

- Menu

- \*Catered by Hill's Family Restaurant\*

- Spaghetti w/meat sauce
- Chicken Fettucine Alfredo
- Green Beans
- Bread Stick
- Salad Bar

- Dessert

- Cake

- Drinks

- Soda and Water

PLEASE

SILENCE

YOUR CELL PHONE



# Questions

Please like and follow our Face Book Page

<https://www.facebook.com/profile.php?id=61570411467592>



# UPCOMING TOPICS/SPEAKERS

- ✓ May 20, 2025 - Finding Joy in the Workplace
- ✓ June 17, 2025 - Generational Gaps in the Workplace

*Dates are also located on the Black Swamp Safety Council Website*



# Membership Invoices 2026

Invoices for next year's membership fees have already went out. They went to the attention of the accounts payable person provided or just to the accounts payable position.

We cannot accept ACH payments for these invoices, but we can accept checks, cash or online through the website payments.

If you have updates to your company's accounts payable departments please update on the update forms that were sent out with the invoices.

**Due By  
July 1<sup>st</sup>**





# **Bureau of Workers' Compensation**

# APRIL SAFETY COUNCIL UPDATE

Black Swamp Safety Council

**Dayna Noble**

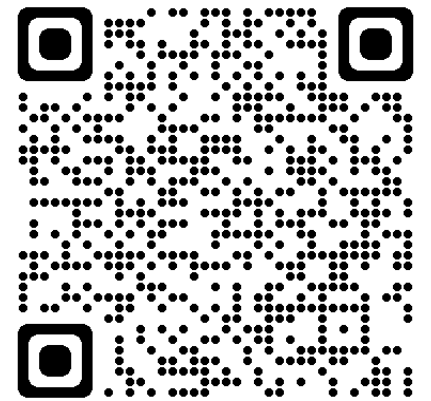
Safety Consultant

Region 4 – Toledo Service Office

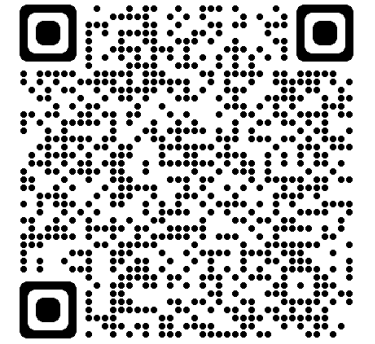
567-204-8917

Dayna.noble@bwc.ohio.gov

bwc.ohio.gov



# MONTHLY LEARNING APRIL – CONT.



bwclearningcenter.com

**April 22-23** – Construction health and safety technician (CHST) review

*Cincinnati/Springdale Service Office*

**April 22** - Electrical safety in the workplace through insight and implementation of NFPA 70E

*Independent Electrical Contractors (IEC), Columbus*

**April 22** – Safety for the non-safety professional

*Cambridge Service Office*

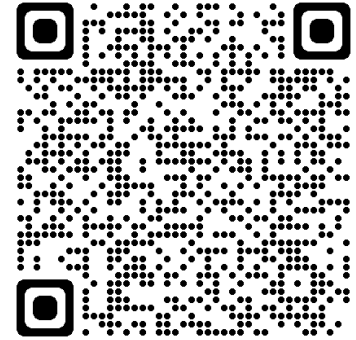
💡 In-person classes and virtual training classes (VTC) qualify for Safety Council rebate external training credits.



# MONTHLY LEARNING APRIL – CONT.

**April 29** – Crisis de-escalation tactics and safe practices  
*Canton Service Office*

**April 29** – Lockout/tagout advanced principles  
*Cincinnati/Springdale Service Office*



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

💡 In-person classes and virtual training classes (VTC) qualify for Safety Council rebate external training credits.

