

- **Menu**

- Creamy Chicken
- Mashed Potatoes
- Biscuits
- Mixed Vegetables
- Salad Bar

- **Dessert**

- Oreo Fluff

- **Drinks**

- Soda/Water

PLEASE

SILENCE

YOUR CELL PHONE



Follow us for Updates!

Please like and follow our Face Book Page

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



UPCOMING TOPICS/SPEAKERS

- ✓ December 16, 2025 – Inspire a Safer Workplace, Brad Hurtig
 - *Holiday Meeting w/ Premium Meal - \$20 for December only*
 - ✓ January 20, 2026 – Fire Codes Update
 - ✓ February 17, 2026 – Importance of LEAN Training

Dates are also located on the Black Swamp Safety Council Website



MEETING ATTENDANCE CREDIT

In order to qualify for meeting attendance credit, an employer representative must sign in and attend the **ENTIRE** meeting.

- Lunch begins at 11:20-11:30 AM.
- The presentation starts at 12:00 PM and ends at 1:00 PM.
- The Black Swamp steering committee has the final authority to determine whether or not an employer receives credit based on their **arrival and departure** times.

Please plan accordingly, if you choose to Pay at the Door and then do not show up, you will be charged/invoiced for the meal(s).



Dates are also located on the Black Swamp Safety Council Website



Bureau of Workers' Compensation

NOVEMBER SAFETY COUNCIL UPDATE

Black Swamp Safety Council

Dayna Noble

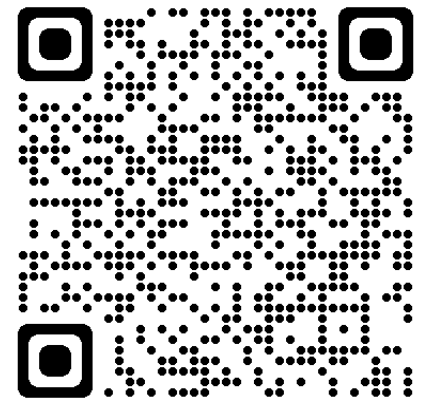
Safety Consultant

Toledo Service Office

567-204-8917

Dayna.N.1@bwc.ohio.gov

bwc.ohio.gov

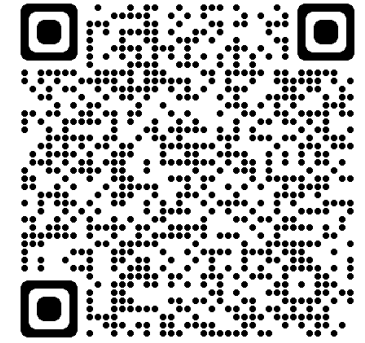


MONTHLY LEARNING DECEMBER


December 1-4 - Electrical hazard recognition and abatement
Independent Electrical Contractors (IEC), Columbus, OH

December 3-4 - OSHA 10: Industry safety basics
Cincinnati/Springdale Service Office

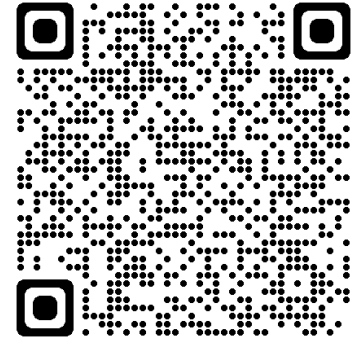
December 3 - OSHA recordkeeping half-day workshop
Youngstown Service Office



bwclearningcenter.com

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


MONTHLY LEARNING DECEMBER - CONTINUED



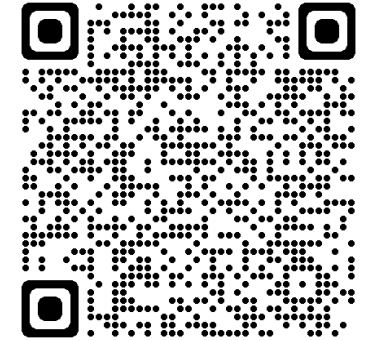
bwclearningcenter.com

December 9-10 - Fall hazards in construction and maintenance
Canton Service Office

December 9-10 - OSHA 10: Industry safety basics
Youngstown Service Office

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

MONTHLY LEARNING DECEMBER - CONTINUED




bwclearningcenter.com

December 10 - Electrical safety in the workplace through insight and implementation of NFPA 70E

Edison State Community College

December 11 - Tree work essentials: Chainsaws, chippers, and other safety concerns

