tornado season has only just begun, and it's already devastating. Last month (April 27) nearly 300 people were killed in the southern United States when a series of tornadoes swept through the region.

In North America, the tornado season begins in April, peaks in June and July, and ends in September. But really the storms can occur at any time of year.

What to Do When a Tornado is Coming

Tornadoes cause many injuries and deaths each year, as well as a great deal of property damage. They can occur so quickly there is little time to get to shelter or pack an emergency kit, so your workers must know ahead of time what to do if a tornado threatens. Share with them the following tips.

- Listen to your radio for tornado warnings during bad thunderstorms. If a tornado warning is issued, don't panic. Instead, listen and look. Quickly but calmly follow the directions for getting to shelter.
- If you have time before the tornado strikes, secure objects such as garbage cans and lawn furniture that can injure people. While most

tornado damage is a result of the violent winds, most injuries and deaths actually result from flying debris.

Most importantly, you should:

- Take cover. Go to the basement and crouch down under the stairs. Do not take an elevator. If you can't get to a basement, go into a closet or bathroom. Or sit underneath a sturdy piece of furniture on the ground floor near the center of the building.
- Stay away from windows and outside doors.
- If possible, try to position yourself so that you are not below heavy objects (appliances, piano, etc.) on a floor above you. These objects might fall through a weakened floor.
- Use a blanket, sleeping bag or mattress to protect yourself from flying debris. Pull your knees up under you and protect your head with your hands.
- If you're driving, safely park your car and get to a building. If you can't get to a building, get away from the car, lie flat and face down in low ground, such as a ditch, and stay far from cars or trees.
- If possible, try to avoid being in a building with a wide-span roof, such as an auditorium, church or hall. These roofs are vulnerable to collapse in a tornado.

May's Featured Program

Stephen Gregory Kaiser, D.O., FACOEP

Medical Director—Summa Center for Corporate Health

Dr. Kaiser's many years experience working in Occupational and Emergency Medicine has opened his eyes to the risks of excessive sleepiness in the workplace. Learn from Dr. Kaiser as he discusses the physiological causes and effects of lack of sleep, the impact of sleep deprivation and excessive sleepiness on the workplace, and what you, the employer, can do to improve the situation. Join us for this thorough overview with important information for workplace safety management.

Dr. Stephen Kaiser, A native of Michigan is a graduate of University of Michigan and College of Osteopathic Medicine and Surgery in Des Moines, Iowa. He completed his internship at Green Cross General Hospital, now Cuyahoga Falls General Hospital, where he was a full-time Emergency Dept. Physician from 1974-1998. He is currently an Occupational Health Physician and Medical Director of Summa Center for Corporate Health, as well as Medical Director for GOJO Industries and Americhem, Inc.

He is a member of American Osteopathic Association, Ohio Osteopathic Association, Summit County Society of Osteopathic Medicine, Eighth District Academy of Osteopathic Medicine and Surgery, American College of Osteopathic Emergency Physicians, American College of Occupational and Environmental Medicine and the American Osteopathic College of Occupational and Preventive Medicine. He maintains staff appointments with Summa Akron City/St. Thomas Hospitals, Summa Wadsworth-Rittman Hospital and Summa Western Reserve hospital. He is actively involved in teaching Residents and Medical Students Occupational Medicine at Summa Health System and Member –Adjunct Clinical Faculty in Emergency Medicine Ohio University College of Osteopathic Medicine.

Mark Your Calendar

Wednesday, May 18, 2011

11:30 a.m.

Regular Meeting —Tangier

Dr. Stephen Kaiser

Effects of Sleep Deprivation
in the Workplace

Cost—\$15.00

IMPORTANT:

FY 11 Safety Council Rebate Program Deadlines are Approaching. All Program Requirements must be met by June 30, 2011.

FY 12 Safety Council Rebate Program Enhanced to Include Group Experience Rated Employers

Pending BWC Board of Directors approval in May, **group-experience-rating program employers** who meet program eligibility requirements can earn a 2-percent performance bonus rebate. To earn this performance bonus, these employers must reduce either the severity or frequency of injuries in their workplace by 10 percent or maintain both at zero.