# MONTHLY LEARNING MAY

**May 5** – First aid in the workplace

*Indiana Wesleyan University, Independence, OH*

**May 5-9** – Hazardous waste operations and emergency response 40-hour

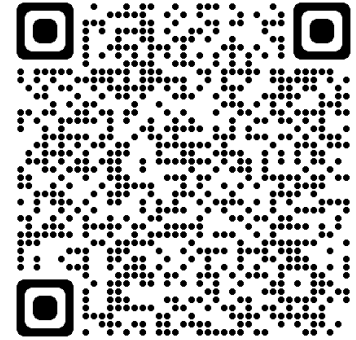
*Wolf Event Center, Pickerington, OH*

**May 6** – Electrical safety in the workplace through insight and implementation of NFPA 70E


*Cincinnati/Springdale Service Office*

**May 6** – OSHA recordkeeping

*Youngstown Service Office*



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 In-person classes and virtual training classes (VTC) qualify for Safety Council rebate external training credits.

# MONTHLY LEARNING MAY – CONT.

**May 7** – Noise and hearing conservation half-day workshop

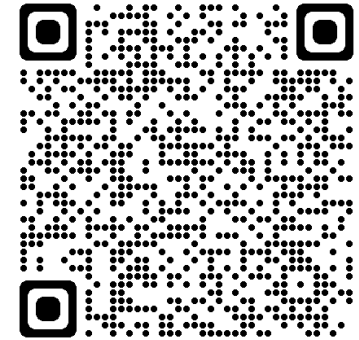
*Edison State Community College, Piqua, OH*

**May 14-15** – OSHA 10: Industry safety basics

*Ohio Fire Academy, Reynoldsburg, OH*

**May 20** – Controlling workers' compensation costs

*Indiana Wesleyan University, Independence, OH*



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

💡 In-person classes and virtual training classes (VTC) qualify for Safety Council rebate external training credits.

# MONTHLY LEARNING MAY – CONT.

**May 20** – Transitional return-to-work

*Southern Ohio Safety Council, Portsmouth, OH*

**May 21-22** – Electrical safety maintenance (NFPA 70B) –  
practices for electrical equipment maintenance

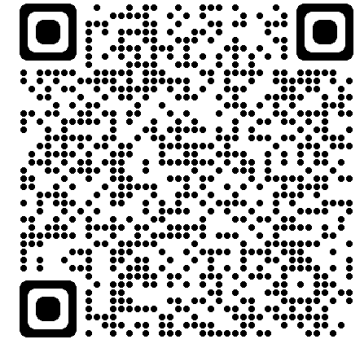
*Canton Service Office*

**May 21** - Fundamentals of training

*Mid-Ohio Conference Center (MOCC), Mansfield, OH*

**May 21** - Noise and hearing conservation half-day  
workshop

*Bowling Green State University, Perrysburg, OH*



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# MONTHLY LEARNING MAY – CONT.

**May 22** – First aid in the workplace

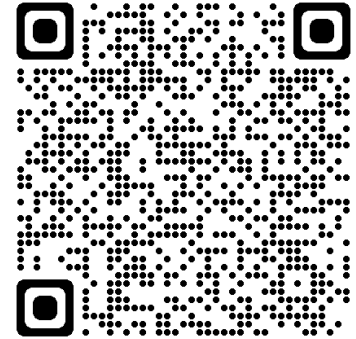
*Independent Electrical Contractors (IEC), Columbus, OH*

**May 28** – Safety for the non-safety professional

*Canton Service Office*

**May 29** - Machine guarding basics

*Youngstown Service Office*

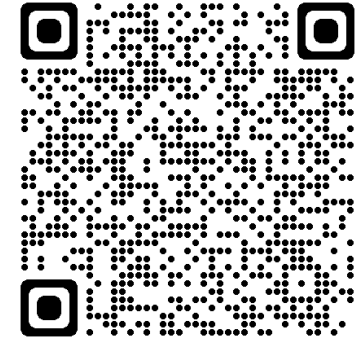


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💡 In-person classes and virtual training classes (VTC) qualify for Safety Council rebate external training credits.

# VIRTUAL TRAINING APRIL

- **April 22** – Respirators: Do we need them?
- **April 24** – Job safety analysis
- **April 29** - Thermal stress

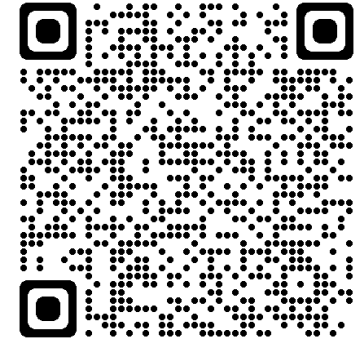


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💡 In-person classes and virtual training classes (VTC) qualify for Safety Council rebate external training credits.

