



Bureau of Workers'  
Compensation



# Founding Sponsors



# Program Sponsor



**LEVEL UP CONSULTANTS**  
ELEVATING YOUR COMPANY CULTURE

[www.levelup-consultants.com](http://www.levelup-consultants.com)

**SLIDES, EXTERNAL RESOURCES &  
REGISTRATION CAN BE FOUND AT  
[WWW.SOLONCHAMBER.COM/SLIDES](http://WWW.SOLONCHAMBER.COM/SLIDES)**

**MATERIALS WILL ALSO BE  
DISTRIBUTED BY EMAIL  
AFTER THE PROGRAM!**

# ASK THE EXPERT WORKSHOP

## LAUNCHING & GROWING YOUR BUSINESS- MARKETS & CAPITAL

Thursday, April 20, 2023

11am-2pm

**Workshop Cost \$10**

(includes lunch)

Silver Creek Church  
252 N. Chillicothe Rd  
Aurora OH 44202

The Aurora, Solon and Streetsboro Chambers of Commerce are hosting an "**Ask the Expert**" workshop. This is a continuation to the first workshop that was designed to bring various industry experts to answer your questions on a variety of topics. Participants can ask questions and get answers concerning "**Launching & Growing Your Business**" while networking with professionals from all areas.

Presentations by:

**U.S. Small Business Administration**

**Akron SBDC**

**Cleveland Women's Business Center**

**Better Business Bureau of Akron**

**Huntington Bank**

**Ohio Bureau of Workers Compensation**

**The Ohio Minority Business Development Center at The Urban**

**League of Greater Cleveland**

**Sponsored by:**



**register at: [www.allaboutaurora.com](http://www.allaboutaurora.com)**

*Solon Chamber of Commerce's*

# BUSINESS AFTER HOURS

with 56 Kitchen Solon



THURSDAY,  
APRIL 20TH

4:30 - 6:00 pm

33587 Aurora Rd.

Solon, OH 44139

RSVP at [www.solonchamber.com](http://www.solonchamber.com)

*You're  
Invited!*



**WHAT:** X-GOLF SOLON RIBBON CUTTING CEREMONY & PARTY

**WHERE:** 33615 AURORA ROAD SOLON, OH 44139

**WHEN:** FRIDAY 4/21 - 9 AM TO 5 PM

**WHO:** EVERYONE

**SPECIAL:** HALF PRICE SIM RENTAL



**BOOK NOW**



Join us on April 28th

# The Third Estimate Ribbon Cutting

**Come Celebrate  
our Grand Opening  
from 12pm-1pm**

30500 Solon Industrial Pkwy  
Solon, OH, 44139



# DO YOU HAVE OPEN POSITIONS TO FILL?



Join us for a job fair at the Solon Community Center to kickstart your hiring process!



**MAY 4 • NOON – 5PM • SOLON COMMUNITY CENTER • 35000 PORTZ PARKWAY**

**\$50  
participation fee**

**On site interview  
space available**

**Space is limited -  
register right away!**

**Register here: [www.solonohio.org/solon-job-fair](http://www.solonohio.org/solon-job-fair)**

**SPONSORED BY**  
**Bryant & Stratton  
College**  
**KOMATSU**



**MANUFACTURING  
TECHNOLOGY**  
A TRI-C\* CENTER OF EXCELLENCE  
**EASTERN CAMPUS**

**Market  
DISTRICT**

Headshots Available by:  
**BRIAN K ARTISAN  
PHOTOGRAPHY**  
[WWW.BRIANKARTISAN.PHOTOGRAPHY](http://WWW.BRIANKARTISAN.PHOTOGRAPHY)



Good food, Good life

**Ohio  
MEANS  
Jobs**  
Cleveland-  
Cuyahoga  
County



## **PARTICIPATING BUSINESSES INCLUDE**

Arrow Senior Living  
Bardons & Oliver  
Burgers 2 Beer  
Cleveland Metroparks  
Davis Automotive Group  
Hattie Larlham  
InterDesign

Jersey Mike's Subs  
Kennametal  
Komatsu  
Locus Fermentation  
Solutions  
Market District  
Marriott Customer

Engagement Center  
MFS Supply  
Nestle USA  
Nvent  
Panera Bread  
Permatex  
Playaway Products

Professional Placement  
Services  
Reimer Law  
Renegade Brands  
Rusty Bucket Restaurant and  
Tavern  
Sensical

Solon Glass Center  
Supply Side USA  
Techtron Systems  
The Third Estimate Corporation  
The Mazel Company  
Thrive Peer Recovery Services  
Wrap-Tite



# 2023 SWING FOR THE GREEN

## ANNUAL GOLF OUTING

REGISTRATION IS NOW OPEN AT  
[WWW.SOLONCHAMBER.COM/GOLF](http://WWW.SOLONCHAMBER.COM/GOLF)

PRESENTED BY...



