

Safety Update

Ohio BWC Library

2016 Ohio Safety Congress & Expo

We invite Ohio employers and employees to hit the open road to attend the **2016 Ohio Safety Congress & Expo (OSC16)** March 9 to 11 at the Greater Columbus Convention Center.

Whether you're a seasoned professional or a student wanting training for your future career, OSC16's agenda has the courses to steer you in the right direction. Think of BWC as your full service station. Instead of checking only the oil and tires, we're doing a complete tune-up — preparing you for a future full of good occupational safety and health choices.



March 9-11
**Registration Opens
Mid-January**

NIOSH/CDC News

NIOSH study on Long-haul Trucking

National Institute for Occupational Safety and Health (NIOSH) published a study on safety issues facing long-haul truckers in the journal *Accident Analysis and Prevention*. The data came from a survey conducted by NIOSH in 2010 interviewing 1,265 long-haul truck drivers at 32 truck stops across the continental U.S. You can find key findings and a link to the article on the [NIOSH website](#).

Cold Weather Protection

[When Working in the Cold, Be Prepared and Be Aware](#). Even though it hasn't gotten really cold yet in Ohio, it will eventually. Here are tips from the Centers for Disease Control and Prevention (CDC) for working in the cold.

New App for Health Nerds

The CDC has created a [Health IQ App](#) to allow you to test your knowledge. The app contains trivia questions and word scrambles. Choose from three levels of difficulty, Easy, Medium or Hard, or a Random mix. You can race against the clock to earn more points or use hints when you are stumped. Each quiz delivers a mix of 10 questions. Earn bonuses like A+ Student, Public Health Nerd, and Einstein or score poorly and earn the Hot Mess achievement!

Worker Safety in Hospitals

The Occupational Safety and Health Administration (OSHA) unveiled a [new webpage](#) developed to provide employers and workers with strategies and tools for preventing workplace violence in health-care settings. The webpage addresses this issue by providing hospital administrators with information on the risk factors, associated costs and actions that can be taken to manage the problem.

Infographic of the Month

OSHA has our [infographic](#) this month showing the numbers of roadway worker fatalities and the causes of those deaths. Watch out for roadway workers, they can be out in the cold weather months as well as in the summer.

Seasonal Flu

Unfortunately it's flu season. OSHA has a [website](#) full of guidance for health-care and non-health-care workers and employers.

OSHA Falls in Construction Video

This [3-minute video](#) covers the issues of working at height near leading edges, enforcing the need for fall protection systems.

Other News

'Trench Right' App

The Michigan Infrastructure and Transportation Association has sponsored the creation of an app to perform calculations on excavations to determine if they are safe enough to complete. The App uses dimensions, soil type and tons-per-square-foot as inputs, and uses that data to determine if a work site is safe. The free app is available from the [Google Play Store](#) and the [Apple Store](#).

Roadway Congestion

If you think it's getting busier on the roads, you're right. The U.S. Department of Transportation's (USDOT) Federal Highway Administration (FHWA) reported that October 2015 set a record for the number of miles driven during the month. The total was 273.5 billion miles! That's a very good reason to keep your eyes and mind on the road! You can read the [press release here](#).

National Institute of Health (NIH) MedlinePlus

This free magazine presents you with up-to-date health information, including the latest breakthroughs from NIH supported research. The magazine features people from all walks of life talking about how they've handled their health challenges. You can read the magazine online or sign-up for a free print copy at the NIH [MedlinePlus website](#).

Construction Webinars

The Center for Construction Research and training presents construction webinars on a regular basis. Find the topics for upcoming events and recordings of past webinars on its [website](#). Recent topics have included Cold Weather Solutions, COPD among Construction Workers: Case-Control Study Results and Working Safely with Nanomaterials in Construction.

Post Disaster Cleanup Guidance

The National Institute of Environmental Health Sciences has published a flyer to help homeowners and businesses clean up their properties in the event of a disaster. The publication contains debris removal guidelines, contacts for assistance, and checklists of common post-disaster hazards and their controls. Protect yourself while removing post-disaster debris. [Protecting Yourself While Removing Post-Disaster Debris from Your Home or Business Fact Sheet](#)

Flavoring Chemicals in E-Cigarettes Linked to Severe Respiratory Disease

Researchers have found a flavoring chemical linked to severe respiratory disease in food manufacturing workers in some flavored electronic cigarettes. [This paper](#) in the journal Environmental Health Perspectives found the chemical diacetyl in 47 of 51 flavored e-cigarettes. The paper urges further evaluation of these products due to the relationship between diacetyl and bronchiolitis obliterans and other severe respiratory diseases observed in workers.

Interactive Workplace Injury Graphics

The Bureau of Labor Statistics created two interactive online charts illustrating the non-fatal occupational injuries and illnesses that required days away from work in 2014. Check them out at the [BLS website](#).

Back Seat? Buckle Up!

[This report](#) from the Governors Highway Safety Association shows nearly 1,000 people killed in motor vehicle crashes while in the back seat in 2013 were unrestrained. The report concludes that increasing rear seat belt use is a quick, easy and inexpensive way to save lives.

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