For employers **not** enrolled in a group-experience-rating-program, the Safety Council Rebate Program requirements and rebates will remain the same as for the current (FY 11) program year. See page 4 for eligibility requirements for all employers.

The rebate offer excludes self-insuring employers, state agencies and employers enrolled in BWC's group-retrospective program. Employers enrolled in a group-experience-rating program are eligible for the 2-percent performance bonus only.



Electrical Safety Month

Electrical hazards on the job can be avoided by following approved NFPA 70E and OSHA guidelines. Attention to safety is the important first step to an effective safety program. Skilled employees, trained in electrical safety procedures, should make sure they understand and follow safety precautions. Those not trained to recognize and avoid electrical hazards, or not under the supervision of those qualified in electrical safety procedures, should avoid contact with electrical equipment and systems.

- Understand the construction and operation of the electrical equipment and the hazards involved.
- Identify all possible energy sources that could pose on-the-job hazards.
- Know safety requirements and follow them.
- Calculate the energy potential.
- Select the appropriate personal protective equipment (PPE). Remember, PPE must be worn until the electrical system is in a safe condition.
- Complete a detailed job plan and communicate it to all coworkers.
- Before working on or around electrical systems or equipment, identify the load circuits and disconnect. Remember, in some cases, turning power off may cause other hazards. Such hazards and additional guidance should be addressed in your work plan.
- Use lock-out/tag-out procedures.
- Verify that the equipment or system has been de-energized by testing.
- Make sure your test equipment is working, both before and after you use it.
- If at any time the job becomes more hazardous than anticipated, stop and revise the plans.
- Above all, never assume that the equipment or system is de-energized. Remember to always **TEST BEFORE YOU TOUCH**.

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Guidance document to help prevent injuries and deaths among residential construction workers

OSHA has issued a guidance document on Fall Protection in Residential Construction <http://www.osha.gov/doc/guidance.pdf>. Released April 8, the document provides safety methods for employers to prevent fall-related injuries and deaths, including fall arrest systems, safety net systems, guardrails, ladders and scaffolds.

SCSC

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The winner of \$86.00 in last month's 50/50 drawing was Steve Wilcox of Acro Tool and Die. Thank you for supporting SCSC!

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.

Co-sponsored by the Ohio Bureau of Workers' Compensation (BWC)

Web page offers information about the effects of radiation dispersal from Japan on U.S. workers

A new page on the OSHA Web site, Radiation Dispersal from Japan and the Effect on U.S. Workers, <http://www.osha.gov/radiation-japan/index.html> provides information to help workers, employers, and occupational health professionals regarding the release of airborne contamination from the damaged Fukushima Daiichi power plant in Japan. Although it is not expected that harmful levels of radiation will reach the United States, OSHA is working with other federal agencies to monitor domestic reports of radiation concerns and provide up-to-date worker protection information.

SCSC Spotlight Sponsor Program

Highlight your company by becoming a Summit County Safety Council meeting sponsor. A sponsorship fee of \$100.00 entitles you to 5 minutes of speaking time to highlight your company's services, a reserved table for display items, your corporate logo in the SCSC newsletter and an opportunity to give away promotional items. Contact Sally Cox at 330-806-1676 or via email at sallycox5@aol.com.

FY11 BWC Safety Council Rebate Program Requirements

A new safety council program year began 7/1/10. For those members who are eligible to participate in BWC's Safety Council Rebate Program, the following requirements must be met between 7/1/10 and 6/30/11:

- Enrollment with safety council by 7/31/10
- Attendance at 10 Safety council meetings/events. At least 8 thru the local safety council. You can get credit for up to two meetings at BWC's safety training courses or other industry-specific training courses. Certificate must be submitted to safety council.
- CEO attendance at one safety council sponsored meeting.
- Submit semi-annual reports for the 2010 calendar year.

The rebate offer excludes self-insuring employers, state agencies and employers enrolled in BWC's group-rating and group-retrospective programs. Limitations apply to a professional employer organizations.

