



## Canton Akron Safety Council

Sponsored by the BWC Division of Safety and Hygiene  
In cooperation with the North Canton Area Chamber of Commerce

### 2018-2019 Steering Committee Members:

**Terry Army**  
*Unified Insulation Systems, LLC*

**Deb Bailey**  
*Ohio BWC*

**Scott Dodson**  
*Shoemaker Rigging*

**Jason Haws**  
*AmeriSeal & Restoration*

**Timothy Keener**  
*A. Schulman, Inc.*

**Doug Lane**  
*North Canton Area  
Chamber of Commerce*

**Kayley Miller**  
*Gardner Pie Company*

**Jim Regueiro**  
*Silmix - Ohio*

**Alice Stephens**  
*Safety Council Manager*

**Ty Stewart**  
*Akron Foundry Company*

### Upcoming Meeting Dates:

**November 28**

**December 19**

**January 23**

**February 27**

**March 27**

Complete listing of dates:  
[www.caksafety.com](http://www.caksafety.com)

## November's Featured Program...

**Speaker:** Tracie Keller, LPCC-S, Clinical Director, Keller & Associates

**Topic:** When It's Not So Merry: How To Cope with Holiday Stress & Depression

**Date:** November 28, 2018

**Time:** 7:30 AM - 9:00 AM



Tracie L. Keller, LPCC-S is a licensed professional clinical counselor and clinical supervisor. She received her graduate degree from the Ohio State University, currently ranked as #4 in the country for counselor education by US News and World Report.

Ms. Keller started Keller Counseling and Associates in 2013 and has been clinical director there for the past five years. She sees individuals, couples, and families in her work.

Her clinical interests include eating disorders and body image, mood disorders, anxiety and life transitions, trauma responses, and grief/loss.

Prior to her work in private practice, Tracie worked at the Ohio State University Counseling and Consultation

Service, the on-campus center for students seeking mental health treatment. She also completed a fellowship post graduation with the Center for Balanced Living, a freestanding eating disorder clinic in the Columbus area.

Tracie utilizes a skills based approach to work with clients, helping them to identify small changes that can make large impacts in their everyday lives. She is trained in cognitive behavioral, dialectical, behavioral, and interpersonal therapies.

She is currently going through certification for EMDR therapy, an approach to treating survivors of trauma. Additionally, Tracie participates in consultation in the Columbus community and presents on various topics by request.



**CAKSC is adopting a family for the holidays. Watch for an email in the near future with details on how you and your company can help!**

**Thank you!**



## DEB'S SAFETY CORNER



**Q:** How do I correctly perform a monthly fire extinguisher inspection?

**A:** First, know this monthly inspection is mandatory via OSHA and National Fire Codes. This inspection is commonly done in-house by an employee. There are a variety of items you want to inspect monthly on fire extinguishers:

- The extinguisher is properly mounted and not blocked or covered from view
- The extinguisher is charged (in the green) and ready for use
- The tamper seal is on and is holding the pin in
- No physical damage to the extinguisher
- Nothing is blocking the nozzle (look in it)
- The extinguisher is full by weighing it (mandatory for CO2)
- The nameplate is visible when you remount the extinguisher
- There is a valid maintenance tag on the extinguisher that the inspector signs and dates



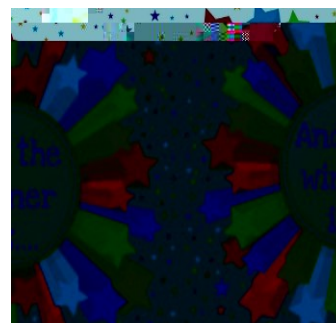
## From Last Month...

The October meeting featured a presentation on updated fire codes by State Fire Inspector, Roger Clark. A big **THANK YOU** to Gardner Pie for providing slices of pie for all the members!



**FREE BWC Occupational Safety & Health Classes offered monthly!**

Register at: [www.bwclearningcenter.com](http://www.bwclearningcenter.com)



## CONGRATULATIONS

to Kayley Miller,  
Gardner Pie Co.,  
last month's winner  
of the Bell Store  
\$25 gift card!

**AND**

to James Anderson,  
Gardner Pie Co., the  
50/50 winner!

## NEED MORE INFORMATION?

### CAK SAFETY COUNCIL

North Canton Area Chamber of Commerce  
121 South Main Street • North Canton OH 44720

Office (330) 499-5100 • Fax (330) 499-7181 • [www.caksafety.com](http://www.caksafety.com) • [caksafety@northcantonchamber.org](mailto:caksafety@northcantonchamber.org)

# Canton

## Customer Service Office

Quarterly schedule  
Oct. to Dec. 2018

The Ohio Bureau of Workers' Compensation offers over 100 combined occupational safety and health classroom and online courses yearly. These courses are offered as a benefit for Ohio employers with active workers' compensation coverage and their employees at no extra charge.

