WELCOME EVERYONE

West Central Ohio Safety Council

West Central Ohio Safety Council November 2026 Monthly Meeting

TODAY'S AGENDA

West Central Ohio Safety Council

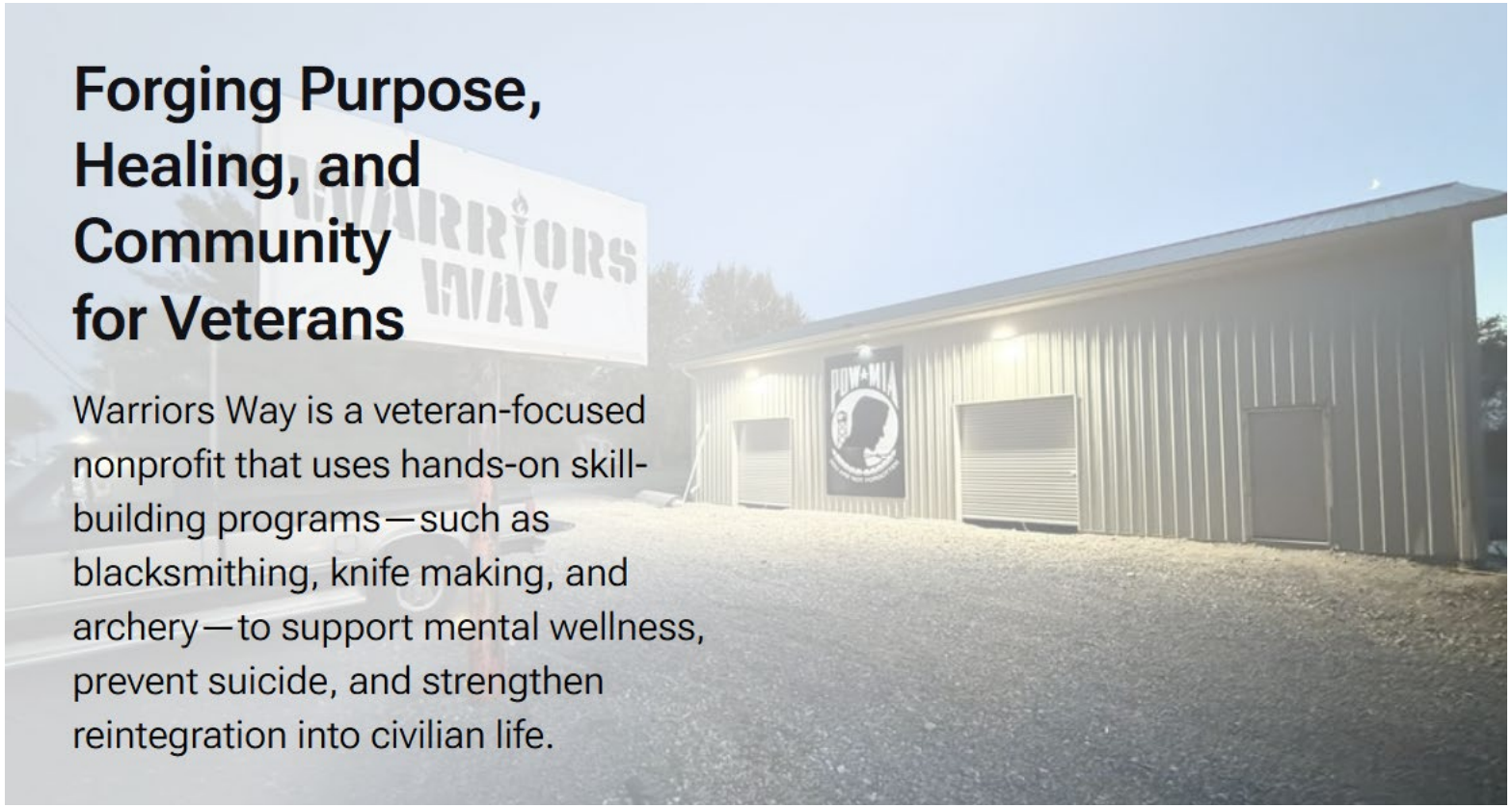
8:00 am: Meeting Begins with Announcements

- Deb – SC updates and External Training Opportunities
- Joe Kitchen – Safe Community Coalition Updates and Nominations
- BWC Updates
- Keynote Speaker Presentation
- Meeting Wrap-Up - Pull 50/50 Winning Number and **Food Donation Winners (2 for $25/ea Target Gift Cards)**
- Meeting Adjourned by 9 am

***SLIDES WILL BE SHARED WITH ATTENDEES AFTER THE MEETING AS WELL AS THE ATTENDANCE

FY2027 CHARITIES

Warrior's Way



West Central Ohio Safety Council

BUY YOUR 50/50 RAFFLE TICKETS NOW

West Central Ohio Safety Council



For Sale at the registration table

Now accepting Venmo

6 tickets for $5

1 ticket for $1

STEERING COMMITTEE MEMBERS

West Central Ohio Safety Council

President: **Amy Ricker**, Lima Pallet Co.