Canton Service Office


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

VIRTUAL TRAINING NOVEMBER

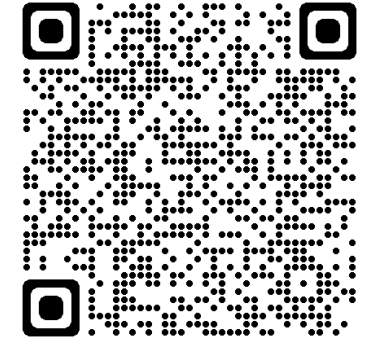
- **November 20** - Hazardous waste operations and emergency response awareness



bwclearningcenter.com


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

VIRTUAL TRAINING DECEMBER



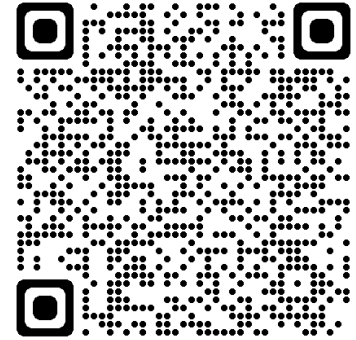
bwclearningcenter.com

- **December 9** - OSHA recordkeeping half-day workshop
- **December 9** - Safety series workshop module 2: Ergonomics, accident analysis, and hazard assessment basics (VTC)


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

WEBINARS NOVEMBER & DECEMBER

- **November** - No webinars
- **December 10** - PERRP recordkeeping



bwclearningcenter.com

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

PRIVATE EMPLOYER IMPORTANT DATES –NOV. & DEC.

- **November 24** - PA Group Experience Rating application deadline for 7/1/2026 start date
- **December** - No PA dates

PUBLIC EMPLOYER IMPORTANT DATES – NOV. & DEC.

- **November 28** - PEC Transitional Work Bonus application deadline for 1/1/2026 start date
- **December 1** - PEC last day for retro settlements (closeout year for 10-year annual evaluation)
- **December 22** - PEC first installment due for PY 2026

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

Josh Bernath

- Josh has been with the Napoleon Fire and Rescue department since January of 2019. He also works part time for the Williams County EMS. Josh teaches EMT classes at Four County Career Center and Owens Community College.
- Josh is very passionate about his career, but when he is off duty he enjoys spending time with his 5 year old daughter, and riding his motorcycle when he has free time.

COLD WEATHER EMERGENCIES

Joshua Benarth
FF/Paramedic/Instructor



TOPICS OF DISCUSSION:

- Hypothermia
- Frostbite
- Dehydration



HOW THE BODY LOSES HEAT

MECHANISMS OF HEAT LOSS

Convection

Body heat is lost to surrounding air, which becomes warmer, rises, and is replaced with cooler air.

Respiration

Heat is lost through exhalation of warm air and inhalation of cold air.

Evaporation

Perspiration or wet skin results in body heat lost when the liquid evaporates.

Radiation

Body heat is lost to the atmosphere or nearby objects without physically touching them.

Conduction

Body heat is lost to nearby objects through direct physical touch.



HYPOTHERMIA

- Exposure to cold reduces body heat.
- Body is unable to maintain proper core temperature.
- Geriatrics more susceptible to cold exposure.
- May lead to death



HYPOTHERMIA SYMPTOMS

- Shivering, in early stages
- Numbness or reduced or lost sense of touch
- Stiff or rigid posture
- Drowsiness
- Rapid breathing and pulse; slow or absent breathing/pulse in prolonged cases



HYPOTHERMIA SYMPTOMS

- Loss of motor coordination
- Joint/muscle stiffness, or muscular rigidity
- Decreased level of consciousness or unconsciousness
- Cool abdominal skin temperature
- Red skin; pale or cyanotic skin in prolonged cases



STAGES OF HYPOTHERMIA

90-95F

MILD



35-32° C

1

- ALERT/ HYPERVIGILANT
- SHIVERING, GOOSEBUMPS
- TACHYCARDIA
- HYPERVENTILATION

82-90F

MODERATE



32-28° C

2

- CONFUSION, APATHY, DIFFICULTY SPEAKING, INCOORDINATION
- INTENSE SHIVERING
- BRADYCARDIA
- BREATHING STARTS TO SLOW

75-82F

SEVERE



28-24° C

3

- UNCONSCIOUS/INCOHERENT
- NO MORE SHIVERING, CYANOSIS, MUSCLE RIGIDITY
- BRADYARRHYTHMIA
- BRADYPNEA

<75F

ABSENT VITALS



<24° C

4

- MAY APPEAR **DEAD** (BUT CAN'T BE DECLARED DEAD UNTIL "**WARM AND DEAD**")
- BODY IS COLD AND RIGID
- NO DETECTABLE PULSE
- NO OBVIOUS BREATHING



