



# September 2017 EDITION

Information - Cooperation - Motivation

## August Recap *Falls, Ladders & Working Around Electricity*

You should always have a Fall Protection Safety Plan in place.  
34% of Ohio fatalities are associated with falls.

- Identify potential hazards
- Identify if guardrails are in place
- Identify anchor points
- Identify alternate methods of fall protection

So you might ask yourself, “Why do people fall?” That could be because of an unfinished platform, or unsafe behaviors while working at an elevation, or because the work surface is on an unstable platform. In order to prevent falls, you should identify any fall hazards by surveying the area, then develop engineering solutions, and most importantly conduct employee training that is focused on recognition and avoidance. Is there a way to complete the work without using a ladder? Could an alternative be used instead such as aerial lifts or supported scaffolds?

Developing an engineering solution could be as easy as installing a structured work platform for elevated areas, adding or upgrading guardrails to elevated work areas, installing a permanent ladder for access, or replacing ladders with stairs whenever possible.

In order to prevent falls from a ladder, you should only use step ladders as a temporary platform and maintain three points of contact at all times (two feet and one hand or two hands and a foot). You should also ensure that you are using the correct ladder for the weight it is supporting.

If you are working near any electrical systems, you should use a specific type of ladder material. Metal ladders should never be used when dealing with electricity. Always choose a nonconductive ladder made of wood or fiberglass. Also, ensure you have a clear distance from any electrical hazards and ensure that wires have been de-energized by the electric company if the distance between the wires and you is not sufficient to work safely. Or ask the utility company to install a barrier or insulation over the lines.

### Plan Your Fall—Plan Your Rescue



September 13 Lunch and Learn

11:15 a.m. – 940 London Ave

Speaker: Scott Warrick

Our Lunch Sponsor: Bulk Transit Corporation



### Your Union County Safety Council Officers, October 2016 - September 2017

- President—Brian Dostanko (Human Resources Director, City of Marysville) (937-645-7366)
- Vice-President—Robert “Cricket” McClintock (Union Rural Electric) (937-537-0400)
- Secretary—Rachel Gwilliams (Honda Trading America Corp) (937-644-8033)
- Safety Manager—Angie Venable (Union County Chamber of Commerce) (937-642-6279)



# Did You Know . . .

As an employer or manager, you can increase productivity, reduce costs and improve worker performance by implementing ergonomic improvements in your workplace.

Overexertion (sprains and strains, carpal tunnel syndrome, back problems and other musculoskeletal injuries) is responsible for about one-third of all workplace injuries requiring time away from work.

The average workers' compensation cost is about \$32,000 per employee, but the actual cost is much higher when you factor in investigation time, overtime, down time, loss of productivity, higher insurance premiums and more.

Too often, employees are told to get the job done as quickly as possible, not as safely as possible. That is part of the reason ergonomics injuries cost employers hundreds of billions of dollars a year.

Workers should never feel like they have to work through pain to get the job done. Even small, inexpensive adjustments can make a big difference. That is why it is important to assess your workplace. Identify existing problems by walking your facility, review injury reports, listen to workers' concerns, train workers to identify problems that they see or hear about, encourage injury reporting, and let employees know when ergo changes are made and why.

When the work environment is not ideal, the outcome could be long-term. Ergonomic injury is cumulative and can cause chronic pain and disability. The sooner environmental changes are made, the better.

Employers who provide ergonomics training for all employees and develop workplace programs, such as individual worksite evaluations or perform workstation risk assessments, will benefit not only their workers but their businesses, as well.



It is back-to-school time again, and the National Safety Council offers lots of tips for families with children. Whether they are starting kindergarten or senior year, we can help you send them off each day safely. Talk to your children about staying safe, even when you are not around.

The next pages will provide more detailed information.

# Backpack Safety: It's Time to Lighten the Load

When you move your child's backpack after he or she drops it at the door, does it feel like it contains 40 pounds of rocks? Maybe you have noticed your child struggling to put it on, bending forward while carrying it, or complaining of tingling or numbness.

