



STARK COUNTY

S A F E T Y C O U N C I L

A committee of the Canton Regional Chamber of Commerce

news

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StarkCountySafetyCouncil.com

**OSHA USES GENERAL DUTY
CLAUSE IN HEAT ILLNESS/FATALITY
CASES**

By Jacqueline Bollas Caldwell, Esq.

The Centers for Disease Control and Prevention ("CDC") has issued a report on OSHA's 20 heat-related enforcement cases from 2012 to 2013. Since OSHA has not issued a heat standard, OSHA cited the employer's under its "general duty clause" which requires each employer to "furnish to each of his employees employment and a place of employment which are free from recognized hazards that are causing or likely to cause death or serious physical harm." According to the CDC's Aug. 8 [Morbidity and Mortality Weekly Report](#), in 13 of these cases, a worker died from heat exposure. Nine of the deaths occurred in the first 3 days of working on the job, and 4 of them occurred on the worker's first day of work. According to the CDC report, the data suggests that a primary risk factor for heat fatalities is the lack of acclimatization programs.

Acclimatization is a critical part of preventing heat illnesses and fatalities that enables workers to gradually increase workloads and exposure to heat by taking frequent breaks for water, rest and shade. In all 20 cases, heat illness prevention programs were found to be incomplete or absent, and no provision was made for acclimatizing new workers to the heat.

Most of the affected employees in the enforcement cases worked outdoors, and all performed heavy to moderate work. If your place of business has workers that work outside, you should be aware of OSHA's enforcement activity and the importance of a heat illness prevention program. Free resources and educational materials about the dangers of working in the heat, visit [OSHA's Heat Campaign Web page](#).

For more information please contact Jacqueline Bollas Caldwell of Krugliak, Wilkins, Griffiths & Dougherty Co., L.P.A. at: 330-244-2864 or jcaldwell@kwgd.com.

NOTE: This general summary of the law should not be used to solve individual problems since slight changes in the fact situation may require a material variance in the applicable legal advice.

September 11, 2014

**2014 SAFETY, HEALTH & HUMAN
RESOURCE FAIR**

Myers Lake Ballroom

**400+ representatives
from business,
organizations and local
government entities
will attend this event.
For registration go to
starkcountysafetycouncil.org**



**Coming Next Month
October 9, 2014**

**" Disaster Prevention and
Continuity Planning ." " Is Your
Business Ready " ?**

**Speaker: Steve Toohey, Owner
Rapid Response Restoration**

**Learn how to recognize factors that create
disasters, steps to prevent disasters,
and how to recover after a disaster.**

Spotlight Company:



Like us on Facebook-www.starkcountysafetycouncil.org.

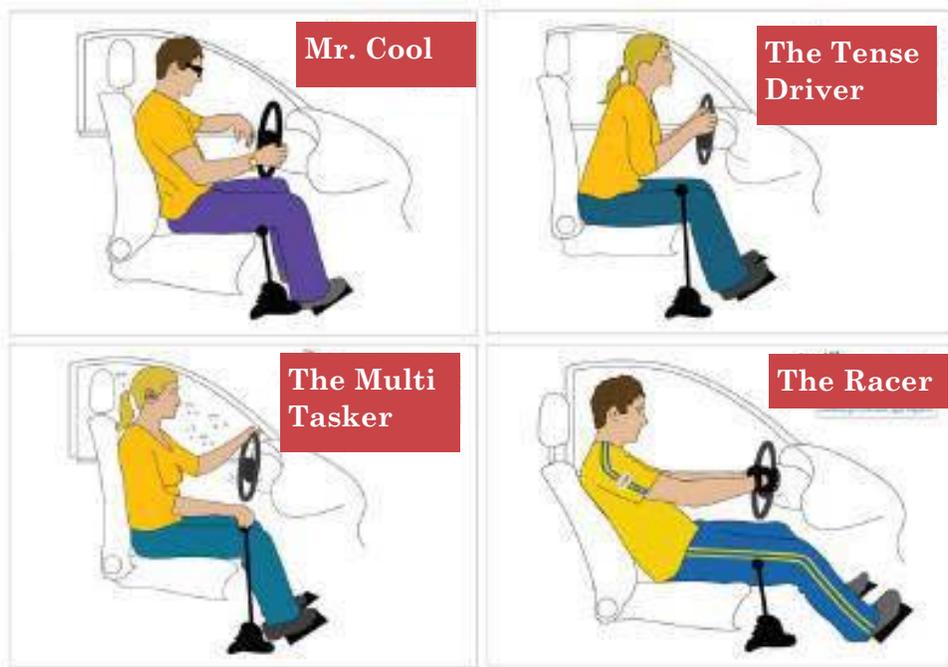
Stark County Safety Council Mission Statement: *To provide a forum for safety and health information, education and networking in Stark County, through leadership, innovation, facilitation, program, and support, in partnership with other public and private organizations.*

ROBIN'S CORNER

By Robin Watson, Ohio BWC Representative

So, is it true that my driving posture may lead to aches and pains such as Work Musculoskeletal disorder (WMSD)?

