



STARK COUNTY

SAFETY COUNCIL

member news

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starkcountysc.com

Dangers of Working in the Cold Weather

Provided by Curt Speck, President, Safety Resources Company of Ohio and SCSC Steering Committee Member

Lost time injuries and illnesses resulting from “environmental cold” spiked in nearly 142% in 2018 according to the Bureau of Labor Statistics and the trend is continuing. This indicates a potential lack of employer and worker understanding about the dangers of cold stress.

It is important to note that while OSHA does not currently have a standard that covers work in cold environments, it can enforce the General Duty Clause which requires employers to provide a workplace “free from recognized hazards”. OSHA and NIOSH both advise employers to educate workers about conditions that can cause cold stress, the symptoms to be alert for and how to prevent those conditions. OSHA also instructs employers to educate workers on how to dress appropriately for cold conditions as well as monitoring employees and providing places to warm up.

Cold air temperatures combined with wind and moisture accelerate cold related issues. Water, including sweat, can displace body heat 25 times faster than dry air. This is also why wind chill is an important factor to understand.

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Happy 2022! TWO FREE WEBINARS TO CHOOSE FOR JANUARY:

The Stark County Safety Council & the Eastern Stark County Safety Council are hosting this free webinar:

Railway Safety For Drivers

Thursday, Jan. 27

12 noon

Jim Hill, Vice President

**Wheeling & Lake Erie
Railway**

Summit County Safety Council is hosting this free Webinar:

Virtual OSHA / PERRP Recordkeeping Open House

Monday, January 31

11:00 AM

Carol Grey, CSP

**Industrial Safety Consultant
Specialist, Ohio BWC**

Attend one or both. See page 3 for details and how to join one the free webinars. All are welcome, you do not need to be a SCSC member to attend.

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

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Always check local weather forecasts in order to prepare properly for the conditions. The American Conference of Governmental Industrial Hygienists has developed a work/warm-up schedule for four-hour shifts which is available on OSHA's website. This schedule is a sliding scale that accounts for air temperature and wind to make recommendations for safe work in the cold.

Expert recommendations to help prevent cold stress include clothing and personal protective equipment. Layering clothing provides better insulation and allows workers to remove layers if they become too warm to prevent sweating or to remove layers if clothing becomes wet. A waterproof outer layer is especially important when working in wet, cold environments and should also include ventilation to prevent overheating. Middle layers should be made of wool or synthetic materials that can provide insulation even when wet while an inner layer of wool, silk, or synthetic material such as polypropylene is ideal to keep moisture wicked away from the body. Body heat readily escapes from the head and extremities (ears, feet, hands) so it is important to keep them covered. Clothing should be fitted properly. Tight fitting clothing can impede circulation which is the body's source of heat. Footwear should be insulated and waterproof. Be sure not to overcrowd feet with extra socks. This reduces the insulating properties of the socks and makes footwear too tight which can slow blood flow to the feet and toes.

Conditions to watch for:

Hypothermia – hypothermia is one of the greatest dangers facing people who work in the cold. This is a medical emergency that occurs when the body temperature drops below 95 degrees Fahrenheit. According to OSHA, an important milder symptom of hypothermia is uncontrollable shivering, which indicates the body is losing heat and trying to rewarm itself. Other symptoms include fatigue, confusion, loss of coordination and slurred speech. Shivering may stop in late stages of hypothermia along with loss of consciousness, blue skin, dilated pupils and slowed pulse and breathing. For all cases of hypothermia, contact 911 immediately. The victim should be handled carefully and moved to a warm, dry area. Wet clothing should be removed and replaced with dry clothing or blankets. If further warming is needed it should be done gradually focusing on the center of the body – neck, chest and groin – using dry compresses, an electric blanket or hot water bottles wrapped in a towel. Do not try to warm the person too quickly or aggressively and do not give the person alcohol or tobacco products which interfere with re-warming efforts.

