



Union County Safety Council Newsletter

May 2018 EDITION

Information - Cooperation - Motivation

April Recap *Annual Awards Banquet*

The Annual Union County Safety Council Awards Banquet was an evening filled with good food, good conversation, and of course, awards! The Ohio Bureau of Workers Compensation (BWC) recognized 50 Union County businesses for their success in preventing employee injuries. Those companies were: At Grade Inc., Bridges CAP, Bring It Delivery Service LLC, Budget Blinds of Marysville, Comfort Inn, Custom Staffing Marysville, Elwood Staffing, Hampton Inn Marysville, Honda Federal Credit Union, Honda of America Mfg., Inc.—PMC, Hoyer Poured Walls, Inc., Kale Marketing Inc., KG Agri Products, Inc., K N S Services Inc., MAI Manufacturing, Macoho America, Inc., Magnetic Springs Café, Marysville Newspapers, Inc., Marysville Public Library, Nissin Int'l Transport USA Inc., Patterson Pools LLC, Prestige Gardens Rehabilitation & Nursing, Printz Plumbing & Heating, Sheila's Flowers & Gifts, Trancy Logistic America, UCO Industries Inc., Union County Board of Developmental Disabilities, Union County Family YMCA, Velocys, Inc., Village of Richwood, Dayton Power & Light Company, Edgewater Place Inc., Evolution Ag. LLC, Honda North America Inc., Honda Trading America Corp., Ohio State Highway Patrol, Thomas & Marker Construction Co., Union County Health Department, Univenture/Envypak, Village of Plain City, Continental ContiTech, Genric Inc., Honda R&D Americas, Inc., Memorial Health, Nestlé R&D Center, Inc., Parker Hannifin Hydraulic, Pump Division, Marysville Exempted Village Schools, Ohio Reformatory for Women, Road & Rail Services, Inc., Sumitomo Electric Wiring Systems. Receiving the President's Award for outstanding service to the Safety Council as well as demonstrating excellent workplace safety was The Scotts Miracle-Gro Company.

Guest speaker for the evening was Bill Conley. Bill was known nationally as one of the top college football recruiters in America. During his seventeen years with The Ohio State Buckeyes, he was an assistant football coach and recruiting coordinator in which he consistently brought top ten recruiting classes to Ohio State. Bill is also the author of "Buckeye Bumper Crops", which is an autobiography of his most compelling recruiting stories, memories as a Buckeye assistant coach, and insights to his philosophies of recruiting.

Bill shared with the crowd several stories of his more memorable recruits for the Buckeye football team. He also shared the top 5 Leadership Qualities every person must have to be successful as a leader.

1. Self Motivating: do what needs to be done even when it is challenging and not give up
2. Make Sacrifices: willing to give up something important to you for the sake of a better cause
3. Lead by Example: through actions and words inspire others to follow your example
4. Set High Standards: a statement about the level of behavior you will follow to live your life
5. Take Care of the Little Guy: if you take care of the little things, the big things take care of themselves



May 9 Lunch and Learn

11:15 a.m.- URE - 15461 US Highway 36

Guest Speaker: Jeff Little, BWC Regional Business Consultant

Lunch Sponsor: Honda of America Mfg., Inc.



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 . . .



MCO Open Enrollment Began April 30

The open enrollment period for Ohio employers to select a managed care organization (MCO) to oversee medical treatment for workers injured on the job began April 30 and will continue through May 25.

BWC offers open enrollment every two years for employers to select from a network of 13 MCOs that manage claim filings and medical care that injured workers need to recover and return to work.

Any MCO Changes will be effective July 2.



New BWC Website Nearing Completion

Over the past several months, BWC has been making major changes to their website including developing more-relevant content, more consistent designing, and easy to follow navigation. They hope to launch the site soon. You can get a sneak peek at the site by viewing BWC YouTube video.

June is National Safety Month

Start planning now. Share information with your employees regarding Emergency Preparedness, Wellness, Falls, and Driving Safety.