Vice President: **Crystal Jackson**, Cenovus- Husky Lima Refinery

Past President: Craig Hohenbrink, INEOS

Josh Unterbrink, Chamber Liaison

Joe Hutton, Fort Amanda Specialties

Tony Daley, Spallinger Millwright

Deb Katzenmeyer, Director




Ohio
West Central Ohio
Safety Council


Ohio

Scan me



West Central Ohio Safety Council

ATTENDANCE

West Central Ohio Safety Council

🦺 Safety resources matter — presentation slides will be emailed following today's meeting.

📘 Need external safety credits? Flyers are available at the registration table, along with monthly learning flyers from BWC.

✔️ Stay compliant — please review and verify your attendance throughout the year to ensure accurate safety records.



Bureau of Workers' Compensation

November safety council update

West Central Ohio Safety Council

Butch Blankenship

Industrial Safety Consultant Specialist

Toledo Service Office

419-461-4760

butch.b.2@bwc.ohio.gov

Bureau of Workers' Compensation

Monthly learning – November and December

bwclearningcenter.com

Nov. 12 - First aid in the workplace

Ohio Fire Academy, Reynoldsburg, OH

Nov. 18 - Powered industrial trucks: Developing a training program half-day workshop

Owens Center for Emergency Preparedness, Walbridge, OH

In-person classes and virtual training classes (VTC) qualify for Safety Council rebate external training credits.

Monthly learning – November and Deceml (Part 2)

bwclearningcenter.com

Nov. 19 - Ergonomic risk factors: Understanding and identifying

Walsh University, North Canton, OH

Nov. 19 - Machine guarding basics

Walsh University, North Canton, OH

In-person classes and virtual training classes (VTC) qualify for Safety Council rebate external training credits.

Monthly learning – November and December (Part 3)

Dec. 1 - Certified safety professional (CSP) examination review

Independent Electrical Contractors (IEC), Columbus, OH

Dec. 2 - Confined space: Identification and safe practice basics half-day workshop

Walsh University, North Canton, OH

Dec. 8 – OSHA 10: Construction safety basics

Indiana Wesleyan University, Independence,

In-person classes and virtual training classes (VTC) qualify for Safety Council rebate external training credits.

Monthly learning – November and Decem (Part 4)

bwclearningcenter.com

Dec. 8 - Tree work essentials: Chainsaws, chippers, and other safety concerns

Walsh University, North Canton, OH

Dec. 10 - First aid in the workplace

Walsh University, North Canton, OH

Dec. 15 - Lockout/tagout advanced principles

Ohio Fire Academy, Reynoldsburg, OH

Dec. 15 - OSHA recordkeeping half-day worksh

Youngstown Service Office

In-person classes and virtual training classes (VTC) qualify for Safety Council rebate external training credits.

Virtual learning – November and December

- **Nov. 10** - Safety series workshop module 4: Walking working surfaces and emergency action plan basics
- **Nov. 17** - Accident analysis half-day workshop
- **Nov. 19** - Ergonomic risk factors: Understanding and identifying

bwclearningcenter.com

In-person classes and virtual training classes (VTC) qualify for Safety Council rebate external training credits.

Virtual learning – November and December (Continued)

- **Dec. 1** - OSHA recordkeeping half-day workshop
- **Dec. 3** - Safety series workshop module 5: Electrical safety and LOTO basics
- **Dec. 8** - Electrical safety in the workplace through insight and implementation of NFPA 70E
- **Dec. 10** - Emergency preparedness planning half-day workshop

bwclearningcenter.com

In-person classes and virtual training classes (VTC) qualify for Safety Council rebate external training credits.

Webinars – November and December

- **November** - No webinars scheduled for November
- **Dec. 2** - PERRP recordkeeping

bwclearningcenter.com

Webinars do not qualify for Safety Council rebate external training credits.

