



Union County Safety Council Newsletter

December 2017 EDITION

Information - Cooperation - Motivation

November Recap *Pedestrian Safety Around Mobile Equipment*

In the U.S., one out of six workplace deaths are forklift related. To ensure this does not happen at your company, you should develop a Pedestrian Safety Plan.

1. Study the frequency of forklift & pedestrian interaction and identify areas where they come into conflict
2. Train operators to stay focused, look out for pedestrians, and to STOP if people walk into the danger zone
3. Train pedestrians to always look and listen for forklift traffic
4. Clearly mark 'No Go' exclusion zones for pedestrians and forklifts
5. Erect barriers to protect marked pedestrian walkways & designated forklift areas
6. Provide designated pedestrian crossings, ideally with risk control measures such as boom gates and overhead walkways
7. Implement and enforce procedures, clearly indicating when pedestrians & forklifts must give way to each other
8. Use proximity devices to trigger signals, boom gates, warning signs & other smart technology
9. Ensure forklift warning devices & flashing lights are functioning at all times
10. Ensure forklifts have high visibility markings and the workplace is well lit

Other suggestions would be to develop auditing procedures and audit your forklift/pedestrian safety rules on a regular basis. Secondly, educate your pedestrians on forklift visibility limitations and the severity of forklift injuries. Third, ban all cell phones/electronic devices in forklift areas. Fourth, replace forklifts with more pedestrian friendly equipment or minimize the access pedestrians have to high forklift traffic areas. Finally, do not place drinking fountains and time clocks (which are areas where employees congregate) in high forklift traffic areas.



December 13 Lunch and Learn
11:15 a.m. – 940 London Ave
Speaker: Kevin Parks, Stratosphere Quality
Our Lunch Sponsor: Stratosphere Quality

Your Union County Safety Council Officers, October 2017 - September 2018

- 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 . . .



BWC is opening a second call center to compliment their main call center in Pickerington. The new center, to be located in the Portsmouth Claims Office, will enhance customer service for employers and injured workers across the state.



The date by which certain employers are required to submit to OSHA the information from their completed 2016 Form 300A has been extended to December 15, 2017.

OSHA has resumed normal enforcement throughout parts of Florida and Georgia after temporarily suspending most programmed enforcement actions following Hurricane Irma.



If you are feeling feverish, experiencing heavy cold or flu symptoms such as persistent coughing and sneezing, it is good cold/flu etiquette to stay home and recover. Your co-workers will also appreciate not becoming ill. Regularly sanitize your work surfaces. Wash your hands frequently. Sneeze into the crook of your arm rather than your hand which will then touch other surfaces.



OSHA's Top 10 Most-Cited Violations For Fiscal Year 2017 (www.nsc.org)

A new entry emerged in the Top 10 list of OSHA's most frequently cited violations for fiscal year 2017, Fall Protection—Training Requirements.

Patrick Kapust, deputy director of OSHA's Directorate of Enforcement Programs stated, "Many of these violations were specifically related to training requirements and ensuring that a training program for each employee who may be exposed to fall hazards is established. Often, these violations occurred in the roofing, framing, and residential modeling industries. We are concerned about the recent uptick in this category and urge employers to take the necessary measures to train employees on this competency."

The top five violations mirrored those from FY2016, as Fall Protection—General Requirements again ranked atop the list.

Most-Cited Violations

1. Fall Protection—General Requirements
2. Hazard Communication
3. Scaffolding
4. Respiratory Protection
5. Lockout/Tagout
6. Ladders
7. Powered Industrial Trucks
8. Machine Guarding
9. Fall Protection—Training Requirements
10. Electrical—Wiring Methods

The Top 10 is a great place for an employer to start if they do not know where to start. The list identifies some of the major hazards out there. Take this list and see how it may apply to your workplace. Many of these standards have training requirements associated with them. Important questions to ask are, "What is happening with my training programs? Are they covering what they should?"





Out In The Cold (www.nsc.org)

Limiting worker exposure to cold can go a long way toward preventing cold stress injuries and illnesses such as frostbite, hypothermia, trench foot and chilblains. There are three major factors to keep in mind when working outdoors: air temperature, wind, and moisture.

Experts recommend using breathable layers, making sure clothing is not so tight that it cuts off circulation or impedes movement. Layering also allows workers to remove clothing if they become too warm from exertion or weather conditions change. There needs to be a balance between what you are wearing and the type of job you are doing. Layering clothing can provide better insulation against the cold because the body can warm the trapped air between the layers. Breathable fabric will keep perspiration from building up on the skin and pulling away needed body heat.

Experts also suggest workers wear items such as hats and hoods, or liners under their hard hats, to decrease the amount of heat escaping from the head. A knit cap that covers the ears or part of the face is likely to keep a worker warmer than a ball cap. Gloves should also be insulated and water-resistant. Boots should be waterproof, insulated, and have proper traction.

OSHA does not have a defined standard on working in the cold, but they do recommend:

- Schedule work to be completed during the warmest part of the day
- Tell workers to pair up (buddy system) so they can monitor co-workers
- Provide extra workers for longer, more demanding jobs
- Set up a warm, dry shelter for workers to use during breaks
- Provide warm liquids to drink, avoiding caffeine and alcohol
- Use engineering controls such as radiant heaters, if possible
- Ensure you have a method to communicate with all workers, especially those in remote locations
- Avoid touching metal surfaces with your skin
- Avoid working while fatigued or exhausted because energy is needed to keep muscles warm
- Stay hydrated as heat escapes the body very quickly in the winter

Employers should train workers on the prevention, risks, and symptoms of cold stress. That training should occur well in advance of winter weather. Quick, daily reminders are also helpful.