PASSIVE AND ACTIVE REWARMING

- Remove wet clothes
- Dry patient
- Wrap in blankets
- Apply heat packs –active
 - Use caution when active rewarming, to fast of temperature change can cause cardiac arrhythmias
- If unresponsive and no pulse- CPR!



PREVENTATIVE MEASURES

- Dress in layers
- Take frequent breaks in freezing temperature conditions
- Warm fluid drinks
- Hot Hands/Hot pads
- Stay hydrated



FROST BITE

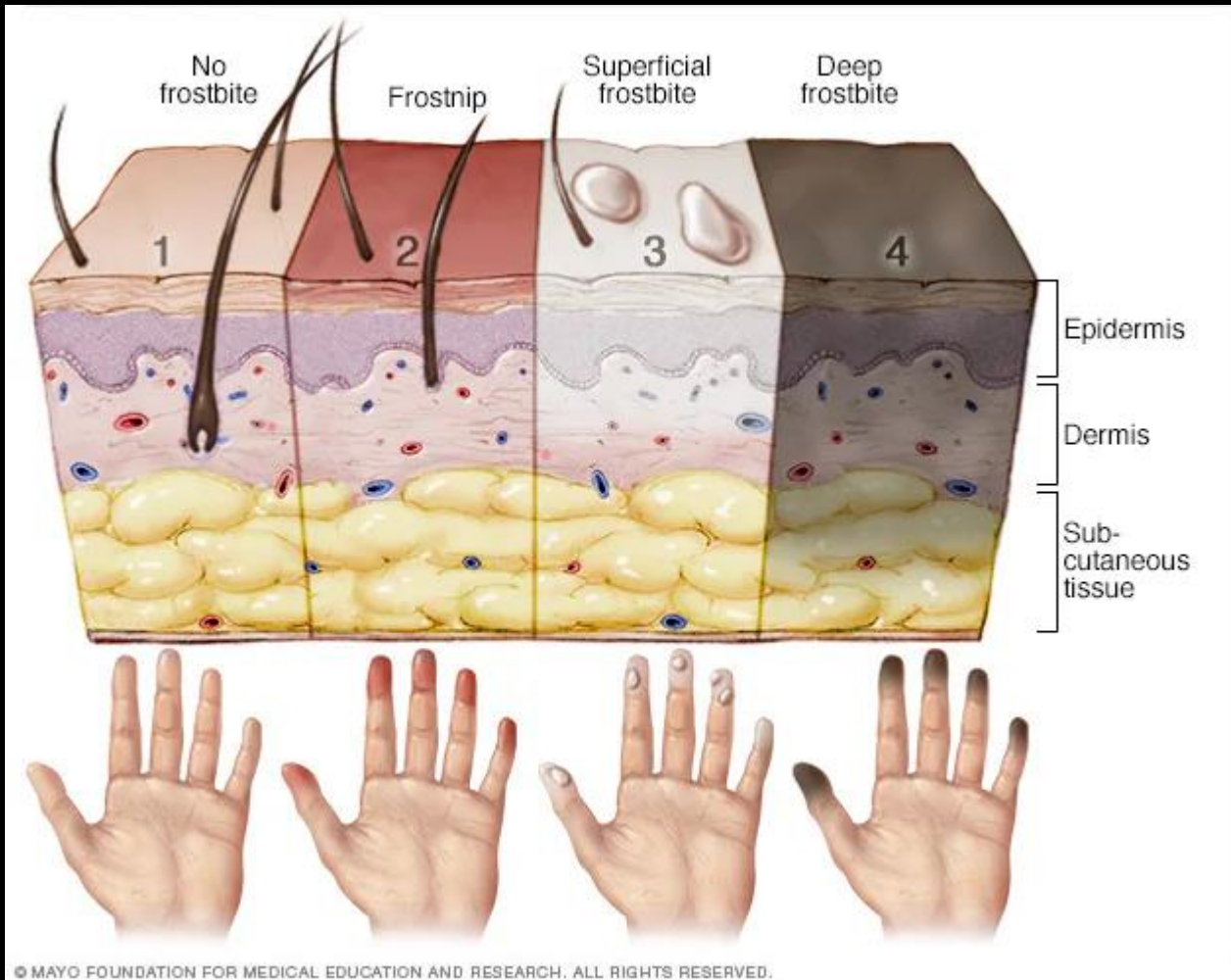
- Most commonly affects ears, nose, face, hands, fingers, and feet and toes
- Blood flow limited by constriction of blood vessels
- Tissues freeze, may form ice crystals.
- Early/superficial (frostnip)
 - Remove from cold and cover.
- Late/deep (frostbite)
 - Cover frostbitten part and handle gently.



LOCALIZED FROSTBITE



STAGES OF FROSTBITE





[HTTPS://WWW.YOUTUBE.COM/WATCH?V=KZ85WHTIAL4](https://www.youtube.com/watch?v=KZ85WHTIAL4)

DEHYDRATION

- Dehydration can occur in cold weather
- Water can be lost from
 - Moisture exhaled from breath
 - More frequent urination
 - Not realizing you're sweating



The infographic features a teal background with white snowflake icons. It includes a silhouette of a person holding a glass of water. The text is in white and black, providing information about how cold temperatures affect thirst.

dropping temperatures ...and thirst

Cold temperatures can reduce the body's thirst sensation by up to **40%**

Source: University of New Hampshire

my southern health

How much should you drink daily?
According to the Institute of Medicine,
13 cups for men, 9 cups for women.



COLD WEATHER DEHYDRATION SYMPTOMS

- Dry Cracked Lips
- Dry Mouth
- Dark colored urine
- Headaches
- Rapid Pulse
- Dizziness



DEHYDRATION LEADS TO SHOCK

- Shock is hypoperfusion of blood in our body.
- Dehydration leads to "Hypovolemic Shock" or low volume within the blood vessels.
- This leads to Altered Mental Status, Nausea, Vomiting, Tachycardia (High heart rate)
- Late stages are bradycardia (low heart rate) and hypotension (low blood pressure) and eventually death
- If you believe someone is in hypovolemic shock, treatments include warm blanket and kick their feet up in "Trendelenburg Position"



St John
Ambulance



**How to treat
shock**



COLD WEATHER DEHYDRATION

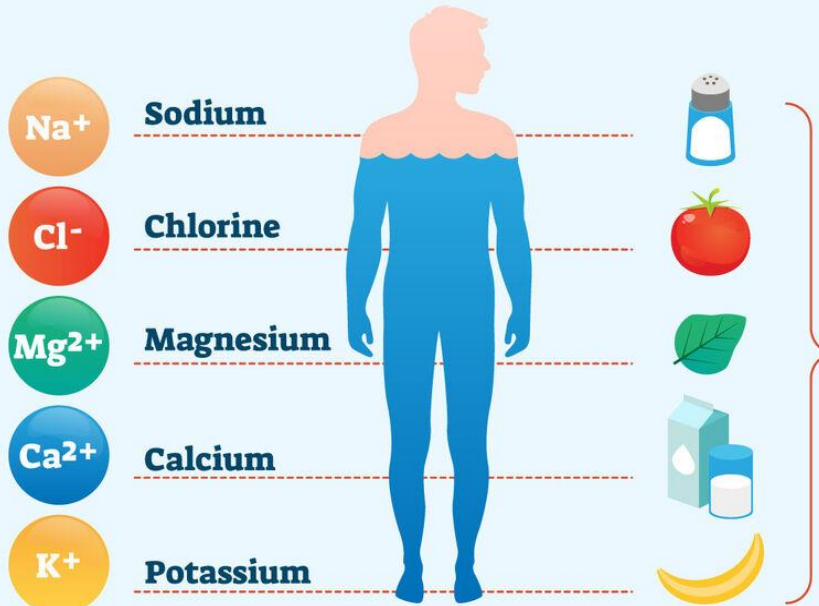
- Make sure everyone stays hydrated
- Drink water
- Drink electrolytes such as Gatorade/Powerade
- Warm drinks in moderation
 - Beneficial for maintaining body heat
 - Do not supplement ALL hydration with coffee



ELECTROLYTES



THE MAIN ELECTROLYTES IN BODY FLUID



Balance Fluids in Your Body

Maintain Your Blood's Proper pH

Carry Electrical Signals from Nerves to Muscles



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QUESTIONS?