Frostbite: this condition is the result of freezing skin and surrounding tissues. In severe cases it can lead to amputation of body parts or severe damage to the body. Signs include white/gray patches on the fingers, toes, nose or earlobes. Skin can also appear bluish, gray, pale or waxy. Workers affected may complain of tingling, loss of feeling or aching and may have blisters. Anyone experiencing frostbite needs to be taken to a warm place as quickly as possible and medical attention should be sought. If the feet or toes are affected the victim should avoid walking to prevent additional damage. Once the person is removed from the cold the affected area should be immersed in warm – not hot – water. Loose, dry cloth can be used to protect the area until medical help arrives. Don't rub the affected area or use direct heat – this can cause damage to the skin or burns. If there is the potential to freeze again, do not thaw the area. This can cause additional damage. As with hypothermia, you can offer warm, sweet, nonalcoholic beverages to a frostbite victim.

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Carbon Monoxide Safety



Did you know?

More than 150 people in the U.S. die every year from accidental nonfire-related carbon monoxide poisoning.

Carbon monoxide or CO is a colorless and odorless gas. CO poisoning can occur when a fuel-burning appliance or machine, such as a furnace, heater or generator, is not working or vented properly. Breathing in CO at high levels can be fatal.

Learn what you can do to protect your family from the dangers of CO.

- ✓ Install and maintain CO alarms inside your home to provide early warning of CO.
- ✓ Install CO alarms in a central location outside each separate sleeping area and on every level of your home.
- ✓ Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.
- ✓ Make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris.

For more information and free resources, visit

www.usfa.fema.gov

SAFETY CORNER

By Deb Bailey, Ohio BWC Representative



Bureau of Workers'
Compensation



Repetition-Awkward Postures-Manual force are precursors to a soft tissue injury. An injury control issue is a timely reporting of discomfort or a burning sensation to the muscle and intervention. A facility wide SOP should include an early reporting procedure for injuries of this type. **Prompt an early administrative and equipment intervention is important for injuries of this type.**

Question: Employees who work on vehicles, engines etc., are placed into very awkward postures- sometimes a very basic / common sense intervention will eliminate/greatly reduce the hazard.



How would you classify this equipment intervention attempt to better position a mechanic doing this type of engine work?

1. Moderate impact
2. High impact
3. Low cost - No impact
4. Low-cost intervention – high impact
5. Forget it call Cari and Sally
6. Minimal impact – low cost

Answer #4 – any intervention which reduces awkward postures is a plus. In this case a Mechanics access ladder, which is less than \$300 better positions the employee and reduces climbing on and off the engine – also reduces/eliminates usage of manual force, when doing extended reaching with hand tools.

3 Key Points to Remember:

1. Reporting signs and symptoms early is important.
2. Low-cost interventions work.
3. You can help your company put ergonomics changes into place

BWC Ergonomics can help you with this and many other ergo issues.

FREE BWC SAFETY CLASSES



See pages to follow for upcoming Virtual Training Classes (VTC) offered by the Ohio BWC.

Resources

For the latest info on COVID-19 visit www.coronavirus.ohio.gov

• For the latest information on COVID-19s effect on BWC, email

BWCCOVID19@bwc.state.oh.us

• The BWC Library creates a monthly 'Safety Update' available at

www.bwc.ohio.gov

• Occupational Health & Safety Administration—www.osha.gov



Your Stark County Safety Council
is hoping you are well and
staying safe.

If you have any questions, please
contact Angie Glancy at
scsc@cantonchamber.org or
(330) 456-7253.

Safety Council Officers & Contributing Members

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BWC now offers virtual safety training classes. BWC virtual training classes (VTCs) provide an opportunity for students to learn remotely at the convenience of their home or worksite. VTCs are instructor-led classes providing the opportunity for participation and interaction consistent with the comparable BWC in-person class experience. VTCs offer the same continuing education units (CEUs)* and the same BWC program credits as the equivalent in-person class.