Frostbite occurs when skin and tissue freezes. Symptoms include numbness, tingling, aching, blistering, and skin feels firm or hard and looks waxy, white, bluish, or grayish-yellow. Someone suffering from frostbite should be taken to a warm place as soon as possible and alert medical personnel.

Hypothermia occurs when the body temperature drops to less than 95 degrees. Other symptoms include confusions/memory loss, slurred speech, coordination difficulties, slow breathing, irregular heartbeat, and loss of consciousness. Emergency personnel should be called as quickly as possible.

Trench foot includes red skin, tingling, numbness, cramps, and blistering. Whereas, **chilblains** are caused when exposure to the cold damages the capillaries in the skin. Symptoms include redness, inflammation, itching, and potential blisters.





Don't Leave Home Without It

(www.nsc.org)

Winter road trips, even short ones, are a great way to celebrate with family and friends. Being prepared can ensure a safe and happy time is had by all.

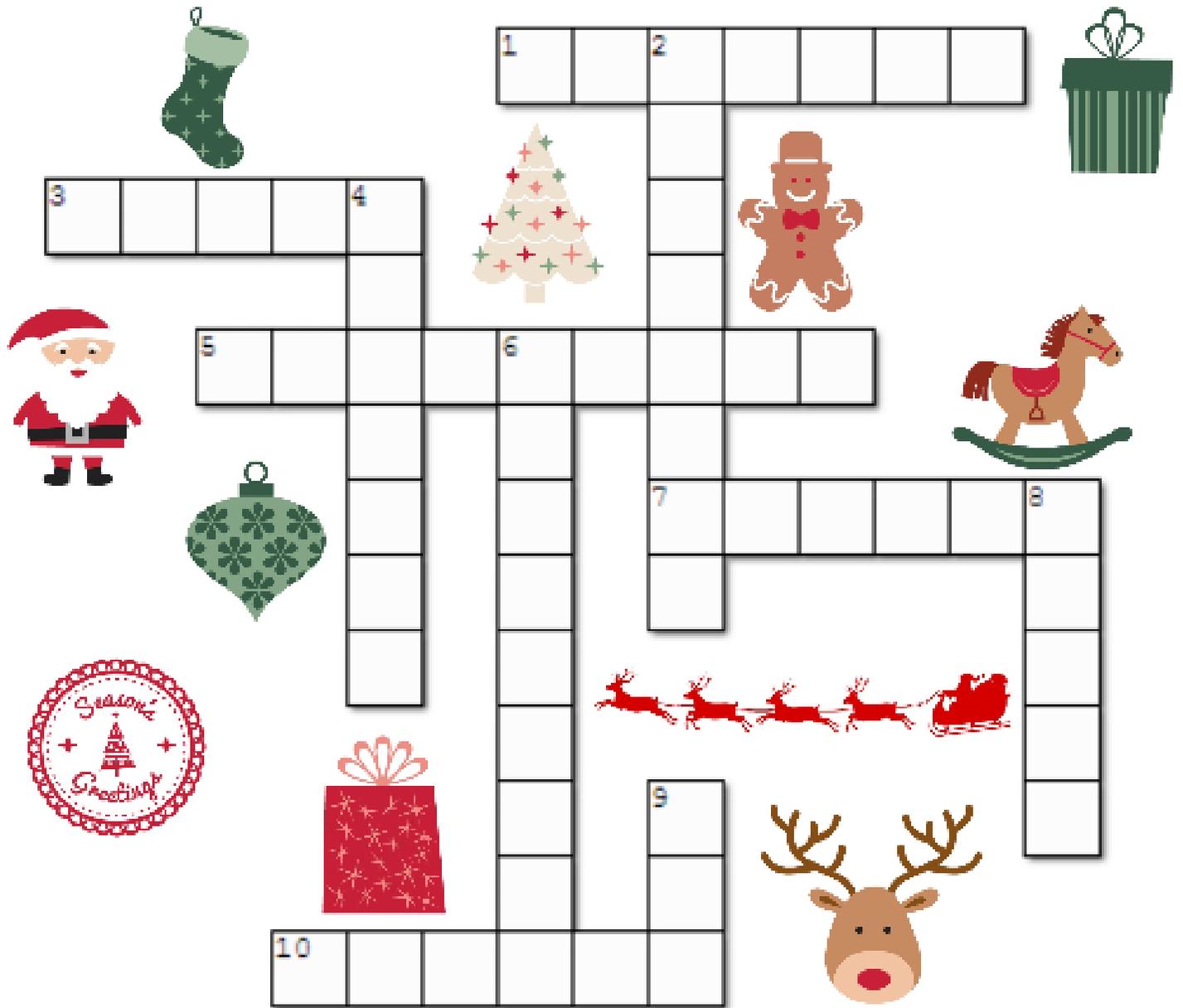
In an emergency situation, in addition to a full tank of gas and fresh antifreeze, you should have the following:

- Properly inflated spare tire (not all new vehicles come with a spare tire now so check to make sure you have one), wheel wrench and tripod jack
- Shovel
- Jumper cables
- Tow and tire chains
- Bag of salt or cat litter for better tire traction or to melt snow
- Tool kit
- Flashlight and extra batteries
- Reflective triangles or flares
- Compass
- First aid kit
- Windshield cleaner
- Ice scraper and snow brush
- Matches in a waterproof container
- Scissors and strong or cord
- Nonperishable, high-energy foods like unsalted, canned nuts, dried fruits and hard candy
- Blankets, mittens, socks, and hats



CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.



Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is _____.
7. Christmas Drink
10. The name of a popular snowman.

Down

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our _____.
9. ___ to the world!

