



Bureau of Workers' Compensation

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MONTHLY LEARNING JANUARY 2025

Jan. 7-10 – Electrical hazard recognition and abatement
Independent Electrical Contractors (IEC)

Jan. 8-9 – OSHA 10: Industry safety basics
Cincinnati/Springdale Service Office


Jan. 15-16 – Fall hazards in construction and maintenance
Canton Service Office

Jan. 22-23 – OSHA 10: Construction safety basics
Edison State Community College

Jan. 29-30 – OSHA 10: Construction safety basics
Canton Service Office



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

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MONTHLY LEARNING FEBRUARY 2025

- Feb. 4** – Emergency preparedness planning
Cambridge Service Office
- Feb. 4** – Running effective safety meetings workshop
Cincinnati/Springdale Service Office
- Feb. 4-5** – OSHA 10: Construction safety basics
Youngstown Service Office
- Feb. 5** – Tree work essentials: Chainsaws, chippers and other safety concerns
Bowling Green State University



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MONTHLY LEARNING FEBRUARY 2025 – CONT.

- Feb. 6** – Electrical safety in the workplace through insight and implementation of NFPA 70E
Edison State Community College
- Feb. 6** - OSHA recordkeeping half-day workshop
Mid- Ohio Conference Center (MOCC)
- Feb. 10-15** – OSHA 10: Construction safety principles
Cincinnati/Springdale Service Office
- Feb. 12** – First aid in the workplace
Canton Service Office



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MONTHLY LEARNING FEBRUARY 2025 – CONT.

Feb. 13 – Lockout/tagout and safety-related work practices

Independent Electrical Contractors (IEC)

Feb. 18 – First aid in the workplace

Edison State Community College

Feb. 25 – Tree work essentials: Chainsaws, chippers, and other safety concerns

Canton Service Office

Feb. 25 – First aid in the workplace

Newark – Matesich Distributing – Non-Catalog



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VIRTUAL TRAINING JANUARY/FEBRUARY 2025

- **Jan. 14** - Safety series workshop module 3: Hazard communication and personal protective equipment basics
- **Jan. 15** - Lockout/tagout and safety-related work practices
- **Jan. 22** - Wellness in the workplace
- **Jan. 28** - High hazard emphasis inspections: Be prepared when PERRP shows up at your doorstep
- **Feb. 5** - Safety series workshop module 4: Walking working surfaces and emergency action plan basics
- **Feb. 11-12** – Ergonomics: Basic principles
- **Feb. 13** – Accident analysis half-day workshop



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VIRTUAL TRAINING JANUARY/FEBRUARY 2025- CONT.

- **Feb. 19-20** – Controlling workers compensation costs
- **Feb. 24-26** – Trenching and excavation
- **Feb. 26-28** – Construction health and safety technician (CHST) review
- **Feb. 27** – OSHA recordkeeping half-day workshop



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WEBINARS JANUARY/FEBRUARY 2025

- **Jan. 7** - Precision OSHA recordkeeping
- **Jan. 22** - Implementing a safety and health program
- **Feb. 12** – 3D printing and additive manufacturing safety



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PRIVATE EMPLOYER IMPORTANT DATES

- **Jan. 31** – PA Deductible program application deadline for July 1 start date
- **Jan. 31** – PA Group Retro application deadline for July 1 start date
- **Jan. 31** – PA Claim Impact Reduction Program (CIRP) application deadline for July 1 start date
- **Jan. 31** – PA Individual Retro application deadline for July 1 start date
- **Feb. 28** – Self-Insured assessment payment due – first half
- **Feb. 28** – Self-Insured SI-40 due



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PUBLIC EMPLOYER IMPORTANT DATES

- **Jan. 1** – PEC payroll true-up period for PY 2024 begins
- **Jan. 1** – 2025 PEC policy year begins
- **Jan. 3** – PEC Early Payment Discount due date (must pay entire premium due)
- **Jan. 31** – PEC DFSP online safety management self-assessment (SH26) deadline
- **Jan. 31** – PEC DFSP accident analysis training deadline for Jan. 1 start date



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PUBLIC EMPLOYER IMPORTANT DATES – CONT.

