



June 2016

UPCOMING DATES

July 28, 2016

Let's Clear the Air: Smoking Cessation

Kay Miller – Alliance Community Hospital

August 5-21, 2016



August 25, 2016

The Importance of Proper PPE

Chris Zabel – U.S. Safety Gear
Spotlight: Industry Consulting Enterprise, Inc.

March 8-10, 2017

Ohio Safety Congress

Don't forget to "like" the ESCSC on Facebook!

Do you have future safety topics you'd like to see? Would you like to be a spotlight company?

Contact any member of the Steering Committee to submit your ideas and for spotlight consideration!

WHAT TO DO WHEN OSHA KNOCKS

Howie Eberts, the Area Director of the Cleveland Area OSHA Office, will outline best practices for when you find OSHA at your facility.

Howie graduated from the University of Notre Dame in 1987 with a Bachelor of Science in Biology. The following year, Howie started with OSHA as a Compliance Officer (Industrial Hygienist) in the Columbus Area Office.

After a brief time in the Chicago Regional Office as Assistant Regional Administrator for Cooperative and State Programs, Howie returned to Columbus in 2006 and served as the Compliance Assistance Specialist for the office until 2010. He moved to the Cleveland Area Office as the Area Director in January, 2011.

Today, Howie oversees the Cleveland Area Office including 28 team members. 18 of these employees are Compliance Officers.

The Cleveland Area Office is one of four OSHA Area Offices in Ohio and covers twelve counties in the northwest corner of the State.



June Spotlight Company



TRUE-UP IS COMING!

True-up is a new process that requires employers to report their actual payroll for the previous year and reconcile any differences in premium paid. This is an important step that is necessary to accurately calculate your premium. It's also critical to maintaining your policy and your participation in your current rating plan or discount programs.

BWC will remove employers from their current rating plan or discount program if it does not receive a payroll true-up by the due date. Any outstanding payroll true-ups will render the employer ineligible for participation in future rating plans or discount programs.

Employers must complete the true-up report even if their payroll for the year matches the estimate received from BWC.

Your policy year 2015 payroll true-up notice will be sent July 1st and your report will be due by August 15th. Reports must be submitted online or by phone at 1-800-644-6292.

The BWC encourages you to create an e-account that allows you to manage your policy, pay bills and complete the payroll true-up. Get more information about true-up and creating an online account at:

<https://www.bwc.ohio.gov/>

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Ohio Bureau of Workers
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Answer: 1, 2, 3, 5, 7

Ask Robin

Q: When reviewing workplace manual material handling risk factors, what anatomical movements should be considered?

A: Any body movements completed when working unaided by mechanical devices. What does this include? (Find the answer below!)

1. Lifting
2. Lowering
3. Pushing/Pulling
4. Intensive keying
5. Carrying
6. Foot speed
7. Repositioning/ Sliding
8. All the above



WATER. REST. SHADE.

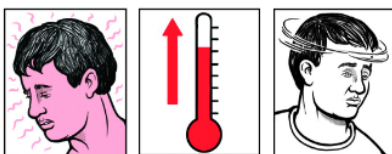
The work can't get done without them.

Heat Illness can be deadly. In fact, 2,630 workers suffered from heat illness and 18 died from heat stroke in 2014 alone.

Under OSHA law, employers are responsible for providing workplaces free of known safety hazards. This includes protecting workers from extreme heat. An employer with workers exposed to high temperatures should establish a complete heat illness prevention program including:

- Providing workers with water, rest and shade.
- Allowing new or returning workers to gradually increase workloads and take more frequent breaks as they build a tolerance for working in the heat.
- Planning for emergencies and train workers on prevention.
- Monitoring workers for signs of illness.

Heat Stroke



Red, hot, dry skin High temperature Confusion



Convulsions Fainting

Heat Exhaustion



Dizziness Headache Sweaty Skin Weakness



Cramps Nausea, vomiting Fast heart beat

Recognize the symptoms of heat illnesses and teach your coworkers to recognize them as well.

Not sure what the heat index for today? There's an app for that! With the Heat Safety Tool, you can calculate the heat index, set reminders about protective measures that should be taken including reminders to drink, take breaks, and planning for emergencies. This tool is available in English or Spanish from the Google Play Store for Android or iTunes for Apple products.