**MONDAY, AUGUST 21ST**  
**SIGNATURE OF SOLON** 

The Solon Chamber of Commerce presents....

# ICELAND'S MAGICAL NORTHERN LIGHTS

Departing October 30th - Returning November 5th, 2023

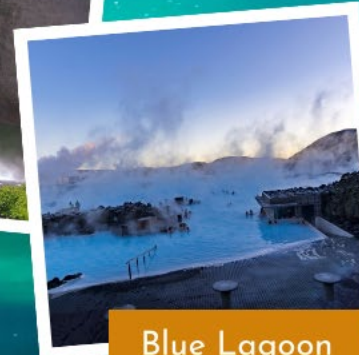
Reynisfjara



Seljalandsfoss



Vik



Blue Lagoon

- ✓ Airfare
- ✓ Hotel & Meals
- ✓ AAA Member Choice
- ✓ Local Guides
- ✓ Collette Tour Manager
- ✓ Shuttle Transportation



**collette**

Call AAA East Central:  
**(440) 248-1808**

[www.solonchamber.com/iceland](http://www.solonchamber.com/iceland)

**May 10<sup>th</sup>**

**Safety Grant 101 with Brian  
Chambers, Ohio Bureau of  
Workers' Comp.**

**June 14<sup>th</sup>**

**Ready Rating Program with the  
American Red Cross**



BWC Video: Safety  
CouncilSurvey  
RecordedPowerPoint v3.mp4



# Private Employers Important Dates

## May 1

- MCO open enrollment begins

## May 26

- MCO open enrollment ends

## May 31

- Drug-Free Safety Program (DFSP) application deadline for 7/1/2023 start date
- Transitional Work Bonus application deadline for 7/1/2023 start date

# Grants Program

**Funding opportunities are once again available for four of our special safety grant programs.**

- [Trench Safety Grant](#). Available only to Ohio employers that perform trenching and excavating.
- [Firefighter Exposure to Environmental Elements Grant](#) combats firefighter cancer risk.
- [Employers Working with Persons with Developmental Disabilities Grant](#) assists Ohio employers with ensuring the safety of their staff when carrying out the services they provide to developmentally disabled children and adults.
- [School Safety and Security Grant](#) provides assistance to Ohio employers with ensuring the safety of their staff who instruct children throughout the state.

# Grants Programs cont'd.

## Safety Intervention Grants Program

- Purchase equipment to eliminate or significantly reduce hazards in the workplace.
  - ~ 3:1 match up to \$40,000
  - ~ Renewable every 3 years
  - ~ One year case study/annual report
  - ~ In business for one year

# Safety Intervention Grants Program

## Items Not Eligible

- Equipment primarily necessary for the business (e.g., forklift).
- Items that are not engineering controls (e.g., PPE).
- Items that don't directly reduce workplace risk factors (e.g., lighting).
- Other items outside the scope of the program (e.g., insurance).
- Equipment intended to meet minimum OSHA compliance, including basic machine guarding devices and equipment, standard guardrail systems, etc.

# Safety Intervention Grants Program

## Fast Track Items

- Bathing systems
- Cable pulling equipment
- Chest compression systems
- Conduit bending equipment
- Cot loading equipment
- Electric beds
- Extrication equipment
- Floor cleaning equipment
- Flooring or floor treatments
- Hose reel equipment
- Lift gates
- Lift tables
- Mulch dispensing equipment
- Patient lifting devices
- Patient stair chairs
- Portable traffic signals
- Powered pallet jacks
- Saws with presence sensing technology
- Scissor lifts, vertical mast lifts
- Snow removal equipment
- Truck tarping systems
- Vacuum lifts



# BWC Monthly Employer Webinars

The March webinar will include:

- Estimated annual premium (EAP) letter
- Online claims investigation tools
- Important dates
- Monthly safety topic
  
- Next webinar: Thursday, April 27 - 11:30 a.m.
-

# BWC Safety Webinars

- Outdoor Equipment Safety (April 20)
- Stand-Down to Prevent Falls in Construction (April 27)
- Injury Prevention in Distribution and Packaging (May 18)

# Stand-Down to Prevent Falls in Construction



**1:00 p.m. - 2:30 p.m.**  
**April 27, 2023**

In anticipation for the National Fall Safety Stand-Down, a panel of experts will discuss the latest data on the underlying causes of falls. CPWR will offer an overview of national trends, key findings from the CPWR Fall Experience Survey, and resources available. NIOSH researchers will look at BWC claims to explain contributing factors to falls. 3M will discuss fall protection equipment, how to choose specific equipment for falls, and the new revision of ANSI standard for self-retracting lifelines effective beginning August 2023.

\* BWC is accredited by IACET to offer 0.15 CEUs for this webinar. Completion of this webinar also qualifies for a variety of BWC discount program credits based on employer participation.

