THE UOSH SAFETY LINE
APRIL 2010

April Is

- **Safety Injury Prevention Month**
- **Alcohol Awareness Month**
- **Cancer Control Month**

April - Safety Injury Prevention Month

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Contact Us

Utah Occupational Health and Safety Division (UOSH)

130 East 300 South
Salt Lake City, UT 84111

Compliance
801-530-6901

Consultation Program
801-530-6855

Utah Labor Commission
801-530-6800

Work related fatalities, serious injuries and imminent danger situations are to be reported to UOSH seven days a week by calling 801-530-6901.

Why Have a Workplace Injury and Illness Prevention Program?

If you could save money, improve productivity, and increase employee morale, would you?

Businesses spend $170 billion a year on costs associated with occupational injuries and illnesses -- expenditures that come straight out of company profits. But workplaces that establish safety and health management systems can reduce their injury and illness costs by 20 to 40 percent.

In today's business environment, these costs can be the difference between operating in the black and running in the red.

Taking risks is a part of running a business, particularly for small business owners. You take risks in product development, marketing, and advertising in order to stay competitive. Some risks are just not worth the gamble. One of the risks not worth taking is risking the safety and health of those who work for you.

Accidents Cost Money

Businesses operate more efficiently when they implement effective safety and health management systems. The actual cost of a lost workday injury is substantial. For every dollar you spend on the direct costs of a worker's injury or illness, you will spend much more to cover the indirect and hidden costs. Consider what one lost workday injury would cost you in terms of:

- Productive time lost by an injured employee
- Productive time lost by attending the accident victim
- Clean up and start up of operations interrupted by the accident
- Time to hire or to retrain other individuals to replace the injured worker until his/her return
- Time and cost for repair or replacement of any damaged equipment
- Cost of continuing all or part of the employee's wages
- Reduced morale among your employees, and perhaps lower efficiency
- Increased workers' compensation insurance rates
- Cost of completing paperwork generated by the incident

If you would like to reduce the costs and risks associated with workplace injuries and illnesses, you need to address safety and health right along with production. Setting up an Injury and Illness Prevention Program helps you do this. In developing the program, you identify what has to be done to promote the safety and health of your employees and worksite, and you outline policies and procedures to achieve your safety and health goals.

Your Injury and Illness Prevention Program

This is a written plan that includes procedures and is put into practice. These are the elements of a good plan:

- Management commitment - Your commitment to safety and health shows in every decision you make and every action you take. Your employees will respond to that commitment
- Safety communications system with employees
- System for assuring employee compliance with safe work practices
- Scheduled inspections and evaluation system
- Accident investigation
- Procedures for correcting unsafe/unhealthy conditions
- Safety and health training and instruction
- Recordkeeping and documentation

Put the elements of an Injury and Illness Prevention Program together, and come up with a plan to suit your individual workplace. Decide exactly what you want to accomplish, and determine what steps are necessary to achieve your goals.

Then plan out how and when each step will be carried out, and who will do it, and put this plan in writing. In developing the plan, consider your company's immediate needs and provide for ongoing worker protection and training.

Make creating a safety plan easy.

- Assign responsibilities
- Look at what you have
- Identify existing or potential safety and health hazards
- Complete a workplace assessment
- Develop an action plan
- Take action
- Get help if necessary
- Create your program
- Maintain your program

The best safety and health programs involve every level of the organization, instilling a safety culture that reduces accidents for workers and improves the bottom line for the managers. When Safety and Health are a part of the organization and a way of life, everyone wins.

Safety Compliance Corner

Question:
What can I do if I need help developing an Injury and Illness Prevention Program for my company?

Answer:
Put the elements of an Injury and Illness Prevention Program together, and come up with a plan to suit your individual workplace. Decide exactly what you want to accomplish, and determine what steps are necessary to achieve your goals.

Then plan out how and when each step will be carried out and who will do it and put this plan in writing. In developing the plan, consider your company's immediate needs and provide for ongoing worker protection.

If you have difficulty deciding where to begin, call **UOSH Consultation Service** for free assistance at **801-530-6855**. A Consultation Service consultant can help you determine what is needed to make your Injury and Illness Prevention Program effective. The consultant will work with you on a plan for making these improvements, and assist you in establishing procedures for making sure your program remains effective.

