



Canton Akron Safety Council

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

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Scott Dodson
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Crown Heating & Cooling

Jim Regueiro
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Akron Foundry Company

Stella Tsirelis
Vail Packaging /
Massillon Container

Upcoming Meeting Dates:

July 24

What's new with OSHA?

August 28

Accident Analysis

July's Featured Program...

Speaker: Howard Eberts, Area Director,
US Department of Labor / OSHA

Topic: OSHA Updates

Date: July 24, 2019

Time: 7:30 AM - 9:00 AM

Location: MAPS Air Museum



Howard started with OSHA in 1988 as a Compliance Officer (Industrial Hygienist) in the Columbus Area Office.

Ebert graduated from the University of Notre Dame in 1987 with a Bachelor of Science Degree in Biology.

After working in the Columbus office, he went to the Chicago Regional Office from 2001–2006 as an Assistant Regional Administrator for Cooperative and State Programs.

His responsibilities included overseeing six states Voluntary Protection Program (VPP), State and Consultation Programs, Training, Grant Programs, Emergency Preparedness and Response Program and Compliance Assistance Activities, including partnerships and alliances.

Returning to Columbus in 2006, he served as the Compliance Assistance Officer until

moving to the Cleveland office in his current position in January, 2011.

Eberts' responsibilities include oversight of the Cleveland Area Office, which is an OSHA enforcement office with 28 staff, that includes 18 Compliance Officers and two Whistleblower Investigators. The Cleveland Area Office is one of four OSHA Area Offices in Ohio, with Toledo, Columbus, and Cincinnati, and it covers 12 counties in the north-east corner of the state.

Interested in a specific topic for a future meeting?

Email us at caksafety@northcantonchamber.org

NEED MORE INFORMATION?

CAK SAFETY COUNCIL

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Member News...

The **Akron-Canton Airport** helped **Castle Aviation** break ground on a \$5 million, 50,000 square foot hangar to be built on the site of the former 356th Fighter Group restaurant.

Castle will consolidate their operations in the 356th building and new hangar and runway aprons.

Follow their progress at <https://www.facebook.com/castleaviation/>



DEB'S SAFETY CORNER



Q: How can I tell if someone is having a heat related illness?

A: As the outside temperature and humidity rises in the summer months, employees must stay hydrated and drink more fluids due to the summer heat. Equally important, is the need for employers and fellow employees to know the signs and symptoms of the different heat related illnesses and how to help an affected employee.

Heat stroke, the most serious form of heat-

related illness and happens when the body becomes unable to regulate its core temperature. Sweating stops and the body can no longer rid itself of excess heat. Signs include confusion, loss of consciousness, and seizures. **Heat stroke is a medical emergency that may result in death!** Call 911 immediately.

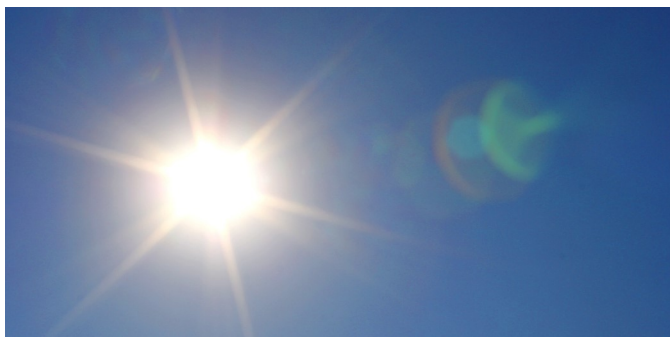
Heat exhaustion is the body's response to loss of water and salt from heavy sweating. Signs include headache, nausea, dizziness, weakness, irritability, thirst, and heavy sweating.

Heat cramps are caused by the loss of body salts and fluid during sweating. Low salt levels in muscles cause painful cramps. Tired muscles—those used for performing the work—are usually the ones most affected by cramps. Cramps may occur during or after working hours.