# BWC DSH Virtual Training

- Job Safety Analysis Half-day (April 18)
- Health Hazards and Toxicology Fundamentals (April 24-25)
- Developing a Driver Safety Program (May 3)
- Emergency Preparedness Planning Half-Day Workshop (May 10)

# In-Person Safety Training

- Scaffolding Safety (April 25-26) Cleveland
- OSHA 10: Industry Safety Basics (April 25-26) Youngstown
- Emergency Preparedness Planning (April 25) Canton
- Safety for the Non-Safety Professional (May 4) Cleveland
- Electrical Hazard Recognition and Abatement (May 16-19) Cleveland

# Division of Safety & Hygiene Consulting Services

- Review of safety programs/policies
- Assistance with training content or programs
- Assessment of specific operations or tasks

Safety Consultants

Ergonomists

Industrial Hygienists



**COMETS Job Training  
Program**

**Cheryl Massey**

**Cell: 440-223-8273**

**[cherylmassey@solonboe.com](mailto:cherylmassey@solonboe.com)**



**LEVEL UP CONSULTANTS**

ELEVATING MENTAL HEALTH IN THE WORKPLACE



Mandy McIntyre,  
Owner





**it's cool  
to talk  
about  
mental  
health**

76% OF PEOPLE  
BELIEVE COMPANIES  
SHOULD BE DOING  
MORE TO SUPPORT  
THE MENTAL  
HEALTH OF THEIR  
WORKFORCE

85% OF PEOPLE SAY  
THEIR MENTAL  
HEALTH ISSUES AT  
WORK NEGATIVELY  
AFFECT THEIR  
HOME LIFE (AND  
VICE VERSA)



**LEVEL UP CONSULTANTS**

ELEVATING MENTAL HEALTH IN THE WORKPLACE

- COMPANY CULTURE ASSESSMENTS
- DIVERSITY, EQUITY & INCLUSION
- MENTAL HEALTH FIRST AID
- SUICIDE PREVENTION
- LEADERSHIP DEVELOPMENT

AND MORE...



# CONSTRUCTION INDUSTRY PROGRAMS



**EVERY 12 MINUTES,**  
a construction worker dies by suicide.

**HELP IS AVAILABLE.**

Call, text or chat

**988**

for the **NATIONAL SUICIDE  
PREVENTION LIFELINE.**



**CONSTRUCTION SUICIDE  
PREVENTION WEEK**





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**ELEVATING MENTAL HEALTH IN THE WORKPLACE**

**WWW.LEVELUP-MENTALHEALTH.COM**



# Active Release Therapy

---

Information, Techniques and Our  
Approach

## CERTIFIED PROVIDER

Active Release Techniques®



# Where do you typically have pain?

- Scan the barcode with a camera phone.
- Today's Agenda:
  - Introduction
  - Current Health Care Model
  - Active Release Therapy (ART)
    - What is it?
    - Benefits?
    - Examples
  - Q&A



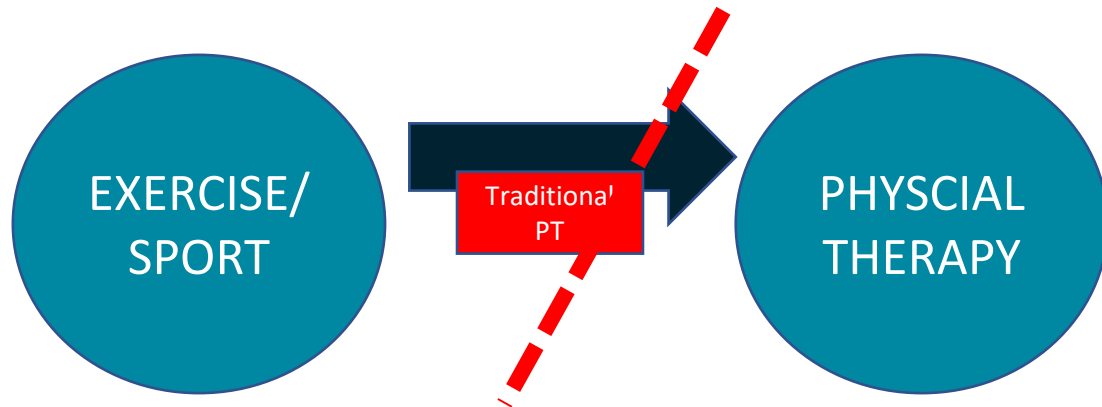
# About Me

Dustin Kaplan, AT, LMT, ART®, CSCS\*D, USAW-2, SFMA-2

- Board Certified Athletic Trainer (ATC)
- National Strength & Conditioning Association (NSCA) - State Director of Ohio
- Full Body Certified - Active Release Therapy (ART)
- Co-Owner at OrthoSport HQ
  - Three locations: Solon, Hudson, & \*Chagrin Falls