Examine your company's accident, injury or illness data, worker's compensation costs, rates of employee turnover or absenteeism, information on safety and health activities, company policy statements, guidelines for proper work practices and procedures, records of training programs, and past OSHA compliance history.

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Question:
At my work site no one is trained or responsible for first aid. I know that OSHA's standard states that the other option is for employers to "rely upon the reasonable proximity of an infirmary, clinic, or hospital" 29CFR 1910.151(b) (**note:** the construction standard 29CFR 1926.50(c) contains similar wording). What does OSHA consider "reasonable proximity?"

Answer:
An OSHA letter of interpretation dated January 16, 2007 states:

"OSHA has consistently taken the view that the reasonable availability of a trained emergency service provider, such as fire department paramedics or EMS responders, would be equivalent to the infirmary, clinic, or hospital specified by the literal wording of the standards. Emergency medical services can be provided either on-site or by evacuating the employee to an off-site facility in cases where that can be done safely."

However, the requirements that emergency medical services must be reasonably accessible or in near proximity to the workplace are stated only in general terms. An employer who contemplates relying on assistance from outside emergency responders as an alternative to providing a first-aid-trained employee must take a number of factors into account. The employer must take appropriate steps prior to any accident (such as making arrangements with the service provider) to ascertain that emergency medical assistance will be promptly available when an injury occurs. While the standards do not prescribe a number of minutes, OSHA has long interpreted the term "near proximity" to mean that emergency care must be available within no more than 3-4 minutes from the workplace, an interpretation that has been upheld by the Occupational Safety and Health Review Commission and by federal courts.

Medical literature establishes that, for serious injuries such as those involving stopped breathing, cardiac arrest, or uncontrolled bleeding, first aid treatment must be provided within the first few minutes to avoid permanent medical impairment or death. Accordingly, in workplaces where serious accidents such as those involving falls, suffocation, electrocution, or amputation are possible, emergency medical services must be available within 3-4 minutes, if there is no employee on the site who is trained to render first aid. OSHA exercises discretion in enforcing the first aid requirements in particular cases. OSHA recognizes that a somewhat longer response time of up to 15 minutes may be reasonable in workplaces, such as offices, where the possibility of such serious work-related injuries is more remote.

What's New with OSHA - Work Hazards and Safety Practices in the Electric Power Industry

Workers in the electric power industry are potentially exposed to a variety of serious hazards, such as **arc flashes** (which include arc flash burn and blast hazards), **electric shock, falls, and thermal burn hazards that can cause injury and death.** Employers are obligated to develop the appropriate hazard prevention and control methodologies designed to prevent workplace injuries and illnesses. Employers are required to implement safe work practices and implement the worker training requirements of OSHA's Electric Power Generation, Transmission and Distribution Standard, 29 CFR 1910.269. Workers engaged in the generation, transmission and distribution of electric power should understand the steps their employers must implement in order to provide them with a safe and healthful work environment.

April is Alcohol Prevention Month

Don't let alcohol put a chill on your summer. By following these simple guidelines, you can prevent an alcohol-related accident or health problem.

- If you drive, do not drink; if you drink, do not drive. There is no safe level of alcohol for drivers, because everyone reacts differently to alcohol on different occasions. If you are going out with others, decide beforehand who will drive on the return trip. Do not ride with drivers who have been drinking.
- Never drink and pilot a boat of any kind. The same things that make drinking and driving dangerous (impaired judgment, information processing, and coordination, among other alcohol effects) can be as deadly on water as they are on land. Boating, windsurfing, jet skiing and waterskiing -- anything that involves speed and skill -- can all be dangerous to anyone who has been drinking.
- Do not swim or dive if you have been drinking. Remember that alcohol will inhibit your swallowing and breathing reflexes, both of which are necessary for swimming, and make you feel warmer than you really are, putting you at risk for hypothermia in cold water. In addition, drinking affects your ability to judge distances and may lead you to swim too far out into a lake or ocean.
- If you are riding in a boat, remember that alcohol will impair your balance and increase your chances of falling overboard. This danger, compounded by alcohol's effects on your swimming ability, is a common cause of drowning.

If you are a heavy drinker, remember that during the summer alcohol consumption can:

- More rapidly dehydrate you
- Raise your blood pressure
- Increase your chances of developing hypoglycemia, a condition that causes weakness and interferes with the body's temperature regulation
- Increase your chances of becoming a heat prostration or stroke victim
- If you have a health condition that makes any of these effects particularly dangerous, do not drink in hot, sunny weather.

