



Bureau of Workers'  
Compensation



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# BUSINESS AFTER HOURS

WITH  
HILTON GARDEN INN TWINSBURG  
FEATURING CATERING BY



4:30PM

*City*  
**BARBEQUE**

6:00PM

**THURSDAY, MARCH 23RD**



Hilton Garden Inn Twinsburg  
8971 Wilcox Dr. I-480, OH-82, Twinsburg

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



*Solon Chamber of Commerce's*

# CHAMBER COFFEE

with



**thrive**  
PEER SUPPORT  
COMMUNITY. RECOVERY. LIFE.

**TUESDAY,  
APRIL 4TH**

**8:00 - 9:00 am**

Thrive Peer  
Recovery Services  
29201 Aurora Rd.  
Solon, OH 44139



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



# **Sedgwick Lunch and Learn: Aging and Social Determinants of Health with Injured Workers**

Speaker: David D. Kessler DC, MHA, CHCQM | SVP, MCO medical director

**Tuesday, March 28 | 11:30 a.m. - 1 p.m.**

Presented in partnership with the Solon Chamber of Commerce.

Register now for this free, in-person event! Lunch will be provided.

Register by contacting Barbara Lessman at [barbara.lessman@sedgwickmco.com](mailto:barbara.lessman@sedgwickmco.com) or (216) 214-6522.

Event location: City of Solon Recreation Department  
35000 Portz Parkway, Solon, Ohio 44139

*This lunch and learn qualifies for an External Safety Council Credit or one of the two hour safety training credits required by the Ohio Bureau of Workers' Compensation for employers in the Group Rating or Group Retrospective Rating Programs. Certificates will be provided.*

# 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)**



# 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)

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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  
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Locus Fermentation  
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Market District  
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Engagement Center  
MFS Supply  
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Nvent  
Panera Bread  
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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

The Solon Chamber of Commerce presents....

# ICELAND'S MAGICAL NORTHERN LIGHTS

Departing October 30th - Returning November 5th, 2023

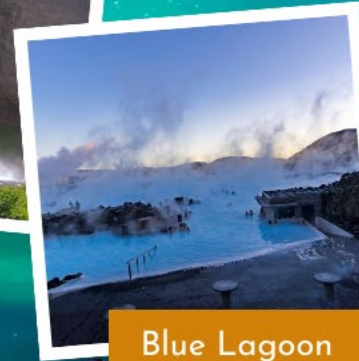
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**(440) 248-1808**

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

March 28<sup>th</sup>

Sedgwick Managed Care Ohio

Lunch N Learn

**SIGN UP TODAY! SEE BARB  
LESSMAN!**

April 12<sup>th</sup>

Active Physical Therapy with  
Dustin Kaplan, OrthoSport HQ







# Private Employers Important Dates

## Mar. 31

- One Claim Program (OCP) training requirement deadline
- Drug-Free Safety Program (DFSP) annual report due
- EM Cap safety training requirement deadline



# 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 guardrailing systems, etc.



# BWC Monthly Employer Webinars

The March webinar will include:

- How to view claim costs online
  - Changes to the Salary Continuation policy,
  - Substance Use Recovery and Workplace Safety Program
  - Important dates
  - Monthly safety topic
- 
- Next webinar:      ~~1:30 p.m. Tuesday, March 14~~  
                             11:30 a.m. Thursday, March 30

# BWC Safety Webinars

Webinar	Date	Time
Health, Wellness, and Safety	Mar. 16	11:00 a.m. - 12:00 p.m.

# BWC DSH Virtual Training

Virtual Training Class	Date	Time
Improving Hazard Recognition through Visual Literacy	Mar. 1-2	9:00 a.m. - 1:15 p.m.
Hazardous Waste Operations and Emergency Response Series Module 7: Physical Hazards	Mar. 13	9:30 a.m. - 2:00 p.m.
Violence in the Workplace	Mar. 15	9:30 a.m. - 1:00 p.m.
Electrical Safety in the Workplace through Insight and Implementation of NFPA 70E	Mar. 20-21	9:30 a.m. - 12:45 p.m.
Hazardous Waste Operations and Emergency Response Series Module 8: Confined Spaces	Mar. 27	9:30 a.m. - 2:00 p.m.
Safety Series Workshop Module 4: Walking Working Surfaces and Emergency Action Plan Basics	Mar. 29	9:30 a.m. - 1:00 p.m.
Hazard Communication Half-Day Workshop	Mar. 30	9:30 a.m. - 1:00 p.m.