# VIRTUAL TRAINING MAY

- **May 1** – Confined space: Identification and safe practices workshop
- **May 7-8** – Ergonomics and safety for extended-care facilities
- **May 8** – Accident analysis half-day workshop
- **May 13-14** - Improving hazard recognition through visual literacy
- **May 15** - Safety series workshop module 6: Machine guarding basics and powered equipment basics

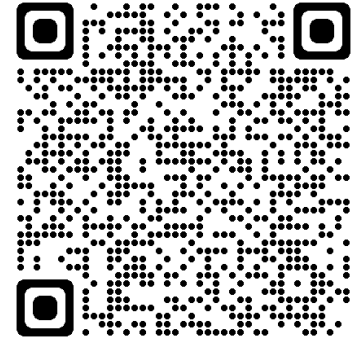


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💡 In-person classes and virtual training classes (VTC) qualify for Safety Council rebate external training credits.

# WEBINARS APRIL/MAY 2025

- **April 2** – It's getting hot out there!
- **April 8** - Planning your fall prevention stand-down
- **May 20** – Preparing for trench safety stand-down



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💡 In-person classes and virtual training classes (VTC) qualify for Safety Council rebate external training credits.



# PRIVATE EMPLOYER IMPORTANT DATES

- **May 1** - PA PY 2025 notice of estimated annual premium sent (approximate date)
- **May 15** - PA last date employer can change installment plan for PY 2025
- **May 30** - PA transitional work bonus application deadline for 7/1/2025 start date

# PUBLIC EMPLOYER IMPORTANT DATES

- **April 15** - PEC individual retro billing invoice mailed for previous policy year
- **April 21** - PEC deferred premium payment due (January - May)
- **May 30** - PEC group experience rating application deadline for 1/1/2026 start date (must be filed by COB)

# 2025 OHIO SAFETY CONGRESS & EXPO®

APRIL 16-18, 2025

COLUMBUS, OH

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**Call or text: 614-307-5087**

# SAFETY TOPIC: FALL PREVENTION STAND-DOWN



**Bureau of Workers'  
Compensation**

# WHAT IS A FALL STAND-DOWN

- It's a voluntary event for employers and organizations to talk directly to employees and participants about safety.
- It should provide an opportunity for open discussion about hazards, protective methods, and the company's safety policies, goals, and expectations.

# FALL PROTECTION STAND-DOWN ORIGIN

- Since 2012, OSHA has partnered with employers to focus on fall prevention.
- Goal: Raise awareness about common fall hazards in construction and general industry.

# WHEN IS THE SAFETY STAND-DOWN

- The 12th annual National safety stand-down to prevent falls in construction is scheduled for May 5-9, 2025.
- However, you can hold a stand-down at anytime.

# HOW DO I CONDUCT A SAFETY STAND-DOWN

- Conduct a safety stand-down by taking a break during the workday to have a toolbox talk or another safety activity.
- Start planning early:
  - Designate individual(s) that will coordinate and organize the stand-down.
  - Keep it simple – it does not need to be complicated.



# HOW MUCH TIME IS NEEDED

- Start by determining date(s) & time(s).
- A stand-down could be as simple as a 15-minute toolbox talk or several hours of training over a week, or the entire month.
- The choice is yours:

How much time do you want to dedicate?

Availability of participants, number of shifts, presenters, equipment, facilities, etc.

# HOLD YOUR STAND-DOWN

- During the event:
  - Encourage active participation and open discussion.
  - Be prepared with questions to get discussions going.
  - Utilize hands-on training, get employees involved.
  - Encourage management participation to show their commitment.

