

Safety Update

Ohio BWC Library



Plan a stand-down to help prevent falls in Ohio

In 2015, falls accounted for 350 of the 937 construction fatalities in the United States. The previous year in Ohio, there were 993 falls from elevation, with 324 of these falls happening in construction. Falls don't need to be from great heights to have serious consequences; even short falls from elevation can cause serious injuries. However, proper training and awareness can help prevent injuries and fatal accidents.

Each year, the [National Fall Prevention Stand-Down](#) looks to raise fall hazard awareness across the country by encouraging employers to hold events for their workforce. This year's stand-down is happening May 8-12.

A safety stand-down is a voluntary event for employers to speak directly to their workers about workplace safety. Companies can conduct a stand-down event in several ways, including:

- Short toolbox talks;
- Distributing handouts;
- Screening safety videos;
- Training and demonstrations;
- Meetings and presentations;
- Equipment inspections/audits.

We strongly urge Ohio employers – especially those in the construction industry – to have a stand-down to discuss fall hazards and fall protection sometime between May 8 and May 12.

We can help you plan your stand-down activity. Call 1-800-644-6292 for assistance. The [BWC Library](#) also offers an extensive collection of audiovisual materials related to fall hazards and fall prevention. This [BWC informational sheet](#) has additional details

New NIOSH Workbook

The National Institute for Occupational Safety and Health's (NIOSH's) new workbook, [Fundamentals of Total Worker Health® Approaches: Essential Elements for Advancing Worker Safety, Health, and Well-being](#) focuses on the five elements of Total Worker Health (TWH). The workbook helps businesses assess their current status regarding TWH, identify steps to improve their workforce safety, health and well-being and describes measures that can be used to determine organizational progress in TWH. The workbook is meant to be a user-friendly entry to the concepts of TWH.

Short Sleep Duration by Occupation Group

A [study](#) by the American Academy of Sleep Medicine and the Sleep Research Society found adults need at least seven hours of sleep per day for optimal health. Getting less than seven hours led to adverse health outcomes, including diabetes, heart disease and obesity. The study found production workers were the most sleep deprived occupational group.

Landscaping Safety and Health

The [NIOSH Science Blog](#) recently discussed the hazards landscaping workers face. NIOSH reports landscaping is one of the highest hazard industries with a fatality rate of 25.1 per 100,000 workers compared to 3.8 for all industries. The most common non-fatal injuries reported are contact with objects/equipment, falls from elevation and transportation. The post contains summaries of presentations from California and New Jersey Fatality Assessment and Control Evaluation programs.

NIOSH Research Rounds

The current issue of the Research Rounds bulletin contains information on young worker core competencies, eight steps that younger workers can take to help ensure their safety in any workplace. You can find this and several articles on surgical smoke, lifting and back pain and dry cleaning chemicals on the [Research Rounds webpage](#).

Beryllium Rule Delay

The Occupational Safety and Health Administration (OSHA) delayed the effective date of the new [Occupational Exposure to Beryllium](#) rule until May 20, 2017. OSHA is considering additional comments on the rule.

The Workplace Safety Field

A recent post on the [U.S. Department of Labor Blog](#) discusses safety as a career path. The post lists various jobs in workplace safety and the median salary they command in the U.S. The post describes the jobs and the educational requirements. It also describes other jobs without workplace safety as a primary function that have some contribution to workplace health and safety.

Silica Rule for Construction

The Electronic Library of Construction Occupational Safety and Health posted a [presentation](#) from the World of Concrete Conference 2017 on silica in construction. The presentation covers the requirements for the new OSHA regulation, concrete construction workplace safety and productivity under the new rules.

National Work Zone Awareness Week

National Work Zone Awareness week is April 3-7, 2017. It is an annual spring campaign held at the start of construction season to encourage safe driving through highway work zones. The key message is for drivers to use extra caution in work zones. You can find information about the campaign on the [American Traffic Safety Services Association](#) website.

Fire Safety Tip Sheets

The National Fire Protection Association (NFPA) has numerous [fire safety tip sheets](#) available on its website. You can download these documents and share them with others. You can also customize some of them with your company's contact information. Topics include fire causes, escape planning, household equipment and more.

Fire Safety Research

The NFPA released the [results of research](#) on fires that began with upholstered furniture. The results show one in every 13 upholstered furniture fires resulted in death. The leading cause of these fires is smoking materials. The number of fires per year has fallen sharply since 1980. However, these fires still cause an average of 440 civilian fire deaths per year.

Medical Statistics

The National Library of Medicine [Health Statistics](#) page provides a summary of health statistics. The page links to a variety of reliable health statistics resources. Find links to statistics from the Centers for Disease Control, the National Center for Health Statistics, the Department of Health and Human Service and more all from one location.

Meal Timing and Frequency

This [Scientific Statement](#) by the American Heart Association discusses the health effects of eating patterns such as skipping meals and the number of meals eaten per day. The findings suggest irregular eating patterns do not support healthy hearts. More attention to timing and frequency of meals can create a healthier lifestyle.

New Safety Apps

Washington State Division of Occupational Safety and Health has launched two safety apps.

- You can use the Good Observation Near Miss and Accident Reporting, called the WA-HSEQ App, to report safety-related issues. The app has reporting templates for Good Observation, Near Miss and Accidents. [iOS version](#), [Android version](#) and [YouTube training video](#)
- The Improving Entry Level Worker Safety in Retail, the SafeMe App can help anyone with basic safety, giving users a better safety foundation and reducing the risk of injury. For entry level workers. [iOS version](#), [Google Play version](#)

Flood Safety

Spring often brings severe storms and potential flooding. [Ready.gov](#) has tips on actions to take when you receive a flood watch or warning alert and what to do before, during, and after a flood.

Fall Safety Infographics

The Center for Construction Research and Training posted a series of [infographics](#) on construction fall safety. The infographics focus on raising awareness of the risks of falls and describe steps for fall prevention, including information about the NIOSH ladder safety app.

Safety Podcasts

- National Safety Council Safety & Health Magazine posts the [All About You](#) podcast. Safety expert and professional speaker Richard Hawk offers his entertaining brand of wisdom to inspire safety pros to perform at their best.
- The Bureau of Labor Resources posts the [EHS on Tap](#) podcast. Host Chris Ceplinski discusses emerging legal, regulatory and policy issues with industry experts. The podcast covers air, water, waste and variety of safety issues.

The Real Cost of Substance Use to Employers

The National Safety Council and national non-profit Shatterproof in collaboration with independent research institution, NORC at the University of Chicago, developed this [calculator](#). It gives employers a tool to calculate the cost of substance abuse in their workplace based on location, industry and workforce size.

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