



**STARK COUNTY**

**S A F E T Y   C O U N C I L**

A committee of the Canton Regional Chamber of Commerce

**news**

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StarkCountySafetyCouncil.org

## ANNOUNCEMENT FROM THE U.S. DEPARTMENT OF LABOR

*Provided by Becki DePasquale, Operations Director  
Safety Resources Company of Ohio, Inc.*

The U.S. Department of Labor's Occupational Safety and Health Administration along with other federal safety agencies have announced that May 2-6, 2016 has been designated as the third annual National Safety Stand-Down which will highlight the importance of preventing falls – the leading cause of worker death and serious injury in the construction industry.

More than four million workers participated in the 2014 and 2015 Safety Stand-Downs and it is expected that thousands of employers across the nation will participate in the 2016 week-long initiative.

This nationwide event is an effort to remind and educate employers and workers in the construction industry of the serious dangers of falling

Employers, both large and small, are urged to participate to prevent falls in construction. Some suggestions for promoting fall prevention are:

- Plan a site specific tool box talk or other safety event highlighting fall prevention
- Take a break with workers to talk about preventing falls in the workplace
- Provide a training session for all workers which instructs them in fall hazards and means of fall prevention.

Employers can visit the official National Safety Stand-Down website for information and ideas on how to make your events successful. Visit <http://www.osha.gov/StopFallsStandDown/> for more information.



Like us on Facebook-[www.starkcountysafetycouncil.org](http://www.starkcountysafetycouncil.org).

**Stark County Safety Council Mission Statement:** *To provide a forum for safety and health information, education and networking in Stark County, through leadership, innovation, facilitation, program, and support, in partnership with other public and private organizations.*

## March 17, 2016

**Speaker: Margie Roop, LPCC-S;  
CEAP; SAP, LifeServices EAP,  
Regional Director, Ohio**

**Topic: "Stress at Work; Stress  
from Work: Which is it & How  
Safety is at Risk!"**

### Spotlight Company

**Industrial Environmental  
Monitoring Instruments**



**Industrial Environmental Monitoring Instrument Company** is located north of Columbus in Worthington Ohio. Our years in business have taught us that to be successful you must offer quality products, have a knowledgeable staff, great customer service with a certified repair team doing it correctly the first time. These are some of the different type of monitoring devices that we have for your applications. Water quality, sampling, waste, flow, soil samplers, survey equipment, metal detectors, photo and flame ionization detection, gas meters, industrial hygiene equipment fall protection and more.

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# ROBIN'S CORNER

By Robin Watson, Ohio BWC Representative

## Q: What does OSHA require in regards to violence in the workplace and active shooter programs and training?

A: OSHA does not have a specific standard on violence in the workplace or active shooter/ active killer situations. However, under the General Duty Clause, Section 5(a)(1) of the Occupational Safety and Health Act (OSHA) of 1970, employers are required to provide their employees with a place of employment that "is free from recognizable hazards that are causing or likely to cause death or serious harm to employees." An employer that has experienced acts of workplace violence, or becomes aware of threats, intimidation, or other indicators showing that the potential for violence in the workplace exists, would be on notice of the risk of workplace violence and should implement a workplace violence prevention program combined with engineering controls, administrative controls, and training.

There are many options to start on this journey. The BWC has a half day violence in the workplace class and your BWC consultant or local law enforcement can help you create a policy. Training can be done in-house, online or with your local law enforcement. There are many companies that focus on security and violence in the workplace if you are interested in seeking other outside help. Two well known training programs dealing with active shooters are: The Department of Homeland Security's: Run, Hide, Fight and the ALiCE method offered by the ALiCE training institute.

## Upcoming Events

**March 23**—CEO Senior Management Breakfast with Attorney General Mike DeWine at Skyland Pines—8:00 a.m.-9:30 a.m. Fee. Register at <https://www.cantonchamber.org/stark-county-safety-council>

**March 9-11, 2016** Ohio Safety Congress. Fee. Register at: <https://www.bwc.ohio.gov/>

**April 19**—SCSC Awards Banquet at Skyland Pines—6:00 p.m. Fee. More info to follow.

**Please Note:** due to Ohio Safety Congress, our March Stark County Safety Council meeting has been moved to March 17th.