# OFFICE OF SAFETY SERVICES – WE ARE HERE TO HELP

On-site safety consultations

Workplace hazard assessments

Ergonomics and process safety reviews

Industrial hygiene testing

Training and education courses

Grant opportunities for safety equipment





# **Bureau of Workers' Compensation**

[BWC.Ohio.gov](http://BWC.Ohio.gov)

# Bridget Furchak

- Bridget is a Safety and Health Compliance Officer with the Toledo OSHA Office
- She has worked for OSHA for 8 years
- Bridget spent eight years working with food Manufacturing companies as a Food Safety Specialist
- She has a Bachelor's degree in Biology from Madonna University
- Master's degree in Public Health from the University of New England

Black Swamp Safety Council  
Archbold, Ohio  
April 15, 2025

# Heat Stress

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**Bridget Furchak**  
**Industrial Hygienist**  
**Occupational Safety and Health Administration**

# Objectives

- **Cover different industries impacted by heat stress**
- **Explain the different types of heat illness**
- **Discuss heat stress prevention plans**
- **Discuss heat illness inspection process**

# Definitions

- Heat stress
  - Combined load of heat a person experiences from sources of heat and heat retention
- Heat strain
  - The body's response to heat stress
- Heat- related illness
  - Clinical outcome from heat exposure



# Outdoor Industries Impacted

- Agriculture
- Construction- especially road work & roofing
- Landscaping
- Mail and package delivery
- Oil and gas well operations

# Indoor Industries Impacted


- Bakeries, kitchens, and laundries
- Utilities (boiler room)
- Fire service
- Iron and Steel mills and foundries
- Manufacturing with hot local heat sources
- Warehousing

# Heat Illness Stats

- 2011- 2022: 479 workers in the U.S. died from exposure to environmental heat
- 2011-2020: 33,890 estimated work-related heat injuries and illness with days away

# Types of Heat Illness

Severity

- 
- Heat Fatigue
  - Heat rash
  - Sunburn
  - Heat Syncope (Fainting)
  - Heat cramps
  - Heat exhaustion
  - Heat stroke

# Heat Fatigue

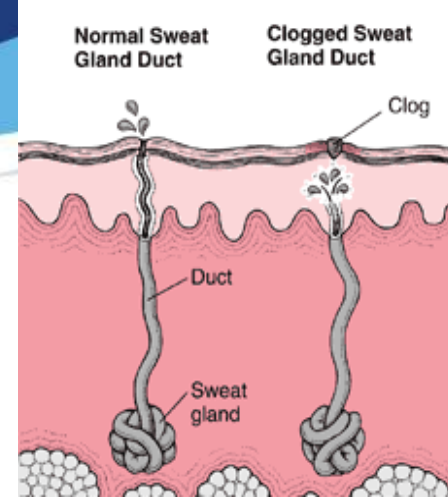
**Symptoms:** General feeling of tiredness or fatigue.

**First Aid:** Fluid replacement and rest.



# Heat Rash

**Symptoms:** Skin becomes reddened and may itch, feel prickly or hurt.



**First Aid:** Practice good personal hygiene; keep the skin clean and the pores unclogged, allow skin to dry, wear loose clothing, see doctor if rash persists.

# Heat Syncope



**Symptoms:** Syncope means “fainting.” First signs are dizziness, feeling light-headed and perhaps nauseous, then the person may faint. Usually occurs in the beginning of heat stress season before the circulation system is adapted.

**First Aid:** Lay victim in a cool location horizontally with feet elevated. If conscious, give fluids. Treatment the same as shock.



# Heat Cramps:

**Symptoms:** Cramping of either active muscles (arms, legs) or involuntary (usually abdominal) muscles (or both).

**First Aid:** Replenish electrolytes through drinking of fluids such as Gator-Ade, Liquid I.V., PowerAde, etc. Rest in a cool environment.





# Heat Exhaustion:

**Symptoms:** Nausea, dizziness, weakness headache, blurred vision, profuse sweating, cold/wet (clammy) grayish skin, unconsciousness, coma and death.

**First Aid:** Place victim in a prone position in a cool location, administer fluids if the victim is conscious. If unconscious, seek medical care or transport to a medical emergency room.



# Heat Stroke:



**Symptoms:** Chills, restlessness, irritability, euphoria, red face and skin, disorientation, hot/dry skin (not always), collapse, unconsciousness, convulsions and death.