Private employer important dates – November and December

- **Nov. 23** - PA Group Experience Rating application deadline for 7/1/2027 start date (TPAs must file by COB)
- **December -** No dates listed

Public employer important dates – November and December

- **Nov. 15** - PEC deadline for deferred payment option for PY 2027
- **Nov. 15** - PEC last date employer can change installment plan for PY 2027
- **Dec. 1** - PEC last day for retro settlements (close-out year for 10-yr annual evaluation)
- **Dec. 21** - PEC First installment due for PY 2027

Save the date: March 16-19, 2027



150+ sessions



9000+ participants



200+ speakers



300+ exhibitors

Ohio Bureau of Workers' Compensation

OSC27®

Ohio Safety Congress & Expo

Ohio Bureau of Workers' Compensation
OSC27
Ohio Safety Congress & Expo

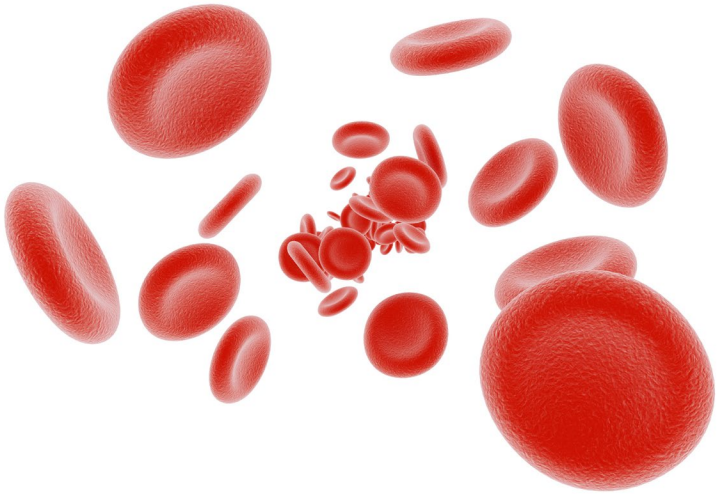
Carbon monoxide



Bureau of Workers' Compensation

A small molecule with a big impact

- Hemoglobin in our blood prefers carbon monoxide (CO) to oxygen, so if given a choice, our blood will pick up carbon monoxide.
- Unfortunately, we cannot use CO to breathe.



Symptoms of CO poisoning

- Confusion
- Nausea
- Headache
- Dizziness
- Tiredness
- Death (severe poisoning)



Sources of CO



Liquid fuel



Gas fuel



Burned fuel

Ways to mitigate co exposure potential



Monitor



Maintain



Minimize enclosure

Office of Safety Services – We are here to help

On-site safety consultations

Workplace hazard assessments

Ergonomics and process safety reviews

Training and education courses

Grant opportunities for safety equipment



Bureau of Workers' Compensation

BWC.Ohio.gov

Mental Health
FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

Why Employers Address Mental Health

Donna Dickman, OCPS

Russ Decker, Ph.D.

November 10, 2026



mental health & recovery board UNION COUNTY

Mental Health & Recovery Services Board
ALLEN • AUGLAIZE • HARDIN

TRI COUNTY ADAMHS

MHDAS
Mental Health, Drug & Alcohol Services Board of Logan & Champaign Counties

Delaware-Morrow
Mental Health & Recovery Services Board
Health. Healing. Hope.

UNITED WAY
Greater Lima

Prevention

- Lifelines
- Refuse, Remove and Reason
- Too Good For Drugs
- Catch My Breath
- You and Me Together Vape Free
- Positive Peer Advocates
- Botvin LifeSkills
- Class Action

Prevention

- PAX Partners
- DBT Steps-A
- SOS Signs of Suicide
- Stacked Deck
- Mental Health First Aid
- C.I.T. Training
- Question, Persuade and Refer
- WISE / Older Adults

Intervention

- I Mind
- Therapeutic Mentoring
- School Navigation
- Support Groups

Postvention

- Critical Incident Stress Management
- LOSS / DOSS Teams
- Caring Contacts





Why Address Mental Health Today?

The Problem

Approximately **1 in 5 adults in the United States are diagnosed** with a mental disorder in a single year.



According to the Center for Disease Control –

The coronavirus disease 2019 (COVID-19) pandemic has been associated with mental health challenges related to the morbidity and mortality caused by the disease. Overall, 40.9% of respondents reported at least one adverse mental or behavioral health condition, including symptoms of anxiety disorder or depressive disorder symptoms of a trauma- and stressor-related disorder related to the pandemic and having started or increased substance use to cope with stress or emotions related to COVID-19.

Almost half, 46%, of all U.S. adults will meet the criteria for a diagnosable mental condition in their lifetime.

Mental Health America / NAMI

National Impact

Disease Burden is the impact of a health problem as measured by financial cost, mortality, morbidity, or other indicators.

a) **Cardiovascular Diseases**
b) **Circulatory Diseases**
c) **Abnormal Tissue Growths (such as cancer)**
d) **Neuropsychiatric disorders (mental disorders, behavioral disorders, neurological disorders)**

National Impact

Major Depressive Disorder (MDD) is one of the most burdensome illnesses globally, with significant negative impacts on activities of daily living, quality of life, cognitive function, and employment status and work productivity.