Do not drink if any of the following is true:

- You are pregnant or trying to conceive
- You are using medicine of any kind
- You have had difficulty keeping your drinking moderate in the past

Feel free to refuse alcohol for any other reason, regardless of pressure or encouragement to drink.

Do not drink if you are a child or adolescent. For anyone under 21, alcohol is an illegal drug.

Eat before and during occasions when you are drinking -- eating will slow alcohol's effects.

Remember that drinks containing sugar, the beverages often chosen in hot weather, combine with alcohol to produce a hypoglycemic effect even greater than that caused by alcohol alone.

If you are a woman, remember that alcohol will have a greater effect on you than it will on a man of your weight.

Remember that alcohol will impair your performance in most sports, making you more vulnerable to accidents and injuries.

NCADD

National Council on Alcoholism and Drug Dependence, Inc.

244 East 58th Street 4th Floor New York, NY 10022
Phone: 212/269-7797
Fax: 212/269-7510
e-mail: national@ncadd.org
http://www.ncadd.org

HOPE LINE: 800/NCA-CALL
(24-hour affiliate referral)

OSHA Strongly Recommends a Drug and Alcohol Free Environment

UOSH Administrative code R614-1-5.E.6 states that no employee shall carry intoxicating liquor into a place of employment, except that the place of employment shall be engaged in liquor business and this is a part of his assigned duties.

Drug-Free Workplace Policy

A written drug-free workplace policy is the foundation of a drug-free workplace program. Every organization's policy should be unique and tailored to meet its specific needs; however, all effective policies have a few aspects in common, including:

Why the policy is being implemented. Rationale can be as simple as a company being committed to protecting the safety, health and well being of its employees and patrons and recognizing that abuse of alcohol and other drugs compromises this dedication.

A clear description of prohibited behaviors. At a minimum, this should include the following statement: "The use, possession, transfer or sale of illegal drugs by employees is prohibited."

An explanation of the consequences for violating the policy. They may include discipline up to and including termination and/or referral for assistance. Consequences should be consistent with existing personnel policies and procedures and any applicable state laws

Sharing all policies with all employees is essential for success; therefore, employers should be certain that all employees are aware of the policy and drug-free workplace program.

Firestone Building Products Company Achieves VPP Star Status

Congratulations to Firestone Building Products Company for achieving Voluntary Protection Program (VPP) Star Status for outstanding performance in the area of worker health and safety. The Salt Lake City facility becomes the eighth plant in the Bridgestone America's family of companies to earn the prestigious recognition.

Ken Weaver, Chairman, CEO and President of Firestone Diversified Products Company stated: "This recognition is a testament to our teammates commitment to both safety and excellence. The Salt Lake City plant and its employees have demonstrated outstanding teamwork and spirit in order to achieve this VPP Star Status, and their efforts are truly commendable. They are very deserving of this honor."

"Firestone Building Products' qualification for one of Utah OSHA's premier recognition programs is a testament to the efforts that management and workers have made to develop and implement a VPP-quality safety and health management system. They have joined an elite group of organizations that provide exemplary occupational safety and health protection and serve as models for others," as noted by Louis M. Silva, Utah OSHA Administrator.

Congratulations to all those who have so diligently worked for this award!

Health and Wellness

April is **National Cancer Awareness Month.** If you or a loved one has this disease, the best thing you can do is to educate yourself in the defense against it. Some agencies that can assist you in educating yourself on the subject are: The American Cancer Society, The National Cancer Institute, and The Intermountain Cancer Services.

Millions of U.S. workers are exposed to substances that have tested as carcinogens. Cancer is a group of different diseases that have the same feature, the uncontrolled growth and spread of abnormal cells. Each different type of cancer may have its own set of causes. Many factors play a role in the development of cancer. The importance of these factors is different for different types of cancer.

A person's risk of developing a particular cancer is influenced by a combination of factors that interact in ways that are not fully understood. Some of the factors include: Personal characteristics such as age, sex, and race; family history of cancer; diet and personal habits such as cigarette smoking and alcohol consumption. The presence of certain medical conditions, exposure to cancer-causing agents in the environment, and exposure to cancer-causing agents in the workplace.