If you have been concerned about the effects that extra weight might have on your child's still-growing body, your instincts are correct. Backpacks that are too heavy can cause a lot of problems for kids, like back and shoulder pain, and poor posture. The problem has grabbed the attention of lawmakers in some states, who have pushed for legislation requiring school districts to lighten the load.

While we wait for solutions like digital textbooks to become widespread, there are things you can do to help prevent injury. While it is common these days to see children carrying as much as a quarter of their body weight, the American Chiropractic Association (ACA) recommends a backpack weigh no more than 10% of a child's weight.



When selecting a backpack, look for:

- An ergonomic design
- The correct size: never wider or longer than your child's torso and never hanging more than 4 inches below the waist
- Padded back and shoulder straps
- Hip and chest belts to help transfer some of the weight to the hips and torso
- Multiple compartments to better distribute the weight
- Compression straps on the sides or bottom to stabilize the contents
- Reflective material

Remember: A roomy backpack may seem like a good idea, but the more space there is to fill, the more likely your child will fill it. Make sure your child uses both straps when carrying the backpack. Using one strap shifts the weight to one side and causes muscle pain and posture problems. Help your child determine what is absolutely necessary to carry. If it is not essential, leave it at home.

## What About Backpacks on Wheels?

They are so common these days, they are almost cool. But, the ACA is not giving them a strong endorsement. Rolling backpacks should be used "cautiously and on a limited basis by only those students who are not physically able to carry a backpack," the ACA website reads. The reason? They clutter school corridors, replacing a potential back injury hazard with a tripping hazard.

So, pick up that pack from time to time, and let your children know you've got their back.

# Concussion Care Belongs at the Top of Every Youth Sports Playbook

Every three minutes a child in the US is treated for a sports-related concussion. Don't think it is just football players—or boys—who bang their heads. In sports in which girls and boys participate, girls suffer a higher percentage of concussions, according to a 2013 Game Changers report by Safe Kids Worldwide.

Safe Kids analyzed sports-related emergency room injury data for children ages 6—19 in 2011 and 2012 in 14 sports, including basketball, cheerleading, football, and soccer. Here are some of the findings:

- 12% of all emergency room visits involved a concussion
- In basketball incidents, 11.5% of girls and 7.2% of boys were diagnosed with concussions
- In soccer, 17.1% of girls and 12.4% of boys suffered concussions

The reason girls appear to be at higher risk remains unexplained. “We are still looking into it, trying to see if there are really genetic differences, differences in play, or differences in biomechanics, but we don't have that link yet.” said sports medicine physician Kathryn Ackerman in a USA Today article.

An estimated 3.8 million athletes a year suffer concussion, though the majority are underreported and under diagnosed, according to the Brain Trauma Foundation. A study published by the American Academy of Pediatrics shows the number of sports-related concussions is highest in high school athletes, but they are significant and on the rise in younger athletes.

The Sports Concussion Institute breaks down the numbers for all age groups:

- 5% to 10% of athletes will experience a concussion in any given sports season
- Fewer than 10% of sports-related concussions involve loss of consciousness
- Football is the most common sport with concussion risk for males (75% chance)
- Soccer is the most common sport with concussion risk for females (50% chance)
- 78% of concussions occur during games as opposed to practices

## Heady Stuff: Life Lessons and Warning Signs

If your child gets hit on the head, do not assume he just had his bell rung, or she was just dinged. Concussions are very serious and always require medical attention. Signs and symptoms of concussion include:

- Confusion
- Forgetfulness
- Glassy eyes
- Disorientation
- Clumsiness or poor balance
- Slowed speech
- Changes in mood, behavior or personality

Research indicates most children and teens who have a concussion feel better within a couple of weeks. However, for some, symptoms may last for months or longer and can lead to short- and long-term problems affecting how they think, act, learn, and feel. Following a concussion, athletes of all ages are advised to undergo a series of steps before returning to play: rest, then light exercise and sport-specific training. Only then should they be cleared to resume contact drills. Make sure all coaches know how to recognize the signs of a concussion and have a plan in case of emergency. Safe Kids offers this resource to teach coaches what they need to know.

