

THE SUMMIT

QUARTERLY NEWSLETTER

Have A Safety Question, Concern, Or Have An Idea For A Furture Issue?

Let me know!

Office: (330) 643-7972

aengelhart@summitengineer.net



Quarter One Holidays

January 1 - New Years Day

January 20 - Martin Luther King Jr Day

February 2 - Groundhog Day

February 14 - Valentines Day

February 17 - Presidents Day

Februray 26 - Ash Wednesday

March 17 - St Patricks Day

THE NEWSLETTER IS BACK!

The newsletter is officially back and will be issued quarterly. Just like the previous newsletters that were put out by Lisa McGonigal, this publication will be filled with information regarding county safety and procedures, agency projects, facts, trivia and more.

Please don't hesitate to reach out to me with new ideas, events, or things that you would like to see published in an edition.



Who's The New Guy?

My name is Aaron Engelhart and I was recently hired as Safety Assistant here at the Summit County Engineer Department. Some of you may recognize me from when I was employed at this agency as a summer helper back in 2008 and 2009.

Since then, I graduated from Walsh University with a degree in History, Government & Foreign Affairs, and Museum Studies. For the last six years I have worked for the Summit County Department of Job and Family Services coordinating public assistance programs, and youth employment programs I conducted training, determined eligibility for individuals on public assistance, and organized job fairs bi-annually.

My current position here at the Engineer Department will have me monitoring safety, receiving and resolving complaints, acting as a liaison between agency directors, public and private agencies, department heads, and the general public, other related duties and of course, putting together this newsletter.

I'm really excited to be back here at the engineer department and look forward to meeting you all at some point soon. If you see me out please don't hesitate to come up and say hi.

Are You Tired or S.A.D?

It's estimated that over 10 million people struggle with Seasonal Affective Disorder (SAD). Factors such as circadian rhythm, serotonin levels and melatonin levels have been found to have a major impact on the severity of SAD. Seasonal decreases in sunlight are correlated with disruptions in your body's internal clock, which can lead to sleep disturbance and can trigger depression. Women and younger adults have been found to be at higher risk for SAD. Common symptoms include sleeping more than usual, having less energy, losing interest in activities, an inability to focus and think clearly, and increased appetite that includes craving sweet or starchy foods.

The good news is SAD is treatable:

Maximize Your Exposure to Sunlight: Make your home brighter; trim bushes away from windows, open blinds and curtains during the day, use bright colors on the walls and light-colored furniture. Rise early to take advantage of the morning sun as much as possible, and try to sit near windows while you work.

Practice Healthy Habits: Regularly engage in a physical activity you enjoy, whether it's yoga, basketball, or cross-country skiing. Limit caffeine intake and choose plenty of healthy, unprocessed foods. Don't forget to make restful sleep a priority.

Consider Light Therapy: Many people have found relief with light therapy. Light therapy boxes give off light that mimics sunshine and can help recovery from seasonal affective disorder. The light from the therapy boxes is significantly brighter than regular light bulbs and provides light in different wavelengths. This will stimulate your body's circadian rhythms and suppress its natural release of melatonin. Light therapy is most effective in the morning, research shows.

Take Medications as Directed: Follow your physician's directions for all prescription and over-the-counter medications and supplements. Anti-depressants and certain vitamins may be prescribed by your physician to help combat SAD.

<https://www.summahealth.org/>



Jan 02 – Laura Schlosser
 Jan 03 – Adam Heppe
 Jan 04 – Derek Shaffer
 Jan 06 – Jaime Lee
 Jan 09 – Andrea Hodge
 Jan 12 – Joyce Newsome
 Jan 14 – Jeremiah Stonestreet
 Jan 16 – Joe Estes
 Jan 20 – Daniel Jaye
 Jan 21 – Keith Fessler
 Jan 25 – Jarrod Vansil

Quarter One Birthdays

Feb 01 – Steve Kovacs
 Feb 12 – Jason Davis
 Feb 15 – Roger Cerasuolo
 Feb 17 – Alan Brubaker
 Feb 19 – Heidi Swindell
 Feb 26 – Larry Fulton

Mar 02 – Paul Rusk
 Mar 05 – David Koontz
 Mar 10 – Lori Brown
 Mar 12 – Dave Smith
 Mar 13 – Deborah Atkins
 Mar 13 – Vince Magazine
 Mar 17 – Phil Richards
 Mar 18 – Steve Burgess
 Mar 18 – Walt Schostak
 Mar 25 – John Cavileer
 Mar 29 – Brian Knapp

Safe Winter Driving

Winter driving can be hazardous and scary, especially in northern regions that get a lot of snow and ice. Additional preparations can help make a trip safer, or help motorists deal with an emergency. This sheet provides safety information to your residents to help prevent motor vehicle injuries due to winter storms.