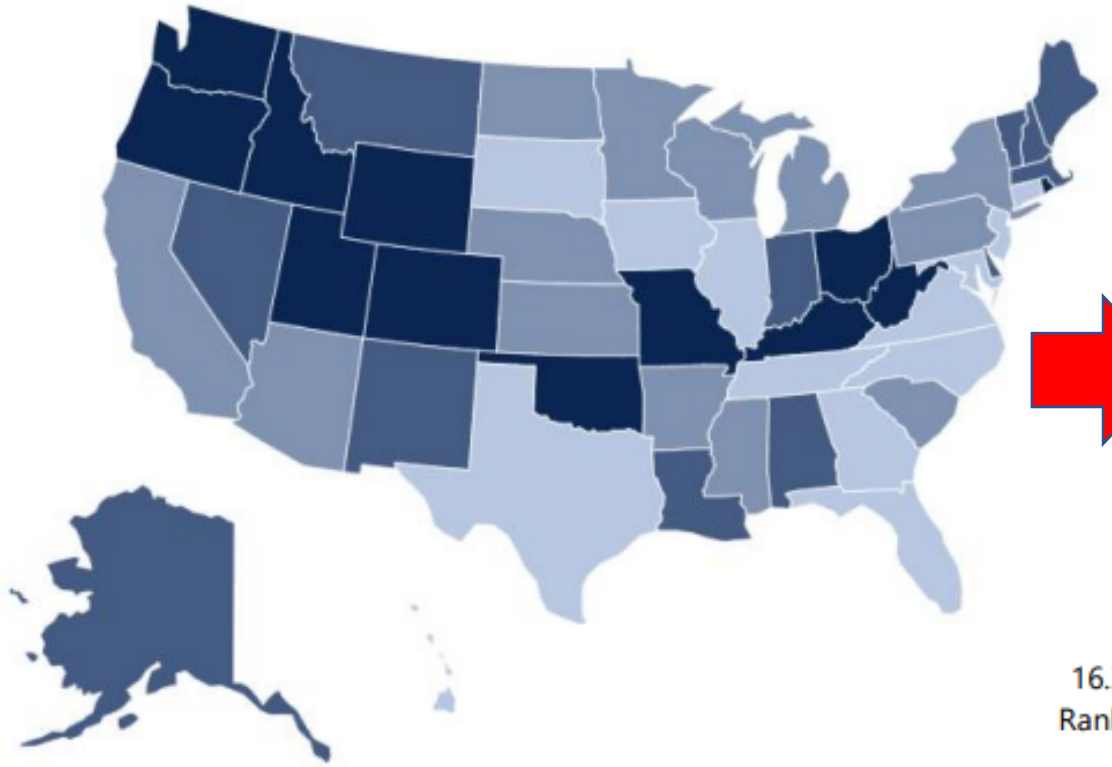
Recent data from the Centers for Disease Control and Prevention (CDC) show that the U.S. prevalence of MDD has increased substantially from 7% prior to the pandemic to 27% during the first year of the pandemic, and MDD with anxiety disorders has increased from 11% to 38%.

The global economic burden of all mental health conditions is estimated to rise from U.S. $2.5 trillion in 2010 to U.S. $6 trillion by 2030.

The Growing Burden of Major Depressive Disorders (MDD): Implications for Researchers and Policy Makers
David Proudman,1 Paul Greenberg,2 and Dave Nellesen 1

Adult Prevalence of Mental Illness

Adults With Any Mental Illness (AMI)



19.86% of adults are experiencing a mental illness.

Equivalent to nearly 50 million Americans.

4.91% are experiencing a *severe* mental illness.

The states with the largest increases in Adults With Any Mental Illness (AMI) were Ohio (2.24%), Nebraska (2.22%), Wyoming (2.22%), and Oklahoma (2.11%).

The state prevalence of adult mental illness ranges from:

16.37% (NJ) Ranked 1-13

26.86 % (UT) Ranked 39-51

Ranked at 48 / Ohio 23.64% 2,112,000

2022 The State of Mental Health in America MHA Mental Health America

Personal Impact

The ADA defines disability as ***a physical or mental impairment that substantially limits o*ne or more major life activities such as:**

- Work.
- Carry out daily activities.
- Engage in satisfying relationships.

Not every disability is visible.



And The Greatest Concern – Loss of Life



In The U.S.

