

THE UOSH
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Eliminating Fall Hazards



- Using appropriate fall protection systems and methods
- Inspecting and maintaining fall-protection equipment
- Ensuring that employers and employees are involved in preventing falls

Why we need more than self-confidence to keep us from falling

What is fall protection?

Ask 10 people what fall protection means and you're likely to get 10 different answers. For many in the construction industry, **equipment** is the first thing that comes to mind: personal fall-arrest systems, safety nets, or guardrails, for example. But fall protection is more than equipment.

Fall protection is what you do to eliminate hazards that cause falls and to ensure that workers who do fall don't get injured.

Fall protection is a concept that includes:

- Identifying hazards that cause falls
- Eliminating hazards that cause falls
- Training workers to recognize hazards that cause falls



We need protection because even if we're experienced working at heights, we can lose our balance or grip. We can slip, trip, or misstep. We can fall any time. We may think that our reflexes will protect us, but we're falling before we know it. And we don't have to fall far to get hurt.

How to identify hazards that can cause an accident

Look for anything in the workplace that could cause a worker's loss of balance or physical support. Some examples are:

- A worker walking near an unprotected edge trips over a protruding board
- A makeshift scaffold collapses under the weight of four workers and their equipment
- A worker carrying a sheet of plywood on a flat roof steps into a skylight opening
- A worker slips while climbing an icy stairway

Virtually all hazards that cause falls are foreseeable. You can identify them and eliminate or control them before they cause accidents.



Employers are responsible for identifying hazards at the site and eliminating them, preventing them, or controlling them so that a worker who does fall stays safe.

How To Protect Workers From Falling

Eliminate hazards that cause falls.

Eliminating hazards is the most effective fall protection strategy. Ways to eliminate hazards include performing construction work on the ground before lifting or tilting it to an elevated position, installing permanent stairs and hand rails early in the project so that workers don't need to use ladders between floors, and using tool extensions to perform work from the ground.



Employees are responsible for following safe work practices, using equipment properly, and participating in required training.

Train workers to recognize hazards that cause falls.

Workers need to know about the hazards they may be exposed to, how to recognize the hazards, and how to minimize their exposure. The best way for them to learn is through training. Effective training ensures that they know about the hazards and can demonstrate how to protect themselves from falling.

Use appropriate fall protection systems and methods.

If you can't eliminate the hazards that cause falls, you still need to prevent falls or control them so that someone who does fall doesn't get injured. For example, you can *prevent* falls by covering floor holes and by using guardrails, perimeter safety cables, or personal fall restraint systems near exposed leading edges. You can *control* falls with personal fall arrest systems, positioning device systems, and safety net systems; use these fall protection systems only when you can't eliminate hazards or prevent falls from occurring.

Inspect and maintain fall protection equipment.

Workers need to pay attention to the condition of their equipment. Be sure they inspect it frequently, keep it clean, and store it properly, and it won't let them down. Each time they use a personal fall arrest, restraint, or positioning device system, they should inspect the components for damage or excessive wear. Replace any component that looks damaged. If you impact load your personal fall arrest equipment it should be taken out of service.



Ensure that everyone is involved in preventing falls.

Employers are responsible for identifying hazards at the site and eliminating them, preventing them, or controlling them so that a worker who does fall stays safe.

Employees are responsible for following safe work practices, using equipment properly, and participating in required training.

Some OSHA sections to review are 1926.104, 1926.500-1926.503.





Nearly every year, at least one employee in Utah loses his or her life in an excavation or trenching accident. Common safety issues that may be encountered in trenching operations include the following:

- **Competent person** (1926.650(b)): A competent person is someone who has the knowledge and experience to recognize potential hazards and has the authority to act to protect employees and correct hazards, including stopping the job.

- **Inspections** (1926.651(k)): Daily inspections of the excavation and surrounding area must be conducted by a competent employee before work begins, as well as throughout the day and after rainstorms. If a hazard is identified, employees must be removed from the area until the hazard is abated.

- **Protective systems** (1926.652(a)(1)): Employees must be protected from cave-ins at depths of five feet or greater by sloping, shielding or a combination of the two. For excavations less than five feet deep, the competent person must examine the ground to assure there is no risk of cave-ins.

- **Bracing** (1926.651(i)(1)): Walls and adjoining structures must be braced whenever excavation activities could cause them to become unstable and collapse.

- **Means of egress** (1926.651(c)(2)): A ladder, ramp or other means

of exit must be provided in trenches that are four feet or more in depth. Exits should be provided at lengths of 25 feet or less.

- **Spoil pile** (1926.651(j)): Excavated soil, rock and tools must be kept at least two feet away from the edge of the hole.