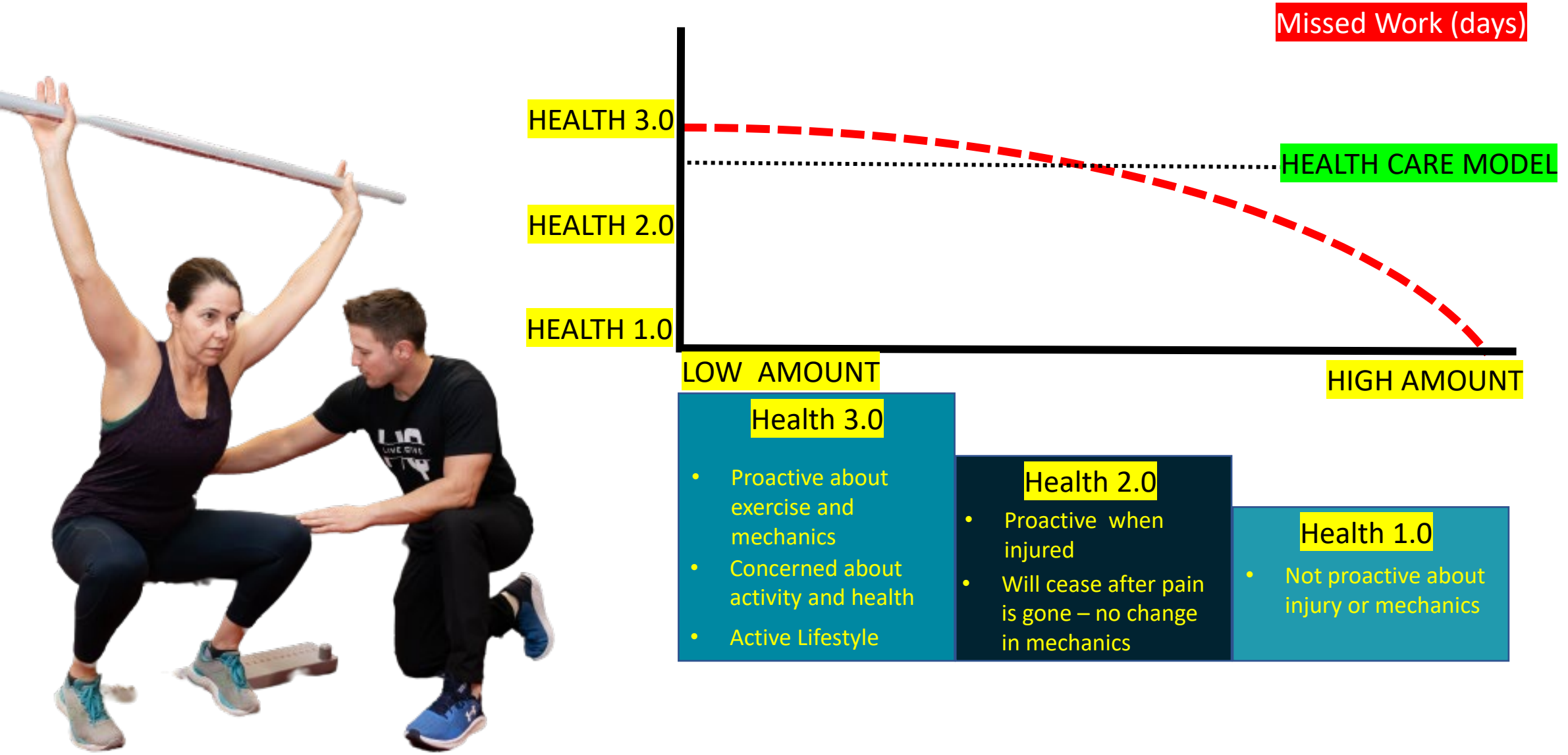
# OrthoSport HQ



- Performance Physical Therapy
- “Clinical Training” (PT Hybrid w/ ↑ S&C)
- Prevention Approach



# Current Health Care Model



# What is ART?

- "ART is a non-invasive, hands-on treatment for employees with any kind of soft-tissue, muscular or nerve issue, including strains and sprains, but also more complex orders"
- "Active Release Techniques® is the global leader in non-invasive soft-tissue and nerve treatment, including treatment of strains, sprains, and other musculoskeletal disorders (MSDs). Hands-on, movement-based ART treatment is specifically designed to quickly reduce pain and restore function. Whether you've got a minor strain or a complex injury, ART gets you back to work and back to play faster and more effectively than conventional therapy methods."





