



SAFETY VISIONS

Summer 2026

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

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FIRST AID GUIDE FOR INSECT BITES & STINGS

Most reactions to insect bites and stings are mild, causing little more than redness, itching, stinging or minor swelling. Rarely, insect bites and stings, such as from a bee, a wasp, a hornet, a fire ant or a scorpion, can result in severe reactions. Some insects can also carry disease, such as West Nile virus, Lyme disease, etc.

Some people may also develop a severe allergic reaction to insect stings or bites. Bee and wasp allergies are particularly common. A severe allergic reaction can cause:

- Difficulty breathing
- Swelling of the lips, eyelids or throat
- Dizziness, faintness or confusion
- Rapid heartbeat
- Hives
- Nausea, cramps or vomiting

If you suspect someone may be having a severe allergic reaction:



Ask someone else to call 911, or local emergency services, right away. If you're alone, contact emergency services before you provide other treatment.



Ask the person whether they carry an epinephrine auto-injector. If they do, retrieve it for them and help them use it according to the label directions.



Loosen tight clothing and cover the person with a blanket. Don't give him or her anything to drink.



Encourage them to remain calm, lie down quietly with their legs elevated, and stay still. If they start to vomit, turn them onto their side to allow the vomit to drain and prevent choking.



Begin CPR, if they become unconscious and stop breathing. Continue it until medical help arrives.

To take care of an insect bite or sting that causes a mild reaction:



Remove the insect's stinger, if still embedded in the skin, by gently scraping a flat-edged object, such as a credit card, across the skin. Avoid using tweezers to remove the stinger, since squeezing it may release more venom.



Wash the area of the bite with soap and water.



Place a cold compress or ice pack on the area for about 10 minutes at a time to help reduce pain and swelling. Wrap any ice or ice packs in a clean cloth to protect their skin.

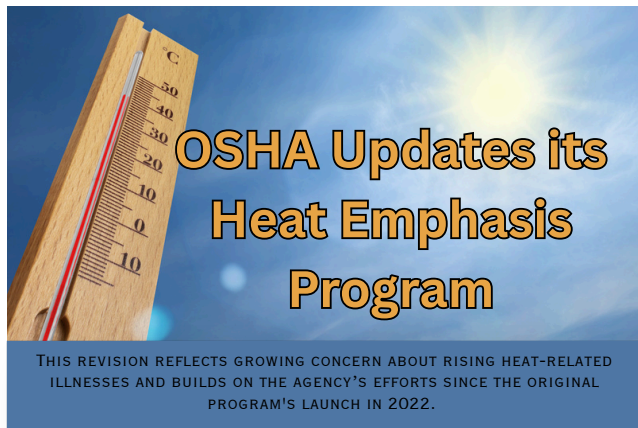


Take an antihistamine to reduce itching.



Apply 0.5 or 1 percent hydrocortisone cream, calamine lotion or a paste of baking soda and water to the area several times a day to help relieve itching and pain.

Usually, the signs and symptoms of a bite or sting disappear in a day or two. If you're concerned, even if your reaction is minor, call your doctor.



**Access the National Emphasis Program on
Outdoor & Heat Related Hazards**

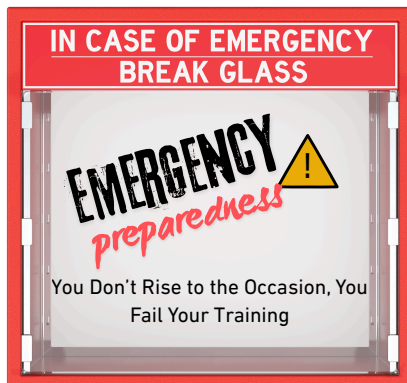
Recently, the Occupational Safety and Health Administration (OSHA) has updated and extended its National Emphasis Program (NEP) for Outdoor and Indoor Heat-Related Hazards, and is now set to run through 2031. This revision reflects growing concern about rising heat-related illnesses and builds on the agency's efforts since the original program's launch in 2022. Over the past several years, OSHA has conducted about 7,000 inspections and issued numerous citations and hazard alerts, concluding that heat remains a widespread occupational risk requiring a more targeted and proactive enforcement strategy.