National Safety Stand-Down To Prevent Falls

(www.bwc.ohio.gov & www.osha.gov & www.nsc.org)

OSHA's annual National Safety Stand-Down to Prevent Falls runs May 7-11 this year. It encourages employers across the nation to hold events in conjunction with the national event. The stand-down campaign encourages employers to pause during their workday for topic discussions, safety demonstrations, and trainings in hazard recognition and fall prevention. BWC will be hosting several stand-down events. Check their website for more details.

A Safety Stand-Down is a voluntary event for employers to talk directly to their employees about safety. Any workplace can hold a stand-down by taking a break to focus on "Fall Hazards" and reinforcing the importance of "Fall Prevention". Employers of companies not exposed to fall hazards can also use this opportunity to have a conversation with their employees about the other job hazards they face, protective methods, and the company's safety policies and goals. It can also be an opportunity for employees to talk to management about fall and other job hazards they see.

If you think your company is too small to conduct a Stand-Down, think again. Roughly half of events held nationwide are held by companies with 25 or fewer employees. Companies can conduct a Safety Stand-Down by taking a break to have a toolbox talk or another safety activity such as conducting safety equipment inspections, developing rescue plans, or discussing job specific hazards. Managers are encouraged to plan a stand-down that works best for their workplace anytime between May 7—11. Some suggestions would be:

- Conduct a toolbox talk focused on ladder, scaffold, or roof safety
- Conduct a safety inspection along with employees
- Develop a rescue plan
- Hold a training session
- Show a safety video

For more information on this event, go to BWC's website or to OSHA's website.



Three Ways To Live A Kinder, Happier Life

(www.unitedhealthcare.com)

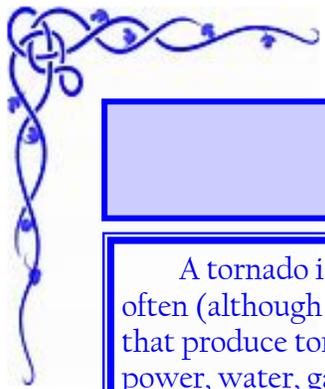
You walked your friend's dog while she recuperated from surgery. And it left you feeling warm and fuzzy. But it wasn't just because of the exercise and wagging tail. You made another person happy—and that felt great. But did you know that practicing kindness can also be a plus for your health and well-being?

It turns out that people who make a habit of spreading kindness around them may experience less pain, depression, and stress. This giving behavior can help you feel needed and socially connected, give you a sense of accomplishment and greater calm, and take your mind off your own troubles.

Think small. It does not take large or time-consuming acts of generosity to brighten someone's day. You might simply smile at a co-worker who looks a bit down. Or let a mom with a toddler in tow cut in front of you at the store.

Get involved. Consider volunteering. You might read to kids at a local school, visit residents at a nursing home, or stock shelves at a food bank.

Bring it full circle. Be kind to yourself. You will be more positive and optimistic.



Tornado Preparedness

(www.nsc.org & www.ready.gov)

A tornado is a violently rotating column of air that extends from a thunderstorm to the ground and is often (although not always) visible as a funnel cloud. Lightning and hail are common in thunderstorms that produce tornadoes. Tornadoes cause extensive damage to structures and disrupt transportation, power, water, gas, communications, and other services.

About 1,200 tornadoes hit the United States every year and every state is at risk. Most tornadoes in the US occur east of the Rocky Mountains with concentrations in the central and southern plains, the Gulf Coast, and Florida. Tornadoes can strike in any season, but occur most often in the spring and summer months. They can occur at all hours of the day and night, but are most likely to occur between 3 p.m. and 9 p.m.

