



# Hands on Safety

"Being Safe Is No Accident"



## Project H.E.A.L.

### Helping Employees through Awareness and Learning

#### What is Project H.E.A.L.?

Initiated by Director Collins to develop a system for addressing staff stress, educate staff about the prevalence of suicide in corrections and improve access to support agency information.

#### Internet and Hotline Resources:

- National Suicide Hotline 1-800-273-TALK (8255)
- Ohio Employee Assistance Program 1-800-221-6327
- United Behavioral Health 1-800-852-1091

#### ODRC Intra & Internet Resource Guide:

<http://intra.drc.state.oh.us/web.employees/services.htm>

#### Other Websites:

- [www.save.org](http://www.save.org)
- [www.suicidology.org/](http://www.suicidology.org/)
- [www.afsp.org](http://www.afsp.org)

**Strength through Awareness, Prevention through Support, Survival is Priceless**

From the DRC Statewide Health and Safety Committee



# Allen Correctional Institution Receives 2008 Health and Safety Award

Congratulations to the Allen Correctional Institution (ACI) on being selected as the recipient of the joint labor-management Health and Safety Award.

The ACI Health and Safety Committee was recognized on Friday, December 7, 2007 at the 2nd annual DR&C Year in Review Event. The event was held at the Celeste Center at the Ohio State Fairgrounds in Columbus.

ACI implemented a bicycle safety training program after experiencing a great number of work related accidents with the bicycles being used on the yard. All staff that utilize the bicycles are required to complete bicycle training. Since implementing the bicycle training, there have been no injuries caused by bicycles. The ACI Health and Safety Committee is pleased with the result and feels that this is a good example of working together to eliminate unsafe practices that caused injuries but still be able to retain a valuable tool (bicycles).

Central Office received Honorable Mention for their Health and Safety submission.



Front Row: Jodi Factor, Melissa Bartlett, Sandy Ford, Ron Brown

Back Row: Ed Dunn, Jim Barkimer, Shawn Gruber, Don Hunt, Greg Shrader, Jesse Williams

Not Present: John Moore, Cameron Smith



# Winter Safety

## What is Frostbite?

Frostbite is an injury to the body caused by freezing body tissue. The most susceptible parts of the body are the extremities such as fingers, toes, ear lobes, or the tip of the nose. Symptoms include a loss of feeling in the extremity and a white or pale appearance. Medical attention is needed immediately for frostbite. The area should be slowly re-warmed.

## What is Hypothermia?

Hypothermia is abnormally low body temperature (below 95°F). Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. Medical attention is needed immediately. If it is not available, begin warming the body slowly.

## How should I dress during cold weather?

- Wear layers of loose-fitting, lightweight, warm clothing. Trapped air between the layers will insulate you. Outer garments should be tightly woven, water repellent, and hooded.
- Wear a hat, because 40 percent of your body heat can be lost from your head.
- Cover your mouth to protect your lungs from extreme cold.
- Mittens, snug at the wrist, are better than gloves.
- Try to stay dry and out of the wind.

## Winter Skin Care

Winter is hard on skin. Dry air and harsh wind can sap moisture from the skin, causing cracking, chapping, and irritation. And even though it's not blazing hot, your skin is still vulnerable to damage from the sun's ultraviolet rays.

Here are some tips to help you keep your skin as youthful-looking and healthy as possible throughout the winter months:

- Protect your skin from sun damage. Wear a make-up or moisturizer with SPF 15 on your face and wear lip balm or lipstick with sunscreen.
- Don't take long, hot showers because they strip the skin of its natural moisturizing lipids. Instead, take a short, warm shower; pat your skin almost dry, then put on a good moisturizer while skin is still damp.
- Humidify indoor air. If you don't have a humidifying system within your heating ducts, consider buying a humidifier. These will help keep skin and nasal passages from drying out. If you do experience dryness or minor bleeding in your nose, you can use Vaseline to soothe and moisturize the area.
- If you develop severely dry skin, eczema, or "winter itch", see your Dermatologist. He or she can prescribe a mild steroid cream or other treatment to restore your skin to good health.

# Wind Chill Chart

The Wind Chill is the temperature your body feels when the air temperature is combined with the wind speed. It is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the speed of the wind increases, it can carry heat away from your body much more quickly, causing skin temperature to drop. The Wind Chill chart below shows the difference between actual air temperature and perceived temperature, and amount of time until frostbite occurs.

