



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.org

EMPLOYER ALERT: OSHA HAS A NEW EMPHASIS ON AMPUTATIONS

By Jacqueline Bollas Caldwell, Esq.

New Amputation Reporting Requirements.

On January 1, 2015, OSHA began requiring all employers to report all amputations within 24 hours. Of note, OSHA now defines “amputation” as follows: An amputation is the traumatic loss of a limb or other external body part, including (a) a part (such as a limb or appendage) that has been severed, cut off, amputated (either completely or partially); (b) fingertip amputations with or without bone loss, (c) medical amputations resulting from irreparable damage, and (d) amputations of body parts that have since been reattached. OSHA notes that amputations do not include avulsions (tissue torn away from the body), enucleations (removal of the eyeball), de-gloving (skin torn away from the underlying tissue), scalplings, severed ears, or broken or chipped teeth.

More Amputation News. On August 13, 2015, OSHA issued an updated National Emphasis Program (“NEP”) on Amputations. This NEP has been in existence since 2006, targeting industries with high rates of amputations. Among other things, the NEP instructs OSHA compliance officers to evaluate employee exposures during any of the following:

- Regular operation of the machine;
- Set-up/threading/preparation for regular operation of the machine;
- Clearing jams or upset conditions;

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September 10, 2015

2015 “Safety, Health & Human Resource Fair”

Sponsored by:

The Stark County Safety Council

11:00 a.m. – 1:00 p.m.

Food * Fun * Door Prizes

(Grand Prize- \$250.00 Visa Gift Card)

Upcoming Events

Sept. 13 — Pro Football Hall of Fame Gold Jacket 5K National Championship - The Stark County Safety Council is pleased to announce the 200 slots provided by the Council are filled. If interested, registration is still open at www.GoldJacket5K.com

Sept. 17—Prospective Billing Seminar for Public Employers 8-9:30 a.m. at the CRCC—Fee. Go to starkcountysafetycouncil.org to register.

Oct. 6—Fire Prevention Breakfast—8-9:30 a.m. at Skyland Pines Golf Club. Fee, Go to starkcountysafetycouncil.org to register.

Oct. 13—Safety Standards for Powered Industrial Trucks Training—More info to follow.



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.*

- Making running adjustments while operating the machine;
- Cleaning the machine;
- Oiling/greasing the machine/machine pans;
- Scheduled/unscheduled maintenance;
- Locking out or tagging out.

The revised NEP is instructive on a number of issues, and it is recommended that manufacturers and others with potential amputation exposures review the revised Amputation NEP.

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.

ROBIN'S CORNER

By Robin Watson, Ohio BWC Representative

Question: Poison Ivy seems to be really prevalent this year...what can we do to prevent exposure and reaction from the plant?

Answer: Here are some tips (do's and don'ts) to help prevent a reaction from poison ivy:



DO'S:

- Know how to recognize it!! - three leaves, usually not serrated, often shiny; alternating branches; no thorns; climbing and ground cover; climbing often on dead trees
- Wear Proper Protective clothing for the job – cover legs, arms, feet and hands, if needed; especially when weed eating in areas where unseen poison ivy may exist – eye protection too!

- Use Rubber Gloves not Latex; The plant oil, urushiol penetrates latex and will result in exposure
- Wash hands (or other exposed skin) & tools with cold or cool (hot will open up your pores to the plant oil) water after coming in contact with plants; use a hard spray for tools/equipment & then wipe with alcohol
- Consider using TECNU® to remove urushiol from skin; effective when used within 2-8 hrs of exposure
- Remove plants from frequently used areas as the plants will overtake an area; physically remove (including roots); herbicides or biologically control with goats!

DON'TS:

- Don't rub your eyes or face if you think you have come in contact with poison ivy
- Don't touch animals, tools (lawnmower blades, etc.), clothing or anything that has come in contact with poison ivy without washing or decontaminating the object(s); is extremely stable and will stay active for many years in the right conditions
- NEVER burn poison ivy to control it; this will spread oils through the smoke and can result in extreme respiratory issues
- Don't assume you are immune if you have been in the past. About 15% of people are immune, others become immune. HOWEVER, you can gain or lose immunity as you age and your body changes
- Don't use a weed eater to cut down the plants; this will pulverize the plants and spread the sap and oil

Coming Next Month

October 8, 2015

**Deputy Chief
Tim Berczik of the
Jackson Twp. Fire Dept.**

*You Dialed "911"
- Now What?*

**Safety Council Officers
& Contributing Members**

Chairman: Chris Zabel (czabel@USSafetyGear.com)

Vice Chair: Mark Cush (mcush@youngtrucks.com)

Newsletter Editor: Jacqueline Bollas Caldwell
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Ohio BWC Representatives:

Robin Watson (robin.w.1@bwc.state.oh.us) and
Deb Bailey (Deborah.b.1@bwc.state.oh.us)



Division of Safety and Hygiene

Class Schedule (North Canton)
339 E. Maple St. Suite 200
North Canton, OH 44720
Register at bwclearningcenter.com

Fall Hazards in Construction and Maintenance—Sept. 14-15—8:30 a.m.-4:30 p.m. each day

Violence in The Workplace Workshop—September 23—8:30-noon

Accident Analysis Half-day Workshop—September 23—1:00-4:30 p.m.

First Aid in the Workplace—September 29—8:30 a.m.-4:30 p.m.