The three P's of Safe Winter Driving: PREPARE for the trip; PROTECT yourself; and PREVENT crashes on the road.

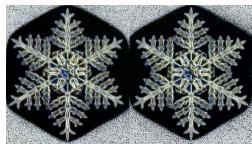
PREPARE

Maintain Your Car: Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.

Have On Hand: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. For long trips, add food and water, medication and cell phone.

Stopped or Stalled? Stay in your car, don't overexert, put bright markers on antenna or windows and shine dome light. If you run your car, clear exhaust pipe and run it just enough to stay warm.

Fun Fact:



SNOWFLAKES CAN BE THE SAME

In 1988, a scientist at the National Center for Atmospheric Research (NCAR) found two identical snow crystals. Similar results have been produced in laboratories. Did we really think that of the infinite amount of snow produced around the world each year, no two flakes are identical? That seems improbable.

<https://weather.com/>

Plan Your route

Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/ directions, and let others know your route and arrival time.

Practice Cold Weather Driving

- * During the daylight, rehearse maneuvers slowly on ice or snow in an empty lot.
- * Steer into a skid.
- * Know what your brakes will do: stomp on anti lock brakes, pump on non-anti lock brakes.
- * Stopping distances are longer on ice and water-covered ice.
- * Don't idle for a long time with the windows up or in an enclosed space.

PROTECT YOURSELF

- * Buckle up and use child safety seats properly.
- * Never place a rear-facing infant seat in front of an air bag.
- * Children 12 and under are much safer in the back seat.

PREVENT CRASHES

- * Drugs and alcohol never mix with driving.
- * Slow down and increase distances between cars.
- * Keep your eyes open for pedestrians walking in the road.
- * Avoid fatigue - Get plenty of rest before the trip, stop at least every three hours, and rotate drivers if possible.

<https://www.osha.gov/>



U.S. adults ‘blissfully unaware of the bacterial risks’ of poor cleaning habits, report shows

U.S. adults are ‘blissfully unaware of the bacterial risks’ of poor cleaning habits, report shows.

Nearly one-quarter of U.S. adults have never disinfected their cellphone despite most using their devices in bathrooms – and some even putting their phone in their mouth, according to a report from antibacterial light company Vital Vio.

For the report, titled *The Dirty Truth*, researchers surveyed 1,200 U.S. adults to learn about their daily cleaning habits, the ways they protect themselves from disease while traveling and mobile device cleaning routines. Around 23% of the respondents said they’ve never cleaned or wiped down their cellphones, despite 88% using their phone while in the bathroom and 41% holding their phones in their mouth while their hands are full.

Among parents, 93% use their phone while in the bathroom, compared with 83% of non-parents. Parents also are more likely to use their phones while preparing meals (93%), compared with 85% of non-parents.

“Mobile devices could host more bacteria than someone’s household bathroom (which 4 out of 5 adults clean once a week),” the report states.

“Gaps in American cleaning habits aren’t just creating dirtier spaces, they are putting our families and communities at greater risk of getting sick,” Vital Vio CEO Colleen Costello said in a Nov. 19 press release. “‘The Dirty Truth’ survey spotlights that most people are blissfully unaware of the bacterial risks they are taking, especially when it comes to the mobile devices they touch and use for hours a day.”
<https://www.safetyandhealthmagazine.com/>



Other findings:

- Nearly half of the respondents (48%) eat lunch at their work desk, but only 33% clean their desk at least once a week. Further, 20% don’t wash their hands before eating at the office.
- 58% clean their bed sheets more often than their shower.
- 20% have never cleaned their TV remotes, and 19% have never cleaned their light switches.
- 23% don’t wash their hands after using public transportation, even though 39% travel on public transportation even when they’re sick.

To Disinfect Your Phone:

- Unplug all cables and turn off your Phone.
- Use a soft, slightly damp, lint-free cloth—for example, a lens cloth.
- If material is still present, use a soft, lint-free cloth with warm soapy water.
- Avoid getting moisture in openings.
- Don’t use cleaning products or compressed air.

<https://support.apple.com/>