	Temperature (°F)																		
	-45	-40	-35	-30	-25	-20	-15	-10	-5	0	5	10	15	20	25	30	35	40	
60	-98	-91	-84	-76	-69	-62	-55	-48	-40	-33	-26	-19	-11	-4	3	10	17	25	
55	-97	-89	-82	-75	-68	-61	-54	-46	-39	-32	-25	-18	-11	-3	4	11	18	25	
50	-95	-88	-81	-74	-67	-60	-52	-45	-38	-31	-24	-17	-10	-3	4	12	19	26	
45	-93	-86	-79	-72	-65	-58	-51	-44	-37	-30	-23	-16	-9	-2	5	12	19	26	
40	-91	-84	-78	-71	-64	-57	-50	-43	-36	-29	-22	-15	-8	-1	6	13	20	27	
35	-89	-82	-76	-69	-62	-55	-48	-41	-34	-27	-21	-14	-7	0	7	14	21	28	
30	-87	-80	-73	-67	-60	-53	-46	-39	-33	-26	-19	-12	-5	1	8	15	22	28	
25	-84	-78	-71	-64	-58	-51	-44	-37	-31	-24	-17	-11	-4	3	9	16	23	29	
20	-81	-74	-69	-61	-55	-48	-42	-35	-29	-22	-15	-9	-2	4	11	17	24	30	
15	-77	-71	-64	-58	-51	-45	-39	-32	-26	-19	-13	-7	0	6	13	19	25	32	
10	-72	-66	-59	-53	-47	-41	-35	-28	-22	-16	-10	-4	3	9	15	21	27	34	
5	-63	-57	-52	-46	-40	-34	-28	-22	-16	-11	-5	1	7	13	19	25	31	36	

### Frostbite Times:

5 Minutes

10 Minutes

30 Minutes



# Snow Shovel Safety

By Brendan Farrington

Every winter people hurt themselves shoveling snow, ranging from minor aches and pulled muscles to fatal heart attacks.

What people often fail to realize is that shoveling is more than a chore. It puts a lot of stress on the body in a short period of time.

## Winter Weights

"People don't understand when you start shoveling snow, it's like picking up weights," says Denis Isrow, a North Dakota State University professor of health, physical education and recreation.

So if you're older or out of shape, there's much more of a chance of hurting yourself by shoveling. Even people who regularly exercise can find shoveling to be strenuous if they try to tackle the job quickly without taking breaks.

"One of the biggest problems we have is people saying "I'm not going to quit until I get this done," Isrow says.

Some signs you should stop shoveling are shortness of breath, heavy sweating or any kind of pain.

"Anything that's not normal is a warning sign," he says.

## Most at Risk

Julie Garden-Robinson prepared a report for the university's extension service warning that shoveling causes a quick increase in the heart rate and blood pressure.

According to her report, those most at risk during shoveling are people who have had a heart attack, people with a history of heart disease, those with high blood pressure or high cholesterol levels, smokers and people who lead a sedentary lifestyle.

Garden-Robinson and Isrow give several tips for safe shoveling:

- Use a smaller shovel.
- Make sure your shovel isn't bent, tilting or otherwise damaged.
- Take frequent breaks, even if only for a couple of minutes.
- Stop and go inside if you become overheated.

## Snow Shovel Safety (con't)

- Drink fluids.
- Don't try to fling snow long distances.
- Stop any time you feel pain.

If you fear you're unable to tackle this tiring task, look into spending a few bucks and having a neighborhood kid shovel after a storm; or having a contractor plow it when heavy snow falls. It's probably money well spent.

For more information, visit the Ohio State Patrol website:

<http://www.statepatrol.ohio.gov/>

For motorist information, contact the Ohio State Patrol:

1-877-7-Patrol (for Ohio only)  
(1-877-772-8765)



## Agency Health & Safety Committee Members

- Dave Burrus (Management Co-Chair)
- Dave Justice (Bargaining Unit Co-Chair)
- Dave Bailey (Bargaining Unit)
- Bridgette Duncan (Bargaining Unit)
- Sheila Gray-Downey (Management)
- Ed Henderson (In Memoriam)
- Stephanie Lee (Bargaining Unit)
- Chris Mabe (Bargaining Unit)
- Twaio Osunsanya (Management)
- Ramon Perez (Management)
- Dale Petersen (Bargaining Unit)
- Tim Shafer (Bargaining Unit)
- Venita White (Management)
- Charlie Williamson (Bargaining Unit)



The Intranet for DRC employees has a health and safety website with various health and safety resources. Some items posted for review are approved outside agency web links, DRC Safety protocol and additional Safety and Health Coordinator Basic, Intermediate and Advanced training classes. You can access the Office of Prisons Safety and Health Program at:

<http://intra.drc.state.oh.us/web/OOP/safety.htm>