Over

49,000

people died by suicide in 2023

1 death every **11** minutes

Many adults think about suicide or attempt suicide

12.8 million
Seriously thought about suicide

3.7 million
Made a plan for suicide

1.5 million
Attempted suicide



In Ohio

Among working-age Ohioans, suicide was the fourth leading cause of death in the state (behind only cancer, heart disease and unintentional injuries). HPIO

232

OHIO VETERANS

232 Ohio veteran suicide deaths in 2022

64%

STUDENTS & YOUNG ADULTS

Suicide is the leading cause of death for Ohioans ages 10-14

2/3

LETHAL MEANS

Nearly 2/3 of all U.S. firearm deaths are due to suicide

1,000

ADULTS 45+

Annually, more than 1,000 older Ohioans lose their lives to suicide

80%

MEN

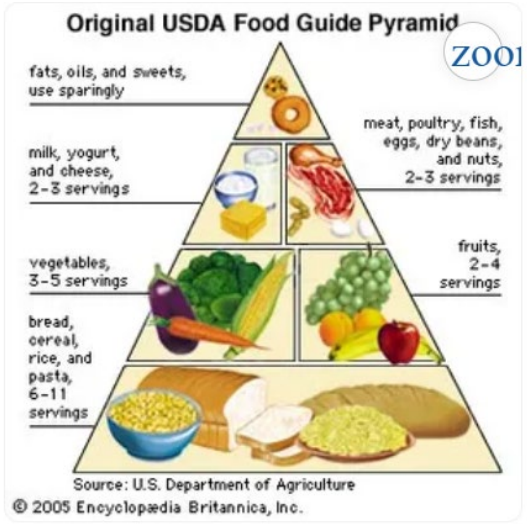
Men have consistently higher rates of suicide compared to women, with males accounting for 80% of total suicide deaths

Top Leading Causes of Death in Ohio

1. Heart Disease (approx. 22.7%–23.4% of total deaths, leading cause)
2. Cancer (approx. 20% of total deaths)
3. Accidents / Unintentional Injuries (approx. 6% of total deaths, heavily driven by drug overdoses and poisonings)
4. Cerebrovascular Diseases (Stroke)
5. Chronic Lower Respiratory Diseases
6. Alzheimer's Disease
7. Diabetes
8. Kidney Disease (Nephritis/Nephrosis)
9. Septicemia
10. **Suicide**

Center for Disease Control
Ohio Department of Health

Staying Healthy … Back in the Day





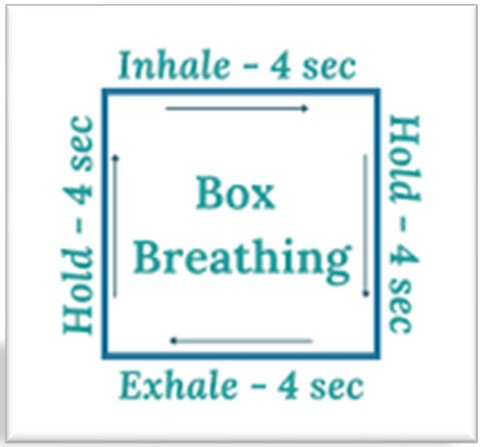




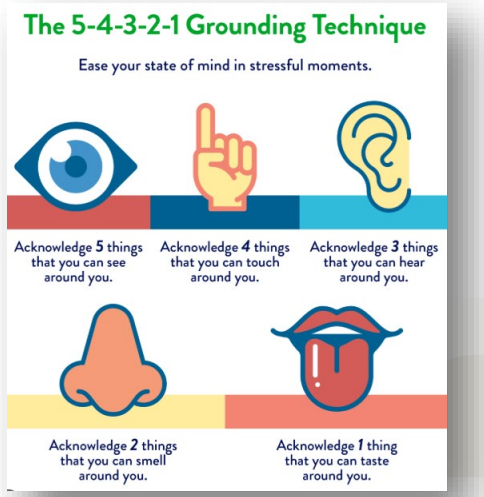
Added Now….


COUGH
and
SNEEZE
into your
SLEEVE
#StopTheSpread




Inhale - 4 sec
Hold - 4 sec
Box
Breathing
Hold - 4 sec
Exhale - 4 sec


Q
Question
P
Persuade
R
Refer


The 5-4-3-2-1 Grounding Technique
Ease your state of mind in stressful moments.
Acknowledge 5 things that you can see around you.
Acknowledge 4 things that you can touch around you.
Acknowledge 3 things that you can hear around you.
Acknowledge 2 things that you can smell around you.
Acknowledge 1 thing that you can taste around you.


988
SUICIDE
& CRISIS
LIFELINE
If you or someone you know needs support now,
CALL OR TEXT: 988
CHAT: 988lifeline.org
Talk with us.



How many of us have had formal education on mental illness and suicide prevention?

Why Should Employers Care About Mental Health?



