



**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**

Volume 13 Issue 2 February 2015

StarkCountySafetyCouncil.org

**CONSULTANT OBTAINS CLARIFICATION  
ON NEW RECORDKEEPING AND  
REPORTING REQUIREMENTS**

*By Jacqueline Bollas Caldwell, Esq.*

**I**n December 2014, OSHA issued two Interpretation Letters in response to an Ohio consultant's questions concerning OSHA's recordkeeping and reporting requirements.

**Kinesiology Tape Issue** – When asked if use of this tape constituted first aid that need not be recorded on the OSHA 300 Log or treatment beyond first aid that must be recorded, OSHA responded that use of kinesiology tape to treat an injured employee triggers a requirement to record the injury on the OSHA 300 log because it is considered "treatment." The December 12, 2014, Interpretation Letter related that physicians in OSHA's Office of Occupational Medicine determined that kinesiology tape is "designed to relieve pain through physical and neurological mechanisms. The lifting of the tape reportedly relieves pressure on pain directly under the skin...." Thus, OSHA concluded that the kinesiology tape is akin to physical therapy and considered medical treatment beyond first aid. Whether this interpretation will withstand scrutiny remains to be seen. However, as a result, employers may seek other first aid alternatives rather than using kinesiology tape.

**New Reporting Requirements** – The same Ohio consultant also requested clarifications on the new reporting requirements in 29 CFR 1904.39. Although a number of issues were addressed, perhaps the most insightful was the response to the question, "How do you distinguish between an amputation and an avulsion?" The response recommends reliance on the healthcare professional's diagnosis and, if none, review of the regulatory definitions and examples.

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.*



Like us on Facebook-[www.starkcountysafetycouncil.org](http://www.starkcountysafetycouncil.org).

February 8, 2015

**Marijuana - Why so Much Debate?  
What exactly is marijuana and why  
should I care?**

**Speaker: Kristin Petrilla**

- Update on the legalization of marijuana in the United States
- How does this effect Ohioans?
- Questions / Feedback

**SPOTLIGHT  
COMPANY:**



**Welcome to the  
Stark County Human Resource Association!  
Connecting Stark County 2015**

Founded December 19, 1944, SCHRA is dedicated to the task of fostering and promoting closer cooperation among members by discussion and exchange of information and ideas.

SCHRA is an affiliate of the Society for Human Resource Management. Whether you are new to the HR field or have many years of experience, we are a local starting point for networking, information, professional development and continued support of excellence in Human Resources.

We welcome your use of this site as a resource, and encourage you to check back frequently for updated information. We also encourage your involvement and suggestions about all of our activities, on the web and off. We look forward to seeing you at an upcoming meeting or event!

[www.stark.shrm.org](http://www.stark.shrm.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

## Q: HOW DO YOU KEEP YOUR EMPLOYEES WARM AND DRY?

Workers who are exposed to extreme cold or work in cold environments may be at risk of cold stress. Extremely cold or wet weather is a dangerous situation that can cause occupational illness and injuries such as hypothermia and frostbite. Whenever temperatures drop decidedly below normal and as wind speed increases, heat can more rapidly leave your body. These weather-related conditions may lead to serious health problems.

**Hypothermia** - A condition in which the body uses up its stored energy and can no longer produce heat. Often occurs after prolonged exposure to cold temperature.

**Frostbite** - An injury to the body that is caused by freezing, which most often affects the nose, ears, cheeks, chin, fingers, or toes.

### Symptoms

Reduced blood flow to hands and feet  
Numbness  
Aching  
Tingling or stinging  
Bluish or pale, waxy skin

### First Aid

Get into a warm room as soon as possible  
Unless necessary, do not walk on frostbitten feet or toes  
Immerse the affected area in warm water,  
Do not massage the frostbitten area; it may cause more damage

## A: PROTECT YOURSELF

- Monitor your physical condition
- Wear appropriate clothing.
- Wear several layers of loose clothing for insulation.
- Tight clothing reduces blood circulation to the extremities.
- Be aware that some clothing may restrict movement resulting in a hazardous situation.
- Protect the ears, face, hands and feet in extremely cold or wet weather.
- Boots should be waterproof and insulated.
- Wear a hat to reduce the loss of body heat from your head.
- Move into warm locations during breaks; limit the amount of time outside.
- Carry extra socks, gloves, hats, jacket, blankets, a change of clothes and a thermos of hot liquid.
- Include chemical hot packs in your first aid kit.
- Avoid touching cold metal surfaces with bare skin.