- **Water accumulation** (1926.651(h)): Employees are not permitted to work in trenches where water has accumulated without special precautions. The competent person must supervise any efforts to remove the water from the excavation.

- **Training** (1926.21(b)(2)): Employers must train their employees in excavation hazard recognition. This is in addition to the competent employee's training and experience. Remember: The competent person is the key to a safe excavation. The decisions he or she makes determine the safety of all employees working in and around the trench.

"Employees must be protected from cave-ins at depths of five feet or greater by sloping, shielding or a combination of the two."

Hexavalent Chromium Compliance Deadline

The deadline for employers to comply with the engineering control provisions of the Hexavalent chromium standard is May 31, 2010. The standard was originally adopted in 2006 and allowed employers four years to come into compliance with the revised air quality limit. For more information, visit www.osha.gov/SLTC/hexavalentchromium.

Tips for Safely Employing Young Workers

Most accidents involving young workers occur within the first 12 months of employment. So what can you do?



“Young workers want to perform well at work, but they need help to work safely.”

Schools almost out and the young workers will be entering the work force.

Young workers want to perform well at work, but they need help to work safely. The following should be considered when employing youth:

- They lack on-the-job experience, including an understanding of the risks associated with each job.
- Young people may be more apt to take risks on the job.
- Young people have trouble relating cause and effect and therefore don't realize how an injury today could affect them for life.
- They have a desire to prove themselves and, therefore, may do unsafe things.
- Young workers may be reluctant to ask questions.

Young workers will take what they learn with them throughout their working career. Employers should take the following steps to help prepare them to work safely.

Teach young workers how to identify hazards

- Young workers don't realize the types of hazards that exist in every working environment:
- Physical hazards
- Biological hazards
- Chemical hazards
- Other (noise, vibration, radiation, etc.)

Young workers may assume that you (the employer) have protected them. They may not realize that staying safe is their responsibility as well.

- Help them understand the need to protect themselves with the use of critical thinking, hazard recognition, and personal protective equipment.
- Young workers may not know where to find safety information on the chemicals used in the working environment.

Training youth to work safely is a multi-step process:

- Give them clear instructions and tell them what safety precautions to take.
- Ask them to repeat your instructions and give them an opportunity to ask questions.
- Show them how to perform the task.
- Watch as they do the task and correct any mistakes until they complete it correctly.
- Finally, ask if they have any additional questions.
- Check again later to verify they continue to do the task correctly and safely.

Help them find ways to make the job safer

- Educate young workers on the safety procedures of your establishment, including how to use personal protective equipment (PPE).
- Young workers may not understand the three control measures that can be used to keep them safe:
- Engineering controls that remove the hazards
- Work policies that control the hazard
- PPE that creates a barrier between them and the hazard.
- Young workers may not be aware of changes they can make to create a safer workplace.

Train and supervise young workers

- Train young workers to notify their supervisors if they are injured on the job.
- Establish a mentoring program where all young workers are assigned a seasoned worker who will help train them, be available for questions, and guide them through their first year of employment.

Prepare young workers for emergencies

- Young workers probably have little or no experience in an

emergency situation. Talk with them about your emergency action plan and what will happen if an emergency occurs. Include all types of emergencies: hostile or violent customers, fire, earthquake etc.

- Young workers need to understand and practice the emergency action plan.
- Don't let young workers work alone towards closing time or after dark.

Help young workers understand their rights

- Most young workers are not aware that there are additional rules that apply only to them.
- Young workers may not know who to call with questions.

Teach them to take action if necessary

- Young workers may do a task that is dangerous or that they are not trained for in an attempt to please the boss. This is often how young workers get injured on the job. During initial training encourage them to come to you if they feel uncomfortable or unsafe.

Ideas for keeping young workers safe from other employers

- Use a computerized tracking system to ensure that workers younger than 16 years of age are not scheduled for too many hours during school weeks.
- On the first day of work, give all new young workers a laminated pocket-sized “minor policy card” which explains your company's young worker health and safety policies.
- Train all supervisors in the requirements of the federal and state child labor laws.
- Place warning stickers on equipment that young workers can not legally operate or clean.
- Conduct internal compliance checks to ensure you achieve and maintain compliance with all youth employment rules.

Health and Wellness

Indoor Air Quality

What are you breathing? It is a good question to ask ourselves. All of us face a variety of risks to our health as we go about our day-to-day lives. Driving in cars, flying in planes, engaging in recreational activities, and being exposed to environmental pollutants, all pose varying degrees of risk. Some risks are simply unavoidable. The good news is indoor air pollution is one risk that you can do something about. Find out about what you are breathing and how to improve the indoor air quality (IAQ) around you.

What Causes Indoor Air Problems?