Safety Series for Industry Workshop Module 1—Oct. 5—1:00 -4:30 p.m.

Train the Trainer—Oct. 7-8—8:30 a.m.-4:30 on Oct. 7; 8:30 a.m.-noon on Oct. 8

OSHA Recordkeeping—Oct. 15—8:30 a.m.-noon

Bloodborne Pathogens—Oct. 15—1:00-4:30 p.m.

Construction Safety Elements (OSHA 10) - Oct. 19-20—8:30 a.m.-4:30 p.m. each day

Safety and Ergonomics for Extended-care Facilities—Oct. 22—8:30 a.m.-4:30 p.m.

Industry Safety Elements (OSHA 10) - Oct. 26-27—8:30 a.m.—4:30 p.m. each day



Center for Hygiene & Health in Home and Community

Tips to Prevent Colds and Flu in the Workplace

It's that time of year again, the time when you start hearing coughing and sneezing throughout the office and a box of tissues is placed conveniently near your computer keyboard.

This month, we focus on ways to prevent the spread of cold and flu in the workplace.

The cold and flu season typically runs from November – April. Readily spread when people are indoors, cold and flu viruses are often passed along from person to person and surface to surface in the workplace. According to the CDC, people are most contagious during the first 2-3 days of contracting a cold and almost immediately and for about 5 days thereafter after being infected with the flu – even before symptoms develop. However, there are many actions you can take to prevent the spread of cold and flu viruses at work.



Cold and Flu Prevention in the Workplace

- ❖ Wash Your Hands for at least 15-20 seconds with soap many times a day or sanitize with an alcohol-gel hand sanitizer, especially following contact with potentially contaminated surfaces:
 - Hands or face of others – including handshakes
 - Doorknob or handle (including microwave and refrigerator)
 - Copier machine buttons or parts
 - Another person's keyboard or phone
 - Coffee pot handle
 - Elevator button
 - Countertop
 - Food or food container handled by others
 - Shared books or other office materials
 - Shared hand or power tools
- ❖ Following washing, turn off the faucet with a paper towel
- ❖ Dry your hands with an air dryer or a clean paper towel
- ❖ Use a paper towel to open the bathroom door and dispose of paper towel in a trash bin outside of door
- ❖ Use a hand sanitizer between washing
- ❖ Avoid touching your face, eyes, or rubbing your nose

- ❖ Wash out your water bottle daily
- ❖ Clean shared items such as phones, keyboards, handles and door knobs with alcohol wipes or other sanitizer-type wipes
- ❖ Avoid close contact with anyone who has a cold or flu
- ❖ Sneeze and cough into a tissue, throw the tissue away, and then wash your hands. If you don't have a tissue cough or sneeze into your elbow rather than your hand



- ❖ Drink plenty of fluids, but do not share drinking cups or straws
- ❖ Get lots of fresh air
- ❖ Exercise regularly and frequently
- ❖ Eat healthy foods such as whole grains, fresh fruits and vegetables
- ❖ Don't smoke and decrease alcohol consumption
- ❖ Relax – stress can decrease immunity
- ❖ Avoid contact with known allergens - allergies affecting the nose or throat may increase the chances of getting a cold or flu



Prevention Myths

According to the National Institute of Allergy and Infectious Diseases there are some common myths about preventing and treating colds and flu.

Myth 1: Take antibiotics

Fact: Antibiotics only act on bacterial infections, and they do not work against viruses, including cold and flu viruses

Myth 2: Starve a cold and feed a fever/flu

Fact: There is no conclusive evidence for withholding or increasing food or drink intake to reduce the symptoms or duration of a cold. The body needs adequate nutrition and fluids, especially during stress, to maintain body functions.

Myth 3: Vaccines prevent colds

Fact: Vaccines only work against the specific type of influenza virus for which it was designed and there are no effective universal vaccines against the common cold viruses.

Myth 4: Take Vitamin C to prevent or stop colds

Fact: Vitamin C trials have shown encouraging results for reducing some cold symptoms and reducing the duration of illness; however, it hasn't been proven to cure or prevent infection.

Myth 5: Dress warmly or you'll catch a cold.

Fact: While it's important to keep warm, colds are spread person-to-person or from contact with a contaminated surface.



Wash your hands! The single best thing you can do to prevent cold and flu.

Treating a Cold or Flu

- ❖ If you do get sick, stay at home if you can
- ❖ Stay hydrated by drinking plenty of water or juices – between 9-13 cups per day)
- ❖ De-stress and avoid strenuous activity – physical, emotional, or

mental stress can be major drains on the immune system

- ❖ Get plenty of rest – most people need seven to nine hours of sleep each night
- ❖ Drink green tea or ginger tea each stimulate the immune system to fight off infections
- ❖ Ask your doctor about over the counter drugs which may alleviate symptoms

Have these Items Handy While at Work

- ❖ Water, decaffeinated tea, or juice
- ❖ Tissues
- ❖ Eye drops
- ❖ Alcohol-based hand sanitizer
- ❖ Hand cream or lotion
- ❖ Over the counter drugs
- ❖ Cough drops/lozenges
- ❖ Vitamins



For more information on how to stay healthy this winter, visit The Center for Hygiene & Health at www.simmons.edu/hygieneandhealth or the Centers for Disease Control at <http://www.cdc.gov/flu/protect/habits.htm>.

Stark County Safety Council August 2015 Luncheon Pics



August Spotlight
Company

