



Ohio

Bureau of Workers' Compensation

Deck the Halls with Health & Safety!

A SAFETY & HEALTH GIFT GUIDE

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Think Safety this Season

Do you have loved ones who enjoy hunting, rock-climbing, cliff-diving, caving or do-it-yourself home improvement? Does your husband use his chainsaw like he's a lumberjack? Do you have children who love going out with their friends? Do you want to keep them all safe and sound? Then this newsletter is for you!

We have gathered many safety-related gift ideas right here! From emer-

gency preparedness to activity-based protec-



tive equipment, you will find suggestions for covering your safety needs this holiday season and throughout the year!

Be sure to prevent emergencies whenever possible by eliminating hazards in your home. Don't forget to review evacuation procedures in your home to ensure your family is safe during an emergency. And always encourage friends and family to think about safety when buying holiday gifts.

Don't Forget about Wellness

While thinking about safety, don't overlook wellness. More than



two-thirds of U.S. adults are overweight. But physical wellness isn't the only issue. Mental and emotional wellness are important too. More than 42 million (18.2 percent) of adults in the U.S. suffer from some

form of mental illness, and Ohio has an above average rate at more than 19 percent. Don't forget about the well-being of you and your loved ones this year!



According to the University of Manitoba, 10 percent of all drownings occur in vehicles and 400 North Americans will drown in vehicles this year. Also, a vehicle may float on the water's surface for three minutes, but you only have one minute to exit safely.

Emergency Gift Ideas

No one ever wants to face an emergency situation such as a house fire or severe weather, but unfortunately these situations can arise for any of us. This holiday season, give your loved ones the gift of peace of mind with proper emergency preparation equipment.

Before we get started, make sure their home and vehicles have properly stocked **first aid kits** and **flashlights**, which are needed in almost any emergency situation.

OK, let's look at house fires. There were 358,300 house fires a year during 2010-2014. Luckily, most of us will not face this tragedy, but it is best to be prepared for the worst-case scenario. Talk with your family about emergency procedures in case of a fire. Pick a gathering place for everyone to go to in case of an emergency. Practice this plan a few times a year so children know what to do. Help your children memorize the phone numbers of relatives or close friends who they can contact if they're not able to contact you.

The best way to protect your loved ones from house fires is to prevent them in the first place. Candles cause many of these fires. Consider replacing tradi-

tional candles with **LED** candles to achieve the same visual effect. You can use wax warmers, a safer alternative, to replace the scent of the candle. However, be sure to keep combustibles away from these, as they can get hot.

How about those **smoke detectors**? Make sure to test them multiple times a year to ensure they're working. Do they have a dirty yellow appearance on the outside? That's a sign you should replace it. How about carbon monoxide detectors? Do you have them in your home? Do you test them? If you need to replace smoke detectors consider purchasing **carbon monoxide/smoke detector combinations** for your home.



How about **fire extinguishers**? Make sure you and your family have them in their homes. Check the gauge on top of the extinguisher. If it's **green**, you're good to go. If it's **red**, it's time to get a new one. Consider purchasing **emergency fire ladders** for your second-story windows. They attach to the window and provide a safe exit in the event of a house fire.

Not all emergencies are catastrophic. What about when you lose power during a storm? Purchase battery-powered plug-in **LED lights** to plug into your wall outlets. These turn on automatically in



case of a power outage. What about your family's vehicles? Consider gifting emergency **window hammers** for punching out glass in case the car is submerged. Many of these come with a blade in the handle for cutting the seat belt. Remember to keep first aid kits and wool blankets in your car in case of emergency. These ensure your family is protected in any situation.

What about the worst-case scenario of an extended emergency? Perhaps you can stay in your home but the grocery stores are empty. Consider purchasing **emergency food storage** for use in this type of situation. Many of these rely solely on adding water and will heat themselves via a chemical reaction. Also, keep gallons of water stored for emergencies. On average people need 64 oz. a day to stay hydrated, so be sure to have enough for your fam-



According to the National Alliance on Mental Illness, one in five adults in the U.S. has a mental illness, accounting for more than 40 million people. Sixty percent of those did not receive treatment in the past year.

Wellness Gift Ideas

There are a lot of great ideas out there to keep your loved ones happy and healthy. Pedometers and fitness trackers help monitor health and physical activity, and are popular and stylish.

Consider gym memberships and fitness classes that teach activities from **zumba** to **boxing**.

From nationwide chains to local gyms, you have several options to choose from. **Women's and men's health journals** and **exercise magazine subscriptions** can keep you and your family up to date on the latest workouts and equipment, but be sure that it is safe first!

