



NEXT LUNCH AND LEARN MEETING:

WHEN:

Wednesday, June 10, 2009
11:45am-1:00pm

TOPIC:

Transitional Work Programs
Presented By: John Goodman, Integrated Disability Services

LOCATION:

Union County Service Center
940 London Avenue
Marysville, OH 43040

LUNCH SPONSORED BY:

The Neff Co.

PREVIOUS MEETING:

May 13, 2009: Ergonomics in the Office

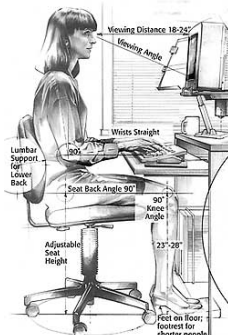
Summary: Kim Schafer with Memorial Hospital discussed the importance of evaluating office environments for ergonomic hazards, primarily those affecting the arms and upper body.

Kim shared with the Safety Council examples of diseases diagnosed as being caused by poor ergonomics, such as Carpal Tunnel Syndrome and tendinitis. Kim also shared some of the risk factors that can contribute to ergonomic or "musculoskeletal disorders." These risk factors include:

- 1) Static - body part remains in one position for too long
- 2) Posture - the body part is awkwardly positioned
- 3) Force - Too much stress, weight, or friction is being placed on the body part
- 4) Breaks - sometimes a good break can help alleviate some of the first three stressors

Kim then shared some possible solutions to prevent ergonomic disorders including stretching, alternating tasks, and taking mini-breaks from awkward positions. Preferred work positions are listed below:

- 1) Keep work in front of you
- 2) Keep head up (not down or to the sides)
- 3) Shoulders back
- 4) Relaxed arms at your side
- 5) Wrist straight and relaxed



Thanks to Kim Schafer for the great presentation! Copies of the presentation can be obtained by emailing kkoschalk@thomas-marker.com.

Member	JAN	FEB	MARCH	APRIL	MAY	JUNE
Advanced Technology					1	
Allen Township	1	1	1		1	
American Broadband		1		1		
Atgrade		1	2	2	2	
Barry Moffett Farm						
Bulk Transit	1	1	1		2	
City Of Marys.	1	1	1	2	1	
Comfort Inn						
Community Action	1	1	1	2	1	
Community Markets	1	1	1	2	1	
Complete Auto Service						
Custom Staffing	1	2	2	1	1	
Dayton Power						
Executive Mold						
Farbest Brands	2	1	2		3	
First Student Education	1	1		1		
Ford Distributing						
Hampton Inn						
Harmony Agricultural Products of Ohio	2	1	1	2	1	
Heartland of Marysville						
Honda Marysville			1		1	
Honda-Auto	2	4	2	4	1	
Honda-Motor						
Honda R&D				2		
Honda Trading America	2	2	2	3	1	
Hoyer Poured Walls	1		2		2	
Industrial Ceramic (ICP)						
M.A.I. Mfg.		1	1	3	2	
Marble & Granite Works						
Marys. Ex. School	2	2	2	2	2	
Marys. News						
Marysville Steel, Inc.	1	1	1			
Memorial Hosp.		3	1	6	7	
Micrest Nursing	1	1	1	2	1	
Neff Motivation	2		2			
Nestle PTC Marysville	4	4	2	3	3	
New Day Farms, LLC	1	1	1		1	
Nissin International Transport U.S.A.						
Ohio Pavement Systems		1	1			
Ohio Reformatory						
Oh. St. Highway Patrol						
Parker Hannifin Hydraulics						
Patterlson Pools	1	1	1		1	
Ray Lewis & Son		1				
Roby Chev.	3	2	2	2	1	
Scioto Services, LLC		1	1	2	1	
Sheila's Flowers & Gifts			1		1	
Springdale Farm Supply						
Stewart's Security			1			
The Scotts Miracle-Gro Co.		1		2		
Thomas & Marker	1	1	1		1	
U-CO Ind.	1		1	1	1	
Union County	1	1	1		1	
U.C. Board of Dev. Dis	1	2	2	1	2	
U.C. Family YMCA	1	1	1	1	1	
U.C. Health Dept	1	1	1	1		
Union Recyclers						
Union Rural (URE)	1		1	5	1	
Univenture	2	1	2		2	
Vaughn Industries			1	3		
Velocity's	1			1		
Veyance Technologies /Goodyear						
Village of Plain City	1	2	1		2	
Village of Richwood	2	2	2			
Washington Township		1	1	1	1	
Non-Members	6	11	6	7	8	
Total Attend.	50	62	59	65	59	

