

Safety on a Shoestring Budget

Each of us is faced with shrinking budgets and a greater demand on our existing resources. As you face your 2009 challenges, don't be short sighted and eliminate your safety program. Controlling workers' compensation costs requires continued effort. If you don't continue your commitment to your safety program, you may pay a much greater price in employee injuries this year and potentially increased workers compensation premiums next year. It is possible to maintain your safety program during a tight market, it takes energy and creativity. Here are a few key points to keep in mind as you make your 2009 plans.

- 1. Identify and tackle the drivers of workers' comp costs.** The number/frequency of claims and the cost of those claims once they occur impact your costs. It is critical to focus your efforts on reducing the frequency of incidents and minimizing the costs if an incident occurs.
- 2. Establish the right culture.** Be sure your culture says "we care" about our associates. Ensure your injured employees receive proper medical care and work with each employee to return him or her back to work as quickly as possible. It is also important to let your employees know that you will not tolerate abuse of the system.
- 3. Select new hires carefully.** Be sure to obtain an accurate work history and follow-up on reference checks. It is also a good idea to have a job description and physical requirements for each job.
- 4. Commit to safety.** Complying with OSHA regulations is the minimum expectation. You should make safety a company core value. It is best to have an effective thorough safety program, modeled after the Ohio BWC 10-step business plan including management commitment, employee involvement, and holding all staff accountable to all company safety standards.
- 5. Train and educate.** Train managers, supervisors and associates on the safety procedures and how to conduct their work safely. Implement weekly tool box talks to keep safety top of mind. Be sure to document each training program.
- 6. Work closely with your TPA and MCO representatives.** Be sure you have procedures so that injured workers go only to pre-qualified medical specialists that are familiar with your return to work and restricted work / transitional work programs. Report all injuries within 24 hours and make sure your medical providers and third party administrators follow up in a timely manner. Review your claims, analyze your loss history and devise strategies for minimizing costs on a regular basis.
- 7. Enlist help from your safety and workers comp partners.** Participate in Safety Councils and look for local resources that can help you accomplish your safety goals for 2009.

Emergency Snow Levels

Winter weather means fragile white snowflakes and shiny icicles and snowmen but also many problems. For risks related to ice and snow, 70% occur in automobiles. When inclement weather occurs, it is very important to take extra time and care while driving. Sometimes it is not safe to drive at all. The sheriff in each county will define the risk by identifying the level of a snow emergency. The National Weather Service also provides important information for winter safety. Snow Alerts:

◆Level 1

- ◆Hazardous roads: icy spots; blowing and drifting snow
- ◆Unnecessary travel is discouraged
- ◆If driving is deemed necessary, extreme caution is urged.

◆Level 2

- ◆Hazardous roads: icy spots; blowing and drifting snow; low visibility
- ◆Only those who deem it necessary should drive should be on the roadways
- ◆All employees should contact employer to see if they should report for work.

◆Level 3

- ◆Extremely hazardous conditions: ice; blowing and drifting snow; low visibility; extremely low temperatures.
- ◆All or certain roads in the county are closed to all but emergency and essential personnel.
- ◆All employees should contact their place of employment to see if they should report for work.
- ◆All non-emergency and/or non-essential personnel traveling the roadways during the snow emergency may be subject to prosecution under section 2917.13 of the Ohio Revised Code for Misconduct during an Emergency. This offense is a misdemeanor of the fourth degree

Upcoming Safex Training Courses

Safety Training Workshops for the Human Resource Professional!

Many Human Resource professionals are given Safety Director responsibilities without having any safety background or minimal safety experience. These workshops are designed to help newly appointed safety people or HR employees understand compliance issues and other safety challenges that affect their workplace.

Training Assessments Workshop

How to conduct a safety training assessment and why you do them. Offered on Feb. 24 & Sept. 22

OSHA Inspections Workshop 3.6

What to do when OSHA knocks on your door. Offered on March 3 & Aug. 4

Industrial Hygiene (IH) Basics Workshop

What is IH monitoring and the benefits of an IH program. Offered on Apr. 21 & Oct. 6

General Health & Safety Workshop

A basic safety overview applicable to most workplaces. Offered on May 19 & Nov. 10

OSHA Recordkeeping Workshop

Making sense of the OSHA 300 Log. Offered June 2

Respirator Programs Workshop

Compliance with CFR 1910.134 and respirator fit testing. Offered on June 23 & Dec. 8

Incident Investigation Workshop

How to conduct an incident investigation. ONLY on July 8

Multi Course Special Offer - Register for 4 or more workshops in this Safety for the HR Professional series and get a 10% discount on each course! Contact Michele Blaney at Mblaney@safex.us or 890-0800 x203 to register or for more information.