If you have an avid runner at home, enroll them in a marathon or half marathon. You can go to findmyrun.com to search for marathons all over Ohio, including the warm-up for the Boston Marathon hosted in Dublin and the United States Air Force Marathon held in Dayton. New **running shoes** designed for street or trail running, **reflective equipment** and **attachable shoe lights** for visibility can help keep your runner

safe and healthy throughout the year.

If you have children who enjoy sports, consider purchasing new **sports equipment** for them. If they are interested in a particular sport, you can register them for various youth leagues in your area. Simply do an online search by typing in Ohio youth league for:



- Soccer;
- Basketball;
- Baseball;
- Boxing;
- Disc golf;
- Football;
- Hockey;
- Softball;
- Aquatics;
- Tennis;
- Volleyball;
- Fishing;
- Golf.

While considering physical wellness, don't forget about mental and emotional wellness. The holidays can be a stressful time of year and the win-

ter months cause seasonal depression for many people. Some people use

light-boxes, which mimic outdoor lighting, to help combat seasonal depression. Others have found benefits in **natural oils** and **scents**, which can help calm the mind. Consider **massage treatment** packages, **acupuncture**, **yoga**, **Thai-chi**, and various forms of alternative treatments to get that much needed boost during the cold winter months.

A getaway with someone special can also lift your spirits. A weekend away or a vacation can be a great boost during the year. Cruises can be economical and can take you places you've always dreamed of going. Visit a city or country your loved one has always wanted to see. If finances are tight, send them to a spa for the day or give them a day off by taking the kids out so that they can rest and recuperate.





Surveys estimate that work tools and power tools cause an average of nearly 400,000 visits to the emergency room each year.

Ideas for Handy People

Do you have a handy individual at home? Is he or she always working in the shop, the yard, the kitchen or on the car? If so, there are some great items out there that promote their hobby and their safety.

First, always ensure you and your family have the proper personal protective equipment when working around the home. This means **safety glasses** that are **ANSI Z87.1 approved** so that they can withstand impact. You can tell if safety glasses are built to specifications if they have **Z87.1** on the frame and a + on the lens. Also important are **ear muffs** or **plugs** when working with loud power tools.



Proper gloves are crucial. If you or your family work with power tools, **vibration-resistant gloves** are important. Working with sharp objects? **Cut-resistant gloves** keep hands safe. If working in the kitchen, be sure to

wear **latex** or **plastic** gloves over cut-resistant gloves to prevent cross-contamination.

Don't forget about **proper footwear**. This means **steel-** and **composite-toed boots** when carrying heavy objects and good **work boots** for the garage and yard. In wet and cold conditions, make sure these are **insulated** and **waterproof** to protect your feet. If you have chefs or artists at home, be sure to purchase **slip-resistant** and **oil-resistant** footwear for use in the kitchen or studio.

Let's talk about power and hand tools. Many people enjoy working with these at home, but they can present very serious hazards to those who use them. **First, address machine-guarding issues.** Go through the tools in your home. Do they have proper guards to protect in the event of machine malfunction? If not, look into purchasing new equipment with proper machine guards in place.

Speaking of power tools, let's talk about the power

they use — electricity. It's crucial to use **proper extension cords** rated for the amperage of the tool you're using. If the cord gets hot during use, it likely is not rated high enough for that tool. Inspect extension cords to ensure they do not have **worn-down insulation** or missing **grounding pins**. If they do, it is time for a new one.

How about **proper lighting** when working on projects? Not having a well-illuminated area when working with hand or power tools or even knives in the kitchen can spell disaster. Some hand and power tools come with **built-in lights** at the point of operation to ensure the operator can see what he or she is doing. When working in the garage, make sure you have proper lighting by purchasing new **lamps** with hooks that can attach to the car hood.



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According to the Centers for Disease Control & Prevention, 20 percent of occupational fall-related injuries involve ladders.

Now let's address some specific ideas that apply to do-it-yourselfers. Does he or she work at elevated heights? If so, it is crucial to have a proper ladder. Instead of standing on tables or chairs, purchase **step-ladders** for around the home so your



family is safe when reaching high into cabinets or changing light bulbs. Ensure they use the proper ladder for the job. Never use metal ladders near live electrical wiring and make sure to use ladders for the proper height of a task. If you are on the top few rungs of the ladder, you need to use a taller one. When buying ladders, make sure they are strong enough to support the weight of the people using it as well as their tools.

Does someone in your family use a chainsaw in the yard? According to the CDC, 36,000 chainsaw-related injuries occur each year. So how can

you keep your loved one safe? In addition to proper safety glasses, hearing protection, gloves and shoes, purchase a **protective face shield** to prevent wood chips from striking the face or getting around glasses. Consider purchasing **chainsaw chaps** which stop the blade when it comes into contact with them. Also purchase a chainsaw vest to protect the user from kickbacks.

