

January 2017



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Upcoming Dates:

February 23, 2017

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

March 8-10, 2017
Ohio Safety Congress

March 23, 2017

The Dangers of Distracted Driving
Chief Chris Miller,
Minerva Police Department

April 27, 2017

Award Celebration &
Heroin Epidemic Update
George T. Maier,
Stark County Sheriff

Incorporating Millennials into the Workplace

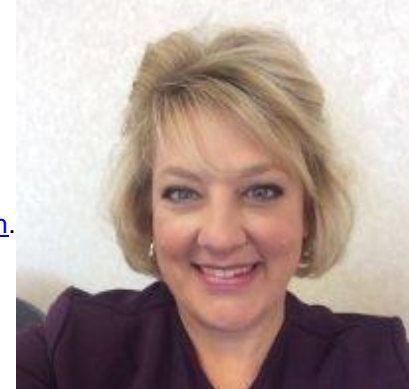
Valarie A. Nash, SHRM-SCP has been in the human resources field since graduating from Mount Union College (University of Mount Union) in 1993. She began her professional career in healthcare, returning to that industry for ten years after a brief time in manufacturing. Currently, Valarie works in for the Summit County Children Services as Deputy Executive Director, Human Resources & Support Services.

Valarie is a member of the Society for Human Resource Management, Job & Family Services Human Resource Association, Public Children Services Association of Ohio HR Committee, Ohio Public Employers Labor Relations Association, National Public Employers Labor Relations Association and the Stark County Human Resource Association (SCHRA).

Valarie also volunteers her time for various organizations in the Stark County region. Valarie serves as the Vice-Chair for the Fan Appreciation Parties for the Pro Football Hall of Fall Enshrinement Festival, and is a member of the Meyer's Lake YMCA and St. Peter's Parish. In addition, Valarie serves as the cheerleading coach at the University of Mount Union.

Together with her husband Dave, Valarie has one daughter, Victoria. Dave works as the Athletic Director for the Meyers Lake YMCA and serves as the assistant varsity girls' basketball coach at Canton McKinley HS.

Valarie offers training for other organizations through her company, Dominick-Nash Consulting. For more information please contact Valarie at vdominicknash@yahoo.com.



January Spotlight Company



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The Silent Killer: Carbon Monoxide

Carbon Monoxide, or CO, is a colorless, odorless, and tasteless gas that kills without warning. When inhaled, CO deprives the heart, brain, and other vital organs of oxygen by displacing it in the bloodstream. Many household items including gas- and oil-burning furnaces, portable generators, and charcoal grills produce this poison gas.

CO can cause you to lose consciousness or even suffocate in just minutes. Since CO is nearly undetectable without monitoring equipment, early symptoms of exposure may be the only warnings you get. Symptoms of CO poisoning include headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion. People who are sleeping or drunk can die from CO poisoning before they have symptoms.

Each year, more than 400 Americans die from unintentional CO poisoning not relating to fires, more than 20,000 visit the emergency room, and more than 4,000 are hospitalized. The

effects can be temporary or cause permanent damage to your body.

The best method of protection against Carbon Monoxide poisoning is preventing its build up. At home:

- Install a battery-operated or battery back-up CO detector and check or replace the battery when you change the time on your clocks each spring and fall. Place your detector where it will wake you up if it alarms, such as outside your bedroom. Replace your CO detector every five years.
- Have your heating system, water heater, and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Make sure your gas appliances are vented properly. When in doubt, consult an expert.

(cont.)

Ask Robin

Q: Could you briefly review storage for compressed gas?

A: Per the OSHA Regulations and Ohio Administrative Codes:

- Under no condition should acetylene be generated, piped (except in approved cylinder manifolds), or utilized at a pressure more than 15 pounds per square inch gauge pressure. OAC 4123:1-5-16(D); OSHA 29 CFR 1910.253(a)(2)
- Oxygen cylinders in storage should be separated from fuel-gas cylinders and/or combustible material (especially oil or grease) a minimum distance of 20 feet or by a non-combustible barrier at least 5 feet high having a fire resistance rating of at least 1/2 hour. OAC 4123:1-5-16-(E)(2)(b)(i); OSHA 29 CFR 1910.253(b)(2)(ii);(4)(iii)
- When not in use, cylinders should be protected from any excessive heat radiating objects or open flame. OAC 4123:1-5-16(E)(2)(b)(ii); OSHA 29 CFR 1910.253(b)(2)(i)
- Close valves on oxygen and acetylene cylinders and bleed off hose pressure after use to prevent damage to regulators and gauges. OAC 4123:1-5-16(E)(2)(d); OSHA 29 CFR 1910.253(b)(5)(ii)(G)
- Provide facilities for securely fastening cylinders of compressed gas in an upright position, such as ropes, chains, etc. OAC 4123:1-5-16(E)(2)(f); OSHA 29 CFR 1910.253 (b)(2)(ii); (3)(ii); (5)(iii)(A)
- Replace the valve protection cap when a cylinder is not connected for use. OAC 4123:1-5-16(E)(2)(c)(ii); OSHA 29 CFR 1910.253(b)(2)(iv)
- Provide check valves and/or flashback arresters on the oxygen and acetylene hoses. OSHA 29 CFR 1910.253(e)(3)(ii)(A)(B)
- Cylinders not having fixed hand wheels must have keys, handles, or non-adjustable wrenches on valve stems while these cylinders are in service. NOTE: The key or wrench must not be opened more than 1.5 turns, preferably not more than 0.75 turns. OSHA 29 CFR 1910.253(b)(5)(iii)(L)
- Except for cylinders in use, limit the total gas capacity to 2000 cubic feet or 300 pounds of liquefied petroleum gas. OSHA 29 CFR 1910.253(b)(3)

CARBON MONOXIDE (CO) POISONING



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

- Have your chimney checked or cleaned every year. Chimneys can be blocked by debris, causing CO to build up inside your home.
- Never use a gas range or oven for heating. Using a gas range or oven for heating can cause a buildup of CO inside your home, cabin, or camper.
- Never burn charcoal indoors. Never use a portable gas camp stove indoors.
- Never use a generator inside your home, basement, or garage or less than 20 feet from any window, door, or vent.

At work:

- Install effective ventilation systems and properly maintain CO producing equipment to minimize its generation.
- Prohibit the use of gasoline-powered equipment in poorly ventilated spaces. In areas where ventilation cannot be ensured, consider switching to electric or compressed air powered equipment instead.
- Install fixed CO detectors and perform periodic air monitoring.

Did You Know?

According to the National Highway Traffic Safety Administration, 4,884 pedestrians and 726 bicyclists were killed in crashes with motor vehicles in 2014 alone. Find how speed limits are determined, vehicle safety information, and much more by visiting www.transportation.gov.



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