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

As the weather gets colder and more workplaces begin using various methods of space heating, so too does the risk of Carbon Monoxide Poisoning increase.

Carbon Monoxide, or CO, is a colorless, odorless, and tasteless gas that is a common byproduct of the incomplete burning of natural gas or other carbon containing fuels, such as gasoline, wood, coal, kerosene, or propane. When inhaled, CO deprives the heart, brain, and other vital organs of oxygen by displacing it in the bloodstream. In large enough concentrations, CO can cause you to lose consciousness or even suffocate in just minutes. Worse still, Carbon Monoxide is nearly undetectable without monitoring equipment, meaning that the early signs of exposure to CO can often be the only warnings one will get. Because of this, it is important to be aware not only of the symptoms of CO exposure, but also of the sources and risk factors that can lead to exposure in the first place. The best method of protection against Carbon Monoxide poisoning is preventing its build up in the first place.

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Join us for the last Safety Council luncheon of the year with Michael Gallina, Vice President of Organizational Development and Community Engagement for AultCare. Mike will discuss “Safety as part of your service delivery – the winning equation!”

The SCSC will once again host a **Toys For Tots Holiday Toy Drive**. Many, less fortunate children in our community will not get the items on their wish lists this holiday season. Spread some holiday happiness to these children by donating **NEW, UNWRAPPED toys**. You’ll help make a difference for these needy children and their families. No time to shop? Give a donation check made payable to “Toys for Tots”.

Register online at [StarkSafetyCouncil.org](http://StarkSafetyCouncil.org). Season passholders do NOT need to register. All are welcome.

You do not need to be a Safety Council member to attend.

**BIO: Michael Gallina**

Mike is currently the Vice President of Organizational Development and Community Engagement for the AultCare Health Plans. Prior to joining AultCare, Mr. Gallina’s career spanned thirty years in the field of education. Twenty-four of those years were spent as a school administrator, with the final nineteen years in the role of superintendent in the Minerva Local and North Canton City Schools, respectively.
Effective Safety Teams

Hosted by the North Canton Service Office

Who should attend?

Company owners, managers and supervisors, safety and health managers, safety consultants, labor leaders and individuals who are responsible for ensuring the success to develop or facilitate safety teams should attend.

What you will learn:
- How to outline a process to develop or improve a team within your organization
- How a team functions and how to measure its effectiveness
- How to involve employees in the team building process
- How to define team roles and responsibilities
- Tools & skills for group problem solving & decision making.

Instructors:
Deb Bailey
Rick Maj, CSP

Location:
BWC North Canton Service Office
339 E. Maple St #200
North Canton, OH 44720

Date:
Tuesday, December 6, 2022, from 8:30 AM - 4:15 PM

Cost:
Free to Ohio employers

Register at: www.bwclearningcenter.com

Credits:
CEU (.6) and 1 activity credit for the Industry Specific Safety Program for all industries
What is the importance of ground-fault circuit interrupters (GFCI) and where should they be located in my workplace?

An employer installed overhead powered hoist and lift tables to improve the safety and ergonomics of loading and unloading of truck wheels to reduce bending and extended reaching, improve overall posture, reducing hand/arm repetition, and eliminating usage of manual force when loading and unloading materials.

Question: As safety professionals we are always on the lookout for the unexpected. Is there anything else you would be concerned with related to safety?

A. All hazards have been addressed  
B. Eye and PPE equipment is a concern  
C. PM schedule for lifts and hoist.  
D. Feet protection – Safety Shoes – Anti-fatigue mat  
E. C&D

Answer – Because of the weight of the wheels and two mechanical assist interventions – C&D would be the best choice.

Placing equipment on a facility PM/maintenance check is recommended. Also, employee maintains a somewhat static posture, anything that helps reduce the fatigue factor to the lower extremities is a plus. Anti-fatigue mat would be beneficial. The weight of the wheels is a hazard, safety shoes would be needed. Wear and tear on the fatigue mats should also be monitored. Even when we are working to improving safety, we need to look at the whole picture and do a thorough assessment to look for other concerns.
BWC is once again offering in-person occupational safety and health courses as a benefit for Ohio employers with active workers’ compensation coverage and their employees at no extra charge.