Reminder: If your company produces, uses, or stores hazardous materials in excess of the Reportable Quantity, you are required to submit a Tier II report to the Stark County LEPC, EPA (SERC), and local Fire Department by March 1 and to pay the appropriate fee to the State of Ohio by March 31. If you have any questions regarding this matter, do not hesitate to contact the LEPC at: 330-451-3907 or at [sclepc@starkcountyohio.gov](mailto:sclepc@starkcountyohio.gov)

## Safety Council Officers & Contributing Members

**Chairman:** Chris Zabel ([czabel@USSafetyGear.com](mailto:czabel@USSafetyGear.com))

**Vice Chair:** Mark Cush ([mcush@youngtrucks.com](mailto:mcush@youngtrucks.com))

**Newsletter Editor:** Jacqueline Bollas Caldwell  
([jcaldwell@kwgd.com](mailto:jcaldwell@kwgd.com))

**Program Manager & Canton Regional Chamber**

**Representative:** Connie Cerny  
([conniec@cantonchamber.org](mailto:conniec@cantonchamber.org))

**Ohio BWC Representatives:** Robin Watson  
([robin.w.1@bwc.state.oh.us](mailto:robin.w.1@bwc.state.oh.us)) and  
Deb Bailey  
([Deborah.b.1@bwc.state.oh.us](mailto:Deborah.b.1@bwc.state.oh.us))

Congratulations to the  
2015 SCSC Safety Grant Winner!



Gust Callas, Safety Grant Committee Chairman of the Stark County Safety Council (on left) presents to Jack Magee, Road Superintendent of Nimishillen Township the 2015 Stark County Safety Council Safety Grant

Coming Next Month

March 12, 2015

**Topic: “Going to Work Without a Warmup is a Real Stretch”**

**Speaker: Gene Lehman, Better Life Flex-N-Stretch**

**Spotlight Company:**



**SAVE THE DATE**

**CEO / Senior Management  
Breakfast**

**Edward J. Roth III**

**President and CEO**

**Aultman Health Foundation**

**“Leading Our Community to  
Improved Health”**



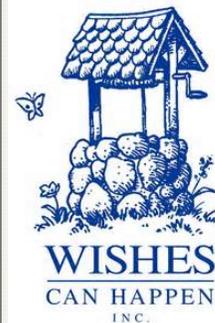
**Wednesday, March 25th**

**7:30 a.m. - 9:30 a.m.**

**Skyland Pines Banquet Center**

**Sponsored by Stark County Safety Council, Stark  
County Human Resource Association  
& Eastern Stark County Safety Council**

**Wishes Can Happen Inc.**



The Stark County Safety Council launched a new community project in January, Wishes Can Happen campaign. At every SCSC luncheon meeting a donation box will be located at the check in table. Any amount donated is truly appreciated. Donations will be presented to the organization during their August “Wish-a Thon”. All money collected will

stay in Stark County to benefit children between the ages of 3 and 21 with life threatening medical conditions.

**UPCOMING**

**March 19—Prospective Billing Seminar—  
What you Need to Know: BWC Prospective  
Billing for Private Employers 8-9:30 a.m. at  
the Canton Regional Chamber of Commerce.**

**March 25—SCSC CEO Breakfast at  
Skyland Pines—see details above.**

**March 31-April 2—Ohio BWC Safety Congress  
& Expo. For more information go to  
[www.ohiobwc.gov](http://www.ohiobwc.gov). See info on this page.**

