

Safety Update

Ohio BWC Library

American Heart Month

This February, during American Heart Month, [Million Hearts®](#) is challenging men to start one new, heart-healthy behavior. Heart disease is the leading cause of death for men, and it disproportionately affects African American men more than other races or ethnicities.

Simple changes can make a big difference! Here are ideas for getting started.

- Talk to your doctor about ways to control high blood pressure.
- Add physical activity to your daily routine.
- Make [healthy eating](#) swaps such as using fresh or dried herbs and spices instead of salt.
- Quit smoking.



NIOSH/CDC News

From the NIOSH Science Blog

The National Institute for Occupational Safety and Health (NIOSH) posted two articles to its Science Blog last month. The first discusses [a review of the Occupational Safety and Health Administration \(OSHA\) requirement for annual fit testing](#). NIOSH concluded that respirator fit does vary over time. In addition, it recommended those individuals who have a weight loss of greater than 20 pounds since their last test should test again.

The second article discusses the [opioid overdose epidemic](#) in the U.S. It links to the Centers for Disease Control draft opioid prescribing guidelines. It also links to a new NIOSH topic page on [prescription drug overdose prevention](#).

NIOSH National Survey of Long-Haul Truck Drivers: Injury and Safety

NIOSH recently published a [study](#) of the results of a survey conducted in 2010 where it interviewed 1,265 long-haul truckers about their health, safety, health behaviors, work practices and involvement in truck crashes.

NIOSH reports these key findings:

- 68 percent of non-crash injuries involving days away from work among company drivers were not reported to employers;
- 73 percent of the drivers surveyed perceived their delivery deadlines as unrealistically tight, which could increase likelihood of unsafe actions such as speeding, violating driving-hour regulations, and driving despite fatigue, bad weather, or heavy traffic;
- 35 percent of the drivers reported at least one crash in their career; and
- 38 percent of the drivers reported receiving inadequate training at the beginning of their careers.

NIOSH Center for Motor Vehicle Safety

The new NIOSH publication [Behind the Wheel at Work](#) is a quarterly eNewsletter with news from the NIOSH Center for Motor Vehicle Safety. The first issue introduces the Center and some of the researchers and has articles about the long haul driver survey and a NIOSH driving simulator.

OSHA News

Don't Forget to Post Your Form 300A

OSHA reminds covered employers to post [OSHA's Form 300A](#), which summarizes the total number of job-related injuries and illnesses logged during 2015. Employers must post the summary from Feb. 1 to April 30, 2016. They should display it in a common area where they usually post notices to employees.

Updated Injury Reporting Page

To help employers comply with new requirements to report severe worker injuries, OSHA has created a streamlined [reporting webpage](#) and now offers the option of reporting incidents online. The expanded requirements took effect in January 2015. Now, in addition to reporting any worker fatality within eight hours, employers must report within 24 hours any severe injury – defined as an amputation, hospitalization or loss of an eye.

Other News

Liberty Mutual Workplace Safety Index

Liberty Mutual has posted its [yearly index](#) of the top 10 causes and direct costs of the most disabling US workplace injuries. This year, overexertion, involving lifting, pushing, pulling, holding, carrying or throwing objects lands in the top slot. Falls comes in second. These two types of injuries account for more than \$25 billion in direct costs.

Fall Prevention Campaign Webinar, 2 p.m. ET Feb. 16

Falls are the top cause of construction fatalities and account for one-third of on-the-job injuries and deaths in the industry. In 2012, CPWR, NIOSH and OSHA launched a national construction fall prevention campaign. This [free hour-long webinar](#) brings together leaders from all three organizations. They showcase the past successes of the campaign and its major event, the [National Safety Stand-Down](#). They also highlight plans for 2016.

Presenters

- Pete Stafford, Executive Director, CPWR - The Center for Construction Research and Training
- Christine Branche, Ph.D, Principal Associate Director, NIOSH, and Director, Office of Construction Safety and Health
- Dean McKenzie, Deputy Director, OSHA Directorate of Construction

Final Rule for Electronic Logging Devices (ELD)

U.S. Department of Transportation's Federal Motor Carrier Safety Administration has announced a final rule requiring the use of electronic logging devices in commercial trucks and busses that currently use paper log books. A copy of the ELD Final Rule announced today is available at: <https://www.fmcsa.dot.gov/hours-service/elds/electronic-logging-devices-and-hours-service-supporting-documents>.

Want to Quit Smoking?

Here are resources from the American Lung Association on their [Quitters Circle](#) website. It has an app, fitness suggestions, health-care information and other resources to help you quit smoking and maintain the quit

National Safety Council Safety Videos on YouTube

The National Safety Council has a [YouTube Channel](#) with dozens of free safety videos. The videos are from hour-long webinars on a variety of topics, including HazCom, combustible dust, arc safety and many more.

Information About Recent Public Health Emergencies

The National Library of Medicine (NLM) recently developed resource lists for three public health emergencies affecting both local and global communities.

- Zika Virus Health Information Resources: <https://disasterinfo.nlm.nih.gov/dimrc/zikavirus.html>
- Aliso Canyon/Porter Ranch Gas Leak: https://disasterinfo.nlm.nih.gov/dimrc/aliso_canyon_gas_leak.pdf
- Lead in Flint, Michigan Water System: <https://sis.nlm.nih.gov/enviro/FlintLeadWater.pdf>

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