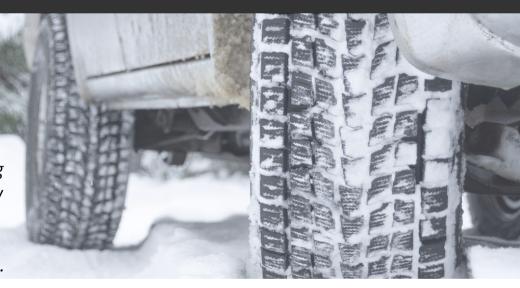
Winter 2023

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WINTER DRIVING SAFETY TIPS

Driving during the winter season is amongst the most hazardous driving times of the year. With ice and snow covering the roads, drivers must be prepared for the season to protect themsleves and others from hazards.



The following tips can help drivers get to their destination safely:

- Let the car's engine warm up. During cold, winter weather, it's important to let the vehicle warm up prior to driving it;
- *Pay attention to weather reports on the television or radio*. Allow time in your schedule for bad weather and/or traffic delays. Visit the <u>Ohio Department of Transportation's website</u> for current traffic information, such as weather-related road conditions, road closures and traffic accidents;
- *Keep the vehicle's windows clear of snow and ice*. Remember to brush off the head, tail, and brake lights as well;
- Make sure that if the windshield wipers are turned on, turn on your headlights as well;
- Make sure to keep the gas tank at least half full to prevent fuel line freeze-up. Fill the gas tank completely full before parking your vehicle for lengthy periods;
- Leave ample stopping time between you and the driver in front of you. Braking distance can be up to nine times greater on snowy, icy surfaces than on dry roads;
- If your vehicle is equipped with an Anti-lock Braking System (ABS), be sure to:
 - STOMP firmly on the brake pedal
 - STAY on the brakes do not pump the brakes
 - o STEER where you want the vehicle to go



Winter Driving Safety Tips

- Gently pump Non-ABS brakes to stop the vehicle. Take any corrective action gradually. Refer to the vehicle operations manual for proper methods to correct skids;
- Make sure to supply those at your destination with the following information: Your cell phone number, departure time, travel route, and anticipated time of arrival;
- Lock your vehicle, even in bad weather. To prevent door and trunk locks from freezing, lubricate the locks with a silicone spray or door-lock lubricant. If they're already frozen, use a lock antifreeze product to thaw them. Do not pour hot water on the locks – they will refreeze; and,
- Drive with extreme caution on bridges and overpasses during freezing temperatures. Because bridge temperatures can be 5-6 degrees colder than roadways, they can become slick and icy before roads.



Additional tips and be found at Winter Vehicle Safety Tips

For more information, contact Jim Saulters at (513) 858-5022 or Jim.Saulters@sedgwick.com.



MONTHLY SAFETY INSPECTIONS

can lead the way to a safer work environment. Here is a list of safety-related items that should be checked monthly to ensure they are in proper working order.

Although this is not an extensive list, these are common issues that are commonly found during safety inspections:

- ·Fire Extinguishers
- ·Emergency Lighting
- ·First Aid Kits (Expired or missing items)
- ·AED's
- ·Issues with machine guarding (Abrasive Grinder Wheels)
- ·Lifting chains or straps (Damaged)

- ·Ladders
- ·Gas cylinder storage
- ·Housekeeping
- ·Blocked exits
- ·Broken electrical cords
- ·Missing chemical labels on containers
- Respirators or other PPE not stored correctly.

OSHA Warehouse National Emphasis Program

This will be a 3-year program that will concentrate on warehouses, distribution centers, processing facilities, and high-risk retail establishments. Hazards that the agency will focus on during inspections related to this NEP include Fire protection, means of egress, walking and working surfaces, material handling, material storage, power industrial vehicles, heat stress, and ergonomic issues. Employers at risk for inspection include those with high injury rates along with employers with industry codes that fall under the NEP. If you are in these industries, it would be a great time to start bolstering your safety programs.

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Multi-Employer Worksites and OSHA Citations

Construction sites are usually bustling with multiple companies and crews determined to complete their tasks on time. During an investigation, the Occupational Safety and Health Administration (OSHA) may conduct various interviews with the general contractor and subcontractors at all levels. It is a false perception to believe you and your crew will not be cited because you are not the general contractor or the site does not belong to you. OSHA has established a multi-employer policy to address this issue, and it has remained in place for over two decades.

