

Stark County Safety Council Newsletter

www.starkcountysafetycouncil.org ■ Newsletter Editor ■ Jacqueline Bollas Caldwell, Esq. ■
 Krugliak, Wilkins, Griffiths & Dougherty, Co., L.P.A. ■ Phone ■ 330-497-0700 ■
 E-mail: jcaldwell@kwgd.com ■



STARK COUNTY

SAFETY COUNCIL
 A committee of the Canton Regional Chamber of Commerce

OSHA'S "TOP TEN" FOR 2011 MOST FREQUENTLY CITED FEDERAL STANDARDS AND TOP TEN FEDERAL STANDARDS WITH THE MOST "WILLFUL" VIOLATIONS CITED

	Most Frequently Cited	Most "Willful Violations"
1.	Scaffolding 1926.451	Excavation/Trenching 1926.652
2.	Fall Protection 1926.501	Fall Protection 1926.501
3.	Hazard Communication	Process Safety Management 1910.119
4.	Respiratory Protection	Grain Handling Facilities 1910.272
5.	Lockout/Tagout 1910.147	Asbestos 1926.1101
6.	Electrical, Wiring 1910.305	Lockout/Tagout 1910.147
7.	Forklifts 1910.178	Machine Guarding 1910.212
8.	Ladders 1926.1053	Specific Excavation Requirements
9.	Electrical, General 1910.303	General Recording Criteria 1904.07
10.	Machine Guarding 1910.212	General Duty Clause 5A.0001

Strong or stronger enforcement is expected to continue in 2012. Predictions are that OSHA may rev its enforcement efforts even higher in 2012, citing more egregious cases and putting more employers into the agency's new Severe Violators Enforcement Program, which focuses special attention on employers who willfully and repeatedly endanger workers. OSHA may also seek to launch more national emphasis programs (such as its amputation national emphasis program) in 2012.

If you have any questions regarding the above, please contact Jacqueline Bollas Caldwell at 330-244-2864.

Today's Program February 9, 2012

Topic: Wake up and Smell the Coffee:

The Impact of Fatigue and Sleepiness in the Workplace

Speaker: Dr. Alan Rudick D.O., Pulmonary and Critical Care Physicians Incorporated and Medical Director, Mercy's Accredited Sleep Center

February Spotlight Company:



ABOUT THE FEBRUARY SPOTLIGHT CO.

Safety Council Officers & Contributing Members

Chairman

Colleen Maurer (maurer@paarlo.com)

Vice Chair

Stephanie Mueller (SMueller@aaltman.com)

Newsletter Editor

Jacqueline Bollas Caldwell (jcaldwell@kwgd.com)

Program Manager & Canton Regional Chamber Representative

Connie Cerny (conniec@cantonchamber.org)

Ohio BWC Representatives

Robin Watson (robin.w.1@bwc.state.oh.us)
 Steve Hanna (Stephen.h.1@bwc.state.oh.us)

Our business is to keep your business running smoothly.

With more than 100 years of combined experience in workers' compensation issues, death claims, OSHA violations, VSSRs, hiring/firing and all other labor & employment matters, we have seen it, arbitrated it, defended it, negotiated it, and WON.

Let us do what we do best, so you can stay focused on what you do best.



CANTON 330 456 8341 | DOVER 330 364 6553 | BMSA.COM

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.

National Heart Month: Take Heart this February

By: Barbara Friedman, Safety Manager, Union Metal & Stark County Safety Council Steering Committee Member

February is National Heart Month.

So what does this mean to you? Heart disease is the number one cause of death in America. National Heart Month was designed to help raise awareness about how lifestyle choices and changes can help keep the heart healthy and strong.

There are several things we can do to prevent Heart disease, whatever age you are.

1. Schedule a yearly checkup to monitor blood pressure, cholesterol and glucose (sugar) levels.
2. Exercise: If you are new to fitness start out slow 15 minutes of physical activity each day, increasing duration to 30 minutes each day. (Check with your doctor before starting any exercise programs).
3. Eat right, this maybe the best weapon you have to help fight heart disease. People who carry more fat around their abdomen (middle) have a greater risk of developing heart disease and diabetes. Take the time to read nutrition labels. You may be surprised what is in some of the food you eat daily.
4. Lower your sodium intake: this will help keep blood pressure down and reduce the risk of coronary disease and heart attack. Look out for ingredients that include the words Sodium, NA, Salt, Disodium and Monosodium.
5. Quit smoking: If you can not quit cold turkey, cut back the number of cigarettes you smoke each day until you're down to zero.
6. Reduce your alcohol intake: Drinking too much alcohol can damage the heart, increase blood pressure and lead to weight gain. Stay within the recommended guidelines.
7. Know your family history.

Why is this so important?

Prevention is the best medicine. In every case it is about getting the right balance. People of all ages who are physically active are half as likely to develop cardiovascular disease as those that are inactive. A healthy diet helps reduce your risk of developing heart disease or if you already have heart problems it will help to protect your heart. Prevention really is better than cure.

Now, do your part, become informed, ask questions, change your life and reduce your risk.

What do you have to lose?

Upcoming Program March 8, 2012

Topic: Employers Should Not Have a "Chip" on Their Shoulder When it comes to Return to Work Programs."

Speaker: Linda Beachy, Safety Coordinator/SGE, Frito Lay Inc.

Spotlight Company:



CareWorks
Consultants Inc.

Robin's Corner

Q: As an employer, am I required to post a sign reading: Danger --- Permit-Required Confined Space, Do Not Enter at every permit required confined space in my facility?
A: Yes, based on the OSHA regulation 1910.146 for Permit Required Confined Spaces. However, keep in mind that the employer shall ensure that they inform exposed employees of their Confined Spaces. OSHA will likely verify compliance by interviewing exposed employees to determine if they are aware of the existence, location and dangers posed by the permit spaces. 1910.146 (c) (2)
If the workplace contains permit required confined spaces, the employer shall inform exposed employees, by posting danger signs or by any other equally effective means, of the existence and location of and the danger posed by the permit spaces.
NOTE: A sign reading DANGER -- PERMIT-REQUIRED CONFINED SPACE, DO NOT ENTER or using other similar language would satisfy the requirement for a sign.

Save the Dates!

March 22 at 7:30 a.m. CEO/Sr. Management Breakfast. at Skyland Pines -Keynote speaker: Mr. Steven Buehrer, BWC Administrator

March 27-29: Ohio Safety Congress & Expo 2012
"Well at Home. Safe at Work" Register at ohiobwc.gov

April 2nd Annual Awards Safety Council Banquet - more info to follow

April 19 - SCSC Health & Safety Fair. Myers Lake Ballroom Tables available. Contact Connie Cerny for more info.

Important items to make note of:

1. **Semi-Annual Reports** are required to maintain your membership with the SCSC. Reports are due July 15th and January 15th each year.
2. **Don't forget to sign-in.** If you do not sign the "sign-in sheet" your company will not receive credit for attending. This could hurt your company's chances of receiving the BWC's discount.
3. **NOTE: July 1, 2011 began a new 12 month period** for the BWC's rebate program. If your company is eligible, you must attend a minimum of 10 events, with your company's CEO or a senior level manager attending one of these 10, and submit two semi-annual reports. See BWC website for complete rebate details.