A key update is the revised list of 55 high-risk industries targeted for inspections. OSHA removed 46 industries, retained 33, and added 22 new ones where heat hazards are considered elevated. Affected sectors include construction, manufacturing, agriculture, warehousing, transportation, retail, and restaurant. This highlights that both outdoor and indoor work environments can pose risks. The program also introduces "heat priority days," defined as a heat index of 80°F or higher or an official heat advisory, during which OSHA will expand inspections, conduct random checks, and increase outreach efforts.

The updated NEP also includes new appendices that standardize the way inspectors evaluate employer heat-illness prevention programs. These provide guidance on key elements such as access to water, rest, shade, acclimatization, training, and monitoring, and can serve as self-assessment tools for employers.

Overall, OSHA's revised program signals a long-term commitment to enforcing heat safety and emphasizes the importance of proactive measures to prevent heat-related injuries and illnesses in the workplace.

For more information: Email Sedgwick's Kory Bakenhaster or call **(220) 204-0113.**



In an emergency, people rarely perform beyond their preparation. Emergencies can occur at any time, and proper planning and preparation are essential to ensure workers know how to respond effectively. Stress, confusion, and panic can quickly overwhelm, leading to delays, injuries, or worse.

Drills are the bridge between written procedures and real-world action. The Occupational Safety and Health Administration (OSHA) requires employers to develop and maintain emergency action plans that include evacuation procedures, reporting methods, and employee accountability systems. While OSHA does not mandate a universal drill frequency, it does require that employees be trained to understand their roles. The National Fire Protection Association (NFPA) also emphasizes regular drills as a core safety practice, noting that they ensure occupants are familiar with evacuation procedures and can respond quickly and safely during emergencies....

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Emergency Preparedness

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... Drills are not just about speed; they are about learning and organization. According to NFPA 101 and NFPA 1, drills should be conducted frequently enough to make procedures routine and place focus on orderly, coordinated evacuations rather than rushed exits. Drills also provide a controlled environment for educating employees about alarms, exit routes, and their individual responsibilities. They are designed to test not just people, but the system, identifying issues such as blocked exits, poor communication, or confusion about roles. In many cases, incidents without injuries result from robust drill programs that prepare occupants to respond efficiently. Conducting effective drills requires planning, execution, and follow-up.

Best practices include assigning a drill coordinator, clearly communicating objectives, and simulating realistic emergency conditions. During the drill, employees should follow established evacuation routes, report to assembly points, and participate in accountability checks. Afterward, organizations should conduct a thorough evaluation to identify gaps and implement corrective actions, such as retraining or updating procedures. Continuous improvement also plays a key role, including reviewing plans when roles change, when procedures are updated, and after each drill. By treating drills as critical training events, organizations can ensure that when an emergency happens, workers respond not with panic, but with practiced confidence.

For more information: Email Sedgwick's [Kory Bakenhaster](#) or call (220) 204-0113.



Why Heat Makes “Normal” Tasks More Dangerous

Heat doesn't just make work uncomfortable, it quietly increases the risk of mistakes, injuries, and near misses during everyday tasks.

Below are ways in which heat can impact the safety of workers:

1. Heat Reduces Mental Sharpness

Dehydration and high body temperature slow reaction time. When working in the heat it can become easier to overlook steps, warning signs, or hazards. “Autopilot” tasks (machine operation, inspections) are more likely to be done wrong.

Example: Forgetting to re-install a guard or skipping a lockout check.

2. Fatigue Sets in Faster

When working in the heat, the body works harder to cool itself. Workers tire more quickly, even at normal workloads. Fatigue can lead to poor posture, shortcuts, and loss of balance.

3. Grip Strength and Coordination Decline

Working in the heat can cause sweaty hands. Sweaty hands can lead to a reduced grip on tools, parts, and controls.

4. Personal Protective Equipment (PPE) Becomes Harder to Wear Correctly

Heavy or sealed PPE traps heat. Workers may loosen, remove, or misuse PPE in order to help stay cool. Improper PPE = increased exposure to hazards.

Reminder: PPE changes should be approved—not improvised.

5. Heat Encourages Shortcuts

Workers rush to finish tasks. Skipped steps seem “minor” in the moment. Shortcuts while working in the heat can often lead to incidents or near misses.

What We Expect Everyone to Do

Hydrate early and often (don't wait until thirsty). Slow down and take approved rest breaks. Use buddy awareness—watch for heat stress signs. Stop working and speak up if heat is affecting safety. Follow procedures exactly, especially for routine tasks.

