



## 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

**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:

**December 19**  
Healthy Backs & Bodies

**January 23**  
Emergency Action Plans

**February 27**  
Compressed Gas

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

## December's Featured Program...

**Speaker:** Tanya Weiker Snowden, PT, CEAS, AOAS,  
HEALTHY BACKS & BODIES™

**Topic:** Injury Prevention & Safe Mechanics

**Date:** December 19, 2018

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

**Location:** MAPS Air Museum



Meet your back's new best friend, Tanya Weiker Snowden. Tanya is the HEALTHY BACKS & BODIES™ Program Creator, Master Instructor, Safety Consultant and Back Health Specialist.

She is an Orthopedic Physical Therapist, Certified Ergonomics Assessment Specialist, Advanced Office Ergonomics Assessment Specialist, and MFR Clinician who is a patented inventor of the TheraBand® CLX, as well as a published author.

"If only I'd known..." It was this statement, expressed so frequently to Tanya while teaching her 'back pain' patients proper biomechanics, that catapulted her out into the injury prevention training arena. Knowing that much of this

pain and many of these injuries were preventable *if only* people knew and understood the underlying biomechanics innate to safe, healthy, efficient movement, Tanya created HEALTHY BACKS & BODIES™ to reach a larger audience and to reach them *ahead* of time.

Her programs are the culmination of 25 years of hands-on treating, clinical insight, clinical and corporate teaching, and her intense drive to *empower people and corporations to take action before the pain and dysfunction show themselves*. She teaches and consults with the conviction and passion that can only come from an authentic love for the subject matter and from one who lives it every day.



**REMINDER:**  
Christmas Gifts for our Adopted Family are due December 19th!

## DEB'S SAFETY CORNER



**Q: Why should I bother with a Wellness Program at my company?**

**A:** There is a lot of talk recently about wellness programs in the safety world, especially in Ohio, since the BWC has rolled out the [Better you, Better Ohio](#) free wellness program for Ohio Employees that work in high risk industries.

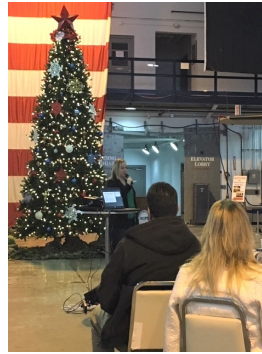
So, a big question is: **Why should a company want a wellness program?** Employees are your most important asset – so you want them healthy! Let's review just a few other reasons you want healthier employees:

- Fewer injuries and if injured they recover quicker
- Less absenteeism and more presenteeism – Boost Productivity!
- Boost morale, reduce stress, create a sense of accomplishment, reduce depression and build community at work
- Lower healthcare costs and good return on investment. Studies show for every \$1 spent on health intervention employees recoup \$1.40 to \$4.60 in avoided medical cost and productivity losses.

These are just a few reasons, and they sound pretty good! If you are eligible, consider promoting the BWC [Better you, Better Ohio](#) free wellness program.

If you are a larger company, it still makes sense. You can also talk with your insurance carrier, who may have programs to assist you as well.

## From Last Month...

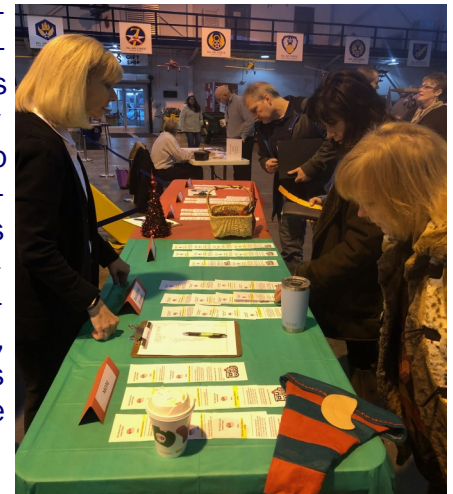


The November meeting featured a presentation on coping with holiday stress and depression by Tracie Keller of Keller Counseling & Associates.