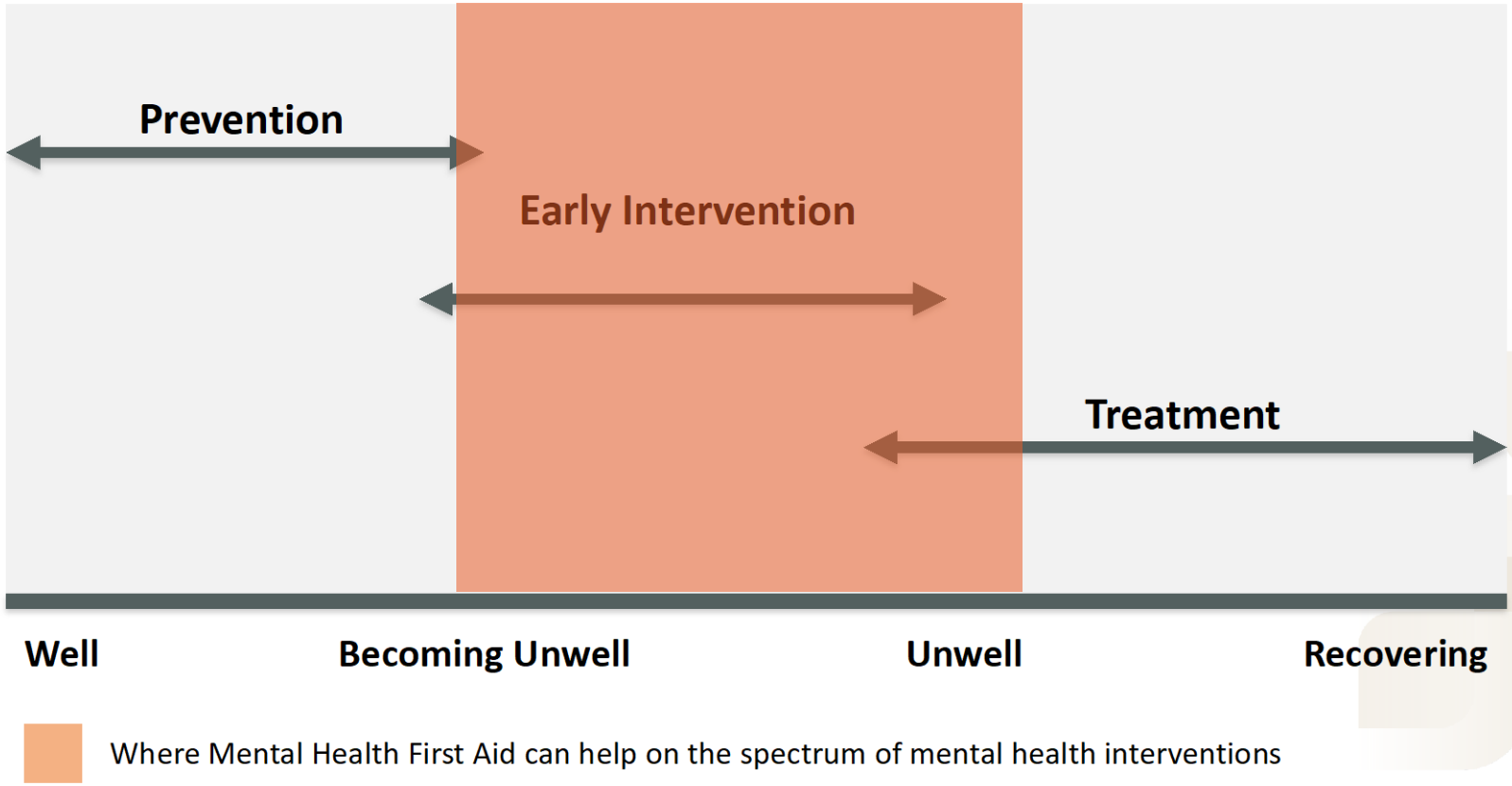
Mental Health First Aid



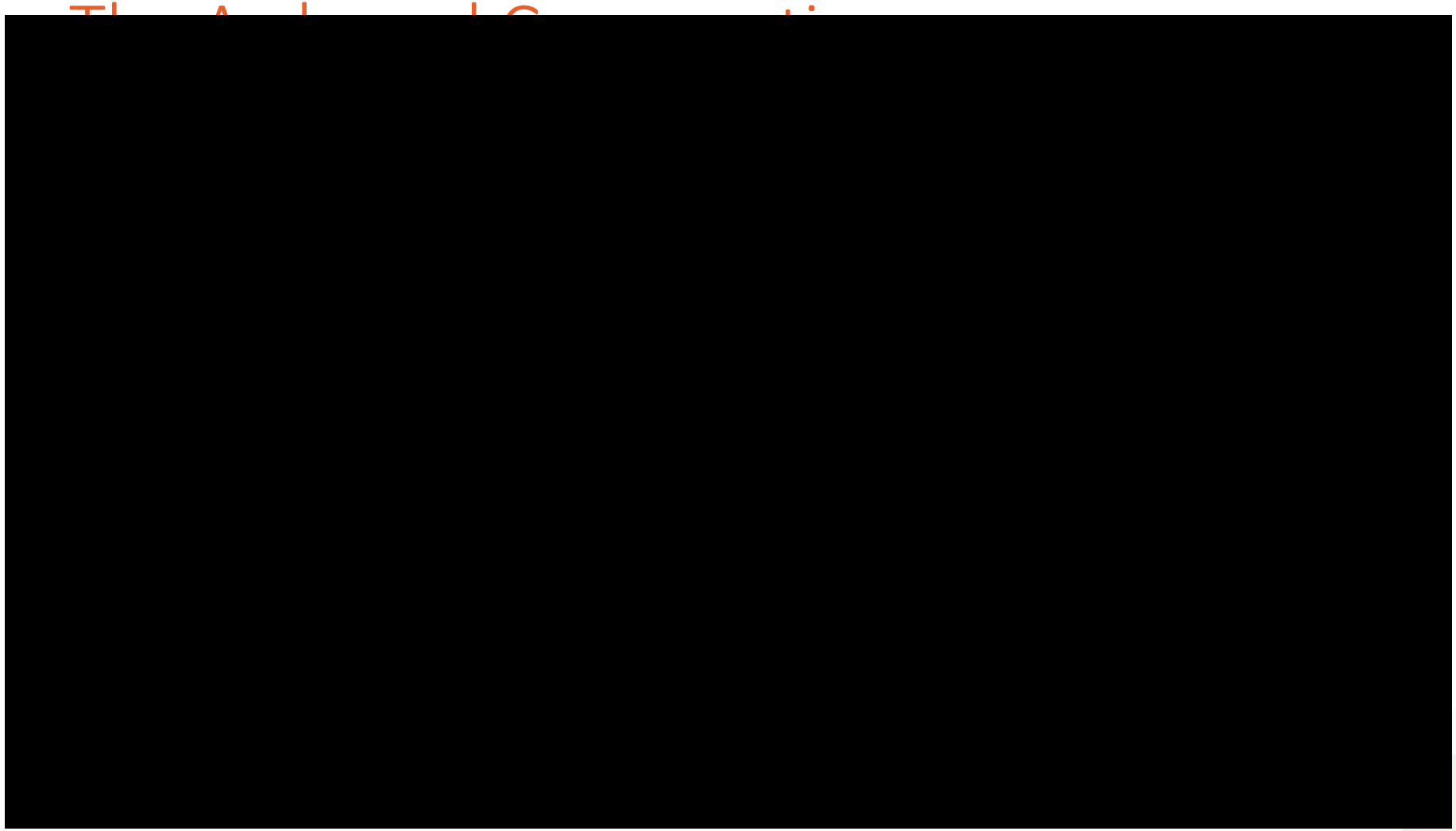
Mental Health First Aid is an evidence-based skills training course that teaches participants about mental health and substance-use challenges.

- How to identify when a person may be experiencing mental health challenges
- How to approach an individual for a conversation of concern
- How to ask the important questions
- Expanding knowledge of local, state and national resources
- Reduce stigma