**We’ve got you covered!**

### In-Person Course Schedule
July 2022 – June 2023

#### CANTON

**BWC Service Office**
339 East Maple Street, North Canton, OH 44720

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 28-29 OSHA 10: Industry Safety Basics</td>
<td>8:30 a.m. - 4:15 p.m.</td>
</tr>
<tr>
<td>Oct. 5 Ergonomic Risk Factors: Understanding and Identifying</td>
<td>9:00 a.m. - 12:30 p.m.</td>
</tr>
<tr>
<td>Oct. 25 First Aid in the Workplace</td>
<td>9:00 a.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>Nov. 16 Flammable Liquid and Gas Safety Basics</td>
<td>8:30 a.m. - 4:15 p.m.</td>
</tr>
<tr>
<td>Dec. 6 Effective Safety Teams</td>
<td>8:30 a.m. - 4:15 p.m.</td>
</tr>
<tr>
<td>Jan. 24-25 Fall Hazards in Construction and Maintenance</td>
<td>8:30 a.m. - 4:15 p.m.</td>
</tr>
<tr>
<td>Feb. 15 First Aid in the Workplace</td>
<td>9:00 a.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>Feb. 28 Confined Space: Identification and Safe Practices</td>
<td>8:30 a.m. - 4:15 p.m.</td>
</tr>
<tr>
<td>Mar. 14-15 OSHA 10: Construction Safety Basics</td>
<td>8:30 a.m. - 4:15 p.m.</td>
</tr>
<tr>
<td>Mar. 28-31 Electrical Hazard Recognition and Abatement</td>
<td>8:30 a.m. - 4:30 p.m.</td>
</tr>
<tr>
<td>Apr. 4 Tree Work Essentials: Chainsaws, Chippers, and Other Safety Concerns</td>
<td>8:30 a.m. - 4:15 p.m.</td>
</tr>
<tr>
<td>Apr. 25 Emergency Preparedness Planning</td>
<td>8:30 a.m. - 4:15 p.m.</td>
</tr>
<tr>
<td>May 23-24 Electrical Safety Maintenance (NFPA 70B) – Practices for Electrical Equipment Maintenance</td>
<td>8:30 a.m. - 4:30 p.m.</td>
</tr>
<tr>
<td>June 8 Safety for the Non-Safety Professional</td>
<td>8:30 a.m. - 4:15 p.m.</td>
</tr>
<tr>
<td>June 21 First Aid in the Workplace</td>
<td>9:00 a.m. - 3:00 p.m.</td>
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**ENROLL TODAY!**

www.bwclearningcenter.com
1-800-644-6292
dshcc@bwc.state.oh.us
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The best method of protection against Carbon Monoxide poisoning is preventing its build up in the first place. Effective ventilation systems to remove CO from the atmosphere, and maintaining CO producing equipment to minimize its generation will help to limit the risk.

Additionally, prohibiting the use of gasoline powered equipment in poorly ventilated spaces will aid in protecting workers. In areas where ventilation cannot be ensured, consider switching to electric or compressed air powered equipment instead. Lastly, installing fixed CO detectors, and performing periodic air monitoring will aid in detecting the presence of CO.

Being aware of the early symptoms of Carbon Monoxide exposure can also protect workers. People who are exposed to CO may initially feel tightness across the chest, headache, fatigue, dizziness, drowsiness, or nausea. As exposure worsens, these symptoms can lead to vomiting, confusion, weakness, or even loss of consciousness. In those people who have heart or lung problems, these symptoms can be more intense or onset more suddenly. Further, people who are especially at risk of CO poisoning, such as children, the elderly, and smokers will be more susceptible to the permanent damage that Carbon Monoxide can cause, such as heart or brain injury. If caught in time, CO poisoning can be reversed, but even with recovery, this acute damage may be permanent. Remember, awareness and prevention are always the first lines of defense against Carbon Monoxide.

Thank you SCSC Members for your overwhelming donations of hats, gloves, mittens, scarves and socks.

Your generosity is greatly appreciated and the items will be distributed this Thursday at Light Up Downtown!

SAVE THE DATES: UPCOMING SAFETY COUNCIL LUNCHEONS

December 8, January 12, February 9
NOTE: March 16 (due to Safety Congress 3/8-3/10)
April 13, May 11 and June 8
THURS. DEC 1

Fun for all!
5:30-8:30 PM

Presented by CANTON REGIONAL CHAMBER OF COMMERCE

Light Up Downtown.com
FREE event in downtown Canton! Stage show at Centennial Plaza begins at 6 PM featuring Santa, sponsored by Spero Health

Experience 14 city blocks of entertainment, refreshments, and attractions, including sleigh rides and live reindeer, sponsored by the Pro Football Hall of Fame. Enjoy an amazing fireworks show presented by Ziegler Bolt & Nut House!

NEW for 2022! SARTA presents the Little Roaming Railroad and Antique Trolley Funbooth Photo Op sponsored by First Commonwealth Bank
Marathon Petroleum presents: 720 Market “Village of Shops” at the Doubletree by Hilton Canton Downtown

SPREAD THE WARMTH! Winter hats, mittens, scarves and more are now being accepted for distribution at Light Up Downtown! Visit www.LightUpDowntown.com for more info!

FREE EVENT!
Chris Moffitt demonstrates at the November Safety Council luncheon