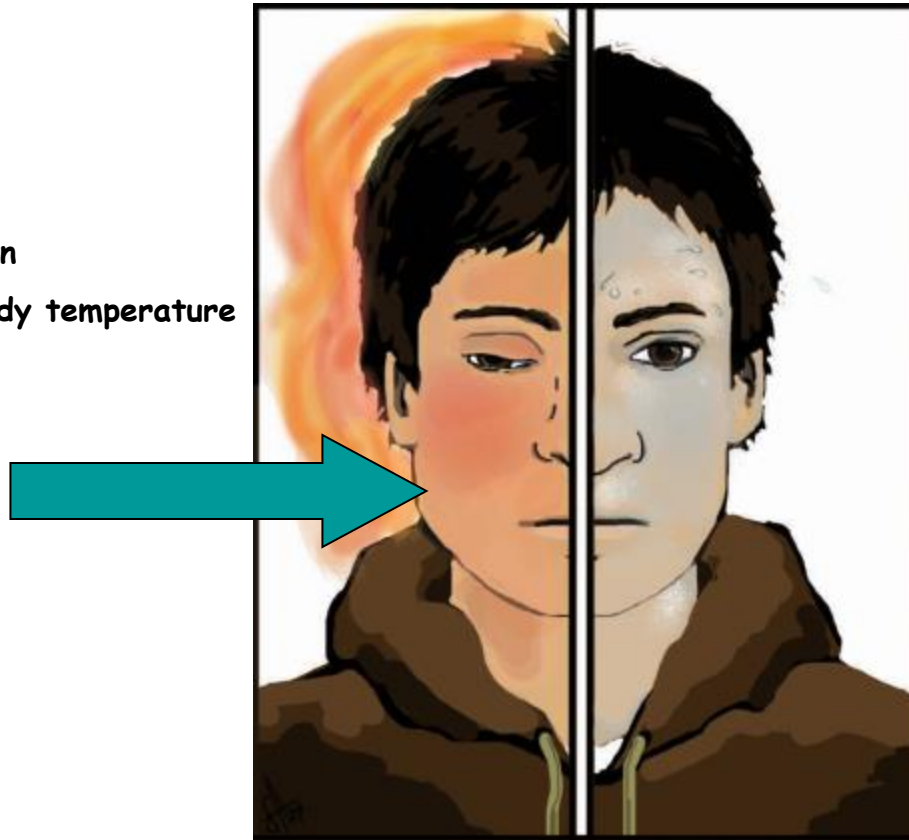
**First Aid:** Immediate, aggressive cooling of the victim's body using wet cloths, immersion into cold water or alcohol wipes.

**Transport to emergency medical facility ASAP!**

# Heat Stroke: *Call 911 and cool down by any means!*

## HEAT STROKE

1. Dry, hot skin
2. Very high body temperature
3. Confusion



## HEAT EXHAUSTION

1. Moist clammy skin
2. Normal or subnormal body temperature

# Heat Stress Prevention Plan

- Identify heat hazards
- Acclimatization
- Work / rest schedules
- Buddy systems
- Protocol for emergencies and first aid
- Plan oversight and implementation
- Training

<https://www.osha.gov/heat/employer-responsibility>

# Identify Heat Hazards

- Applies to indoor and outdoor work
- Evaluate the workplace for sources of heat and heat retention
- Check temperature and forecast
- Evaluate workload and amount of physical activity required to perform work

# Acclimatization

- A process that allows the body to build up tolerance to working in the heat.
- Needed for both new or returning workers
- It can take a week or more for an employee to become fully acclimatized

**Most outdoor fatalities, 50% to 70%, occur in the first few days of working in warm or hot environments.**

# Work/ Rest Schedule

- Modify work schedules to work during cooler temperatures when possible
- Allow frequent rest breaks during a shift
- Rotate workers, split shift, or add workers to reduce load for each employee
- Reevaluate during the shift and stop work if needed

# Rest/ Breaks

- Designate shady or cool areas for breaks
  - Portable tents, natural shade, indoors
- Encourage hydration
  - Ensure employees have access to drinking water
- Should last long enough for employee to recover from heat



