

Lori Smith

From: Lori Smith [smith@mariettachamber.com]
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To: Lori Smith
Subject: MOV Safety Council December E-Newsletter



NEWS AND UPDATES FOR... ..DECEMBER 2010

The Mid-Ohio Valley Safety Council is co-sponsored by the [Marietta Area Chamber of Commerce](#) and the [Ohio Bureau of Worker's Compensation](#) Division of Safety and Hygiene.

Upcoming Meetings

Feet Hurt? Back Hurt? Where is the Weak Link?

Find out - With an Interactive Presentation By Dr. Benjamin Rush Using the Functional Movement Screen

Wednesday, December 15

Noon – 1:00 Meeting, Registration & Networking begins at 11:30

Marietta Country Club

Cost is \$12 and includes a buffet lunch.

It seems more and more of today's individuals are working harder to become stronger and healthier. A tremendous amount of people are performing high-level activities, either at work, at the gym, or recreationally, even though they are inefficient in their fundamental movements. Your body will always adapt to limitations put on the body; a **weak link** will be compensated somewhere else in the body. Without knowing it, these people are effectively putting fitness on dysfunction, and they are creating poor movement patterns and perform around pre-existing problems. This **weak link** is a physical or functional limitation. In order to identify and isolate the **weak link**, the body's fundamental movement patterns should be considered. If the **weak link** is not identified, the body will compensate, causing inefficient movements. It is this type of inefficiency that can cause a decrease in performance and increase in injuries.

The Functional Movement Screen pinpoints these weak links, and alleviates them by identifying the weak link and assigning appropriate corrective exercises to correct it. When this is accomplished the individual will have a higher movement efficiency, which will lead to improved performance and decrease in injury potential.

Come and volunteer to take a turn on the Functional Movement Screen and find out where your weak link is.

Presented by Dr. Benjamin Rush, owner of Bodies in Motion Chiropractic and Wellness Center. [Click here to RSVP your attendance.](#)

What's Coming up in 2011?

Wednesday, January 19th

Roundtable Discussion - Safety or HR Questions? Take this opportunity for an open discussion and sharing of ideas with your peers.

Wednesday, February 16th

Hearing Protection - What is the newest hearing protection out there? Come give it a try at this interactive meeting focusing hearing protection.

Wednesday, March 16th

TBA

Wednesday, April 20th

Safety Awards Banquet

Wednesday, May 18th

TBA

Wednesday, June 15th

Boating or Swimming This Summer? Learn more about water safety, rules and regulations from the Ohio Department of Natural Resources.

A RSVP is required to attend meetings. It must be received by Noon on Tuesday prior to the meeting.



Ohio BWC News

Ohio BWC Begins Delivery of Rate Notifications Electronically

As part of the continued efforts to reduce costs, BWC is transitioning away from mailing rate letters to Ohio employers. Instead, employers will begin [receiving electronic notifications](#) of their rates via ohioabc.com. You must have an e-account to view this information.

See How Rate Reform is Helping Ohio Firms

When rate-reform efforts began in 2007 it was to bring common sense and insurance best practices to BWC Programs and the rates employers pay. Since then we have made great strides in making Ohio's premium rates more competitive, accurate and reliable. [See the results.](#)

Visit the Division of Safety & Hygiene BWC Library!

[Free information on a variety of topics.](#)

News You Can Use

Forklift Train the Trainer Training

The Adult Technical Training program at the Washington County Career Center is providing OSHA Forklift Train the Trainer training.

When: December 15, 2010

Where: Career Center Campus

Time: 9:00 am - 3:00 pm (lunch will be provided)

Cost: Tuition: \$210 per person, Training manual: \$35.00 per copy

Registrations deadline is December 6!!!

Contact the Career Center at 740-373-6283 and mention the class name to the receptionist. Please provide company name and # of participants and method of payment.

Questions about the training class content can be addressed to John Moore or Jim Siegfried at 740-373-6283.

Southeast Ohio UCC Meetings

Have questions, need updates or want to network with other businesses. Join the Southeast Ohio UCC at their quarterly meetings held in Marietta.

For more information contact Chuck Green, with the Ohio Utilities Protection Service at 330-301-1800 or chuckg@oups.org

Don't forget...Call Before You Dig!

Shafer Safety Solution, LLC's Owner, Carmen Shafer, Approved by the EPA as an Accredited Instructor for the RRP Certified Renovator Initial Training Course.

The RRP Certified Renovator Course is an 8-hour course required by the EPA for individuals who perform renovation, repair or painting work on residences and child-occupied facilities constructed prior to 1978. This course focuses on lead-safety work practices that contractors or maintenance personnel must take while conducting renovation, repair and painting to prevent the migration of lead-contaminated dust the rest of the home or facility. Obtain more information about these requirements at <http://www.epa.gov/lead/pubs/renovation.htm>.

Shafer Safety Solutions, LLC plans to schedule an RRP Certified Renovator Initial Training course in January 2011. If you are interested in more information or would like to schedule a course for your company or facility in 2011, contact Carmen Shafer at carmen@shafersafety.com or call 240-417-4665.

O'Brien's Safety Services, LLC Recognized With Pioneering Spirit Award

The [Marietta Area Chamber of Commerce](#) and Small Business Development Center recently recognized O'Brien's Safety Services with the Pioneering Spirit Award. Read more about this award in the MACC December Entrepreneur.

The company provides safety services to industry from small to large, offering mandatory OSHA training, specialized EPA, OSHA and Homeland Security training as well as safety policies, procedures and audits. The company also has a highly trained, well-equipped Confined Rescue Team available on emergency or stand-by basis.

Congratulations Gary O'Brien!

For more information on O'Brien's Safety Services can contact Gary at 740-336-8407 or garyo@suddenlink.net

Home Heating Safety Tips

[Share this one-page flyer with your employees.](#)

Web Chat With OSHA on Cranes & Derricks Final Rule

Have questions about the final rule? [Visit this site for a copy of the final rule, listen to the chat live or read comments from the chat.](#)

Government Evaluating Cell Phone Blocking Technology in Cars

In a response to the growing number of deaths and injuries by distracted driving the US Department of Transportation is taking a look at cell phone usage while driving. [Learn more about the technology that could put a end to talking on the phone and driving.](#)

Have news you would like to share? Email smith@mariettachamber.com

The Marietta Area Chamber of Commerce is a private business association with over 580 members and continues to work hard for our communities business future.

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