

# AultComp MCO's Lifeline

Don't learn safety by accident

February 2018

## Welcome February 2019!

February is National Heart Month. One condition of the heart that is not discussed as frequently, possibly because it has a scary name, is Heart Failure. It develops slowly as the heart muscle weakens and needs to work harder to keep blood flowing through the body. Limiting your intake of salt is very important and you should learn what prepared foods have large amounts of salt.

Studies show the longer workers are away from their jobs, the harder it is to return to their previous duties. Let your Case Facilitator Carol, Christine, Heather, and Nancy know if you have light duty available. We will coordinate the work ability with the physician of record, to safety and quickly return your employee back to work.

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## OSHA Penalties Adjusting in 2019

OSHA's civil penalties amounts for violations of workplace safety and health standards will increase in 2019 to adjust for inflation. The adjusted maximum penalty amounts will take effect upon publication in the Federal Register. New penalties for willful and repeat violations will be \$132,598 per violation; serious, other-than-serious, and posting requirements are \$13,260 per violation; and failure to abate violations are \$13,260 per day beyond the abatement date.

## Employers Must Post 2018 Injury/Illness Summary Beginning Feb. 1

Employers are reminded of their obligation to post a copy of OSHA's Form 300A, which summarizes job-related injuries and illnesses logged during 2018. Each year, from Feb. 1 to April 30, the summary must be displayed in a common area where notices to employees are usually posted. Businesses with 10 or fewer employees and those in certain low-hazard industries are exempt from OSHA recordkeeping and posting requirements. Visit OSHA's Recordkeeping Rule webpage for more information on recordkeeping requirements

(source www.dol.gov)



### OSHA's Form 300A (Rev. 04/2004) Summary of Work-Related Injuries and Illnesses

Number of Cases			
Total number of deaths	Total number of cases with days away from work	Total number of cases with job transfer or restriction	Total number of other recordable cases
0	0	0	0
(a)	(b)	(c)	(d)

  

Number of Days	
Total number of days away from work	Total number of days of job transfer or restriction
0	0
(e)	(f)

  

Injury and Illness Types			
Total number of ...		Total number of ...	
(1) Injuries	0	(2) Poisonings	0
(3) Skin disorders	0	(4) Hearing loss	0



# BWC NEWS

300AP due (Public employers) must submit their Summary of work-Related Injuries and Illnesses on or before February 1, 2019

Public employer taxing district payroll true-up deadline for the 2018 policy began on Jan 1. The deadline is February 15.

## MANAGER TIPS

What methods do great leaders use to coach their employees?

### Create mutual trust

Trust is the foundation of any coaching relationship. The employee should be able to feel like they can connect to you on a personal level despite the hierarchy.

### Start the meeting

In opening a coaching meeting, it's extremely important for the manager to clarify, in a friendly, non-judgmental, non-accusatory way, the specific reason why the coaching meeting was arranged.

### Get on the same page

Discover what the employee already knows; this can give you new information to work with and also help you correct any erroneous data the employee may unwittingly have.



## Drinking Water in Winter

### How much is Enough?

Men should consume between 8 and 10 glasses of water a day. Whereas, Women should consume between 6 and 8 glasses of water a day. However, If men exercise, then the number rises to between 10 and 14 glasses a day. and If women exercise, then the number rises to between 8 and 12 glasses a day

(source cool fitness)

People recover faster if they stay active and keep busy. Sitting at home can make people worry they're too disabled to work, or they're no longer valuable to the company. Keeping people at work means your company allows them to contribute something instead of paying them for sitting at home and doing nothing. It also help your company control its benefits cost.



### BWC Classroom Training at the North Canton Office:

Feb 21: Accident Analysis

Feb 21: OSHA Recordkeeping

Feb 27-28: Fall Hazards in Construction and Maintenance

#### Location and contact information:

339 E. Maple St., North Canton, OH 44720

Phone: 800-644-6292

Register at [www.bwclearningcenter.com](http://www.bwclearningcenter.com)



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