



**SUMMIT COUNTY
SAFETY COUNCIL**

SCSC Newsletter

Executive Committee

Sally Cox
Executive Director
scox@neo.rr.com
330-806-1676

Timothy Eberling
President
roadhouse@wadsnet.com
330-753-4585

William Sanderson
Past-President
bsanderson@polymericinc.com
330-928-2210 ext. 25

Mark Schwerdtfeger
Vice President
Mark.Schwerdtfeger@us.hjheinz.com
330-858-1638

Board Members

Paul Alic
palic@goldsmith-eggleton.com
330-335-1053

Dianna Kane
affirmed_di_kane@yahoo.com
330-802-1272

Don McCoy
donmccoy@neo.rr.com
330-418-1889

Greg Newsome
gnewsome@neo.rr.com
330-753-5051

Sandy Rilling
srilling@terminalwhse.com
330-773-8207

BWC Representatives

Cari Gray
Cari.G.1@bwc.state.oh.us
330-904-4475

Michelle Burke
Michelle.Burke@bwc.state.oh.us
330-471-0105

Computer Vision Syndrome a Focus of Save Your Vision Month

It's Save Your Vision Month and one of this year's focuses is on ways of preventing computer vision syndrome (CVS).

According to the American Optometric Association (AOA), 46 percent of all Americans spend five or more hours per day using a computer or personal digital assistant (PDA).

Prolonged use of electronic devices may lead to symptoms of CVS, such as eye strain, dry eyes, headaches, fatigue, blurred vision and loss of focus. The AOA offers the following advice for reducing symptoms of CVS:

- Give it a rest: Remember the 20-20-20 rule. At least every 20 minutes, take a 20 second break and look at something 20 feet away. An Eye-Q survey done by the AOA found that most Americans don't follow this rule.
 - Size up: Smaller screens on hand-held devices usually favor tiny type that challenges your vision. Instead of bringing the screen closer to the eyes,
- increase the font size so the device can be used at a distance that is more comfortable for your eyes.
 - Sharpen up: Better resolution offers greater clarity and usually, more comfort. Adjust the brightness of the screen to a comfortable intensity, neither too bright nor too dim.
 - Reduce glare: Hand-held devices present challenges in various lighting conditions. Whenever possible, try to ensure that lighting is not coming from directly behind or in front of your head. The AOA recommends that users try to reduce glare, which may make reading easier.
 - Look down: It's easier on the eyes to focus on reading material that's below eye level. The AOA recommends that computer monitors or hand-held devices be positioned slightly below eye level.

Mark Your Calendar

Wednesday,

March 17, 2010

11:30 a.m.

Regular Meeting at Tangier

Raymond Sinclair

National Institute for Occupational Safety and Health
(NIOSH)



When Clock Springs Forward, So Does Job Injury Rate

Many people feel out of sorts for a few days after the spring daylight saving time shift, when clocks move forward one hour.

A new study indicates that workers may face an increased risk for work-related injury on the day when clocks go forward, because they lose an average of 40 minutes of sleep.

March's Featured Program

Raymond Sinclair

National Institute for Occupational Safety and Health (NIOSH)

Many people don't know that OSHA has a "sister" agency with no enforcement role but responsibility for research and recommendations on workplace safety and health issues. Even fewer know that most of the agency's facilities and staff are in Cincinnati, Morgantown, WV, and Pittsburgh. This presentation will outline current NIOSH initiatives, information products, and services available to you from this nearby national resource.

Ray Sinclair, Small Business Program Coordinator will describe prominent areas of NIOSH research, nearby university-based training opportunities supported by NIOSH, the NIOSH health hazard evaluation program (a free service to employers and employees), and other NIOSH programs about workplace safety and health. A number of free NIOSH publications will be available as long as supplies last. Ray has worked in a number of training and research roles at NIOSH for over 35 years. He has conducted safety and health projects in health care, restaurants, utilities, manufacturing, and other industries. He did his graduate education at the University of Minnesota.



OSC | 10
Ohio Safety Congress & Expo



March 30 to April 1 at the Greater Columbus Convention Center

In addition to top-notch keynote speakers, the Ohio Safety Congress & Expo offers more than 100 educational sessions on such topics as safety program development, emergency planning, cost-cutting safety strategies, construction safety, injury management and ergonomic lifting guidelines.

Continuing education units as well as discount credit for BWC's discount programs and training requirements are available for attending all 60-minute educational sessions.

Safety council members may earn a maximum of one external training credit toward the Safety Council Rebate program. Members may earn one credit, no matter the number of individuals in attendance per policy number, or the number of educational sessions or days attended. By attending a general session or at least one educational session, participants can earn a Safety Council Rebate program external training credit.

To receive credit, you must be present for the duration of the session. BWC will grant no exceptions. Follow the proof of attendance process to ensure proper verification of your participation. Submit documentation to your local safety council by **June 30, 2010**.