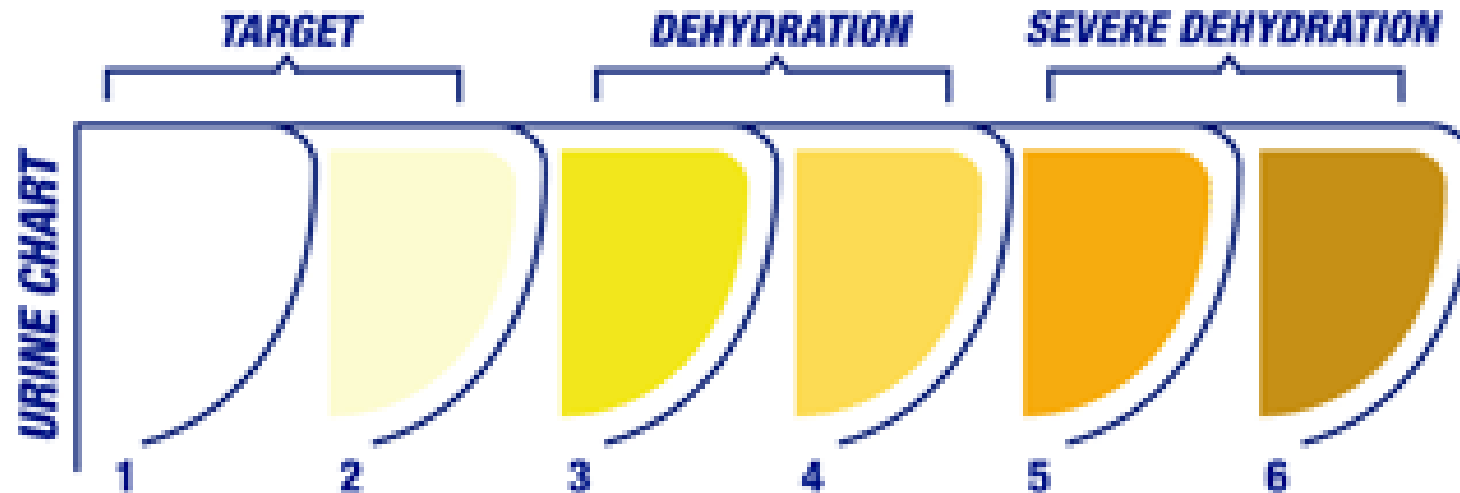
# How Much Water is Enough?

- More than you want just to satisfy your thirst
- Sources of water are:
  1. Fluids - 1 cup or 8 oz = 240 mL every 20 min
  2. Foods - fruit & veggies are 90% water
- Why 50-60° F? ... to maximize the amount you drink (not too cold, not lukewarm)

## MONITORING HYDRATION

### THE EFFECT OF BODY WATER LOSS ON PERFORMANCE

2%	Impaired performance
4%	Capacity for muscular work declines
6%	Heat exhaustion
8%	Hallucination
10%	Circulatory collapse and heat strokes



You can monitor your hydration level using the pee chart above. When you are well hydrated, your pee should be the colour of pale straw. This relates to colour 1 or 2 on the chart.

# Buddy System

- A worker heading into a heat stroke will no longer realize what's happening to him/her
- It is vital that co-workers be able to recognize what's happening and intervene
- Without quick attention, the co-worker may die!

# Lone Workers

- Provide safety alerts of forecasted high heat before they start their day
- Check-in process
- End of shift check in

# Emergency Plan

- What to do when someone is showing signs of heat illness
- How to contact emergency services
- How long it takes for emergency services to arrive
- Appropriate first-aid measures until medical help arrives

# Oversight and Implementation

- Designated Heat Safety Representative for the company
- Supervisors should be trained on the plan and ensure individual work locations are set up according to the plan
- Reevaluated the plan regularly or if there is a heat related injury or illness

# Training

- Heat illness risks
- Predisposing factors
- Symptoms
- Emergency response and first aid procedures
- Preventative methods
- Provide training in a language and format they understand

# Heat Illness Inspections

- Programmed inspection
  - National Emphasis Program
- Unprogrammed inspection
  - Complaints
  - Report of employee heat illness



# Inspection Process

- Opening conference
- Walk through of the worksite
- Obtain temperature measurements
- Interview employees, supervisors, managers
- Potentially obtain medical records of employee with diagnosed heat illness
- Request and review employer documents
- Closing conference



[www.osha.gov](http://www.osha.gov)

800-321-OSHA (6742)