

Safety Update

Ohio BWC Library

National Fall Safety Stand-down

The National Institute for Occupational Safety and Health (NIOSH), the Occupational Safety and Health Administration (OSHA) and the Center for Construction Research and Training (CPWR), announce the second annual construction **Fall Safety Stand-Down** from May 4 to 15.

The initiative's [website](#) features fall prevention resources for employers and employees, a link to events throughout the U.S., frequently asked questions about how to conduct a stand-down and a place to share information about your plans and events for the initiative.



2015
Stand-Down
May 4 - 15

StopConstructionFalls.com

NAOSH week



May 3-9, 2015 is North American Occupational Safety and Health Week, or **NAOSH Week**. NAOSH week raises awareness about occupational safety, health and the environment. The event includes a poster and video contest and Occupational Safety and Health Professional Day, held on May 6.

NIOSH News

Total Worker Health Webinars

You can watch all the 2014 NIOSH Total Worker Health Webinars online and still earn CEUs! Visit the [NIOSH website](#) to view the four webinars listed below that NIOSH presented last year.

- Making the Case for Total Worker Health: An Overview of Opportunities and Approaches
- Intervening for Work Stress: Work-life Stress and Total Worker Health Approaches
- Integrated Safety and Health for Small Businesses
- Preserving Lung Health: At Work and Beyond

ELCOSH NANO

Have you seen nano.elcosh.org? The Center for Construction Research and Technology, funded by NIOSH, created the site. It has information about nano-enabled construction products. The site informs workers about the use of nanotechnology in construction. Categorized by product type, the site includes additives for coatings and concrete, metal coatings, roofing and many other product types.

Updated Engineering Controls Website

Employers use engineering controls in their workplaces to either remove hazards or place barriers between workers and hazards. NIOSH has updated its website with information on [engineering control topics](#). The site has featured topics and publications, a link to the hierarchy of controls website, tools and resources and links to engineering control posts from the NIOSH Science Blog.

NIOSH Report on Tobacco Free Workplaces

A new [report](#) from NIOSH recommends all workplaces become tobacco-free and that employers make tobacco cessation programs available to workers. These latest recommendations aim at protecting workers from the occupational hazards of tobacco and the effects of secondhand exposure to tobacco smoke and emissions from e-cigarettes.

NIOSH issued its recommendations in a technical document called a *Current Intelligence Bulletin*. The bulletin builds upon previous recommendations regarding tobacco use in the workplace. It incorporates public review and comment on an earlier draft document.

OSHA News

Update to Health-care Worker Violence Prevention Guidelines

Workplace violence is a real problem for health-care and social service workers who suffer 20 percent of all workplace injuries but 50 percent of all assaults. OSHA released [updated guidelines on workplace violence](#) in health care and social services. This is the first update in more than a decade. The updated booklet highlights industry best practices and the most effective ways to reduce hazards in these high-risk environments.

Other News

Dental Hygienist Ergonomics

The California Department of Public Health has created a [series of videos](#) aimed at preventing musculoskeletal disorders (MSDs) in dental hygienists. The five online videos are each less than five minutes long and cover and introduction to MSDs, posture, instruments, loupes and scheduling.

Relaxation Techniques

Want to know more about relaxation? Relaxation techniques include a number of practices such as progressive relaxation, guided imagery, biofeedback, self-hypnosis and deep breathing exercises. The goal is similar in all: to produce the body's natural relaxation response, characterized by slower breathing, lower blood pressure, and a feeling of increased well-being. [This website from the National Institutes of Health](#) discusses relaxation techniques and their uses and effectiveness.

Finding Accurate Health Information Online

The National Institutes of Health (NIH) has an article in the [Winter 2015 edition of NIH Medline Plus](#) on how to find accurate health information online. The article has eight steps you can follow to ensure you get accurate up to date information. BWC library staff suggests that if you can't find what you are looking for email them! library@bwc.state.oh.us.

NEMAcasts: Podcasts from the Electroindustry

Learn about surge protectors, winter electrical safety, smart buildings and more at the [National Electrical Manufacturers Association podcast website](#).

Awake at the Wheel Campaign

This [awareness campaign](#) from the American Academy of Sleep Medicine proposes to inform the public of the dangers of drowsy driving. The website discusses how to prevent drowsy driving. It has information on sleep disorders, treatment and therapy, a sleep product guide and includes an infographic on the dangers of drowsy driving.

National Safety Council White Paper on Distraction

The NSC has issued a [white paper](#) on the risks of using hands-free cell phones while driving.

Infographic of the Month!

Attorneys at Lipsig, Shapey, Manus & Moverman, P.C. created an infographic they call [IsYour Hard Hat Enough?](#) The infographic shows safety issues at construction sites, including numbers of injuries, general safety and workers compensation information.

Nail Gun Dangers

Nail guns can be dangerous if you don't use them properly. [This article](#) from Health and Safety Executive from Great Britain shows five ways you can suffer an injured while using a nail gun improperly.

BLR Report on Public Transportation Accidents

The Bureau of Labor Statistics Monthly Labor Review posted a [research article](#) on occupational injuries, illnesses and fatalities to bus drivers and urban transit workers. It found injuries and illnesses have declined in recent years due to steps taken by transit systems to protect employees such as installing cameras and protective partitions.

The National Library of Medicine (NLM) ToxLearn

Created in partnership with the Society of Toxicology, ToxLearn is an online learning tool that introduces basic principles of toxicology. You can use it as a supplementary curriculum to a first-level undergraduate toxicology course. It can assist users in interpreting information from NLM's TOXNET databases. (<http://toxnet.nlm.nih.gov>)

Module I: Introduction to Toxicology and Dose-Response <http://toxlearn.nlm.nih.gov/Module1.htm>

Module II: Cells and Tissues: Injury and Repair (<http://toxlearn.nlm.nih.gov/Module2.htm>)

Please contact the library@bwc.state.oh.us or 614-466-7388 for more information on any of these items.