The CDC's HEADS UP campaign is aimed at putting educational materials into the hands of coaches, parents, athletes, and school and health care professionals nationwide. The HEADS UP website offers survivor advocate stories.

From sports, children learn values they carry throughout their lives, including discipline, teamwork, and how to handle winning and losing. A few bumps and bruises are to be expected, but head injuries should never be ignored.



## Head Up, Phone Down When Headed Back to School

Summertime offers a nice reprieve from the constant shuffling of papers, carpools and heavy backpacks of the school year. But once fall rolls around again, parents and kids have a lot to juggle. As your children march out the door on that first day of school—and every day—there is really only one priority: Nothing is more important than making sure they get home safely.

According to a study by SafeKids.org, 61 children are hit by cars every day in the US, most often during the hours before and after school, and peaking in September. And, there has been a noticeable demographic shift. It is now much more likely a teenager will be hit by a car than his younger counterpart. Of the 484 pedestrians ages 19 and younger who died after being hit by a motor vehicle in 2013, 47% were age 15 to 19.

With this knowledge, the National Safety Council is focused on efforts to eliminate distracted walking—specifically walking while texting. According to a study by The Nielsen Company, kids age 13 to 17 send more than 3,400 texts a month. That's seven messages every hour they are awake. So before your children head out, remind them of these year-round safety tips:

- Never walk while texting or talking on the phone
- If texting, move out of the way of others and stop on the sidewalk
- Never cross the street while using an electronic device
- Do not walk with headphones on
- Be aware of your surroundings
- Always walk on the sidewalk if one is available; if a child must walk on the street, he/she should face oncoming traffic
- Look left, right, then left again before crossing the street
- Cross only at crosswalks



### Not Only Kids Are Distracted

Drivers have a lot to pay attention to in school zones, too, and there is never an occasion that justifies using a phone while driving. One call or text can change everything. A study conducted by the Centers for Disease Control revealed that the most common form of travel to school for students age 5 to 14 is the family car. That translates into a lot of cars in school zones at the same time.

Eliminating all distractions is key to keeping children safe.

# Keep Your Teen Drivers Safe

## TEEN DRIVERS: the facts

Inexperience contributes to thousands of teen car crashes each year.



### 1ST YEAR

2 million teens under the age of 18 are in their 1st year of driving.



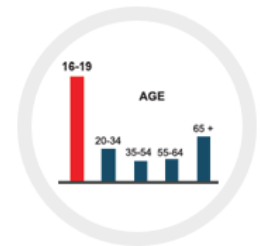
### NIGHT DRIVING

40% of crashes happen at night, most before midnight



### UNDER 18

Each year drivers under 18 are involved in 900,000 crashes



### 16-19 YEAR-OLDS

16 to 19 year-old drivers are most likely to be in a fatal crash

The most important thing you can do for your new teen driver is to stay involved in their driving life. Your teen might find it intrusive and you might feel that you don't always have the time, but it is important. Even though they've completed driver's ed and they have a license, your input, advice and guidance is critical to helping your teen driver become a safe, responsible member of the driving community.

- Practice with new drivers
- Set a good example
- Let teens earn privileges
- Discuss your feelings about teen driver safety: it can be tough enforcing rules with your teen when the parents of their friends don't follow suit. It can also be dangerous for your teen to be a passenger in a car driven by a teen given too many privileges too soon. Make sure you know where other parents stand on teen driver safety and tell other parents about your feelings.

By spending some time as a passenger while your teen driver (30 minutes a week is good, an hour is better) you can get a handle on what they're doing right . . . and where they need some help. Rules are important. They help set guidelines for your teen driver so that everyone is on the same page when it comes to driving safety and responsibility.

# Slow Down: Back To School Means Sharing the Road



School days bring congestion: Yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work. It is never more important for drivers to slow down and pay attention than when kids are present, especially before and after school.

## If You Are Dropping Off

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. More children are hit by cars near schools than at any other location, according to the National

Safe Routes to School program.

- Do not double park; it blocks visibility for other children and vehicles
- Do not load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school

## Sharing the Road with Young Pedestrians

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they are walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe.