Michelle Francisco, OBWC Safety Council Program Manager, gave our Council a shout-out on the Ohio Safety Council Facebook page:

“Many safety councils coordinate very generous toy, clothing and food drives during the holiday season and beyond. This year, something a bit different is happening in the North Canton area. The CAK Safety Council, in cooperation with the Cleveland OSHA office, has adopted the family of a local worker who was killed in a roofing fall in 2017. His widow and five children will be the recipients of gift cards, toys and clothes this Christmas. It is the season of giving in Ohio!”



**THANK YOU** to everyone who took Christmas gift tags for our Adopted Family. Your generosity is overwhelming! Please bring your unwrapped gift with gift tag and receipt to the **December 19** Safety Council meeting. You can also drop your gift off at the North Canton Chamber or contact Alice at 330-575-1823 or at [caksafety@northcantonchamber.org](mailto:caksafety@northcantonchamber.org) to have it picked up.

**HAPPY HOLIDAYS!**



### December's Meeting Sponsor

Since 1945, the Gardner Pie Company has manufactured bakery items for sale to commercial and retail customers. Its main focus is manufacturing and selling custom-made frozen pies to commercial customers. In addition, they have a thriving retail outlet store located at their manufacturing plant on Logan Parkway in Akron, Ohio.

In the Outlet Store, they sell top quality baked pies. Some are overruns, and on occasion some are sold because they do not meet the qualifications set for their commercial customers. For instance, you may get a pie with a bent or broken crust or one which may be over or under weight due to a discrepancy in the amount of sugar and/or fruit the pie contains.

The outlet store carries different sizes and flavors of pies each day. These flavors vary according to the orders placed by their commercial customers. You may call daily and choose pies from what is available that day. They will hold them until 3:30 PM Monday thru Friday. Specific flavor orders are only taken in advance for Easter, Thanksgiving and Christmas.

The rest of the year, advance orders will only be taken for 20 or more pies and they must be of an assorted variety, for they cannot always guarantee a flavor will be available when requested. Holiday menus will be available about a month prior to the holiday for you to order pies. Each will state the flavors and the times in which orders can be placed. Be aware order cut-off is usually a week prior to Holiday pickup.

### Gardner Pie Company

191 Logan Parkway, Akron, OH 44319  
Phone number: (330) 245-2030

Alyssa Johnson, Director of Retail Sales for the Outlet Store: [ajohnson@gardnerpie.com](mailto:ajohnson@gardnerpie.com)



### December Raffle

This month's raffle winner will receive a **"Pie of the Month Gift Card"** from Gardner Pie Company!

**All proceeds** will be donated to our CAKSC Adopted Family

### Thank you

Gardner Pie Company for your generosity!

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### CONGRATULATIONS

to Tony Bey, Handel & Son Elevator/Lift Co., last month's winner of the Bell Store \$25 gift card!

### AND

Thank you to Laurie Quinn, Bell Stores, who donated her 50/50 winnings to our Adopted Family!



### 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)

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

## Jan. to March 2019

2019	Classroom	Day(s)
Jan. 8	Transportation-injury Prevention Tips for Truck Drivers	0.5 Day a.m.
Jan. 17	First Aid in the Workplace	1.0 Day
Jan. 31	Combustible Dust Hazards: Recognition, Evaluation and Control Recommendations	1.0 Day
Feb. 21	Accident Analysis Half-day Workshop	0.5 Day a.m.
Feb. 21	OSHA Recordkeeping Half-day Workshop	0.5 Day p.m.
Feb. 27-28	Fall Hazards in Construction and Maintenance	2.0 Days
March 5-6	Respirator Fit Testing	2.0 Days
March 11	Restaurant and Food Service Safety Workshop	0.5 Day a.m.
March 13	Tree Work Essentials: Chainsaws, Chippers and other Safety Concerns	1.0 Day
March 18	Controlling Workers' Compensation Costs	1.0 Day
March 21	Powered Industrial Trucks: Developing a Training Program Half-day Workshop	0.5 Day a.m.
March 21	Violence in the Workplace	0.5 Day p.m.
March 25	Hazard Communication Half-day Workshop	0.5 Day a.m.

**Enroll today!** 

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

330-471-0937 • 1-800-OHIOBWC

# 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.