4 THINGS YOU SHOULD KNOW...

- 1) *Chocolate affects a dog's heart and nervous system. A few ounces can even kill a small sized dog.*
- 2) *Most lipstick contains fish scales*
- 3) *Ketchup was sold in the 1830's as medicine.*
- 4) *Donald Duck comics were banned from Finland because he didn't wear pants.*

ADDITIONAL MEETING MINTUE NOTES:

- Recent changes to the Ohio Bureau of Workers' Compensation's policies were discussed. These changes include:
 - Group rated employers will be unable to stack discount programs such as the Drug Free Workplace program and the Safety Council discount program for the 2010 year.
 - A new Deductible program has been developed with 5 levels to choose from, starting at \$500 and going all the way up to \$10,000. The enrollment period for private employers is/was from April 1-May 31 and public employers will have their enrollment period from October 1 -November 30.
 - A new Retrospective Group Rating program is also being developed. This program would allow employers to pay for premiums up front and then recalculate the group premium at 12, 24, and 36 months.

LUNCH AND LEARN SCHEDULE FOR 2009

Date	Topic	Sponsor	Facilitator	Location
1/14/09	Safety Supervision & Leadership (PLUS; BWC Discount Program Update)	Thomas & Marker (Kyle Koschalk; 644-2160)	Kyle Koschalk (Thomas/Marker; 644-2160)	Completed!
2/11/09	Disaster & Tornadoes Preparedness	Honda (Mark Salsbury; 642-5000-67291)	Brad Gilbert (Union Cty EMA; 645-3174)	Completed!
3/11/09	Basic First Aid	Custom Staffing (Don Simmons, 644-9675)	MFD	Completed!
3/31/09- 4/2/09	Ohio Safety Congress & Expo	BWC (800) 626-0241	Various	Completed!
4/8/09	Banquet (night)	Pay-per-plate	Chase Blackburn Guest Speaker	Completed!
5/13/09	Ergonomics in Office Environment	URE (Bob McClintock (537-0400))	Memorial Hospital (Kim Schafer)	Completed!
6/10/09	Transitional Work Programs	Neff Company Jeff Loos 642-9956	John Goodman (IDS; 740-548-4100 x 120)	Union County Services Bldg.(RM. A & B) 940 London Ave.,Marysville, Oh 43040
7/8/09	What's New with OSHA	New Day Farms (Nikki Adkins; 358-2114-103)	Howie Ebritz (614-469-5291)	Union County Services Bldg.(RM. A & B) 940 London Ave.,Marysville, Oh 43040
8/12/09	Worksite Wellness Roundtable	Jason Orcena (642-2053)	Jeannette Holshu (Cty Health Dep; 645-2046)	Union County Services Bldg.(RM. A & B) 940 London Ave.,Marysville, Oh 43040
9/9/09	Integrating a Safety Process into your Business Management System	Vaughn Industries (Mark Greer)	Mark Greer (Vaughn Ind; 419-396-3900)	Union County Services Bldg.(RM. A & B) 940 London Ave.,Marysville, Oh 43040
10/14/09	CEO Event Status of City Safety Services!	Marysville Surgical Center (JoEllen Braden 642-6622) Psara Tech (Joe Factor)	Mayor Schmenk City of Marysville	Union County Services Bldg.(RM. A & B) 940 London Ave.,Marysville, Oh 43040
11/18/09	Bloodborne Pathogen	Debbie Shelton (Memorial Hospital; 578-2417)	Memorial Hospital (Theresa Sauner)	Union County Services Bldg.(RM. A & B) 940 London Ave.,Marysville, Oh 43040
12/9/09	BWC 10- Step Business Plan	Milcreast Nursing Home (Heather Mudgett; 642-1026)	Jerry Schwenker (BWC; 614-546-9747)	Union County Services Bldg.(RM. A & B) 940 London Ave.,Marysville, Oh 43040

Please contact Debra Schaner by no later than 1st of each Month if you have any announcements that you would like to place in the Safety Council newsletter.