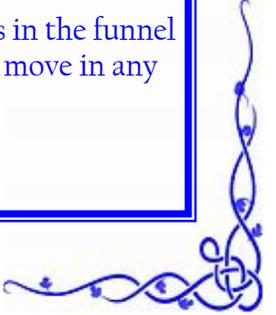
If you see a tornado:

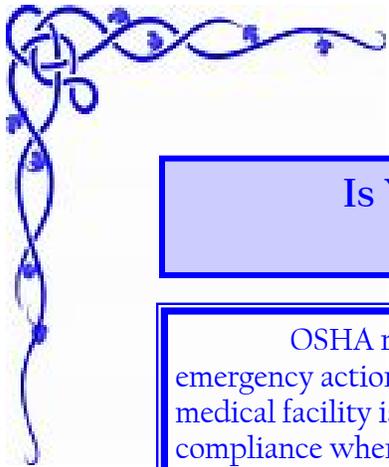
- Seek shelter immediately (a basement, interior corridor, tunnel, underground parking lot, subway)
- Avoid auditoriums, upper floors of buildings, trailers, parked vehicles
- Stay away from all windows and cover yourself with a rug for protection against flying glass and debris
- If you are out in the open, lie flat in a ditch or other low-lying area and protect your head; stay away from poles or overhead lines
- If you are driving, drive at right angles to the tornado's path; if you can't escape it, get out of the vehicle and seek a low-lying area
- If you are at home, head for the basement and take cover under a heavy table or workbench; if you don't have a basement, go into a windowless room in the center of the house.
- Know the difference between a watch (conditions are favorable for a tornado to form) and a warning (a tornado has been spotted in your area and you should take shelter immediately)

Prior to tornado season starting:

- Identify safe rooms in your house and ensure all family members know where to go and what to do
- Think about the buildings near your home, your workplace, and any other locations you frequent so you have a plan for where to go quickly for safety
- Be alert to changing weather conditions
 - dark, often greenish sky
 - large hail
 - large, dark, low-flying cloud (particularly if rotating)
 - loud roar, similar to a freight train

The extent of destruction caused by tornadoes depends on the tornado's intensity, size, path, time of day, and amount of time it is on the ground. Wind from tornadoes can reach more than 300 miles per hour, and damage paths can be more than 1 mile wide and 50 miles long. Wind from tornadoes can destroy buildings and trees, transform debris into deadly projectiles, and roll vehicles.

- They may strike quickly, with little or no warning
 - They may appear nearly transparent until dust and debris are picked up or a cloud forms in the funnel
 - The average tornado moves Southwest to Northeast, but tornadoes have been known to move in any direction
 - Tornadoes can accompany tropical storms and hurricanes as they move onto land
 - Waterspouts are tornadoes that form over water
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Is Your Organization Ready for the Unexpected?

(www.nsc.org)

OSHA requires nearly all employers with 11 or more employees to have a written emergency action plan, and at least one employee per shift with training in first aid if a medical facility is farther than a few minutes away. But it certainly makes sense to go beyond compliance when it comes to keeping your workforce safe in an emergency, no matter how many employees you have.

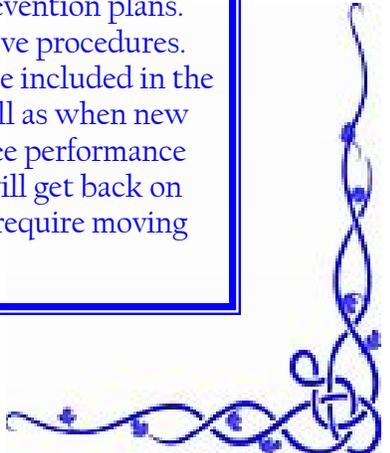
An emergency plan should be geared toward specific organizational needs—the size of your facility, the number of employees, and any hazards specific to your business or location—and it should be reviewed at least once a year. An emergency action plan should include procedures for reporting an emergency, evacuation, medical duties, and critical plant operations.

Every emergency response plan needs a medical component. Start by conducting a risk assessment. Do you have hazardous chemicals or heavy equipment on the premises? How far away are the nearest emergency and medical services? Should staff members have specialized medical training based on your unique hazards? What injuries or illnesses already have occurred at your facility? It can be very helpful to work with law enforcement, emergency medical services, and other local agencies. An emergency response plan also should include an annual inspection of medical supplies and equipment to make sure they are in good working condition. Having an AED on-site is critical. If a worker or customer experiences cardiac arrest, for every minute delay the chance of survival decreases about 10%.