This listing includes online courses and those offered at one of our training sites across the state. Thank you for your efforts to make a safe work environment.

## Online courses



Accident Analysis

Avoiding Back Trauma

A Five-Step Process for Preventing Work-Related Musculoskeletal Disorders (WMSD) in your Workplace

Bloodborne Pathogens (BBP)

Construction Work in Confined Spaces

Developing a Safety Culture

Food Service Safety

Hazard Communication 2012 Basics: Labeling, Safety Data Sheets and Pictograms

Health Hazards in Construction

Industrial Hygiene Overview: Recognizing Occupational Health Hazards

Introduction to OSHA

Ladder/Stairway Safety

Office Ergonomics: Computer Workstation and Mobile Computing

OSHA Recordkeeping 101

Preventing Cuts and Lacerations

Preventing Slips/Trips/Falls

Safety and Health Management Programs

**NEW!** Young Worker Safety



## Oct. to Dec. 2018

2018	Classroom	Day(s)
Oct. 3-4	OSHA10: Industry Safety Basics	2.0 Days
Oct. 9	Electrical Basics	0.5 Day a.m.
Oct. 29-30	Train the Trainer Techniques for Safety	1.5 Days
Nov. 6	First Aid in the Workplace	1.0 Day
Nov. 14	Effective Safety Teams	1.0 Day
Dec. 4-5	OSHA10: Construction Safety Basics	2.0 Days
Dec. 12	Safety for the Non-safety Professional	1.0 Day

**Enroll today!** 

[www.bwclearningcenter.com](http://www.bwclearningcenter.com)

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**Ohio**

Bureau of Workers'  
Compensation



# Using the BWC Learning Center

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## How to create a new account

1. Go to [www.bwclearningcenter.com](http://www.bwclearningcenter.com)
2. Click *Need an Account?*
3. Select the user type radio button *External User*.
4. Input the employer policy number.
5. Enter a Login ID (minimum of 4 characters).
6. Enter your email address (if applicable and highly recommended although not required field)
7. Enter a password (must be 8 characters to include one capital letter and at least 1 number); confirm password.
8. Enter your first name.
9. Enter your last name.
10. Enter your work phone number.
11. Select *Enable Accessibility* for hearing/vision impairment (for screen readers and speech recognition software).
12. Click Create and receive the welcome screen—click *Home* to see the home screen.

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## How to print a certificate

1. Go to [www.bwclearningcenter.com](http://www.bwclearningcenter.com)
2. Enter your login ID and password and click *Log In*.
3. From the top navigation menu, Click *Transcript*.
4. Next to the class desired, click *View Certificate*.
5. The system will generate a PDF document of your certificate. You can save or print the certificate.

OR

1. From the Home page, scroll down to *Completed Training*.
2. Next to the class desired, click *View Certificate*.
3. The system will generate a PDF document of your certificate. You can save or print the certificate.

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## How to cancel enrollment for a class

1. Go to [www.bwclearningcenter.com](http://www.bwclearningcenter.com) or call 1-800-644-6292.
2. Enter your login ID and password and click *Log In*.
3. From the Home page, scroll down to *Current Training*, to display the list of classes you are enrolled in.
4. In the action box, next to the course that is desired, select *Cancel Enrollment*.
5. A message 'Your enrollment for the selected course was cancelled' will display at the top of your screen.

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## How to update your login ID, contact or profile information

1. Go to [www.bwclearningcenter.com](http://www.bwclearningcenter.com)
2. Enter your login ID and password and click *Log in*.
3. To edit your login ID or password mouse over the avatar with initials (e.g. KB), in the drop-down menu click *Account*.
4. Edit login ID or password as necessary and click *Save*.
5. From the Home page under the right, *User Information* block, click *Edit User Information*.
6. Edit as necessary and be sure to click *Save* before exiting the page to save your changes.

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## How to enroll in a class

1. Go to [www.bwclearningcenter.com](http://www.bwclearningcenter.com) or call 1-800-644-6292.
2. Enter your login ID and password and click, *Log In*.
3. In the search engine under *Browse Catalog*, type in the desired class. Note: On the left, filter the Content *Type by Classroom* to find the class more quickly.
4. Click on the name of the desired class.
5. Find the class you desire to attend and click, *Enroll*.
6. A message 'You are enrolled in the course' will display.