



SAFETY VISIONS

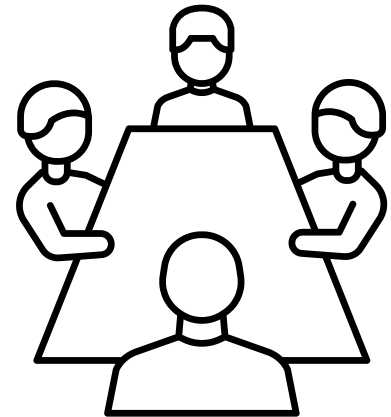


This issue contains essential safety articles to help you comply with Ohio's workers' compensation regulations to effectively manage your small business this winter.

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- **Basic Pointers for a Successful Safety Committee**
- **Hierarchy of Controls**
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BASIC POINTERS FOR A SUCCESSFUL SAFETY COMMITTEE



For more information: Email Sedgwick's [Jim Saulters](#) or call (513) 858-5022.

Establishing a safety committee is a highly effective way to foster a culture of safety and engage employees in identifying and addressing hazards. A well-structured committee bridges management and workers, facilitating discussions about safety concerns and the development of collaborative solutions. Securing management support is crucial, as their commitment provides the authority and resources needed for meaningful changes. Make sure to clearly define the committee's purpose to set expectations and understand its role within the organization.

Choosing the right members is vital for effective representation. Aim for diversity across departments and job levels to ensure all safety concerns are heard. Include both management and frontline workers for a balanced perspective. A committee of five to ten members often works well and considers rotating membership to bring in fresh ideas while maintaining some continuity. Establish clear structures and operating procedures, including a regular meeting schedule (monthly works well) and an agenda that covers prior action items, new concerns, and upcoming safety initiatives. Assign specific roles to keep meetings organized and ensure action items are documented and communicated to all employees, promoting transparency and trust.

To maintain momentum, focus on achievable goals and celebrate small successes, such as addressing frequent hazards or improving safety signage. Provide training for committee members on safety procedures and track performance using metrics such as incident rates and employee participation in safety efforts. Building an effective safety committee takes time, so stay patient and committed to continuous improvement.



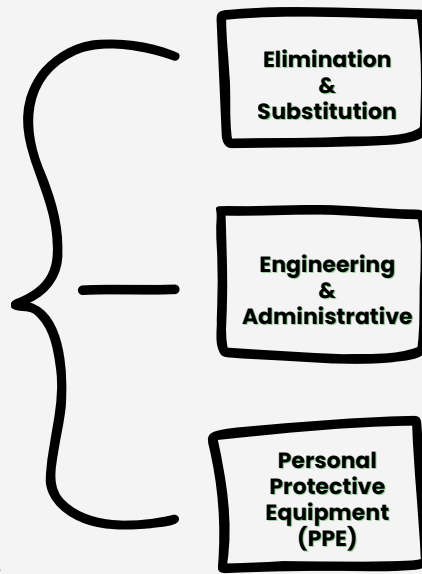
The hierarchy of controls is a system that ranks measures for reducing or eliminating workplace hazards from most effective to least effective.

At the top are **Elimination** and **Substitution**. Elimination involves removing the hazard entirely, such as discontinuing a toxic chemical, while substitution replaces hazardous materials with safer alternatives, like using water-based paints.

The middle tier includes **Engineering** and **Administrative** controls. Engineering controls involve physical modifications, such as installing ventilation systems or machine guards, reducing exposure without relying on worker behavior.

Hierarchy of CONTROLS

A system that ranks measures for reducing or eliminating workplace hazards from most effective to least effective.



Administrative controls change how work is done through policies, training, and procedures, such as rotating workers or implementing safety protocols. At the bottom of the hierarchy is **Personal Protective Equipment (PPE)** which serves as a last line of defense. PPE includes safety glasses, gloves, and hard hats, but relies on proper use and does not eliminate hazards. Effective safety programs combine PPE with higher-level controls for comprehensive protection against workplace injuries and illnesses.

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Work zones are dangerous, and too often, deadly work areas.

According to the United States Department of Transportation, following these 10 tips could help save a life:

1. In any work zone along any road, major or minor, expect the unexpected. Normal speed limits may be reduced, traffic lanes may be changed, and people and vehicles may be working on or near the road.
2. Obey all warning signs – they are posted in advance of road construction projects to give you time to follow their instructions to merge, slow down or stop.
3. Stay alert and minimize distractions. Dedicate your full attention to the roadway and resist the temptation to use your cell phone or engage in other distracting behaviors.
4. Stay calm. Work zones aren't there to (continued....)

tips for driving in
work zones



tips for driving in
work zones
(continued)

personally inconvenience you. They're necessary to improve the roads for everyone.

5. You may see flashing arrow panels or "lane closed ahead" signs. Merge as soon as possible. Don't zoom right up to the lane closure, then try to barge in – if everyone cooperates, traffic moves more efficiently. Motorists can help maintain traffic flow and posted speeds by moving to the appropriate lane at first notice of an approaching work zone.
6. Slow down when the signs say to. Speeding is one of the leading causes of work zone-related crashes so slow down and be sure to take your time.
7. The most common crash in a highway work zone is the rear-end collision, so remember to leave at least two seconds of braking distance between you and the car in front of you. The amount of space required to provide two seconds of stopping time will

increase the faster you're driving!

8. Keep a safe distance between your vehicle and traffic barriers, trucks, construction equipment and workers. Just like you, highway workers want to return home safely after each day's work.
9. Just because you don't see the workers immediately after you see the warning signs, doesn't mean they're not out there. Some work zones such as line painting, road patching and mowing are mobile, moving down the road as the work is finished. Observe the posted signs until you see the one that states you've left the work zone.
10. Highway agencies use many different and varying ways to inform motorists about the location and duration of major work zones. Often, the agencies will suggest a detour to help you avoid the work zone entirely. Plan ahead, and think about trying an alternate route.

SAFETY SERVICES OFFERED BY THE DIVISION OF SAFETY & HYGIENE

The mission of the Ohio Bureau of Workers' Compensation's Division of Safety and Hygiene (DS&H) is to maintain a healthy, productive, and competitive workforce in Ohio. A portion of employer premiums are used to fund the DS&H, which offers a variety of safety resources, including:

- Safety programs offering rebates on workers' compensation premiums;
- Safety courses;
- The Ohio Safety Congress & Expo, the largest safety event in the Midwest;
- Safety consultation services, including the Occupational Safety and Health Administration (OSHA) On-Site Consultation Program;
- Ergonomics and industrial hygiene consultation services;
- Safety grants, providing assistance to improve safety conditions; and,
- Library services, such as: books, magazines, research materials, and safety videos.

[Access additional information and resources provided by the DS&H](#)



Carpal Tunnel Syndrome is a painful condition caused by compression of the median nerve at the wrist, often due to repetitive hand movements or awkward postures. It's common among office workers and those who perform repetitive tasks. To prevent this condition, it's important to maintain proper ergonomics at work. Keep wrists in a neutral position while typing, use ergonomic keyboards and mouse pads, and take regular breaks every 30 to 60 minutes.

Employ tools with padded handles to reduce vibration and perform gentle stretches to alleviate strain. Maintaining overall health is also crucial. Keep hands warm, strengthen them with targeted exercises, and seek medical attention at the first signs of symptoms like tingling or numbness to prevent progression and avoid more invasive treatment

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