Is your weekend/warrior constantly loosing nuts, bolts, screws or nails? This can create hazards when he or she is looking around for them, and the screws and nails can create puncture or laceration hazards if stepped on. Consider purchasing **magnetic wristbands** that hold these loose items when not in use.

How about that mechanic? Without the proper equipment, he or she is risking life and limb. Purchase **tire chocks** to prevent the car from rolling over them while they work. Ensure they never work under a jack, but

rather have the proper **jack stands** for the job when working underneath the car. Do research on the vehicle to know its weight. Jack stands are rated to various weights, so make sure you purchase the proper stand.



Finally, one of the most important things to protect is our breathing.

We may think about wearing dust masks and respirators at work, but do we at home? Whether working around saw dust or paint fumes, make sure your family works in a well-ventilated area. This means multiple areas for air to enter and exit. But sometimes that isn't enough. Unless working outside, it's important to

have the proper respirator. This means **dust masks** for nuisance and saw dust and **respira-**



tors with **organic vapor cartridges** when working around paint in enclosed areas. Make sure to look for the **NIOSH** approval on these respirators.



According to the Bureau of Justice Statistics, 3.7 million burglaries occur annually in the U.S.

Ideas for Security

We all want to make sure our home is safe but also secure. So let's talk about great gift ideas to help keep your home and family secure this year.

First, make sure all locks on windows and doors are in working order. Consider adding a **security system** if you don't already have one. These systems can be ones monitored by companies that respond when the alarm sounds, or they can be simple door and window alarms that activate when there is unauthorized entry. You can purchase these systems online or at any hardware store. In addition to alarms, you can purchase cameras for your property to monitor your home.

Have you ever arrived at work and thought, "Did I lock the door when I left?" Thanks to technological advancements we no longer need to worry about that. **Cell-phone-activated door locks** allow you to lock your door from anywhere in the world. Many of these come with cameras that transmit to your phone when the doorbell rings. This allows you to see who is at your home no

matter where you are.

How about valuables? Or even medications? Both can be targets during a burglary, especially pain medications. Keep valuables and medications locked in a secure **safe**. You can purchase these at hardware stores and

online. They come with a variety of security measures, from combination locks to biometric access codes that read your fingerprint.

Keeping your home safe is important, but even more important is keeping your loved ones safe. Purchase self-defense tools such as **mace, tasers** and **battons**. There are also local **classes** that teach self-defense techniques that can be great for any person to learn.

It's also important to have financial security. First, when you are out shopping, be sure to conceal your pin number to ensure no one can see it over your shoulder. When shopping online, be sure to use **trusted websites** and only input credit card information if the



page is secure. You can check this by looking at the html box. There will be an https before the web address and many web browsers have a lock symbol as well. This shows that your information is secure.

Since we're discussing financial security, do you have children at home? Investing in **savings** and **bonds** can be a great way to ensure their financial future, at least as they start out, after high school or college graduation.

Finally, consider the gift of insurance. Have you ever thought about what your family would do if you were gone? Where would they find income? Consider the gift of **life insurance** this holiday season to ensure the financial security of your family for the future.





Kids notice what you do. If you practice safety, they will follow in your footsteps!

Choking is the leading cause of injury and death among children according to Nationwide Children's Hospital.

Ideas for your Kids

Are your kids looking for the latest and greatest toys? Be careful before you buy them. According to the U.S. Consumer Product Safety Commission, emergency rooms across the country treated 251,700 toy-related injuries, with 72 percent occurring in children under the age of 15. In 2015, companies recalled 25 products due to issues such as small magnets that created a choking hazard or paint containing lead.

Before making your purchase, research the product. Have there been health issues related to the product or a pending recall? How about the manufacturer's past? How many of its products have had recalls for safety concerns in the past 10 years?

How about product labeling? How can you tell if the product you are purchasing is safe? Look for the mark **ASTM**, meaning the product has passed the American Society for Testing and Materials safety inspection. When purchasing art products, be sure to only purchase products labeled **non-toxic**. If you can, inspect products before you buy them. Don't purchase products containing small removable parts, cords and strings that could create a stran-



gling hazard, heating elements or lead. Be sure the toys you purchase can withstand impact and pulling forces. Do not purchase toys with sharp

edges that pose laceration hazards.

Does your child love rid-

ing bikes? According to the CDC, 26,000 children each year suffer traumatic brain injuries from bicycle accidents. It's crucial for children to wear helmets while riding. It's also critical for skateboarding, long-boarding, roller-skating, skiing and snow-boarding? **Everyone, no matter what age, should wear proper headgear while participating in these activities!** Many, both old and young, die each year because they weren't wearing this fundamental piece of equipment.