## What is ART?

- “Non-invasive manual therapy technique, that requires an exceptional understanding of human anatomy to facilitate an inhibition or relaxation response on tissue or nerves. This, combined with a proper therapeutic exercise program, can be very beneficial to treat many MSK conditions.”
- Select Practitioners can perform these techniques:
  - DO, MD, Chiro, AT, PT, OT



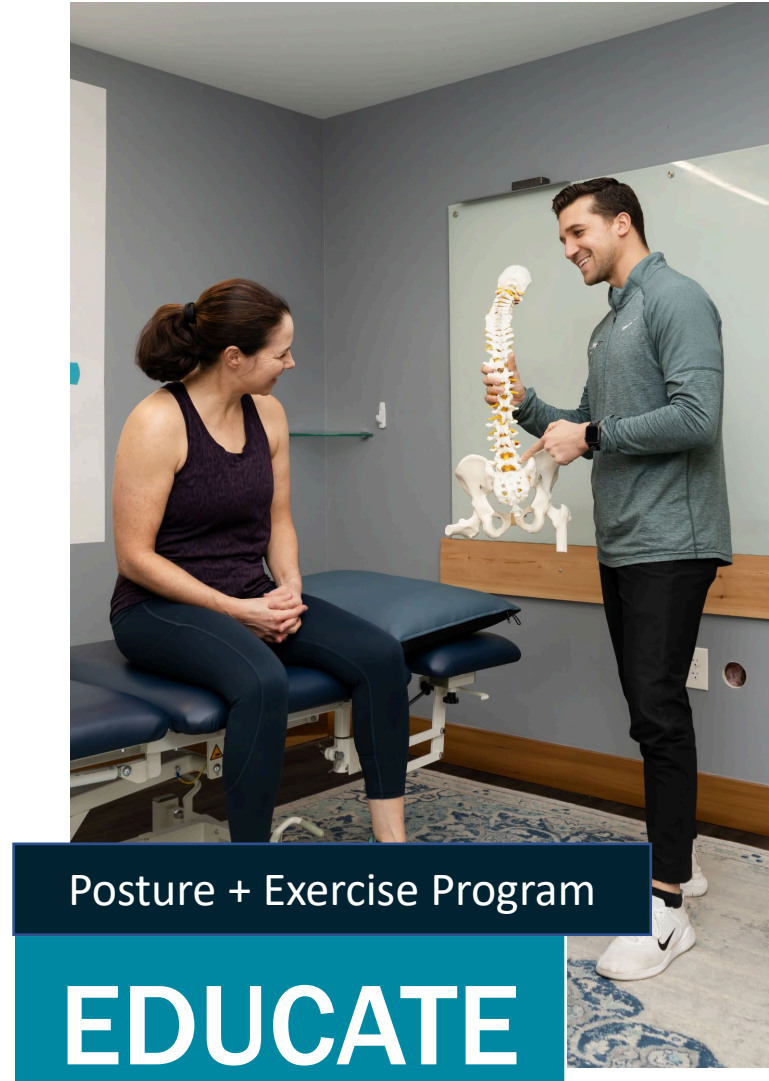
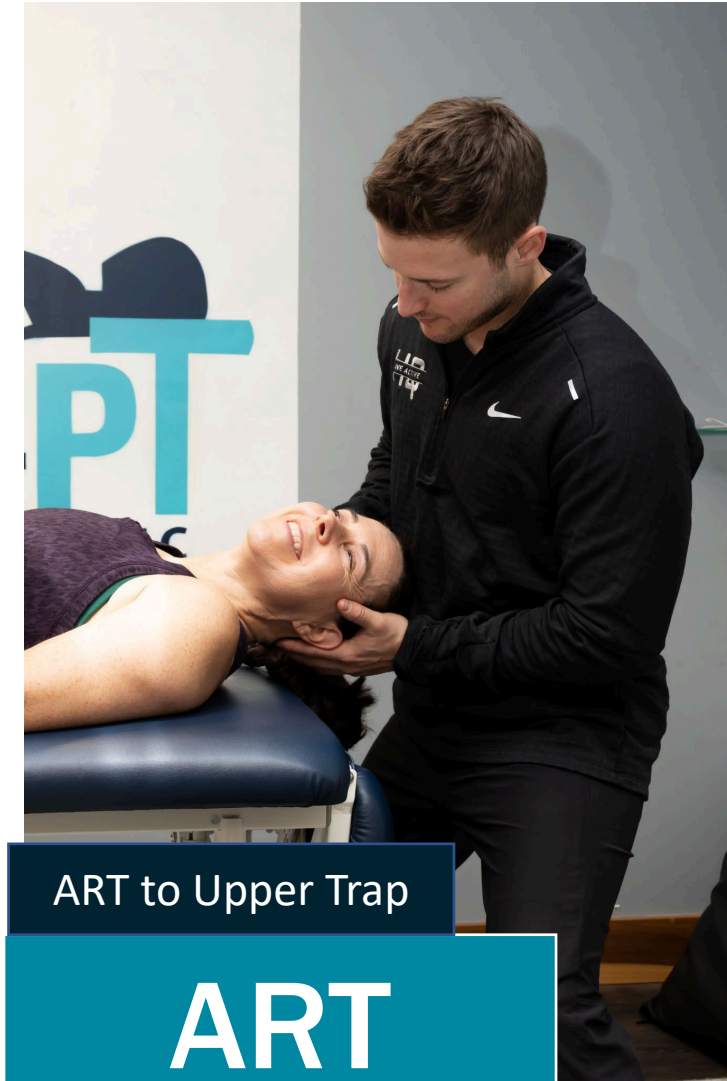
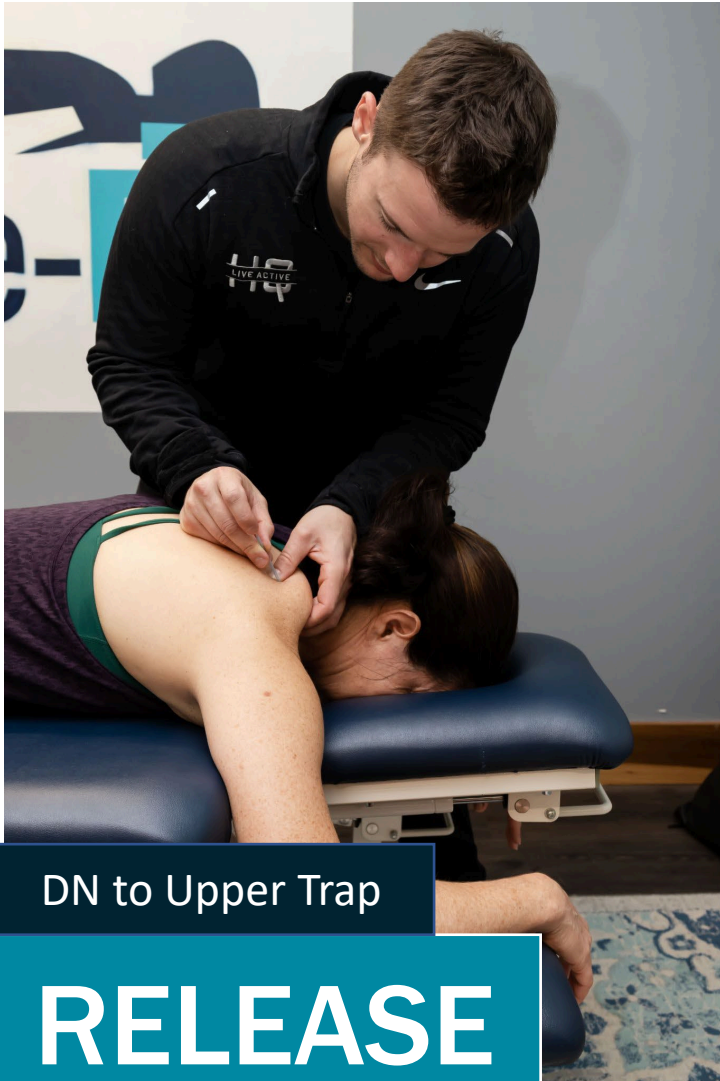
## Benefits of ART?

