



Health and Safety Resources for Small Businesses

Promoting a safe and healthy workplace benefits workers and employers alike. Every year, more than 5,000 workers are killed on the job and more than 3.6 million suffer a serious job-related injury or illness. Placing a high value on workplace health and safety lowers injury and illness rates, decreases worker's compensation costs, improves employee morale, and even prevents loss of life.

OSHA and NIOSH offer a number of helpful safety and health resources designed for small businesses. On the [OSHA small business webpage](#), you can find information about safety and health programs, compliance guides, record keeping and reporting, as well as a Small Business Safety and Health Handbook. [The handbook](#) summarizes the benefits of an effective safety and health program, provides self-inspection checklists for employers to identify workplace hazards, and reviews key workplace safety and health resources.

Conducting Self-Inspections to Identify Occupational Health and Safety Hazards

The only way to know if potential hazards exist and if they are under control is to assess work processes directly. Routine self-inspections are an effective way to identify and mitigate workplace hazards. Employers should conduct routine workplace self-inspections to identify and control hazards and monitor and evaluate hazard controls to verify that they continue to be effective. The [Small Business Safety and Health Handbook](#) includes a number of checklists to get you started and should be modified to apply to areas that are most critical to your business.

Dig Deeper with OSHA's On-Site Consultation Program

Another small business resource offered by OSHA is the [On-Site Consultation Program](#). This no-cost and confidential occupational safety and health service is offered to small- and medium-sized businesses in all 50 states, the District of Columbia, and several U.S. territories, with priority given to high-hazard worksites.

During the consultation, consultants from state agencies or universities work with employers to identify workplace hazards, provide advice for compliance with OSHA standards, and assist in establishing and improving safety and health programs. This resource can save both employers and employees from the cost of accidents while raising morale and increasing productivity rates. Find more information about the program and its process and benefits at [osha.gov/consultation](https://www.osha.gov/consultation).

Iowa Small Businesses

Small businesses in Iowa can find state-specific resources at iowaosha.gov, including information on how to [request an on-site consultation](#).



Check out the Latest Heartland Center Annual Report

Every fiscal year, the Heartland Center publishes an [Annual Report](#) designed to provide examples of some of the most notable activities of the center. As a NIOSH-funded education and research center, the mission of the Heartland Center is to reduce injuries, illnesses, and fatalities of workers by expanding and strengthening the occupational health and safety workforce with well-trained and well-informed professionals. Read about the center's activities during the July 2020-June 2021 period in our [latest report](#).

Drive Safe this Winter

Even under the best of circumstances, driving is one of the most hazardous things that we do. Winter conditions such as snow and ice can make winter driving especially dangerous. According to [NHSTA](#), there were 440 fatal crashes, and an estimated 33,000 injury crashes that occurred in wintry conditions in 2019. It's important to take particular care to avoid accidents that could harm us, other motorists, or pedestrians. Before winter weather makes its way to the Midwest, review the three P's of safe winter driving: **PREPARE**, **PROTECT**, and **PREVENT**.

Prepare your car for winter conditions

- Check battery, windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.
- Have winter tires with a deeper, more flexible tread put on your car. If using all-season tires, check the tread on your tires and replace if less than 2/32 of an inch.
- Check the tire pressure; tire pressure drops as the temperature drops.
- Keep your gas tank at least half full to avoid gas line freeze.
- Outfit your vehicle with an emergency kit: Flashlight, blankets, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, and warning devices (like flares). For long trips, add food, water, and medication.

Prevent crashes

- Avoid using cruise control in wintry conditions.
- Accelerate and decelerate slowly and increase following distance to 8 to 10 seconds.
- If possible, don't stop when going uphill.
- Steer in the direction of a skid, so when your wheels regain traction, you don't have to over-correct to stay in your lane.

Protect yourself and your family

- To prevent carbon monoxide poisoning, never leave a vehicle running in your garage even with the garage door up.
- Check the weather before leaving and leave early if necessary. Be familiar with the route and let others know your route and estimated arrival time.
- Stopped or stalled? Stay in your car, don't overexert yourself, put bright markers on your antenna or windows, and keep your interior dome light turned on so that others can see you.