Upcoming Events & Reminders



March 17, 2010
Regular Meeting —Tangier
Raymond Sinclair
National Institute for
Occupational Safety
And Health (NIOSH)



March 30—April 1, 2010
Ohio Safety Congress & Expo
Columbus Convention Center



April 13, 2010
CPR Training
American Red Cross
Akron



April 21, 2010
Regular Meeting—Tangier
Lisa Horning
Summa Center for Corporate
Health



May 19, 2010
Regular Meeting —Tangier
Dr. Walter Fluharty
Norandex
Assessment the Prescription
for Success

2009 Safety Awards
Presentation

First Aid Standard

1910.151(b) In the absence of an infirmary, clinic, or hospital in near proximity to the workplace which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first aid. Adequate first aid supplies shall be readily available.

OSHA Letter of Interpretation:

While the first 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

Another Letter of Interpretation:

The primary requirement addressed by these standards is that an employer must ensure prompt first aid treatment for injured employees, either by providing for the availability of a trained first aid provider at the worksite, or by ensuring that emergency treatment services are within reasonable proximity of the worksite. The basic purpose of these 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.

One option these standards provide employers is to ensure that a member of the workforce has been trained in first aid. This option is, for most employers, a feasible and low-cost way to protect employees, as well putting the employer clearly in compliance with the standards. OSHA recommends, but does not require, that every workplace include one or more employees who are trained and certified in first aid, including CPR.

The other option for employers is to rely upon the reasonable proximity of an infirmary, clinic or hospital. However, the requirements that emergency medical services must be "reasonably accessible" or "in near proximity to the workplace" are stated only in general terms. An employer who contemplates relying on assistance from outside emergency responders as an alternative to providing a first-aid-trained employee must take a number of factors into account. The employer must take appropriate steps prior to any accident (such as making arrangements with the service provider) to ascertain that emergency medical assistance will be promptly available when an injury occurs.

The Bloodborne section of the training is required for first aid providers as demonstrated from OSHA in the statement below:

The bloodborne pathogens standard at 29 CFR 1910.1030(g)(2) requires employers to provide training to any employees who have occupational exposure to blood or other potentially infectious materials, such as employees assigned medical or first aid duties by their employers.

SCSC Sponsors First Aid/CPR Training

There are still some spots open for the First Aid/CPR training on April 13, 2010 at the American Red Cross, 501 W Market St. The class will start at 8:00 a.m. to approximately 4:30 p.m. Training will include *First aid, CPR, AED and Bloodborne Pathogens*. Cost is \$30.00 per person which includes lunch at Tangier. Reserve your spot by March 31, 2010 via email to scoc@neo.rr.com. Payment must be made in advance by April 2, 2010. Send payment to Summit County Safety Council—One Cascade Plaza, Akron, OH 44308.



SCSC

One Cascade Plaza
18th Floor
Akron, OH 44308
330-806-1676
scox@neo.rr.com
thesummitcountysafetycouncil.org

The winner of \$51.00 from December's 50/50 raffle was **Kristie Kamerer** from **The Health Plan of Massillon**. February's winner was **Paul Gahres** from **Soltaris of Beachwood**. Paul won \$52.00. Congratulations and thanks for participating! Proceeds benefit the SCSC training fund.

SPECIAL NOTE

There will not be an awards banquet this year. The 2009 Safety Awards will be presented at our regular meeting on **May 19, 2010**

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)

Safety Council Rebate Program Eligibility Requirements FY10

The 2010 Program year is more than half over. Are you meeting the following program requirements to maintain eligibility for BWC's Rebate Program?

- **Enroll in local safety council by July 31, 2009**
- **Attend 10 meetings or events between July 1, 2009, and June 30, 2010**

At least eight of the 10 meetings must be safety council meetings. Up to two of the 10 can be external educational options outlined below, but all 10 can be safety council meetings. A person can represent only one policy number with their attendance at a meeting. Employer has the option to gain credit for up to two meetings through attendance at BWC's Division of Safety & Hygiene (DSH) safety training courses or industry-specific training. DSH safety training credit is available for training conducted at the Ohio Center for Occupational Safety and Health (OCOSH) in Pickerington or one of its branches. No matter the duration of the training or special event, attendance applies toward only one meeting credit. Safety training conducted at the employers' workplace, online or required Drug-Free Workplace training does not qualify for the safety council rebate program eligibility. It is the employer's responsibility to submit documentation to his or her safety council by June 30, 2010, for attendance at non-safety council training or events to qualify. Documentation must be an official certificate of attendance or transcript.

- **CEO must attend any one safety council sponsored function or meeting**

CEO attendance counts as credit toward one of the 10 required meetings. If a CEO is representing multiple policy numbers, his/her attendance fulfills the CEO attendance requirement for all policies, but counts as meeting credit for only one policy number.

- **Submit semi-annual reports for the 2009 calendar year**

Must file reports for the 1st and 2nd halves of 2009