

April 2017



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Upcoming Dates:

May 25, 2017

Black Belt for Safety

Dan Nikol,

Industry Consulting Enterprises

Spotlight: AultComp MCO

June 22, 2017

40 Fundamentals For Living The FAMOUS Way

Marc Blaushild,

Famous Enterprises

July 27, 2017

Just the Facts: Conducting Successful Accident Investigations

Ed Murray - Krugliak, Wilkins,

Griffiths & Dougherty Co.

August 24, 2017

One Step At A Time: The Worker's Compensation Claim

Process Explained

Chasing the Dragon: The Heroin Epidemic

The statistics of drug usage are staggering:

- Drug overdose is now the leading cause of accidental death in the United States.
 - 47,055 people died of accidental drug overdoses in 2014 alone. Ohio was the second highest state for overdoses, surpassed only by California
- Four out of five people who become addicted to heroin start with a legal prescription for opioids
- Substance-abuse disorders affect as many as 20.8 million Americans – 1½ times the number of Americans with cancer
 - Sadly, only one in 10 people will seek treatment for their substance abuse disorder
- Of the 10,100 children removed from their homes in Ohio in 2015, 5,185 were for drug abuse by guardians

- who are currently participating in a rehabilitation program and are no longer engaging in the illegal use of drugs;
- who are regarded, erroneously, as illegally using drugs.

Although the heroin problem seems huge, there are resources for people suffering from substance-abuse disorders, families of the affected, and employers. Ohio Change Addiction Now (OhioCAN) is one organization seeking to:

- Break the silence, the stigma and the shame
- Embrace evidence-based information and abandon outdated beliefs
- Show families affected by addiction that they are no longer alone

Like other illnesses, medical professionals agree substance abuse is a disease that needs to be managed. As an employer, be mindful of the Americans with Disabilities Act (ADA) which provides protection for "qualified individuals" including those:

- who have been successfully rehabilitated and who are no longer engaged in the illegal use of drugs;

The ESCSC is honored to have Cindy Koumoutzis, OhioCAN State Director and Co-Founder of United We CAN present more information on Chasing the Dragon.



Patients with Addiction Need Treatment - Not Stigma

By the American Society of Addiction Medicine

Junkie. Stoner. Crackhead. We've all heard the terms, used to describe those individuals who struggle with drug addiction. These words are dismissive and disdainful; they reflect a moral judgment that is a relic of a bygone era when our understanding of addiction was limited, when many thought that addiction was some sort of moral failing and should be a source of shame. We need to change the national discussion. Put simply, individuals with substance use disorders are our patients who need treatment.

other chronic diseases like diabetes and hypertension – can result in physical changes to the brain's circuitry, which lead to tolerance, cravings, and the characteristic compulsive and destructive behaviors of addiction that are such a large public health burden for our nation.

Scientific progress has helped us understand that addiction – also referred to as substance use disorder – is a chronic disease of the brain. It is a disease that can be treated – and treated successfully. No one chooses to develop this disease. Instead, a combination of genetic predisposition and environmental stimulus – analogous to

Consider that the rate of heroin-related overdose deaths has nearly quadrupled since 2002. The nation is also seeing an increase in opioid-related pediatric exposures (women exposed to opioids during pregnancy). Misuse by older adults also has become an increasing concern. Because of higher rates of addiction in "baby boomers", illicit and nonmedical drug use among older adults is increasing. We can change the tide of this epidemic.

(cont.)

Ask Robin

Q: Can transparent blue screens be used for welding operations to protect against hazardous arc light?

A: Welding operations emit visible light and ultraviolet light (UV rays) just like those emitted from the sun. Unprotected exposure to welding arc light can cause eye injuries such as welding flash from short term exposure, to cataracts and retinal damage from extended periods or repeated short-term exposures. Unprotected skin can also experience “sun-burn” from exposure to the UV light.

Because the source of the UV light is much closer than that from the sun, the effects of the UV light are experienced more quickly than when exposed to the sun. Therefore, welders and employees adjacent to welding operations must be protected from the UV light. The welders are protected from UV rays by protective lenses in glasses or their welding helmets. Partitioned booths and portable welding screens made of semitransparent or dark vinyl were developed in the 70’s to protect bystanders. The trend for more transparent screens came about in the welding industry to allow outside personnel the ability to see the progress of welding operations and for the protection of the welder in case of an emergency that requires assistance. Welding screens also protect welders from the arc light of adjacent welders when they are not wearing their helmets or protective shades during setup time.

Not all screen colors protect the eye equally. Welding arcs emit hazardous levels of blue light that must be filtered to prevent injury. Blue screens appear blue because they allow a larger portion of the blue light, in the visible spectrum of light, to reach the eye. Consequently, the transparent blue screens do not adequately filter out the blue light and should not be used. Blue transparent screens are not compliant with the welding screen requirements set by the American Welding Society (AWS) standard AWS F2.3M:2011, Specification for Use and Performance of Transparent Welding Curtains and Screens.

First, change the conversation about what it means to have addiction. This means putting an end to stigma, increasing access to medication that can treat opioid use disorder, and support the expanded use of naloxone – a life-saving medication that can reverse the effects of an opioid-related overdose. People with addiction deserve to be treated like any other patient with a medical disease.

Second, encourage prescribers of controlled substances to understand why a patient is seeking medication from multiple prescribers or dispensers – and to offer a pathway for treatment and recovery.

Third, consider prevention - intervene early with teens who initiate alcohol and/or marijuana as well as encourage safe storage and disposal. Unused medications increase the risk of nonmedical use by adolescents who live in the home or by their friends. Unused medication also can be ingested by young children who are curious about what is inside the pill container. Emphasize the importance of storing medications locked and out of the reach of children, and properly disposing medications following the end of use.

Four Myths About Drug Abuse and Addiction

- **MYTH 1:** Overcoming addiction is a simply a matter of willpower. You can stop using drugs if you really want to. Prolonged exposure to drugs alters the brain, resulting in powerful cravings. These changes make it extremely difficult to quit by sheer will.
- **MYTH 2:** Addicts must hit rock bottom before they can get better. Recovery can begin at any point in the addiction process—and the earlier, the better. The longer drug abuse continues, the stronger the addiction becomes and the harder it is to treat. Don’t wait to intervene until the addict has lost it all.
- **MYTH 3:** You can’t force someone into treatment; they must want help. Treatment doesn’t have to be voluntary to be successful. People who are pressured into treatment by their family, employer, or the legal system are just as likely to benefit as those who choose to enter treatment on their own. As they sober up and their thinking clears, many formerly resistant addicts decide they want to change.
- **MYTH 4:** Treatment didn’t work before, so there’s no point trying again. Relapse doesn’t mean that treatment has failed or that you’re a lost cause. Rather, it’s a signal to get back on track, either by going back to treatment or adjusting the treatment approach.



Your Eastern Stark County Safety Council Steering Committee

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