

February 2017



Don't forget to "like" us on Facebook!

Upcoming Dates:

- | | | | |
|---|--|--|--|
| <u>March 8-10, 2017</u> Ohio Safety Congress | <u>March 23, 2017</u> Get Your Head Out of Your Apps: The Dangers of Distracted Driving Ohio State Highway Patrol | <u>April 27, 2017</u> Award Celebration & Heroin Epidemic Update George T. Maier, Stark County Sheriff | <u>May 26, 2017</u> Black Belt for Safety Dan Nikol Spotlight: AultComp MCO |
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Ocular Safety: Raise Your Eye-Q

Brian E. Mathie, O.D., F.A.A.O., is an optometrist and Clinic Director for Roholt Vision Institute.

Dr. Brian Mathie has returned to his roots to take care of the patients of northeast Ohio. After graduating first in his class at Louisville High School, he attended the Ohio State University and studied microbiology. He is a graduate of the Ohio State University College of Optometry and completed a residency specializing in ocular disease at the Columbus and Chillicothe VA Medical Centers.

The son of a teacher, Dr. Mathie feels very strongly about education. From educating patients about various ocular conditions to lecturing nationally and internationally on the topics of ocular disease or refractive surgery, Dr. Mathie appreciates the value of knowledge and enjoys sharing it with others. He is an adjunct faculty member with the Ohio State University College of Optometry and a senior examiner for the National Board of Optometry Clinical Examinations. He served as president of the Ohio Optometric Association in 2004. His extensive experience in treating glaucoma, ocular infections and inflammation, and managing cataract and refractive surgery patients allows for thorough patient explanations.

Dr. Mathie was named the 2010 Ohio Optometrist of the Year by the Ohio Optometric Association. Chosen from more than 2000 optometrists statewide, Dr. Mathie received the award for "for outstanding contributions to the profession of optometry and public service".

Dr. Mathie also appreciates the value of serving his community in nonmedical avenues as he is a Rotary member (past president), YMCA board member, active parishioner and Sunday school teacher, youth sports coach and school volunteer. Dr. Mathie's hobbies include golf, tennis, basketball, photography and spending quality family time with his wife and three children.



February Spotlight Company



US Safety Gear provides numerous occupational safety products including safety glasses, work gloves, safety shoes, first aid kits and supplies, fall protection, absorbents, floor matting and an ever-growing line of products for the workforce. Find products and information online at: <http://www.ussafetygear.com/>

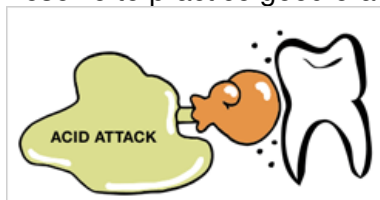
February is National Children's Dental Health Month

National Children's Dental Health Month is meant to raise awareness about the importance of oral health. Why is this type of celebration — and year-round attention to children's dental health — important?

Despite the fact that it's almost entirely preventable, tooth decay is the most common chronic disease in children. The good news is there are safe and effective preventive measures that can protect teeth. Good oral hygiene practices such as thorough brushing with a fluoride toothpaste can help keep children from getting cavities. In addition, dental sealants and community water fluoridation are two other strategies that can help prevent tooth decay.

The National Institute of Dental and Craniofacial Research (NIDCR) offers several fun activities for children of all ages. The relationship between your oral health and your overall health has been proven time after time; starting young can make a huge impact for life!

Resolve to practice good oral hygiene every day.

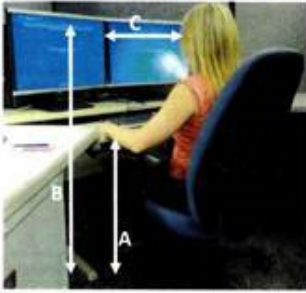


Ask Robin

Q: How should a workstation be setup to help reduce fatigue or strain while working?

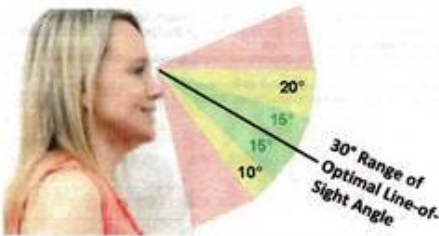
A:

Seated Workstations



| Criteria | Dimension |
|-------------------------------|------------------------------------|
| A. Hand Working Height | Adj. 22.6" - 29.4" Fixed: 29.4" |
| B. Display Height | Adj. 43" - 54" |
| C. Preferred Viewing Distance | Adj. 15.7" - 29.5" |
| Height Clearance for Legs | Min. 27.5" |
| Depth Clearance for Knees | Min. 17.1" |

Line of Sight Guidelines



Standing Workstations



| Criteria | Dimension |
|-------------------------------------|--|
| A. Hand Working Height-Optimal Zone | Adj. 38.3" - 48.7" Fixed: should fall within the range |
| B. Display Height | Adj. 56.8" - 71.4" |
| C. Preferred Viewing Distance | Adj. 15.7" - 29.5" |
| Knee Clearance | 4" |
| Foot Rail Height | Smaller than 8" |
| Knee Space Width | Min. 30" |

Standing Work



| | | |
|--|---|--|
| Precision 2-4 inches ABOVE standing elbow height - NOTE* | Light Work 4-6 inches BELOW standing elbow height | Heavy Work 6-14 inches BELOW standing elbow height |
|--|---|--|

Design Guidelines

- ◆ **Design for the Extreme**
 - Reaches should accommodate shortest
 - Clearances should accommodate the largest
- ◆ **Design for Adjustability**
 - Ideally working heights should be adjustable so each person can achieve an optimal working posture
- ◆ **Design for a Range**
 - Work should be kept within a range that satisfies both the tall and short (the 5th percentile female and the 95th percentile male)



Did You Know?

All employers under OSHA jurisdiction must report fatalities within eight hours and severe injuries (in-patient hospitalization, amputation or eye loss) within 24 hours. This policy applies to employers who are exempt from routinely keeping OSHA records due to company size or industry. OSHA offers three methods for reporting:

1. Call the nearest OSHA Area Office (Stark County Employers: Cleveland Area Office (216) 447-4194; Carroll or Tuscarawas County Employers: Columbus Area Office (614) 469-5582).
2. Call the OSHA 24-hour hotline at 1-800-321-6742 (OSHA)
3. Report the incident using the Serious Event Reporting Online form: <https://www.osha.gov/pls/ser/serform.html>

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