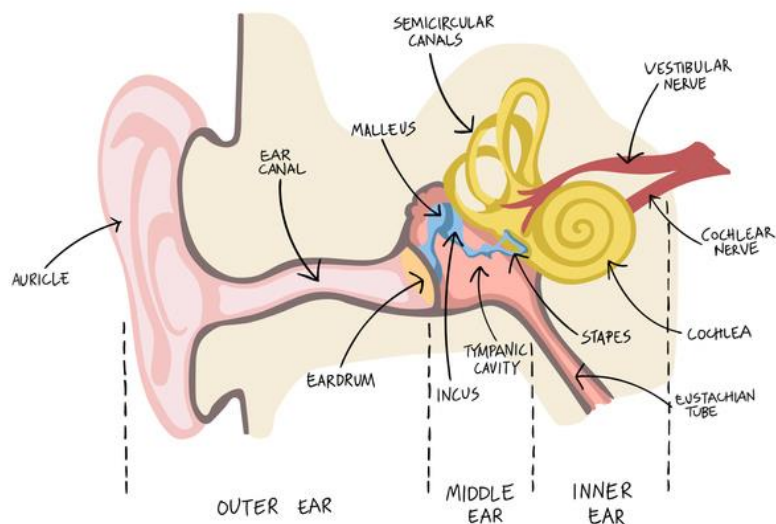
- **Feb. 1** – PERRP 300AP Summary of work-related injuries and illness submission deadline
- **Feb. 15** – PEC PY 2024 payroll true-up and payment due
- **Feb. 18** – PEC deadline to file settlement applications (C-240) to impact EM
- **Feb. 28** – PEC DFSP-5 deadline (advanced level only) for Jan. 1 start date



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HEARING LOSS AND NOISE



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DID YOU HEAR THE NEWS?

- Noise-induced hearing loss is one of the top occupational illnesses worldwide.
- Over 14% of people in the U.S. have hearing loss in one or both of their ears.
- Noise-induced hearing loss typically results in difficulty interpreting speech, making it more difficult to communicate in the workplace and at home with loved ones.



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HOW LOUD IS TOO LOUD?



OSHA Table G-16 –
Permissible Noise Exposure

Allowable time, hr/day	Sound Level, dBA
8	90
6	92
4	95
3	97
2	100
1.5	102
1	105
½	110
¼ or less	115



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HOW CAN YOU PREVENT HEARING LOSS?

- Wear hearing protection correctly, every time you are in a noisy environment.
- Listen to music at the lowest setting that you can still hear and enjoy.
- Use NIOSH's Buy Quiet guide when replacing or purchasing new equipment and machinery.

How to Wear Foam Earplugs

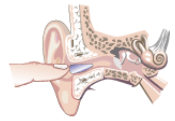
1. Roll



2. Pull



3. Hold



Images courtesy of NIOSH



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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



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Bureau of Workers' Compensation

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SafeX WELLBEING COUNCIL MONTHLY MEETING

Financial Wellness: Implementing a Program that Achieves Long Term Success

SPEAKER: RJ SWINDAMAN III, CFP, CFPA
WEALTH ADVISOR/RETIREMENT PLAN CONSULTANT - EMVISION CAPITAL ADVISORS

Financial Wellness is piece of the Worker Wellbeing puzzle. Join us for a high level overview of financial wellbeing in the workplace and what implementation at your company can look like.

Date: Jan. 16, 2025

Time: 8-9:30am

Cost: Free

**Where: Safex Training Center,
140 N. Otterbein Ave., Westerville, OH 43081**



Safex Wellbeing Council

Network with peers and get resources for implementing Worker Wellbeing at your company.



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