In its policy, OSHA outlines four types of employers: creating, exposing, correcting, and controlling. OSHA provides definitions and examples of each type:

- CREATING The employer who caused the hazardous condition that violates an OSHA standard.
- **EXPOSING** An employer whose employees are exposed to hazards.
- CORRECTING An employer "engaged in a common undertaking, on the same worksite, as the exposing employer," and one who's responsible for updating a hazard.
- CONTROLLING An employer "with general supervisory authority over the worksite." That may include the power to correct safety and health issues or to get other employers (s) to fix those issues. It is also important to remember that an employer can have more than one of these classifications.

The first step is to determine whether the employer is a creating, exposing, correcting, or controlling employer. Once you select the employer's role, step two determines whether a citation is appropriate. If the employer falls into one of the four categories, it has obligations concerning OSHA requirements. Step two is determining if the employer's actions were sufficient to meet those obligations. As with any OSHA investigation, a citation under the Multi-Employer Policy is based on the unique facts and circumstances of each case.

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Carbon Monoxide Safety Tips

Each year, workers perish from Carbon Monoxide (CO) poisoning, usually while using fuel-burning equipment and tools in buildings or semi-enclosed spaces without adequate ventilation. This is especially true during winter months when workers use these types of equipment in indoor spaces that are sealed tightly to block out cold temperatures and wind.



Symptoms of CO exposure can include everything from headaches, dizziness, drowsiness, nausea, vomiting, or tightness across the chest.

To help reduce the chances of CO poisoning in the workplace, employers are encouraged to take the following actions:

- Survey your workplace to identify potential sources of exposure
- Know the sources: gasoline as well as natural gas, oil, propane, coal, and wood can all produce
 CO
- Install an effective ventilation system that will remove CO from work areas
- Maintain equipment and appliances (e.g., water heaters, space heaters, cooking ranges) that can produce CO in good working order to promote their safe operation and to reduce CO formation
- Consider switching from gasoline-powered equipment to equipment powered by electricity, batteries, or compressed air if it can be used safely
- Prohibit the use of gasoline-powered engines or tools in poorly ventilated areas
- Provide personal CO monitors with audible alarms if potential exposure to CO exists
- Test air regularly in areas where CO may be present, including confined spaces
- Educate workers about the sources and conditions that may result in CO poisoning as well as the symptoms and control of CO exposure.
- Employees should do the following to reduce the chances of CO poisoning in their workplace:
- Report any situation to your employer that might cause CO to accumulate;
- Be alert to ventilation problems especially in enclosed areas where gases of burning fuels may be released
- Promptly report complaints of dizziness, drowsiness, or nausea
- Avoid overexertion if you suspect CO poisoning and leave the contaminated area
- Tell your doctor that you may have been exposed to CO if you get sick
- Avoid the use of gas-powered engines, such as those in powered washers as well as heaters and forklifts, while working in enclosed spaces.

For more information, contact Jim Saulters, at (513) 858-5022 or Jim.Saulters@sedgwick.com

Keep reading for information about OSHA's revised recordkeeping rule.



OSHA's Revised Recordkeeping Rule



Recently, it was announced that employers with 100 or more employees, in high-hazard industries, will be required to electronically submit injury and illness information to the Occupational Safety and Health Administration (OSHA). The high-hazard industries can be found in OSHA's Appendix B to Subpart E of 29 CFR Part 1904. The information submitted to OSHA will include their Form 300-Log of Work-Related Injuries and Illness, and Form 301-Injury and Illness Report. These reports must be submitted once a year, by March 2, 2024.



All employers that are required to submit information from their OSHA Form 300 Log and OSHA Form 301 Incident Report to OSHA under this rule are already required to collect and retain this information and are currently required to electronically submit to OSHA information from their OSHA Form 300A Annual Summary.



Employers with 20 to 249 employees, in certain industries, will continue to be required to electronically submit information from their OSHA Form 300A annual summary to OSHA once a year. All employers with 250 or more employees that are required to keep records under OSHA's injury and illness regulation will also continue to be required to electronically submit information from their Form 300A to OSHA on an annual basis.

OSHA is also updating the North American Industry Classification System (NAICS) codes used in appendix A, which designates the industries required to submit their Form 300A data, and is adding appendix B, which designates the industries required to submit Form 300 and Form 301 data. This document was published in the Federal Register on 07/21/2023 and is available online at directly, such as individuals' names and contact information.

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