



# January 2018 EDITION

*Information - Cooperation - Motivation*

## December Recap *The Safety 2 Minute, 360°*

The Safety 2 Minute Evaluation is a tool to assess and identify risks in the workplace. Safety risks are ever changing so you need to constantly be alert. Once you have identified a risk, you can then act to correct the hazard. This can be done in a variety of ways such as providing educational information to your workers (i.e. morning meeting announcements), providing training to your workers, changing the work environment, documenting safe work practices, and providing PPE.

You can utilize this tool in a variety of scenarios. First, at the beginning of each new project. Second, every day at the beginning of each shift. And third, when the work area changes/moves/has a new hazard introduced.

To actually use this tool you need to 1) find a safe place to stand and look at the area for potential risks, 2) check for general, every day risks, chemical risks, emergency risks, environmental risks, and ergonomic risks, 3) make notes of any issues you see, 4) implement countermeasures to correct the issues, and 5) communicate the problems & solutions to others so that everyone is aware and can learn.

Implementing PDCA is another tool you can apply to improve your processes. PDCA is a four step problem solving model that enables you to continually improve your process.

P = PLAN = Ask yourself what needs to be done to improve the process. What are the goals/targets you want to achieve?

D = DO = Do what you plan; observe; collect data

C = CHECK = Study the results; compare those results against your goals/targets; do any changes need to be made?

A = ACT = How can you improve?



Repeat the process

**January 10 Lunch and Learn**  
**11:15 a.m. – 940 London Ave**  
**Speaker: Brian Dostanko, City of Marysville**  
**Our Lunch Sponsor: Scotts Miracle-Gro**




- 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)
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# Did You Know . . .

New website in 2018! BWC has been working with internal staff, customers, and outside consultants to better understand how their customers want to use their website and how to best create a design to meet those expectations. The result is a site that provides a better customer experience through better design, easier navigation, and more relevant content. The first phase, which is expected to go live in early 2018, will focus on those areas you see prior to logging in. Content and services that exist after logging in will be the focus later in the year. While the design change may be most apparent, there are other changes. Content will be timelier, much shorter, and easier to read. This lets you scan a page, understand what it is for and move quickly to conduct your business online. The new site will also better meet guidelines for accessibility with color schemes that improve readability, and will have fewer .pdfs, which interfere with software for the visually impaired. The main site will remain, but many individual pages will go away, replaced by new content. This means any bookmarks or favorites you have saved will no longer work.



BWC is one of several state agencies committed to addressing the epidemic of pain medication misuse and abuse. They've taken several steps to rein in excessive opioid prescriptions and help providers, employers and injured workers better understand the potential risks of pain medications. BWC is now a proud supporter of Take Charge Ohio, a new initiative aimed at raising awareness among health care providers, patients, and the general public about safe pain management and medication use. The Take Charge Ohio website is a valuable resource for information about the proper use of pain medication, non-opioid pain management options, preventing misuse, as well as treatment and recovery options for dependence and abuse.



# Slipping In A Winter Wonderland?

-by Cari Gray, BWC Industrial Safety Consultant Specialist  
([ohiobwcblog.wordpress.com](http://ohiobwcblog.wordpress.com))



Here we go again—another Ohio winter. Unfortunately, for many people winter will mean more than snow, ice, and shoveling; for some, it may mean concussions, bruises, and broken bones. You've guessed it—we're going to talk about navigating the winter wonderland on foot and staying upright.

I work with many Ohio employers and it seems almost everyone has a story about a slip, trip, or fall in snow or ice. I have heard so many versions . . . walking across the parking lot into work, leaving work and walking down the sidewalk, just stepping in the front door, running to the post office for the company . . . on and on . . . and on.

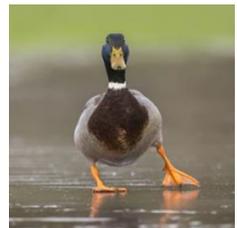
The thing about slips, trips, and falls in snow and ice is they can happen anywhere and anytime there is snow or ice, even if it's only a small amount. If the temperature is around freezing, you need to be concerned and prepared.

Often employees and employers feel helpless when it comes to this topic. I agree, you have no control over the weather, but you are not helpless. There are a few things you can do and say to help prevent slips, trips, and falls this winter season.

First, have a **PLAN**. Before the first freeze, you need to have a plan for when the weather turns bad. Know who will oversee snow and ice removal. You may use an outside company or do the removal in-house. Either way, have a discussion before you need services about who will do the removal, how often it will occur, and who will do inspections. A designated employee should keep an eye on the weather and other concerns you may have about how snow will get removed and ice will be treated.

Employers can do a couple of **MAINTENANCE** type things to reduce the likelihood of snow and ice-related falls. Make sure lighting is good in areas employees walk. You need to fix and fill holes as they appear—I know sometimes that's a never-ending battle with the freeze/thaw around here—but try. And, listen—make sure you listen and react when employees tell you about slip and fall concerns. Another great tool is to do frequent inspections on slip and fall concerns. Really—walk around (safely), including outside and look for things that you can trip or slip on—I bet you will find them (if you do—please fix them).