March 31 to April 2



**IMAGINE your purpose  
INNOVATE the process  
INSPIRE success**

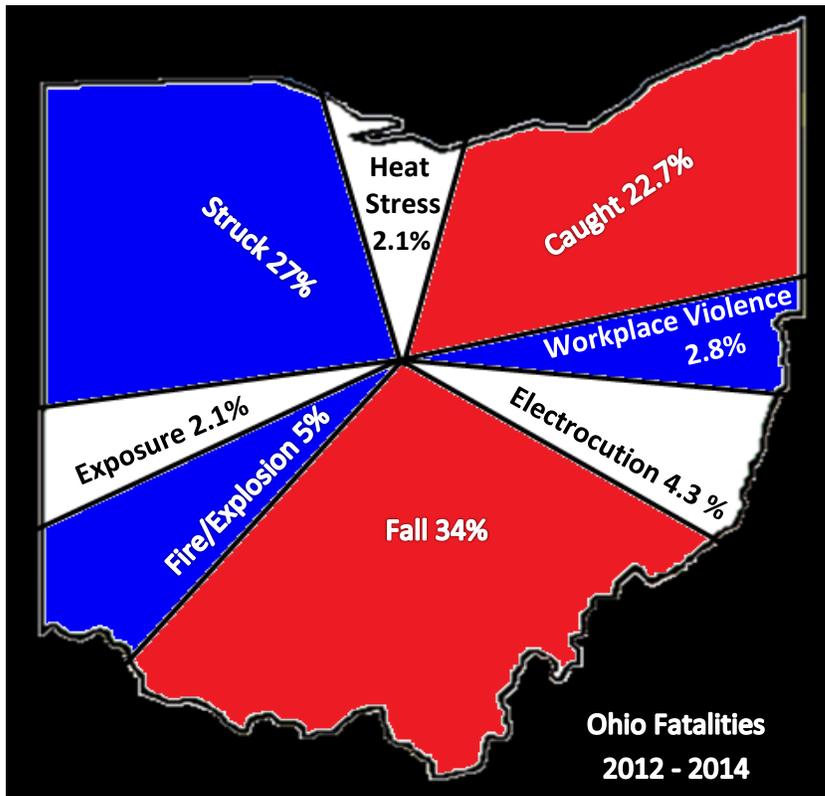
**> Ohio Safety  
Congress & Expo**

Greater Columbus Convention Center

- Education for 35 industries, including new sessions for physicians and environmental specialists
- Expo Marketplace with products to keep workers safe, healthy and on-the-job
- Free continuing education credits
- Safety Innovations Competition
- Live rescue demonstrations

Registration opens in January.  
Admission is free.

# OHIO WORKPLACE FATALITIES ON THE RISE



**In Ohio about one person each week dies in a workplace accident**

- \* Too many preventable injuries, illnesses and fatalities continue to occur in Ohio
- \* Workers and families should never accept the risk of death as a condition for employment

**Commit to a Safe and Healthy Workplace in 2015**

**Workplace Safety Happens on Purpose – Not By Accident**

Employers must plan for a safe and healthy workplace by developing a good safety and health program that includes: management leadership, worker participation, hazard identification, hazard prevention and control, education and training, and program evaluation and improvement. The basic idea behind these programs is to change the workplace culture by developing a process to identify and fix hazards.

## Employers:

- \* Ensure machinery, tools, and work areas are in good working order
- \* Evaluate for workplace hazards
- \* Develop procedures to eliminate those hazards
- \* Provide PPE to employees and enforce its use
- \* Train employees on safe operating procedures and retrain frequently
- \* Encourage employees to report workplace hazards

## Employees:

- \* Attend all workplace safety and health training
- \* Follow workplace safety and health procedures and review them frequently
- \* Maintain and wear issued PPE
- \* Don't take short cuts
- \* Report unsafe conditions and near misses

**“Making a living shouldn't have to cost you your life. Workplace fatalities, injuries, and illnesses are preventable. Safe jobs happen because employers make the choice to fulfill their responsibilities and protect their workers.”**

**— Dr. David Michaels Assistant Secretary of Labor for Occupational Safety and Health**

OSHA realizes that most employers want to do the right thing and protect their workers from harm on the job. OSHA is committed to providing assistance. We provide free on-site consultations to small employers, as well as other compliance assistance, educational materials and training. We want to make sure that no business in this country fails to protect its workers because it can't afford good safety information or can't understand how to comply with safety and health standards. The Ohio On-site Consultation Program phone number is **(800)282-1425**. You can find On-site Consultation Program information for other State's by visiting the consultation page at OSHA's Web site, [www.osha.gov/consultation](http://www.osha.gov/consultation).

