

September 2017



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Upcoming Dates:

November 16, 2017

Eye In the Sky
BWC use of Drones
Ohio BWC
Spotlight: PNC Bank

December 14, 2017

Safety Games &
Member Gifts
Your Steering Committee

January, February & March 2018

Join us for another three part series
Crisis Planning for Disasters
The Plan, Shelter in Place
And Post Storm

Kicking the Habit

To quit smoking, you have to learn how to deal with your cravings and temptations to smoke. But staying smoke-free involves learning how to think and act like a nonsmoker.

Many people who are able to make it through those first tough weeks without smoking run into trouble about 3 to 4 weeks after they quit. Surprisingly, this is just about the time when physical cravings have stopped. And yet-people often go back to smoking. Why does this happen? Some researchers found that staying smoke-free may depend on how well someone has been able to start seeing himself or herself as a nonsmoker.³ To help you start seeing yourself as a nonsmoker, think about hanging out with other nonsmokers, starting a healthy behavior such as going to an exercise class or a healthy-cooking class, or trying any other activity that is not compatible with thinking of yourself as a smoker.

There's more to it than just tossing your cigarettes out. Smoking is an addiction. The brain is hooked on nicotine. Without it, you'll go through withdrawal. Line up support in advance.

Kay Miller is the Director of Respiratory Services at Alliance Community Hospital and she will share tips and strategies on how to quit for good!



Our spotlight company representative is Karen Abraham of Emergency Service Department of Alliance Community Hospital .

Know your Reasons

Most people don't think about when or why they smoke. They just do it. But knowing when and why you smoke can help you choose the quitting strategy that is most likely to work. Perhaps you smoke:

- To relieve tension, especially after arguments or during stressful times, or when you feel angry, depressed, or upset.
- To control your weight, either by keeping it down or because you're afraid of weight gain if you quit.
- For stimulation, to focus, improve your concentration, or boost your energy when you have low energy.
- To be part of the group, by joining your friends in having a cigarette.

Your reason for wanting to quit is important. Maybe you want to protect your heart and your health and live longer. Or maybe you want to spend your money on something besides cigarettes. If your reason to quit comes from you-and not someone else-it will be easier for you to try to quit for good. It has to be your decision.

Once you've determined your reason(s) for wanting to quit, use the U.S. Surgeon General's five keys to quitting: 1) prepare yourself, 2) rally support, 3) learn new skills and behaviors, 4) get and use medicine, and 5) be prepared for setbacks or relapse.

Ask Robin

Q: We had a scabies exposure . . . I know these are considered OSHA recordables but would they be privacy cases?

A: *29 CFR 1904 - Are there situations where I do not put the employee's name on the forms for privacy reasons?*

Yes, if you have a "privacy concern case," you may not enter the employee's name on the OSHA 300 Log. Instead, enter "privacy case" in the space normally used for the employee's name. This will protect the privacy of the injured or ill employee when another employee, a former employee, or an authorized employee representative is provided access to the OSHA 300 Log under 1904.35(b)(2). You must keep a separate, confidential list of the case numbers and employee names for your privacy concern cases so you can update the cases and provide the information to the government if asked to do so.

1904.29(b)(7) - How do I determine if an injury or illness is a privacy concern case?

You must consider the following injuries or illnesses to be privacy concern cases:

1904.29(b)(7)(i) – An injury or illness to an intimate body part or the reproductive system;

1904.29(b)(7)(ii) – An injury or illness resulting from a sexual assault;

1904.29(b)(7)(iii) – Mental illnesses;

1904.29(b)(7)(iv) – HIV infection, hepatitis, or tuberculosis;

1904.29(b)(7)(v) – Needlestick injuries and cuts from sharp objects that are contaminated with another person's blood or other potentially infectious material (see 1904.8 for definitions); and

1904.29(b)(7)(vi) – Other illnesses, if the employee voluntarily requests that his or her name not be entered on the log.

1904.29(b)(8) – May I classify any other types of injuries and illnesses as privacy concern cases?

No, this is a complete list of all injuries and illnesses considered privacy concern cases for part 1904 purposes.

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