



November 2016

Upcoming Dates

December 15, 2016

Incorporating Millennials in the Workplace
 Special Guest Speaker
 Val Nash
SPOTLIGHT: Kishman's IGA

January 26, 2017

Special Temporary Staffing Agency Panel
SPOTLIGHT: Carter's Copy

February 23, 2017

Ocular Safety: Raise Your Eye-Q
 Dr. Brian Mathie, Roholt Vision Institute

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!

**AN OUNCE OF PREVENTION:
 PHYSICAL THERAPY AND YOUR EMPLOYEES**



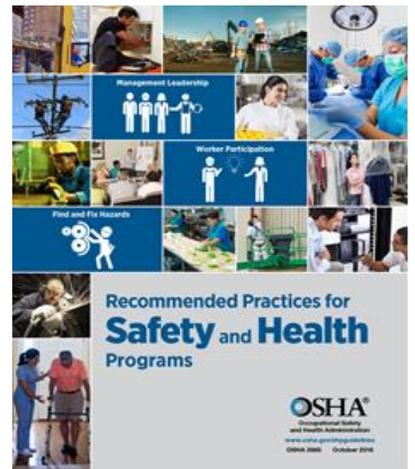
Keith Burns, Assistant Professor of Exercise Science at Walsh University, joins us to discuss the most common workplace injuries and how to prevent them from occurring. If they have already occurred, Keith will outline how medical professionals may respond to common injuries and widely accepted treatments.

Remember, each injury is unique!

Keith's background in clinical exercise physiology (the use of exercise in diseased populations, i.e. those suffering from pulmonary diseases, diabetes, musculoskeletal disorders, etc.) makes him an invaluable resource for employers.

Recently OSHA released new Recommended Practices for Safety and Health Programs to help employers establish a formal approach to improving workplace safety.

The update replaces OSHA's 1989 guidelines to reflect changes in the economy, workplaces, and evolving safety and health issues.



Find this publication and many more by visiting OSHA's website at: <https://www.osha.gov/>

November Spotlight Company

ALLIANCE
 Safety Solutions



Uniontown Fire Department Receives OBWC Safety Grant

Congratulations to the Uniontown Fire Department on receiving notice that their OBWC safety grant was approved.

The grant will help the department to purchase two automatic compression devices, allowing chest compressions to continue even when emergency responders can't, such as when moving a patient up or down stairs.

Steering Committee Members

Chairman

Rich Burton
Acme Surface Dynamics
rburton@acmesdi.com
330.821.3900

John Miller
Whitacre Greer Co.
jem9004@gmail.com
330.206.7690

Amy Schiefer
Aultworks
amy.schiefer@aultman.com
330.491.9675

Valerie Giarrana
Haiss Fabripart
valerieg@haissfabripart.com
330.821.2028

Stella Tsirelis
Consumers National Bank
stirelis@consumersbank.com
330.868.9071

Gloria Slentz
Morgan Engineering
gslentz@morganengineering.com
330.823.6120

Amanda Pearson
Trilogy Plastics
apearson@trilogypastics.com
330.821.4711 x144

Co-Sponsor

Mark Locke
Alliance Chamber of Commerce
mlocke@neo.rr.com
330.823.6260

Consulting Representatives

Robin Watson
Ohio Bureau of Workers Comp
robin.watson@bwc.state.oh.us
330.904.4867

Linda Ghindea
Industrial Hygienist
Ohio Bureau of Workers Comp
Linda.g.4@bwc.state.oh.us
330.904.3966

Ohio Bureau of Workers
Compensation
www.bwc.ohio.gov

Stress, Depression and the Holidays: Tips for Coping

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning, entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

1. Acknowledge your feelings. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. Reach out. If you feel lonely or isolated, seek out community, religious or other social events. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
3. Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well.
4. Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all your expectations. Set aside grievances until a more appropriate time for discussion.
5. Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.
6. Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities.
7. Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed.
8. Take a breather. Make some time for yourself, even if it is just 15 minutes.
9. Don't abandon healthy habits.
10. Seek professional help if you need it.

We hope your holidays are merry and bright!



Ask Robin

Q: What kind of information can I receive from BWC Division of Safety and Hygiene Library?

A: The library provides free informational services on the topics of occupational safety and health, workers' compensation, and rehabilitation. We provide the only such library in the state of Ohio, and one of the few in the nation. While most special libraries are not open to the public, our library serves employers, local and state government, legal and health care professionals, Ohio's work force and the general public.

Visit us or contact us at:

30 W. Spring St., Third Floor
Columbus, OH 43215-2256
library@bwc.state.oh.us

1-800-644-6292
614-466-7388
614-644-0018 (video library)

Resources available:

- More than 6,000 books
- More than 200 magazines and newsletters
- More than 600 safety and health videos
- Research services
- Online tools and resources
- Ohio safety codes, 1924 to present
- American National Standards Institute standards related to occupational safety
- National Fire Protection Association codes
- OSHA regulations and safety information

UPDATE ON OCTOBER'S "ASK ROBIN": October's "Ask Robin" focused on vehicles and LOTO. Yes, it is covered and below is an option for "alternative vehicle control measures" as found by a safety council concerned member. There are steering wheel covers that slip over the top of the steering wheel with a 3/8" diameter with a grommet at the bottom for a lock. They can come with multiple messages: "Danger - Do Not Operate or Move Vehicle"; "Caution - This Vehicle Is Being Serviced - Do Not Attempt to Drive" and "Caution - Disabled Vehicle - Do Not Attempt to Drive". Thanks to the concerned member for providing other options to keep employees safe.

FOR MORE INFORMATION ABOUT THE EASTERN STARK COUNTY SAFETY COUNCIL, CONTACT ANY STEERING COMMITTEE MEMBER OR:
Alliance Chamber of Commerce – 210 East Main Street – Alliance, Ohio 44601 – (330) 823-6260 – Info@allianceohiochamber.com