What about children with special needs? You can go to www.ableplay.org for toy ideas for those with special needs. Consider purchasing toys that appeal to different senses and have qualities of sounds, movement and texture. Think about how your child might play with that toy. Think about the ergonomic positions they may find themselves in with that toy to ensure

they are kept safe and sound. Also, consider purchasing toys that encourage them to interact with others to grow good social skills. All of these ideas and more come from the Mayo Clinic. Finally, if you have children at home, you're probably wondering how to make it child safe. Consider purchasing:

- Childproof locks and handles;
- Outlet covers;
- Surge protector covers.

How about first aid, CPR, and the Heimlich maneuver? Do you and your family members know how to perform these on children? Are all of you certified? Consider sending yourself and your family to these **classes** this season to keep everyone safe and sound all year long.

If you have a babysitter, consider sending him or her to these classes so your children are safe when you are away. Make sure to keep emergency numbers as well as your cell phone number by the phone in case of an emergency. Be sure to review your emergency plan in case of a fire or severe weather with your children. Pick out a meeting point near your home and have them memorize the names and numbers of relatives. Practice your plan multiple times a year so your family knows what to do if it ever needs to be implemented.



"The most effective get-found strategy (when lost while hiking) is actually the least used, and that's back-tracking until you know where you are."

- Robert Koester, search and rescue statistician

Ideas for your Adventurer

Do you have family or friends who can't wait for their next adventure? Do they enjoy camping, hiking, rock climbing, or extreme sports? There are many options to help keep them safe and sound all year long.

Before we talk about equipment, let's talk about planning. **Whenever they go out camping or hiking or rock climbing, be sure they notify you of where they will be, how long they will be there and when they will be back.**

In case they become lost or have an emergency and cannot reach someone, you will know to notify authorities.

For these adventurers, give the gift of safety through **GPS locators**. These can send out emergency distress beacons to authorities so they know where they are and can help them. Many of these also come with systems for users to track where they are and to check in to

let you know they are safe.

How about first aid? Are your loved ones trained in first aid and CPR? Give the gift of training this holiday



season by sending them to **accredited classes** that teach these skills. Be sure they have stocked first aid kits whenever they go on trips or adventures to ensure everyone's protection. Make sure they bring emergency shelter items such as **reflective blankets** when camping or hiking. They should also take **portable water filtration units** to ensure they do not become dehydrated on their trip.

How about your rock climber?



New harnesses, climbing-approved carabineers, anchors, belay ropes, helmets, and proper footwear and gloves can help ensure they stay safe and sound on their next climb.

Now, what to do about your hunters? Do they hunt wild game or shoot skeet at the range? Either way they are exposed to hazards. Ensure they know proper gun safety and cleaning techniques. Ranges around Ohio teach **classes** regularly. Simply type in gun safety classes into any search engine to locate different options. It's crucially important to wear proper safety equipment while shooting or hunting. Ensure your hunters wear **orange florescent clothing** to be seen by other hunters. Hunters and shooters are also exposed to high decibel levels. Be sure they have proper hearing protection, either ear plugs or ear muffs.



Deck the Halls with Health & Safety!

According to the U.S Department of Transportation, 70 percent of the nation's roads are located in snowy regions, and 116,800 people are injured in snow-related vehicle accidents annually.

Travel Safe

Each year, more than 30,000 people are killed in traffic accidents. In 2015, traffic accidents killed 1,029 people in Ohio alone. Ohioans experienced more than 300,000 traffic incidents in 2015, with snow, rain, or sleet causing tens of thousands of them. Thousands of these accidents occurred as individuals traveled on the holidays, with Thanksgiving being the most accident-prone holiday of the year.

We want you to stay safe this holiday season as you visit loved ones. Check the weather forecast for your area and the area you are traveling to, as well as anywhere in-between. Be sure to go a safe speed, including going considerably slower than the speed limit allows if

weather conditions are adverse. Pack accordingly to ensure you have proper clothing and gear for where you are traveling, and always pack extra clothing and necessities in case of emergency.

The following are some tips for your vehicle if you are traveling this holiday season.

- Check tires to be sure they are properly filled.
- Check oil, transmission, coolant and windshield wiper fluids.
- Always wear your seatbelt and ensure passengers are wearing their seatbelts as well.
- Take frequent stops and stop to rest the driver as needed.

If you are traveling via plane, train or bus, follow these tips:

- Carry antibacterial wipes or hand sanitizer to wipe down surfaces before you touch them. Be courteous to those around you by covering your sneeze and cough into your arm or a tissue.
- Bring your own blankets and pillows.
- Carry your own luggage and do not leave it unattended in airports or terminals.
- Do not stay with a stranger's luggage.
- Plan accordingly for delays, security and heavy travel traffic.

Please keep your family and yourself safe this holiday season!

from



COSH!