



April 2018

allianceohiochamber.org

“Step Up to the Plate and Change Your Life”!

This month we are meeting at Robertson Heating Supply Company for a healthy luncheon. Joy Benjamin, Registered Dietician in the Wellness Department at Aultcare will present “Eating Healthy” – tips to help our members become healthier at work and at home.

Joy has been with Aultcare Wellness for 6 years and has worked in dietetics for 18 years. Her presentation will focus on a pressure free approach to find realistic ways to help clients reach their goals.



Welcome Robin Watson and Keith Greathouse of the Ohio Bureau of Workers' Compensation who will present safety awards to our member companies!

MARK YOUR CALENDAR!

Upcoming Meeting Dates:

**May 24, 2018 – Heroin Epidemic/Update
Keith Hochadel, CEO, Commquest**

**June 28, 2018 – MCO/TPA Update/Education
David McKibben, Paramount Preferred
Solutions, Inc.**

**July 26, 2018 – Roundtable Discussion on
Wellness Programs, Alliance area companies**



Welcome Sam Randazzo of Aultcare MCO as our April Spotlight Company!

*Thank
you*


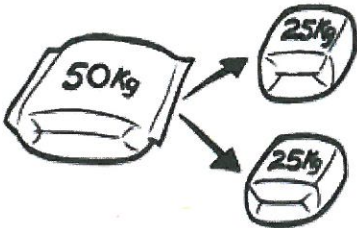
A special “thank you” to Robertson Heating Supply Company for hosting our meeting this month!

Q: What practices can I use when lifting heavy loads?

A:

Ergonomic Manual Handling Checklists

✓ Instruction and demonstration

Safe Work Instruction on Manual Handling	SW001
<p>Before Lifting</p> <ul style="list-style-type: none"> • Stop and assess the load and if too heavy seek advice • Consult management or safety officer for advice on how to manage heavy loads • Plan the lift. i.e. estimate the load and know exactly where it is to be placed prior to lifting • Avoid reaching out. • Do not reach out to pick up any object • Handle heavy objects close to the body • Keep yourself in good physical shape with proper exercise and diet 	
<ul style="list-style-type: none"> • Avoid lifting heavy loads without help and plan the lift together • Can you reduce the load??? • Wherever possible use mechanical means, e.g. can you use a Forklift, winch or crane • Avoid placing objects on ground if they have to be picked up at a later date 	

UPCOMING BWC TRAINING CLASSES

BWC Classroom Training at the North Canton Office:

- April 30th Hazardous Waste Operations & Emergency Response Refresher HAZWOPER
- May 1st Violence in the Workplace (a.m.)
- May 1st Powered Industrial Trucks: Developing a Training Program
- May 8th Emergency Preparedness Planning

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