Heat rash, also known as prickly heat, is skin irritation caused by sweat that does not evaporate from the skin. Heat rash is the most common problem in hot work environments.

The chart on then next page shows **symptoms** and **first aid measures** to take if a worker shows signs of a heat-related illness.

For more information visit: <http://www.osha.gov/SLTC/heatstress/>



HEAT RELATED ILLNESS SYMPTOMS AND FIRST AID MEASURES

Illness	Symptoms	First Aid*
Heat stroke	<ul style="list-style-type: none"> ▪ Confusion ▪ Fainting ▪ Seizures ▪ Excessive sweating or red, hot, dry skin ▪ Very high body temperature 	<ul style="list-style-type: none"> ▪ Call 911 <p>While waiting for help:</p> <ul style="list-style-type: none"> ▪ Place worker in shady, cool area ▪ Loosen clothing, remove outer clothing ▪ Fan air on worker; cold packs in armpits ▪ Wet worker with cool water; apply ice packs, cool compresses, or ice if available ▪ Provide fluids (preferably water) as soon as possible ▪ Stay with worker until help arrives
Heat exhaustion	<ul style="list-style-type: none"> ▪ Cool, moist skin ▪ Heavy sweating ▪ Headache ▪ Nausea or vomiting ▪ Dizziness ▪ Light headedness ▪ Weakness ▪ Thirst ▪ Irritability ▪ Fast heart beat 	<ul style="list-style-type: none"> ▪ Have worker sit or lie down in a cool, shady area ▪ Give worker plenty of water or other cool beverages to drink ▪ Cool worker with cold compresses/ice packs ▪ Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes. ▪ Do not return to work that day
Heat cramps	<ul style="list-style-type: none"> ▪ Muscle spasms ▪ Pain ▪ Usually in abdomen, arms, or legs 	<ul style="list-style-type: none"> ▪ Have worker rest in shady, cool area ▪ Worker should drink water or other cool beverages ▪ Wait a few hours before allowing worker to return to strenuous work ▪ Have worker seek medical attention if cramps don't go away
Heat rash	<ul style="list-style-type: none"> ▪ Clusters of red bumps on skin ▪ Often appears on neck, upper chest, folds of skin 	<ul style="list-style-type: none"> ▪ Try to work in a cooler, less humid environment when possible ▪ Keep the affected area dry

* Remember, if you are not a medical professional, use this information as a guide only to help workers in need.



JULY 31ST IS NATIONAL HEATSTROKE PREVENTION DAY

July 31st is National Heatstroke Prevention Day. As summer heats up, heatstroke continues to be the number one vehicle-related killer of children, outside of car crashes, according to the U.S. Department of Transportation. Children are more vulnerable to heatstroke than adults, especially in the summer months and when it starts to get hot outside.

Since 1998, more than 790 children across the United States have died from heatstroke when left unattended in a vehicle. In 2018, 52 children died from heatstroke, the highest number of deaths on record. Because children are more vulnerable to heatstroke than adults, especially in the summer months, please share the following links to tip sheets and resources with parents and providers in your communities to help remind everyone to *look before you lock*.

DON'T MISS OUT!

On Next Year's CAK Safety Council Programs

- New year begins July 24, 2019 and runs through June 24, 2020
- Renew or join by **July 31st** online: <http://cak-safety.com/cak-safety-council-enrollment-form>
- Yearly pass is only \$125 for 12 breakfast meetings

Join the CAK Safety Council and join thousands of Ohio employers who find value and potential workers' compensation premium savings. Our convenient 7:30 AM meetings at MAPS will have you on your way to work by 9 AM, armed with the latest news to ensure a safe workplace.

CONGRATULATIONS!



to Susan Popovich of The K Company,
last month's winner of the Bell Store
\$25 gift card!

New and Re-enrollment Deadline

All new safety council enrollments and all re-enrollments are due no later than July 31, 2019.

The enrollment form can be accessed at:

<http://caksafety.com/cak-safety-council-enrollment-form/>