System Requirements

- Computer with microphone and speaker set-up utilizing a headset or other low feedback system
- Internet access
- Must download WebEx player before entering training
- Must have a working email address in student's registration account within BWC Learning Center
- iPads, Android tablets, and cell phone have limited functionality and we DO NOT recommend their use for online training

Necessary for a Student Completion

- Sufficient content time in WebEx to match credits assigned to class
- Participation of classroom activities in WebEx
- Completion of online knowledge assessment with passing score within 3 days after class
- Student account at the BWC Learning Center (or LMS). The student must complete the online knowledge assessment and match the name used to attend the class in WebEx

Virtual Training Class	Date	Time
Electrical Safety Maintenance (NFPA 70B) - Practices for Electrical	Jan. 11-13, 2022	9:30 a.m. - 1:35 p.m.
Safety Series Module 2: Ergonomics, Accident Analysis, and Hazard Assessment Basics	Jan. 13, 2022	9:30 a.m. - 1:00 p.m.
Crane Rigging and Signal Person Duties	Jan. 19-20, 2022	9:30 a.m. - 12:45 p.m.
Hazardous Waste Operations and Emergency Response Series Module 1: Regulatory background (EPA, DOT, OSHA)	Jan. 24, 2022	9:30 a.m. - 2:15 p.m.
OSHA Recordkeeping Half-day Workshop	Jan. 27, 2022	1:00 p.m. - 4:30 p.m.
Hazardous Waste Operations and Emergency Response Series Module 2: Chemical and Toxicological Terminology	Jan. 31, 2022	9:30 a.m. - 2:15 p.m.
Improving Hazard Recognition through Visual Literacy	Feb. 1-2, 2022	9:00 a.m. - 1:15 p.m.
Hazardous Waste Operations and Emergency Response Series Module 3: Respiratory Protection and PPE	Feb. 7, 2022	9:30 a.m. - 2:15 p.m.
Electrical Safety in the Workplace through Insight and Implementation of NFPA 70E	Feb. 8-9, 2022	9:30 a.m. - 12:45 p.m.
Job Safety Analysis	Feb. 10, 2022	9:30 a.m. - 1:00 p.m.
Lockout/Tagout and Safety-Related Work Practices	Feb. 15, 2022	9:30 a.m. - 1:00 p.m.
Emergency Preparedness Planning half-day Workshop	Feb. 16, 2022	1:00 p.m. - 4:30 p.m.
Trenching and Excavation	Feb. 16-18, 2022	9:30 a.m. - 1:35 p.m.
Safety for the Non-Safety Professional	Feb. 22-23, 2022	9:30 a.m. - 12:45 p.m.
Crisis De-escalation Tactics and Safe Practices Workshop	Feb. 24, 2022	9:30 a.m. - 2:15 p.m.
Hazardous Waste Operations and Emergency Response Series Module 4: Air Monitoring, Work Zones	Feb. 28, 2022	9:30 a.m. - 2:15 p.m.



Virtual Training Class	Date	Time
Controlling Workers Compensation Costs	Mar. 1-2, 2022	9:30 a.m. - 12:45 p.m.
Hazard Material and Waste Shipping/reporting Requirements	Mar. 3, 2022	9:30 a.m. - 2:15 p.m.
Hazardous Waste Operations and Emergency Response Series Module 5: Decontamination, Spill Control	Mar. 7, 2022	9:30 a.m. - 2:15 p.m.
Hazardous Waste Operations and Emergency Response Series Module 6: Incident Command System and Termination	Mar. 14, 2022	9:30 a.m. - 2:15 p.m.
Safety Series Module 3: Hazard Communication and Personal Protective Equipment Basics	Mar. 15, 2022	9:30 a.m. - 1:00 p.m.
Accident Analysis Half-day Workshop	Mar. 16, 2022	9:30 a.m. - 1:00 p.m.
Ergonomics Risk Factors: Understanding and Identifying	Mar. 17, 2022	9:30 a.m. - 1:00 p.m.
Developing a Driver Safety Program	Mar. 22, 2022	9:30 a.m. - 1:00 p.m.
Electrical Safety in the Workplace through Insight and Implementation of NFPA 70E	Mar. 24-25, 2022	9:30 a.m. - 12:45 p.m.
Effective Safety Teams Half-day Workshop	Mar. 30, 2022	9:30 a.m. - 1:00 p.m.