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In many cases, these factors may act together or in sequence to cause cancer. Because cancer is a common disease, cancer can be found among people at any workplace. In the United States, one in two men and one in three women will develop cancer over the course of their lifetime. These figures show the unfortunate reality that cancer occurs more often than many people realize. Disease or tumor rates are very variable in small populations and rarely match the overall rate for a larger area, such as the state, so that for any given time period some populations have rates above the overall rate and others have rates below the overall rate. So, even when there is an excess, this may be completely consistent with the expected random variability.

Cancer clusters thought to be related to a workplace exposure usually consist of the same types of cancer. When several cases of the same type of cancer occur and that type is not common in the general population, it is more likely that an occupational exposure is involved. When the cluster consists of multiple types of cancer, without one type predominating, an occupational cause of the cluster is less likely.

When a known or suspected cancer-causing agent is present and the types of cancer occurring have been linked with these exposures in other settings, we are more likely to make the connection between cancer and a workplace exposure. We also look to see whether cancer is occurring among employees in particular jobs or areas of the workplace. This can help to identify exposures. The time between first exposure to a cancer-causing agent and clinical recognition of the disease is called the latency period. Latency periods vary by cancer type, but usually are 15 to 20 years, or longer. Because of this, past exposures are more relevant than current exposures as potential causes of cancers occurring in workers today. Often, these exposures are hard to document.

Carcinogens are addressed in specific standards for the general industry, shipyard employment, the construction industry, and the identification, classification, and regulation of carcinogens. Section 5(a)(1) of the OSH Act, often referred to as the General Duty Clause, requires employers to "furnish to each of his employees employment and a place of employment which are free from recognized hazards that are causing or are likely to cause death or serious physical harm to his employees". Section 5(a)(2) requires employers to "comply with occupational safety and health standards promulgated under this Act". General Industry (29 CFR 1910) The following standards apply to substances that are classified as carcinogens or potential carcinogens by the National Toxicity Program (NTP). 1910 Subpart Z, Toxic and hazardous substances such as: 1910.1001 Asbestos, 1910.1003 13 Carcinogens (4-Nitrobiphenyl, etc.), 1910.1004, alpha-Naphthylamine, 1910.1006 Methyl chloromethyl ether, 1910.1007 3,3'-Dichlorobenzidine (and its salts) ,1910.1008 bis-Chloromethyl ether, 1910.1009 beta-Naphthylamine, 1910.1010 Benzidine 1910.1011, 4-Aminodiphenyl 1910.1012, Ethyleneimine 1910.1013, beta-Propiolactone 1910.1014, 2-Acetylaminofluorene 1910.1015, 4-Dimethylaminoazobenzene, 1910.1016 N-itrosodimethylamine, 1910.1017 Vinyl chloride, 1910.1018 Inorganic arsenic, 1910.1026 Chromium (VI) 1910.1027, Cadmium 1910.1028, Benzene [1910.1029, Coke oven emissions 1910.1044, 1,2-dibromo-3-chloropropane, 1910.1045 Acrylonitrile, 1910.1047 Ethylene oxide, 1910.1048 Formaldehyde, 1910.1050 Methylenedianiline, 1910.1051 1,3-Butadiene, and 1910.1052 Methylene chloride.

Have your employees received the required OSHA training, as needed?

OSHA Required Training A to Z

OSHA requires that certain training topics are covered with employees yearly. A responsible person should be designated to provide the safety training. Some required training topics are:

a. Emergency action plan
b. Fire prevention plan
c. Operation of powered man lifts
d. Hearing protection
e. Ionizing radiation
f. Storage of flammable and combustible liquids
g. Explosives or blasting agents
h. Storage and handling of LP gases
i. Process safety management of highly hazardous chemicals
j. Hazardous waste operations and emergency response
k. Respiratory protection
l. Accident prevention signs and tags
m. Permit-required confined spaces
n. Control of hazardous energy lockout/tag out
Medical service and first aid
p. Fire brigades
q. Portable fire extinguishers
r. Fire extinguishing system
s. Servicing multi-piece and single-piece rim wheels
t. Powered industrial trucks
u. Mechanical power presses
v. Welding
w. Electrical safety related work practices
x. Toxic and hazardous substances
y. Blood borne pathogens
z. Hazard communication