- Cost-effective & time-efficient approach to:
  - Increase in range-of-motion, improve tissue flexibility
  - Decrease pain (nociceptive stimuli)
  - Anti-inflammatory & cell remodeling (within 72 hours of treatment)

### Typically Treatment Costs:

- **In-Network (Deductible not met):** 30 minutes (2 units) for \$100-\$150
- **Chiropractic model:** 15-20 minutes for \$75-90
- **OrthoSport HQ approach:** 30 minutes for \$95

# How We Use ART?



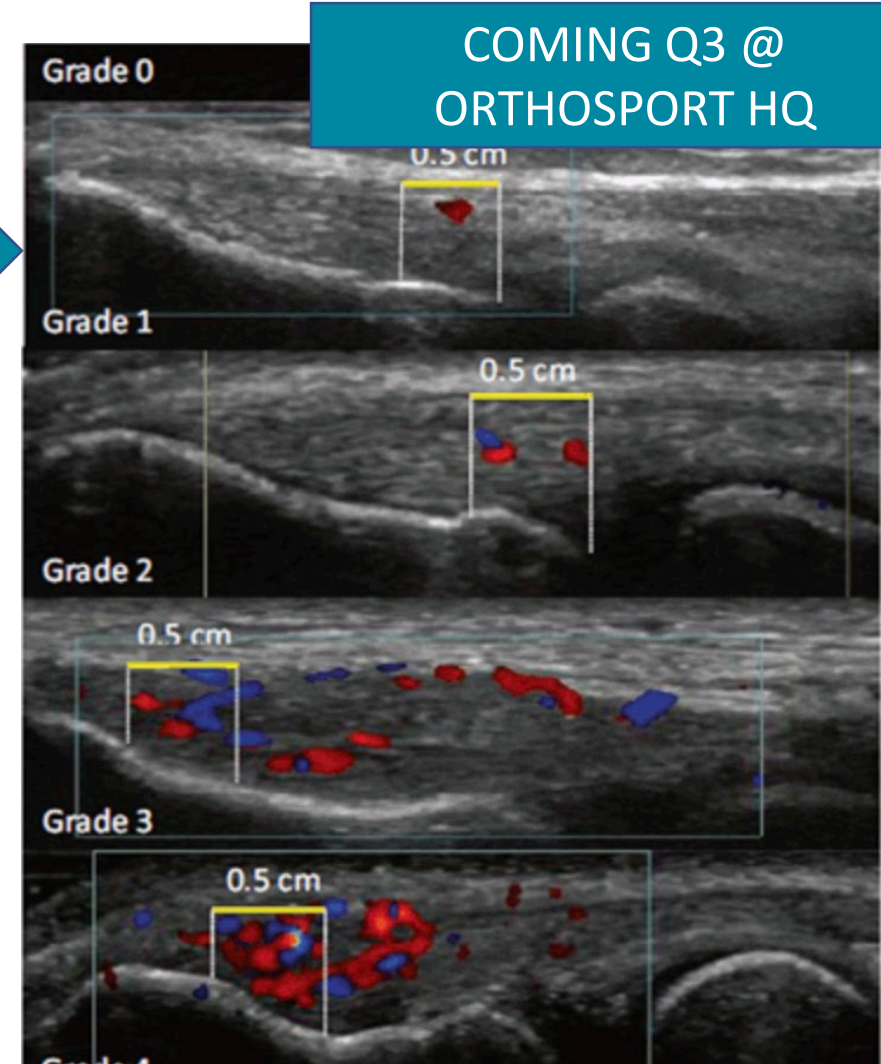
# Common MSK Pathologies + ART Treatment Examples:

## • **Lateral Epicondylitis**

- humeral epicondylitis is an extraarticular tendinous injury characterized by excessive vascular granulation and an impaired healing response in the tendon.
- Inflammation of the common extensor tendon

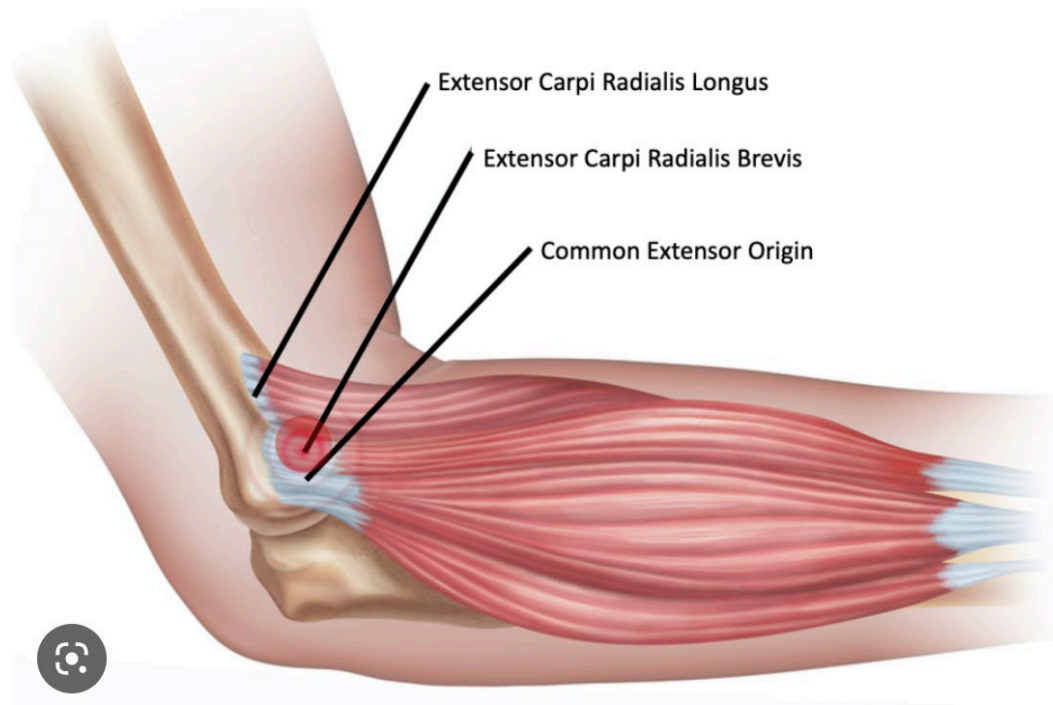
• **Low Back Pain** - "tight low back / weak deep core."

• **Upper Trap Pain** – "tight neck/lack of cervical ROM / headaches."