Regardless of the Weather

Avoid fatigue – Get plenty of rest before a trip, stop at least every three hours, and rotate drivers if possible.

Drugs and alcohol never mix with driving. If you are planning to drink, designate a sober driver.

Keep a fully-stocked [emergency preparedness kit](#) in your car. Kits should include a flashlight and extra batteries, tool kit, first aid kit, compass, drinking water, and nonperishable food.

Additional Info: [Safe Winter Driving](#); [What Should You Keep in the Car?](#); [Be Prepared for Winter Driving](#); [Driving in Winter Weather](#)

Heartland Center Trainees Receive Academic Scholarship at the Iowa Governor's Safety and Health Conference



Every year, the [Iowa Governor's Safety & Health Conference](#) awards academic scholarships for Iowa students studying occupational safety. At the 2021 conference held in Des Moines in November, ten students received a sum total of \$11,000 in scholarships, including the following Heartland Center Trainees.

Jack Beno Scholarship
Alessandra (Lexi) Pratt

Bill Dickinson Scholarship
Kelsey Strandberg

**Iowa Occupational Safety & Health
Advisory Council Scholarship**
Spencer Baker
Anna Proctor
Victor Soupene



Congratulations Dr. Yanni Liang

Heartland Center trainee, Yanni Liang, graduated with a PhD in Agricultural Safety and Health. Her dissertation was on Social Connectedness and Mental Health Among Midwest Farmers. Congratulations Yanni!

Thomas Peters Appointed to the ACGIH Board of Directors

Thomas Peters, PhD, MS, BS, director of the industrial hygiene program at the Heartland Center, was recently appointed to the [ACGIH Board of Directors](#). ACGIH® is a 501(c)(3) charitable scientific organization that advances occupational and environmental health and is well known for its dedication to the industrial hygiene and occupational and environmental health and safety communities.

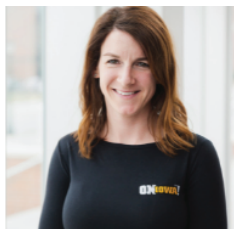
Heartland Center Staff and Faculty Updates

We are excited to welcome [Brienne Schwarz](#) as the Heartland Center's Associate Director of Student Affairs!

[Bill Field](#), MS, PhD, Deputy Director of the Heartland Center, will be retiring in January 2022. Dr. Field is recognized as one of the foremost authorities on radon and his work has been invaluable to the center. In addition to being Deputy Director, he is also the Center's Occupational Epidemiology Program Director and Director of the Pilot Projects Program. Learn more about R. William Field on his [faculty bio page](#).

[Tomas Peters](#), PhD, MS, BS, Director of the Industrial Hygiene Program at the Heartland Center, will be filling the role of Deputy Director. Dr. Peters is trained in aerosol physics and applies his efforts to the study of human health as it relates to particulate exposures. Read more about Dr. Peters [here](#).

[Matthew Nonnenmann](#), PhD, MS, Associate Professor in the Occupational and Environmental Health Department at the University of Iowa College of Public Health, has been appointed as the new Director of the Pilot Projects Program. Dr. Nonnenmann is a Certified Industrial Hygienist with extensive experience in field aerosol exposure assessment and exposure control in agricultural health and safety.



Pictured above left to right: Brienne Schwarz, Dr. Bill Field, Dr. Thomas Peters, Dr. Matthew Nonnenmann

2022 Request for Pilot Grant Applications

Instructions for the 2022 Pilot Grant Application are now available. Applications will be accepted between January 1 and April 1, 2022 to be considered for funding. Details are available on the [Heartland Center website](#).



Continuing Education Programs

Check out the Heartland Center's online events calendar at [HeartlandERC.org](#) to keep track of our upcoming continuing education events.

Follow the Heartland Center on social media for regular occupational health and safety updates:



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