**For more information go to [WWW.OSHA.GOV](http://WWW.OSHA.GOV) or contact your nearest local OSHA office:**

### Cincinnati Area Office

36 Triangle Park Drive  
Cincinnati, Ohio 45246  
(513) 841-4132  
(513) 841-4114 FAX

### Cleveland Area Office

Essex Place  
6393 Oak Tree Blvd., Suite 203  
Independence, Ohio 44131  
(216) 447-4194  
(216) 520-1624 FAX

### Columbus Area Office

200 N. High St., Rm 620  
Columbus, Ohio 43215  
(614) 469-5582  
(614) 469-6791 FAX

### Toledo Area Office

420 Madison Ave, Suite 600  
Toledo, Ohio 43604  
(419) 259-7542  
(419) 259-6355 FAX

**OSHA doesn't kill jobs; it helps prevent jobs from killing workers**

# February is American Heart Month

Submitted by:  
Barbara Friedman  
Safety and Workers Compensation Manager, Union Metals  
And Stark County Safety Council Steering Committee Member

**D**uring the month of February Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease and stroke and stay “heart healthy” for yourself and your loved ones.



How can we change our life styles to stay healthy? First, we need to understanding Cardiovascular disease (CVD), what is this disease? Cardiovascular disease is a class of diseases that involve the heart, the blood vessels or both. Some common cardiovascular diseases includes heart disease, stroke, and high blood pressure. It is the number 1 killer of women and men in the United States. It is the leading cause of disability and cost the United States over \$300 billion each year, including the cost of health care services, medications, and lost productivity.

Many CVD deaths could be prevented through healthier habits, healthier living spaces and better management of conditions like high blood pressure and diabetes. You can control a number of risk factors for CVD, including:

- Diet
- Physical activity
- Tobacco use
- Obesity
- High Blood Pressure
- High Cholesterol
- Diabetes

When you begin your journey to a better heart health remember these need be lifetime changes, Keep these things in mind:

- Try not to become overwhelmed.
- Partner up. It is more fun and often more successful.
- Don't get discouraged.
- Reward yourself. Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with family or friends.

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To start your journey try out these strategies:

**Work with your health care team.** Get a checkup at least once a year and talk with your Doctor. He or she can check for conditions that put you at risk for CVD and conditions that can go unnoticed.

**Monitor your blood pressure.** High blood pressure is called the “silent killer: because it often has no warning signs. Be sure to have it checked on a regular basis. A good blood pressure according to the American Heart Association is readings that are less than 120 systolic (the top number) and 80 diastolic (the bottom number).

**Get your cholesterol checked.** Your Doctor will have to order this blood test. Healthy levels of cholesterol are Total cholesterol less than 200mg/dl, LDL (bad cholesterol) less than 100mg/dl, HDL (good cholesterol) 40 mg/dl or higher, Triglycerides less than 150mg/dl.

**Eat a healthy diet.** Choosing healthy meal and snack options. Limit sodium in your diet can lower your blood pressure. Eat plenty of fresh fruits and vegetables – adults should have at least five servings each day. Eating foods low in saturated fats, trans fat, and cholesterol and high in fiber. Learn to read labels.

**Maintain a healthy weight.** Being overweight or obese can increase your risk for CVD. To determine your healthy weight, health care professionals often calculate a number called body mass index (BMI).

**Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. Remember to incorporate exercise into your day in different ways: take the stairs, rake the yard, or take a walk at lunch time and your breaks. Exercise with friends and family can be fun and healthy.

**Don't smoke.** If you don't smoke, don't start. If you do smoke, quit as soon as possible. Talk with your health care team for ways to help you quit.

**Limit alcohol use.** Avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one.

**Manage your diabetes.** Monitor your blood sugars levels closely. Talk with your health care team about treatment options.

**Take your medicines.** Follow the instructions carefully. Always ask questions if you don't understand something.



Do you need more inspiration? You can find all the information you will need to get started on the internet. These tips can inspire you throughout February and all year long.

Together, we all can prevent and manage heart disease, one step at a time.