Evacuation emergencies include bomb threats, chemical spills, explosions, fires, structural failure, toxic gas release, viral outbreaks, weather emergencies, and active shooter situations. The threat of violence in the workplace is very real. According to OSHA, nearly 2 million American workers report having been victims of workplace violence each year. Of course, the most lethal workplace violence involves an active shooter. Assault deaths due to firearms increased 11% from 2015 to 2016. Workplace violence can happen anywhere, but healthcare workers, for-hire drivers, and professionals in law and media see higher rates of violence. Every workplace needs to have a zero tolerance policy on violence that includes employee training, and an action plan should a violent situation arise.

Mother Nature has a way of surprising us. You will want to have a strong plan in place to protect employees and property so your business can return to normal operations as soon as possible.

The best way to prepare for the unexpected is to make sure people are appropriately trained to handle whatever may happen. An emergency action plan should address emergencies an employer “may reasonably expect in the workplace,” according to OSHA Standard 29, which addresses exit routes, emergency action plans and fire prevention plans. An emergency preparedness committee should be formed to define and improve procedures. The type of threat will determine the response, but all types of threats must be included in the plan, and ongoing training is key. Review the training annually at least, as well as when new employees are hired, new equipment is introduced or exercises show employee performance must be improved. The committee should also outline how an organization will get back on its feet after a catastrophic incident. Keeping your employees on the job may require moving to a temporary location during cleanup.



Do You Have An Emergency Plan At Home?

(www.nsc.org)

Many of the emergencies that happen in the workplace can also happen at home. There are steps you can take to make sure your family will be ready for anything.

- Create and practice a home evacuation plan
- Have an emergency kit in your car and at least three days of food & water at home; don't forget your pets' food and supplies
- Store all important documents in a fire-proof safe or safety deposit box, or scan them to a CD or flash drive
- Assign one family member the responsibility of learning first aid and CPR
- Know how to shut off utilities
- Memorize family members' phone numbers
- Practice your emergency plan regularly
- Choose two meeting places—one that is right outside your home in case of a sudden emergency and one outside your neighborhood in case you cannot return home
- Choose an out-of-area emergency contact person



Pet Disaster Preparedness

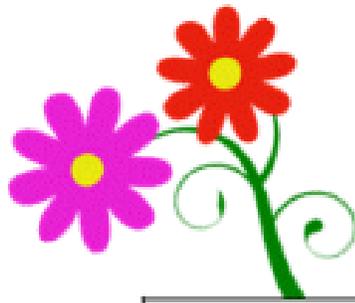
(www.redcross.org)

In an emergency, your pets will be even more dependent on you for their safety and well-being. If it is not safe for you to stay in your home during an emergency, it is not safe for them either! Include supplies for your pet in your emergency kit or make one specifically for them (leashes/harnesses/carriers, food, drinking water, bowls, litter pan, medications, current photo of you and your pet, vet phone number, pet beds and toys). Make an evacuation plan for you and your pets. Many hotels and shelters do not accept animal guests, other than service animals. Most American Red Cross shelters cannot accept pets because of health and safety concerns. Although your animals may be more comfortable together with you, be prepared to house them separately. Know which friends, relatives, boarding facilities, animal shelters or vets that can care for your animals in an emergency. Consider microchipping your pet. The ASPCA recommends using a rescue alert sticker to let people know that there are pets inside your home. If you must evacuate and time allows, write EVACUATED across the sticker so rescue workers do not waste time looking for your pets.

In case you are away during a disaster or evacuation order, make arrangements well in advance for someone you trust to take your pets. Evacuate early. Waiting until conditions become severe may mean you will have to leave your pets behind. If you stay home, keep dogs on leashes and cats in carriers.

Your pet's behavior may change dramatically after a disaster, becoming aggressive or defensive. Smells and landmarks may be gone which will make your pet disoriented and stressed. Try to get back to a normal routine as quickly as possible. Consult your veterinarian if any behavior problems persist.

For tips on disaster planning for livestock, horses, birds, reptiles, or small animals such as gerbils and hamsters, please visit The Humane Society of the United States or Ready.gov.



Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE

