

Safety Update

Ohio BWC Library



February is American Heart Month

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

For more information, visit the [American Heart Association](#).

NIOSH/CDC News

Cold Stress

It's the time of year when cold stress can affect workers out of doors. To keep up-to-date on how to prevent cold-related illnesses, visit the National Institute of Occupational Safety and Health's [Cold Stress page](#).

Workplace Health Promotion Videos

The Centers for Disease Control and Prevention has a [YouTube playlist of workplace health videos](#). The site has 28 videos on topics ranging from mental health and chronic disease in the workplace to strategies to prevent heart attack and stroke in the workplace.

2018 Injury/Illness Summary

Employers must post a copy of the Occupational Safety and Health Administration (OSHA) [Form 300A](#), which summarizes job-related injuries and illnesses logged during 2018. Each year, from Feb. 1 to April 30, employers must display the summary in a common area where they typically post notices to employees. Businesses with 10 or fewer employees and those in certain low-hazard industries are exempt from OSHA recordkeeping and posting requirements. Visit OSHA's [Recordkeeping Rule webpage](#) for more information on recordkeeping requirements.

New Publications

OSHA released a new [pamphlet on worker safety during snow removal](#) and two versions of a tractor rollover protection brochure in [English](#) and [Spanish](#).

New Resources for Crystalline Silica

OSHA published new resources on its [overview page for crystalline silica](#). There are FAQs for general industry and construction, seven new videos for construction workers and a sample construction training PowerPoint presentation.

Other News

CPWR Quarterly Data Report

The Center for Construction Research and Training's latest quarterly report covers [Deaths and Injuries Involving Elevators or Escalators in Construction and the General Population](#). The number of deaths doubled from 2003 to 2016. Most of these deaths were due to falls to a lower level, and half of the falls were from 30 feet or higher.

Youth Livestock Safety Lessons

The National Ag Safety Database has a series of 18 [safety lessons on youth livestock safety](#) for beef cattle, dairy cattle, sheep, goats, swine and horses. Produced by Kansas State University Research and Extension, each lesson includes an overview, lesson text, discussion questions and a video.

Fatigue Research Report

The American Society of Safety Professionals Foundation released [a report](#) on using wearable sensors to monitor worker fatigue in a manufacturing setting. Participants wore sensors while performing common manufacturing tasks. Researchers collected performance data on fatigue levels and reviewed fatigue interventions studies.

Rise in Positive Drug Tests

Quest Diagnostics publishes a yearly analysis of its test data. The [2018 report](#) shows an increase in drug use in five of the 16 major U.S. industry sectors during the past two years. Marijuana was the most commonly detected substance.

Sit or Stand?

A [video produced by the Institute for Work & Health](#), presents two researchers working on the negative health effects of prolonged sitting and prolonged standing. The researchers present a brief overview of what their research means to workers who primarily sit or stand at their jobs.

Work Fatalities of Children

A recent [Washington Post Blog](#) reported on workplace fatalities of children between 2003 and 2016. The report shows that 425 children died from workplace accidents during that time, with more than half of those deaths in agricultural work.

Free Webinar

The National Safety Council (NSC) is presenting a [free webinar on contractor management](#) on Feb. 13. The webinar focuses on engaging contractors in health and safety topics.

Drowsy Driving Poster

The NSC has a [drowsy driving poster](#) available for you to print and display at your workplace. Combat vehicular accidents, the leading cause of workplace deaths.

Please contact the library@bwc.state.oh.us or 614-466-7388 for more information on any of these items.