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

A near miss is an unplanned event that did not result in injury, illness, or damage, but had the potential to do so. For example, a tool dropped from height that narrowly misses a worker, or a forklift that stops just inches short of a collision, would both qualify as near misses. While no harm occurs, the underlying hazards and unsafe conditions remain. Recognizing near misses as warning signs rather than lucky escapes is critical to improving workplace safety. Near misses are incredibly important to track because they provide insight into risks before they cause real harm. In fact, for every serious injury that occurs, there are often many more near misses that are unreported.

Often, incidents are preceded by smaller breakdowns in safety controls. By capturing and analyzing near-miss data, organizations can identify patterns, recurring hazards, and gaps in procedures. This proactive approach allows companies to address risks early, rather than reacting after an injury or fatality occurs. One of the most valuable aspects of near misses is what they can teach. Each near miss offers a “free lesson” about weaknesses in systems, behaviors, or equipment. These events can help employers understand how and why things go wrong. When discussed openly, near misses can also strengthen a culture of transparency and continuous improvement, encouraging workers to stay alert and engaged.

The first step to countering near misses is to establish an easy, non-punitive reporting system so employees feel comfortable speaking up without fear of blame. Safety teams and/or management should investigate near misses just as thoroughly as actual incidents, identifying root causes and implementing corrective actions such as updating procedures, improving training, or engineering out hazards. Regular communication, through means such as toolbox talks or safety meetings, help ensure lessons learned are shared across the workforce. By taking near misses seriously, organizations can help reduce risk, prevent accidents, and build a safer, more proactive workplace.

For more information: Email Sedgwick’s [Kory Bakenhaster](#) or call (220) 204-0113.



The Occupational Health and Safety Administration (OSHA) has released its list of the Top 10 most frequently cited workplace safety violations for fiscal year 2025. Below is a brief description of the standard, and the number of citations by OSHA.

1. **Fall Protection:** General Requirements ([1926.501](#)): 5,914 violations
2. **Hazard Communication:** ([1910.1200](#)): 2,546 violations
3. **Ladders:** ([1926.1053](#)): 2,405 violations
4. **Lockout/Tagout:** ([1910.147](#)): 2,177 violations
5. **Respiratory Protection:** ([1910.134](#)): 1,953 violations



When “I’ve Always Done it This Way” Becomes Dangerous

When workers say, “I’ve always done it this way,” it often reflects experience. When it comes to safety, it can signal complacency. Complacency is defined as a state where familiarity with a task leads to reduced awareness of hazards and a false sense of security. Safety professionals frequently warn that repetitive tasks can push employees into “autopilot,” causing workers to overlook critical safety steps. This mindset is particularly dangerous because risks do not disappear simply because they have not yet caused an incident. Investigations often show that workplace accidents resulted from employees skipping safety steps because nothing had gone wrong before. For example, workers not using fall protection or bypassing machine guarding simply because “it’s quicker”.

Complacency is defined as a state where familiarity with a task leads to reduced awareness of hazards and a false sense of security.



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6. Fall Protection: Training Requirements

(1926.503): 1,907 violations

7. Scaffolding: (1926.451): 1,905 violations

8. Powered Industrial Trucks: (1910.178):

1,826 violations

9. Personal Protective & Lifesaving

Equipment: Eye & Face Protection

(1926.102): 1,665 violations

10. Machine Guarding: (1910.212): 1,239

violations

This list represents OSHA Information System data from October 1, 2024 through September 30, 2025.

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The Occupational Safety and Health Administration (OSHA) enforcement data continue to highlight preventable incidents, such as fatal falls, forklift accidents, and chemical exposures caused by failures to follow established safety procedures. From an occupational health perspective, the dangers extend beyond acute injuries to long-term health risks.

Complacent workers may ignore exposure limits, skip respiratory protection, or overlook ergonomic risks, which could lead to chronic illnesses and/or cumulative trauma. Staying safe means staying alert, adapting to new information, and recognizing that yesterday's habits can become today's hazards. Combat complacency by actively reinforcing awareness and accountability in the workplace.

This can be achieved through regular training, job hazard analyses, and frequent safety observations that keep risks visible rather than assumed. Use real incident case studies, near-miss reporting programs, and toolbox talks to remind employees that past success does not eliminate future risks. Promote a strong safety culture in which workers feel empowered to speak up, challenge unsafe practices, and stop work if conditions change. By rotating job tasks, updating procedures, and consistently auditing behaviors, you can break the “autopilot” mindset and help ensure that employees remain mindful, engaged, and committed to doing the job safely every time.

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