How to Register in a VTC

Visit the BWC Learning Center at www.bwclearningcenter.com

- Enroll into any class section within a course that has class sections listed as “virtual training” within the enrollment screen.
- Webex details are within your enrolled section information within LMS. Refer to “Enrolling” help document for more information.
- You will be contacted by a BWC Webex host 2-10 days before the training date.
- On the day of your scheduled VTC, you will click on the URL sent to you by WebEx upon registering, to enter the virtual classroom. See “join a WebEx” document for assistance joining the session.
- Future VTCs are entered into the LMS and promoted within the events page of BWCWeb.

More Information

[Enrolling](#)

[Taking Assessment](#)

[Creating LMS](#)

[Join a WebEx](#)

HAVE QUESTIONS OR ISSUES? CONTACT: dshcc@bwc.state.oh.us

*BWC is unable to provide State of Ohio Board of Executive Long-term Services and Support (BELTSS) CEUs for any VTC due to BELTSS rules.

Upcoming Ohio BWC Safety Webinars

1-11-22 – Prevention Through Design

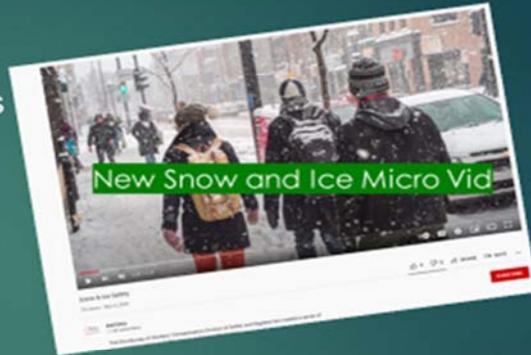
1-20-22 - Recordkeeping 101

1-25-22 – Workers’ Compensation and How Safety Affects Small Business Profitability

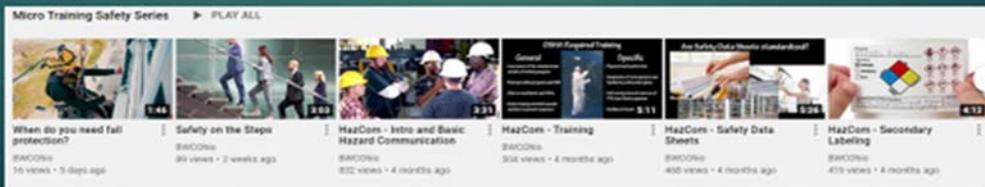
2-8-22 - The 7 Habits of Highly Effective Safety Teams

So Many BWC Resources

- Sample Written Programs
- Updated Safety Talks
- Research Librarians
- Streaming Videos



- OHIOBWC YouTube Page - Safety Micro training Videos



ABOUT THE FY22 SCSC WEBINAR SERIES:

The Ohio BWC has asked all Ohio Safety Councils to conduct all meetings virtually (online only) until July 2022. Each FREE, live webinar will feature dynamic speakers followed by a short Q&A session. Each month the Stark County Safety Council awards an attendee a \$25 gift card (winner must be present). <https://www.cantonchamber.org/scsc-webinar>. In addition, **no attendance requirements (including the CEO requirement) will be enforced, and no semi-annual reports will be collected.** Subsequently, the annual policy rebate for Safety Council will not be offered for FY22.



COVID-19

Vaccines: Trust the Facts

COVID-19 vaccines have not been linked to infertility or miscarriage.

There is no evidence that COVID-19 vaccines cause infertility or increase the risk of miscarriage.



MIKE DEWINE
GOVERNOR OF OHIO



Department
of Health

coronavirus.ohio.gov/vaccine



*Stark County Safety Council
Photos From the Archives*