DO YOU SEE YOURSELF HERE?



Mr. Cool:

How to spot: Seat inclined, arm on window ledge/outside window, one hand on wheel.

Most common WMSD symptoms: Arm and shoulder ache from resting on the window ledge.

Solutions: Sit in a fairly upright position, with knees lower than hips. You should be able to reach the accelerator and brake without stretching your legs. Roll up the window and keep both arms on the steering wheel.

The Tense Driver:

How to spot: Driver is leaned forward and sitting upright, seat forward, bent legs, bent arms.

Most common WMSD symptoms: Shoulder pain, neck strain, leg cramp and side ache.

Solutions: Relax! Tense/nervous drivers are more likely to adopt this position leading to tense shoulders; so try to avoid driving situations that stress you out. Ensure the height of the back rest reaches the shoulders and does not obstruct "rearward vision." Try and sit back more into the seat to get better back support. Take regular breaks where you can get out of the car to stretch your legs.

The MultiTasker:

How to spot: Driver has straight back, arms bent.

Most common WMSD symptoms: Headaches and eye strain, feet cramp, pain in tailbone. Twisting to access paperwork and the laptop can be more damaging to your back and neck than driving.

Solutions: Regularly adjust your seat on long journeys to help your tailbone. Use a 'hands-free' mobile phone kit.

Keep two hands on the wheel.

The Racer:

How to spot: Straight arms, seat reclined, straight legs, low driving position.

Most common WMSD symptoms: Side aches and lumbar pain.

Solutions: Be aware that low seat positions (and bucket seats) provide limited support for the lower back and sides. To counteract assume a fairly upright position. Knees should not be higher than your hips - it reminds you to sit up!

UPCOMING

Sept. 17—Preparing for the 2015 NFPA 70E—*Do You Know About Upcoming Changes to Workplace Safety Standards?* 8-11 a.m. Myer's Lake Ballroom. BWC credit. Fee. Registration at starkcountysafetycouncil.org.

Oct. 7—Fire Prevention Breakfast—8-9:30a.m. Registration at 7:15 a.m.—Skyland Pines—to register: starkcountysafetycouncil.org

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Health and Safety at the Workplace And in the Home

Submitted By: Barbara Friedman
Safety and Workers Compensation Manager, Union Metal
Safety Council Steering Committee Member

Safety is a full-time commitment at work and at home. Accident and injury prevention are essential to assuring a safe and healthy life. The importance of Health and Safety is great in influencing productively and overall efficiency of any organization.

Health and Safety measures are also significant in:

- Reducing and preventing industrial accidents
- Boost morale of the employees

Industrial Health and Safety programmers are useful and beneficial for both employers as well as employees as there will be a reduction in the rate of labor turnovers, absenteeism and occupational injuries and diseases. The most recent statistics by OSHA report that 4628 workers were killed on the job and nearly 3.0 million nonfatal workplace injuries and illnesses were reported by private industry employers in 2012.

Can we stop all injuries and illnesses? This is a question Safety Leaders have asked for years. We can promote Safety and Health in the workplace and home by applying safety tips that can help prevent accidents. Planning for a Safe Workplace can help. Falls, lifting injuries, and fires are dangerous and common in the workplace and home, but that is just the beginning. There are many possible safety issues that can occur at your office, factory or home. Sometimes the best workplace safety arises out of simple good planning and smart thinking.

Every single workplace should have a safety committee and safety plan in place. If you don't, then propose one. If you work at home, you are the safety committee. Working at home or for a very small business isn't a reason to get out of safety planning.

There are several resources that can assist you in planning for safety and health in the workplace.

- ⇒ The most trusted resource when it comes to workplace safety is the Occupational Safety and Health Administration, or OSHA. The OSHA website is loaded with facts figures about workplace safety that will educate you on the hazards and ways to avoid them.
- ⇒ Ohio Bureau of Workers Compensation (BWC) is a great resource for workplace safety, Home safety, for workers and employers, Safety services, medical providers and the BWC library.
- ⇒ The Centers for Disease Control and Prevention (CDC) has all the updates on diseases and conditions along with information about Healthy Living, Travelers' Health and much more information.

Using any type of workplace safety tips or home safety and health tips on weekly or monthly bases, along with your annual safety training helps to prevent accidents and encourages Health and Safety at home. When putting it all together, workplace Health and Safety is the responsibility of everyone at your job. Everyone has a part to play in keeping the workplace safe and free from unnecessary dangers and risks. By keeping all this in mind and sharing them with others, you will be doing your part in keeping injuries, and possibly deaths, from happening on the job and at home.