- Do not block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- Do not honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way

## Sharing the Road with School Buses

If you are driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind or from either direction if you are on an undivided road if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks

## Sharing the Road with Bicyclists

On most roads, bicyclists have the same rights and responsibilities as vehicles, but bikes can be hard to see. Children riding bikes create special problems for drivers because usually they are not able to properly determine traffic conditions. The most common cause of collision is a driver turning left in front of a bicyclist.

- Watch for bike riders turning in front of you without looking or signaling; children especially have a tendency to do this
- Be extra vigilant in school zones and residential neighborhoods
- Watch for bikes coming from driveways or behind parked cars
- Check side mirrors before opening your door

## OSHA Urges Recovery Workers To Stay Safe ([www.osha.gov](http://www.osha.gov))

As thousands of workers and volunteers courageously mobilize to help victims recover from the catastrophic storm damage in Texas and Louisiana, OSHA advises workers and those helping in recovery efforts to take proper safety and health precautions to avoid injury.

Following a natural disaster, recovery and cleanup workers can be exposed to many dangers, including downed power lines, carbon monoxide and electrical hazards from portable generators, confined spaces, fall and struck-by hazards from weakened and damaged trees, mold, high water levels, toxic chemical exposure, and more.

OSHA has resources to help employers keep their workers safe when hurricanes and floods strike and during cleanup and recovery operations. For more information visit [OSHA.gov](http://OSHA.gov) or the Department of Labor's Hurricane Recovery Assistance webpage.

goodbye, august  
hello, september



## Building A Safer Ohio ([www.bwc.ohio.gov](http://www.bwc.ohio.gov))



You already know BWC offers a range of programs and services to improve health and safety in your workplace. Now, you have access to a new tool that connects you to safety and security resources that will help you protect your staff, customers and communities in emergency situations.

The Ohio Department of Public Safety's *My Safer Ohio Business Clearinghouse* is a web platform that connects businesses, law enforcement and public safety organizations. The site offers easy access to a variety of tools that will aid in the development of emergency training and plans. You'll also find links to public safety organizations like Ohio Homeland Security and the Emergency Management Agency that can help you strengthen your emergency preparedness.

Browse the *My Safer Ohio Business Clearinghouse* at [www.publicsafety.ohio.gov/mysaferohiobusiness](http://www.publicsafety.ohio.gov/mysaferohiobusiness).

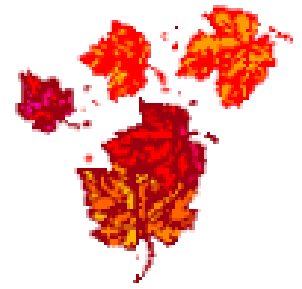
"We want every Ohio workplace to strive for a culture of safety. That means taking steps not only to prevent accidents and injuries, but also to prepare for emergency situations and catastrophic events. The new business clearinghouse is a valuable tool that will help employers plan for the unexpected."

BWC Administrator/CEO Sarah Morrison





# Squigly's Special Message



Solve the clues, write the answer in the boxes provided and when you read down the first column of each group of answers, you will reveal Squigly's special message for you.

	O		
		M	
			N
	O		
		I	
			T
	E		

Sweet and \_\_\_\_\_

Your house

Baking chamber

Lion's sound

A journey, voyage

Opposite of enter

Opposite of front

	E		
		E	
			E
	O		
		N	
			R

Who's \_\_\_\_\_ in line?

Frosted a cake.

Board \_\_\_\_\_

Faith, \_\_\_\_\_, charity

Campers dwelling

Twinkle, twinkle, little \_\_\_\_\_.

		O	
			T
	O		
		I	

Accidentally let fall

Opposite of uncle

Is this \_\_\_\_\_ book?

Under garment

	E		
		E	
			N
	O		

Have no \_\_\_\_\_.

Large primates

Wild cat

Frame for weaving cloth

		O	
			P

Used for pressing clothes

Sailing vessel

			P
	V		
		E	
			T
	A		
		I	

Applaud

Opposite of under

Opposite of shut

Opposite of right

A direction

\_\_\_\_\_ bow

	A		
		R	
			E
	G		

Musical instrument

Corn has these?

One of a kind

Chicken by product

