



Hands on Safety

"Being Safe Is No Accident"



Statewide Health and Safety Committee Changes

In the past year the Committee has gone through some changes and we would like to take this opportunity to welcome our new members:

Alan Lazaroff
Kevin Runyon
Julie Walburn



We would also like to thank our former members for their faithful service and wish them all the best in their future endeavors:

Dave Burrus
Twaio Osunsanya
Ramon Perez
Tim Shafer

From the DRC Statewide Health and Safety Committee



Mansfield Correctional Institution Receives 2008 Health and Safety Award

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

The ManCI Health and Safety Committee was recognized on Friday, December 5, 2008 at the 3rd annual DR&C Year in Review Event. The event was held at the Lausche Center at the Ohio State Fairgrounds in Columbus.

ManCI implemented a Staff Injury Protocol after experiencing a failed man down system due to a power supply failure and confusion about how an injured employee is transported to the hospital. No procedure existed for the Staff Ambulance Protocol prior to ManCI's committee recommendation. The Staff Injury Protocol is now being utilized statewide with the Department of Rehabilitation and Corrections.

Honorable Mention goes to Southeastern Correctional Institution (SCI), Noble Correctional Institution (NCI), Toledo Correctional Institution (ToCI) and Lebanon Correctional Institution (LeCI) for their Health and Safety submissions.



Front Row: Janet Hamilton, Penny Doerrler and Michelle Moritz

Second Row: Chad Mullins, Joe Soltesz, John Hendershot and Durk Milliron

Back Row: John Bryant, Jim Beverly Sr., Roger Ingram Sr., Greg Quick, Greg Morrow and Warden Keith Smith

Not Pictured: Toby Matney, Lanny Imboden and Ray Eith



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.

Staph/MRSA

Did
You
Know?



Staph/MRSA is still a very prevalent problem in our prisons and we must still continue to do our part to stop the spread of infectious diseases. How many of you know that Staph/MRSA can survive on objects for several days??? We should wash our hands often, routinely clean and disinfect our work surfaces and keep cuts and scrapes clean and bandaged.

The following is the proper hand-washing procedure:

- Wet hands with hot, running water.
- Apply liquid soap, bar soap can harbor germs.
- Rub hands together for at least 20 seconds.
- Clean under fingernails and between fingers.
- Rinse hands thoroughly under running water.
- Dry hands and utilize the paper towel to turn the water off and to open the rest room door.

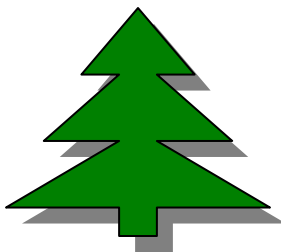
For those of you that don't always have access to soap and water, you can purchase a personal size anti-bacterial hand sanitizer to carry with you. A great product to use if having an alcohol based product isn't an option is "Clean Well". It's an all-natural hand sanitizer made with Ingenium, a patented formulation of essential plant oils proven to kill 99.99% of germs. I purchased an original scent 1 ounce spray bottle with 225+ sprays from Target for about \$3.00. Bath and Body Works also carries "Clean Well" in the following scents: Lavender, Spearmint Lime, Citrus Herb and Orange Vanilla in 1 ounce spray bottles with 225+ sprays for \$3.50.

Remember, if you do get a cut/scrape:

- Wash the cut/scrape, apply first aid ointment (if available) and apply a bandage.
- If the cut/scrape is severe, apply pressure and contact Medical or call 9-1-1.
- Keep bandages dry and changed often.
- Always wash your hands before applying new bandages.



Holiday Safety Tips



It's that time of year again and although it's fun, we all need to be careful. Here are some tips if you plan on having a live Christmas tree:

Check water levels daily. Dry needles can cause fires.

Only turn on lights when someone will be present. Lights can get very hot.

Dispose of properly, some trees can be recycled into mulch.

Don't use extension cords under rugs, they can become frayed and start a fire.

When decorating your tree, always use a step stool or ladder to reach the high areas.



Here are some safety tips for celebrating Kwanzaa:

Keep your Kinara away from flammable materials.

Keep candle wicks trimmed to 1/4" or less.

Keep lighters and matches away from small children.

Keep candle snuffers and fire extinguishers readily available.



Here are some safety tips for celebrating Hanukkah:

Keep your Menorah away from flammable materials.

Keep candle wicks trimmed to 1/4" or less.

Keep lighters and matches away from small children.

Keep candle snuffers and fire extinguishers readily available.

Just a Reminder...

Transportation Supervisors and Officers should always check routes to their destination prior to leaving on a trip.

For more information, visit the ODOT weather advisory website:

<http://www.buckeyetravel.org>

Or the Ohio State Patrol website:

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

You can also call the Ohio State Patrol:

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



Agency Health & Safety Committee Members

- Alan Lazaroff (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)
- Dale Petersen (Bargaining Unit)
- Kevin Runyon (Management)
- Julie Walburn (Management)
- 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>