Health & Safety

2009 Calendar / January-December

Resources

www.safex.us – Safex, Inc.
www.osha.gov – Occupational Safety & Health Administration
www.niosh.com – National Institute for Occupational Safety & Health
www.asse.org – American Society of Safety Engineers
www.aiha.org – American Industrial Hygiene Association
www.ohiobwc.com – Ohio Bureau of Workers' Compensation
www.abih.org – American Board of Industrial Hygiene
www.cdc.gov – Centers for Disease Control and Prevention
www.bccsp.org – Board of Certified Safety Professionals
www.occupationalhazards.com – Occupational Hazards
www.vpp.pnl.gov – Voluntary Protection Program
www.epa.state.oh.us – Ohio Environmental Protection Agency
www.nsc.org – National Safety Council
www.ACOEM.org – American College of Occupational and Environmental Medicine
www.aaoehn.org – American Association of Occupational Health Nurses
www.acgih.org – American Conference of Governmental Industrial Hygienists
www.stormwaterauthority.org – Stormwater Authority
www.bx.org – Builder's Exchange of Ohio

Training

An important aspect of any environmental, industrial hygiene and safety program is training. Training and education are necessary not only to stay in compliance, but also to provide employees with important information so that they can identify hazards and prevent personal injury while on the job. While designing our courses to be "learner friendly," our instructors bring practical work-related experiences that transform the most vague and confusing regulation into valuable and useful knowledge.

Our Services

Safex has four internal consulting groups that provide services to our client base.

1. The Health and Safety group provides:
 - Comprehensive health and safety audits
 - Health and safety program development and review
 - Personal protective equipment assessments
 - Indoor environmental quality evaluations
 - Facility safety and health oversight
2. Our Industrial Hygiene group conducts qualitative and quantitative comprehensive personal exposure assessments to determine occupational exposures to physical, chemical and biological hazards. Safex will identify pertinent hazards, determine whether an exposure assessment is necessary, conduct the exposure assessments and assist in identifying the appropriate control measures. Safex also has the capability to use occupational hygiene models to predict concentrations of airborne contaminants based on generation rates and ventilation rates.
3. The Training group designs our courses to be "learner friendly," and our team of instructors have practical work-related experiences that enable them to transform the most vague and confusing regulation into valuable and useful knowledge.
4. Our Environmental Group provides a number of environmental services including:
 - Environmental audits, reviews and compliance assessments
 - ISO 14001 planning, implementation and auditing
 - Solid and hazardous waste management
 - Pollution prevention program development
 - Spill prevention and control planning
 - Hazardous materials and waste management program planning and implementation
 - Stormwater Management Plans

These groups work together as a team to provide the best possible services to our clients.

Hazwoper training

Hazardous waste operations and emergency response (HAZWOPER) refers to voluntary and government required clean-up operations involving hazardous substances that are conducted at uncontrolled hazardous waste sites, corrective actions involving clean-up operations at sites covered by the Resource Conservation and Recovery Act of 1976, operations involving hazardous waste that are conducted at treatment, storage, disposal (TSD) facilities and emergency response operations for releases of, or substantial threats of releases of, hazardous substances without regard to the location of the hazard. Potential training requirements consist of a 40 or 24 hour course and an annual 8 hour refresher.

Open Enrollment Services

Safex offers a variety of training classes at our training facility in Westerville, Ohio. Our instructors are OSHA authorized and have over 15 years of training experience. The classes are presented in a varied format including lecture, audiovisuals, demonstrations, problem solving, hands on activities and group discussions.

Customized Training Services

Safex specializes in helping our clients develop courses that meet their training needs. From modifying course content and creating alternative delivery systems to flexible scheduling and varied instructor styles, Safex can maximize your training investment. Please contact us to discuss your training needs and how we can help streamline your training operations and budget. All courses can be taught at your site or at the Safex Training Center.

Training Location

Safex Training Center
140 N. Otterbein Ave.
Westerville, Ohio 43081

The Safex Training Center is located north of downtown Columbus, just minutes from I-71 & Polaris Parkway. There are a wide variety of restaurants and hotels near the Safex Training Center and we can assist you with making overnight reservations.

Register by

Phone: (614) 890-0800 x203
toll free 1-866-SAFEXUS
Westerville, OH 43081
Online: www.safex.us

All training classes must be paid in full prior to participating in the course.

Cancellation Policy

Substitutions may be made as long as we are notified prior to the class. Cancellations requesting a refund must be made five (5) working days prior to the class. Cancellations made within five (5) working days of the scheduled class will be charged a \$50 processing fee. If you do not attend the class and do not cancel prior to the first day, your fee is non-refundable.

Safex offers a 10% discount for 3 or more students from one company enrolled in the same course.

2009 Safex Training Calendar at a Glance...

- OSHA 40-hr HAZWOPER — 3/9-12, 7/20-23, 11/2-5
- OSHA 8-hr HAZWOPER Refresher — 1/9, 2/6, 3/20, 4/17, 6/12, 8/14, 10/9, 11/13, 12/11
- OSHA 24-hr Technician — 1/12-14, 10/19-21
- OSHA 8-hr Supervisor — 3/13, 7/24, 11/6
- OSHA 10-hr for General Industry — 5/5&12, 9/23&30
- DOT Requirements for Shipping Hazardous Materials Initial Course — 4/7-8, 7/1-2, 10/26-27
- DOT Requirements for Shipping Hazardous Materials Refresher Course — 2/12, 6/19, 10/14
- IATA Training — 5/7, 9/17
- Permit Required Confined Space — 2/5, 5/21, 8/13, 11/12
- Fall Protection — 3/24
- Trenching & Excavation — 3/25
- Respirator Programs Workshop — 6/23, 12/8
- General Health & Safety Workshop — 5/19, 11/10
- OSHA Recordkeeping Workshop — 1/21, 6/2
- Incident Investigation Workshop — 7/8
- Training Assessments Workshop — 2/24, 9/22
- OSHA Inspection Workshop — 3/3, 8/4
- IH Basics Workshop — 4/21, 10/6