Where Mental Health First Aid Can Help



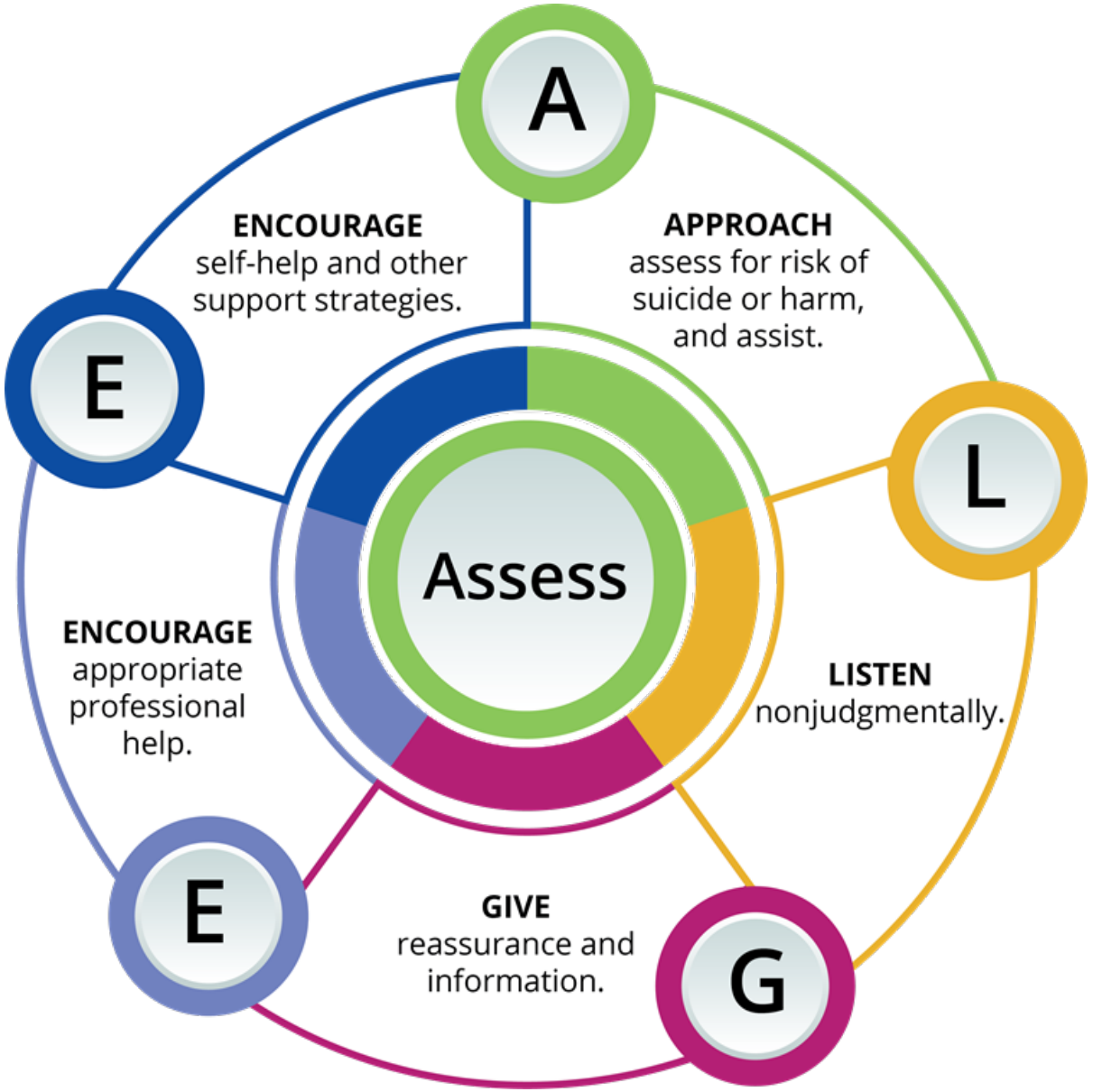
Where Mental Health First Aid can help on the spectrum of mental health interventions



What Participants Learn



- **Risk factors and warning signs** of mental health and substance use challenges.
- **Information** on the seven most prevalent mental health diagnoses.
- **A 5-step Action Plan** to help someone developing a mental health or substance use challenge.
- Available evidence-based professional, peer and self-help **resources**.


A
ENCOURAGE
self-help and other
support strategies.
APPROACH
assess for risk of
suicide or harm,
and assist.
E
L
Assess
ENCOURAGE
appropriate
professional
help.
LISTEN
nonjudgmentally.
E
GIVE
reassurance and
information.
G



MHFA
Presentation Options

In-Person: 7.5-hours / add Breaks
Virtual: 2-hour self-paced online / 5.5 hours live Zoom Instruction
Blended: 2-hour self-paced online / 5.5 hours with In-Person Instructor-Led Training



Nutrien



THE BELL SEAL FOR WORKPLACE MENTAL HEALTH
MHA Mental Health America
PLATINUM





Donna Dickman

email ddickman@passaah.org

419-549-8530 x101

Check attendance - Scan QR Code

West Central Ohio Safety Council

CLICK HERE TO VIEW ATTENDANCE Through 11-8-26

Please look this over ASAP and reach out with any discrepancies for me to review.

THANKS FOR BEING HERE TODAY

West Central Ohio Safety Council

50/50 DRAWING



Food Donations: Two Drawings for a $25 Target Gift Card.

Thank you for all of your donations!


Ohio
West Central Ohio
Safety Council
Happy Thanksgiving
from the West Central
Ohio Safety Council
Thank you for keeping our communities safe.

THANKS FOR ATTENDING

West Central Ohio Safety Council

THE NEXT MEETING IS ON

December 8, 2026



UNTIL THEN….

BE SAFE OUT THERE! ☺