**TRAIN** your employees, I am not kidding—consider training your employees how to walk on snow and ice. It may sound silly, but sometimes that's what people will remember. In trainings I've done in the past, I tell folks to “walk like a duck.” They remember it (and me—sometimes people come up to me at the grocery store and say hey—you are the lady who told me to walk like a duck . . . it happens). I tell them to close their eyes and envision a duck. They have their feet slightly pointed out, they go slow and they look where they are walking . . . that's what you want! Spread your feet a little wide and keep your hands out of your pockets to increase your center of gravity. You also never see a duck carrying a bunch of boxes or papers (or anything for that matter). Ducks are also not distracted—so have the conversation with your employees about watching where they walk and paying attention to their surroundings.



Wear the right **SHOES**. I know snow boots don't always match your outfit—but lying on your back in the middle of the parking lot does not look very attractive either. Proper footwear is so important! If you want to wear fancy shoes (guys or gals), put them in a bag and change once you get past the parking lot and into the building. I really like kids snow boots, they have great traction and they are so warm, but that might be taking it to far.

There is another option—they make covers that slip over your shoes to help prevent slips and falls on slippery surfaces. They are sold at most safety supplies stores and online. I have bought them for gifts before (I know, safety geek here), but nonetheless—they work great—if you remember to put them on.

Don't feel helpless this winter. There are steps you can take to reduce the likelihood of slips, trips, and falls. **Doing nothing is not an option**, we must identify the safety concerns, find solutions and stick to them. Help yourself and others stay upright on the snow and ice this season.



# We Wish You A Healthy New Year!

([www.nsc.org](http://www.nsc.org))

Congratulations! You have resolved to get healthy in the new year—and you are not alone. According to Nielsen.com, getting fit and healthy is the most popular New Year's resolution, followed by enjoying life and spending less.

The internet is packed with healthy resolution ideas that can help reboot your life. But if you don't stick with them (and most people don't), by February that expensive gym membership will be gathering dust. One way to keep motivated all year is to participate in your employee health and wellness program. Being surrounded with a health-oriented culture for about 40 hours a week is bound to pay off in healthy dividends for both employee and employer. With employee participation, wellness programs can mean lower healthcare costs, higher productivity, and reduced absenteeism. Most larger companies today have some form of wellness program for their employees. But if it has been awhile since the program was implemented, it may need a facelift. You do not need to have an on-site fitness center, but your program should have:

- Biometric screening
- Health education
- Access to fitness classes
- Tobacco-free campus
- Drug rehabilitation programs
- Basic financial education
- Incentives and healthy challenges
- Available healthy food



Trends in wellness also are leaning toward flexible work schedules and work-from-home policies. The Centers for Disease Control and Prevention offers a comprehensive guide to workplace health programs. It is never too late to form healthy habits, but if you have been a couch potato for years, do not start by running a marathon. Making smaller adjustments and celebrating accomplishments will help you stay on track. Choose what works for you from your employee wellness program, and be sure to bring these healthy principles home:

- Sleep more: our 24/7 workforce is wreaking havoc on our natural sleep patterns
- Eat better: more whole foods and fewer processed foods, cut back on sugar, drink more water and cook at home
- Move more and track your steps: you will be surprised at how fun it is to challenge yourself to improve your step count
- Make regular doctor appointments
- Take up a hobby
- Keep stress under control



According to the American Heart Association, more than 85 million Americans have cardiovascular disease. Workplace wellness programs can improve health for workers. And while the topics of health and safety are typically siloed in organizations, they should go hand in hand. People in the safety field can and should speak to health and wellness for employees. It is a natural fit.

- Conditions like obesity, hypertension, and diabetes can raise the likelihood of a workplace injury
- Cost of workplace injuries increases greatly—and proportionately—if the employee has one or more chronic health conditions
- 50% of workers have at least one chronic health condition; of those, 50% have two or more
- According to the National Center for Compensation Insurance, reports of chronic illness have increased three-fold over the last decade
- It is not just a problem for older workers, many young workers already have these conditions
- Chronic illness costs businesses \$650—\$750 billion a year



# WINTER WORD SEARCH



Created by  
Cue Up Kids!  
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W	E	A	T	H	E	R	W	G	S	F	P	S	F	M
O	H	J	V	O	L	J	O	N	J	V	H	N	J	J
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D	R	H	B	P	T	T	D	P	V	B	P	W	W	N
I	E	L	J	Q	T	O	I	E	L	J	Q	F	O	I
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N	V	D	O	M	G	G	N	I	D	D	E	L	S	D
S	B	E	P	I	C	C	R	E	T	N	I	W	C	E
F	S	L	I	P	P	E	R	Y	R	T	A	H	H	R

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- |            |              |              |              |
|------------|--------------|--------------|--------------|
| 1. Snow    | 5. Shovel    | 9. Slippery  | 13. Scarf    |
| 2. Snowman | 6. Cold      | 10. Slide    | 14. Hat      |
| 3. Winter  | 7. Freezing  | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating  | 16. Mittens  |