# Lateral Epicondylitis

## Pathology:



## ART Technique:



# General Low Back Pain

**Pathology:**

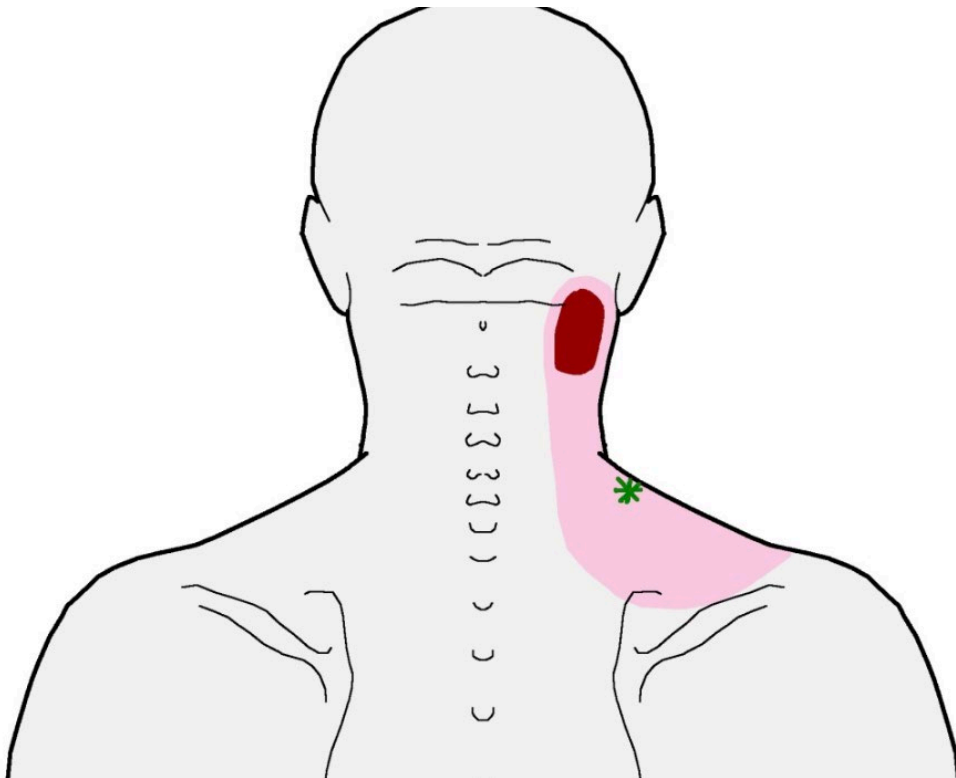


**ART Technique:**

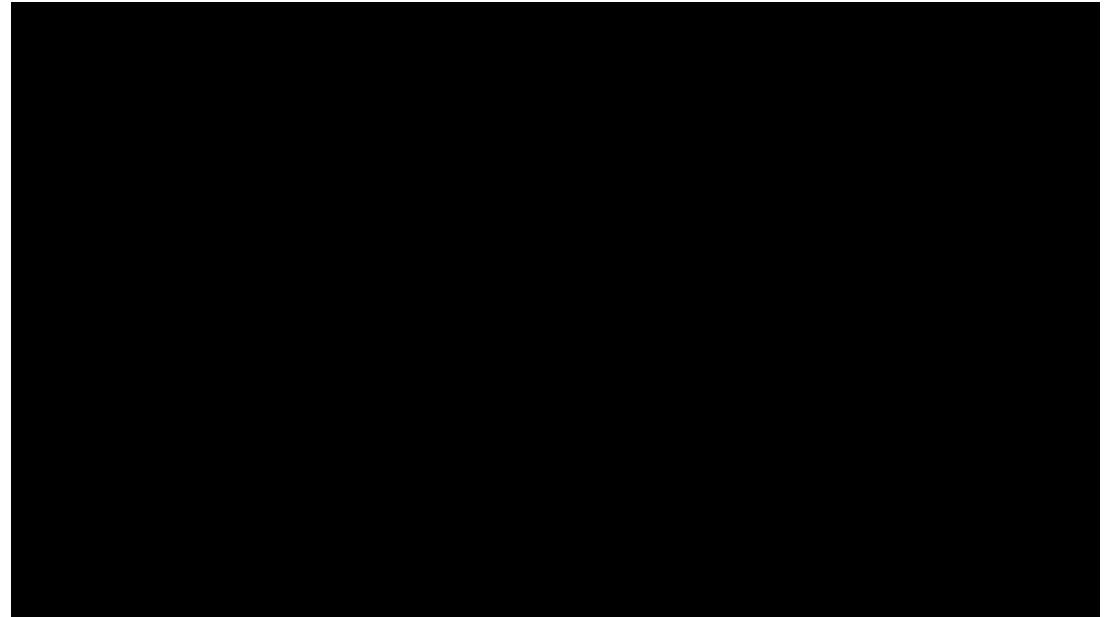


# Upper Trap Pain

**Pathology:**



**ART Technique:**



# FREE 6-Week Program:



- **FREE 6-WEEK PROGRAM**
  - (\$59.99 value)
- **IF YOU SCHEDULE TODAY**
  - 50% off PT Evaluation
- **THANK YOU!**
  - Dustin Kaplan
  - (330) 577-3640
  - [info@orthosporthq.com](mailto:info@orthosporthq.com)
  - [www.orthosporthq.com](http://www.orthosporthq.com)

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