## Coming Next Month

### April 14, 2016

## Near Misses: Identify and Eliminate Hazardous Workplace Conditions with Proper Training

*Speakers: Randy Martin, Safety Director & Emmy Elkins, Assistant to the Safety Director, Beaver Excavating*

**April's meeting includes the SCSC Harvest For Hunger Food Drive**

*Spotlight Company:*

**TL** *Worldwide Transportation*  
(formerly Thomas Limousine)

March 9-11 • Greater Columbus Convention Center



*Your road to safety.*

Education to keep workers safe, healthy and on-the job

Expo Marketplace to simplify safety product purchases

FREE continuing education credits

Medical and Health Symposium

Safety Innovations Competition

Registration opens in January.  
**ADMISSION IS FREE.**

# *Stress in the Workplace: A Costly Epidemic*

*Provided by Colleen Mauer  
Human Resources Manager, Paarlo Plastics, Inc.  
& Stark County Safety Council Steering Committee Member*

**T**hree out of every four American workers describe their work as stressful. And the problem is not limited to these shores. In fact, occupational stress has been defined as a "global epidemic" by the United Nations' International Labor Organization.

While the physical effects of this epidemic are often emphasized, the economic consequences also are alarming. Workplace stress costs U.S. employers an estimated \$200 billion per year in absenteeism, lower productivity, staff turnover, workers' compensation, medical insurance and other stress-related expenses. Considering this, stress management may be business's most important challenge of the 21st century.



Of course, stress is a factor in every one's life, particularly during major events such as marriage, divorce or buying a home. But according to the Holmes-Rahe Life Events Scale, which rates the levels of stress caused by such events, many of the most stressful events are related to the workplace: firings, business readjustments, changes in financial status, altered responsibilities, a switch to a different line of work, trouble with the boss, variations in work hours or conditions, retirement and vacations.

Surprisingly, stress is not always a bad thing. It can stimulate creativity and productivity. According to Robert Ostermann, professor of psychology at FDU's Teaneck-Hackensack Campus, "No one reaches peak performance without being stressed, whether an athlete, an office worker or a manager." The natural pattern of human behavior is to experience a stress-causing event or situation, react to it with increased tension and then return to a normal, relaxed state. The problem occurs when stress is so overwhelming or constant that this pattern is broken.



Division of Safety and Hygiene

**Class Schedule (North Canton)**  
339 E. Maple St. Suite 200  
North Canton, OH 44720  
*Register at [bwclearningcenter.com](http://bwclearningcenter.com)*

**Safety Series for Industry Workshop Module 4**—March 14—1:00 p.m.-4:30 p.m.  
**Welding and Brazing Safety**—March 15—8:30 a.m.-4:30 p.m.  
**OSHA Recordkeeping Half-day Workshop**—March 17—8:30 a.m.-Noon  
**Accident Analysis Half day Workshop**— March 17—1:00 p.m.-4:30 p.m.  
**Restaurant & Food Service Safety Workshop**—March 21-8:30 a.m.-noon  
**Combustible Dust Hazards: Recognition, Evaluation & Control Recommendations**—March 23—  
8:30 a.m.—4:30 p.m.  
**First Aid in the Workplace**—March 30—8:30 a.m.-4:30 p.m.  
**Controlling Workers' Compensation Costs**—March 31—8:30 a.m.-4:30 p.m.  
**Basic Construction Safety (OSHA 30)** - April 4-8  
**Measuring Safety Performance**—April 12—8:30 a.m.-4:30 p.m.  
**Safety Series for Industry Workshop Module 5**—April 18—1-4:30 p.m.  
**Job Safety Analysis**—April 21—8:30 a.m.-noon  
**Powered Industrial Trucks: Developing a Training Program** Half-day workshop 1-4:30 p.m.  
**Ergonomics: Basic Principles** April 26—8:30 a.m.—4:30 p.m.  
**Industry Safety for the Non-safety Professional**—April 27-28—8:30 a.m.-4:30 p.m. both days  
**Safety for the Non-safety Professional**—May 5 - 8:30 a.m.-4:30 p.m.  
**Trenching and Excavation**—May 10-11—8:30 a.m.-4:30 pm. both days  
**First Aid in the Workplace** - May 17—8:30 a.m.-4:30 p.m.  
**Thermal Stress**—May 18—8:30 a.m.-noon  
**Hazard Communication**—May 24—8:30 a.m.-4:30 p.m.

## Safety Council Officers & Contributing Members

**Chairman:** Chris Zabel ([czabel@USSafetyGear.com](mailto:czabel@USSafetyGear.com))

**Vice Chair:** Mark Cush ([mcush@youngtrucks.com](mailto:mcush@youngtrucks.com))

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Deb Bailey ([Deborah.b.1@bwc.state.oh.us](mailto:Deborah.b.1@bwc.state.oh.us))

# Stark County Safety Council February 2016 Meeting



## February Spotlight Company