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**Barb Lessman and  
Olga Thomas**

# Workplace Strategies to Reduce Workers' Comp Costs and OSHA Recordables

Scott Bailey, PT, DPT, FAAOMPT, TWD

Doctor Physical Therapy

Fellow American Academy Orthopedic Manual Physical Therapists

BWC Certified Transitional Work Developer



**WORK INJURY SOLUTIONS**  
WORK-SITE THERAPY SPECIALISTS

# Strategies

- Proactive
  - BWC Transitional Work Grant
  - OSHA First Aid
  - Pre-Shift Stretching Programs
  - Micro-Stretching Programs
  - Functional Movement Screens
  - BWC Safety and Health Consultants
  - BWC Wellness Grant

# Strategies

- Reactive
  - On-Site Physical Therapy
  - Transitional Work Programs

# Benefits of Strategies

- Decreases OSHA Recordables
- Decreases Workers' Compensation Premiums
- Decreases Likelihood of Re-injury
- Increases Productivity
- Improves Employee Satisfaction



# BWC Transitional Work Grant

- Grant money available to pay for the cost of developing a comprehensive return-to-work program for work-related injuries.
- Includes the following:
  - Policy, Procedure and Reporting Development
  - Job Analyses
  - Training
  - Establishing On-Site PT (optional)

# OSHA First Aid

- Evaluating workers complaining of discomfort before seeking medical treatment
- Providing treatments within the OSHA First Aid Guidelines
  - Education
  - Non-rigid support
  - Hot or Cold Pack
  - Massage / Cupping
  - Compression sleeves
  - Counter-force splints
  - Kinesiotape
- If resolves with OSHA First Aid, then not OSHA recordable and not Workers' Comp claim.

# Pre-Shift Stretching Programs

- 5-7 minutes of stretching prior to the shift
- Has been shown to increase flexibility/range of motion, manage pain/disability, and improve employee self-worth when implemented properly.

# Micro-Stretching Programs

- Quick stretching (10 seconds) of working muscles every hour
- Promotes blood flow, muscle relaxation and flushing of lactic acid and waste products from the muscle tissues
- Has been shown to reduce Workers' Comp claims by 37%; lost time claims by 59%; MSD lost days by 78%

# Functional Movement Screens

- Identifies compensatory movement patterns that are indicative of increased risk of injury and inefficient movement
- Identifies imbalances in mobility and stability during seven fundamental movement patterns
- Corrective exercises are prescribed
- Has been shown to reduce injuries in physically demanding jobs (Firefighters)

# BWC Safety and Health Consultants

- BWC's safety and health professionals are available for consultations to help employers reduce workplace injuries and illnesses
  - Safety and Health Consultations
  - OSHA On-Site Consultation Program consultations
  - Public Employment Risk Reduction Program (PERRP) consultations
- For more information go to [bwc.ohio.gov/for-employers/safety-and-training/safety-consultations](https://bwc.ohio.gov/for-employers/safety-and-training/safety-consultations)



# BWC Wellness Grant

- Assists employers with the creation and implementation of a workplace wellness program to meet the challenges of obesity, rising incidence of chronic diseases and the aging workforce
- Participating employers may receive \$300 per participating employee over a four-year period, up to a maximum amount of \$15,000 per policy
- Funds are used to compensate the external wellness program vendor for providing HRA biometric screenings and subsequent activities (Biometric screenings, Smoking cessation classes which may include smoking patches, Weight management classes, Weight loss challenges, Exercise classes, Nutrition classes, Walking programs, Lunch and learn, and Disease prevention training)
- For more information go to [.bwc.ohio.gov/for-employers/safety-and-training/safety-grants/workplace-wellness-grant](http://.bwc.ohio.gov/for-employers/safety-and-training/safety-grants/workplace-wellness-grant)

# On-Site Physical Therapy

- Offering injured workers the option of participating in therapy at the workplace
- Has been proven through numerous peer-reviewed journals to
  - 1) Reduce costs associated with workers' comp claims
  - 2) Reduce the number of light-duty workdays
  - 3) Reduce the likelihood of re-injury
- No out-of-pocket expense for the employer or injured worker

# Transitional Work Program

- Comprehensive return-to-work program for work-related injuries that allows injured workers to return-to-work with restrictions
- Keeps the claim Medical Only
- Includes the following:
  - Policy, Procedure and Reporting Development
  - Job Analyses
  - Training
  - Establishing On-Site PT (optional)



**Questions?**





# Scott Bailey, PT, DPT, FAAOMPT, TWD

Doctor Physical Therapy

Fellow American Academy Orthopedic  
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