Indoor pollution sources that release gases or particles into the air are the primary cause of indoor air quality problems. Inadequate ventilation can increase indoor pollutant levels by not bringing in enough outdoor air to dilute emissions from indoor sources and by not carrying indoor air pollutants out. High temperature and humidity levels can also increase concentrations of some pollutants.

Pollutant Sources

There are many sources of indoor air pollution. These include combustion sources such as oil, gas, kerosene, coal, wood, and tobacco products. Sources also include building materials and furnishings such as asbestos-containing insulation, wet or damp carpet, cabinetry or furniture made of certain pressed wood products; products for cleaning, central heating and cooling systems and humidification devices. Outdoor sources such as radon, pesticides, and outdoor air pollution are also sources.

The relative importance of any single source depends on how much of a given pollutant it emits and how hazardous those emissions are. In some cases, factors such as how old the source is and whether it is properly maintained are significant. Some sources, such as building materials, furnishings, and household products like air fresheners, release pollutants more or less continuously.

Amount of Ventilation

If too little fresh air enters, pollutants can accumulate to levels that can pose health and comfort problems. Unless they are built with special mechanical means of ventilation, buildings that are designed and constructed to minimize the amount of fresh air that can "leak" into the building may have higher pollutant levels than other buildings.

How Does Outdoor Air Enter?

Outdoor air enters and leaves by: infiltration, natural ventilation, and mechanical ventilation. In a process known as infiltration, outdoor air flows into the building through openings, joints, and cracks in walls, floors, and ceilings, and around windows and doors. In natural ventilation, air moves through opened windows and doors. Air movement associated with infiltration and natural ventilation is caused by air temperature differences between indoors and outdoors and by wind. Finally, there are a number of mechanical ventilation devices, from outdoor-vented fans that intermittently remove air from a single room, to air handling systems that use fans and duct work to continuously remove indoor air and distribute filtered and conditioned outdoor air to strategic points throughout the house. The rate at which outdoor air replaces indoor air is described as the air exchange rate. When there is little infiltration, natural ventilation, or mechanical ventilation, the air exchange rate is low and pollutant levels can increase.

How to Mitigate the Air Quality Problem

There are many ways to prevent or control indoor air contamination problems. Control strategies can be categorized as:

- source control or removing the source
- improving ventilation systems
- install an air cleaning system
- put exposure controls in place like a carbon monoxide monitor.

Successful mitigation often involves a combination of these strategies.

Safety Compliance Corner

When Inspecting my Full Body Harness what should I look for?

It is recommended that you review the manufacturer's requirements and follow those accordingly. Suggested items to inspect are items such as:

Hardware - Including D-rings, buckles, keepers, and back pads. Inspect for damage, distortion, sharp edges, burrs, cracks, and corrosion.

Webbing - Inspect for cuts, burns, tears, abrasion, frays, excessive soiling, and discoloration.

Stitching - Inspect for pulled or cut stitches.

Labels - Inspect all labels, make certain all labels are securely held in place and legible.

When Inspecting my Lanyard what should I look for?

It is again recommended that you review the manufacturer's requirements and follow those accordingly. Suggested items to inspect are items such as:

Hardware - Snaps, hooks, carabiners, adjusters, keepers, thimbles, and D-rings. Inspect for damage, distortion, sharp edges, burrs, cracks, corrosion and proper operation.

Webbing - Inspect for cuts, burns, tears, abrasion, frays, excessive soiling, and discoloration.

Stitching - Inspect for pulled or cut stitches.

Synthetic Rope - Inspect for pulled or cut yarns, burns, abrasion, knots, excessive soiling and discoloration.

Wired Rope - Inspect for broken wires, corrosion, kinks, and separation of strands.

Energy Absorbing Components - Inspect for elongation, tears and excessive soiling.

Labels - Inspect all labels, make certain all labels are securely held in place and legible.

Balchem Sharp Announcement



Robert Roark, Operations Manager, Clark T. Clements, UOSH Consultant, Paul Jones, Balchem Plant Manager, Jennie Curtis, Analytical Chemist.

The Utah Labor Commission OSHA Consultation Program is pleased and honored to announce that **Balchem Corporation** has been approved for the OSHA Safety Health Achievement Recognition Program (SHARP) status, which will be effective over the next two years. It is important to note that companies who receive the SHARP award are among a small select group of employers that have gone well beyond the baseline of safety and health codified in the OSHA Standards. In addition, in order for a company to qualify for SHARP approval, the company must have accident and injury rates that are below those of their respective industry both nationally and within the state in which they operate. For the last five consecutive years Balchem Corporation has maintained its Total Recordable Cases (TRC) and Days Away Restricted and Transfer (DART) rates at zero! These dramatic results were accomplished by investing a significant amount of time, effort, and resources, into developing and maintaining an effective safety & health management system. Moreover, in order for a company to qualify for SHARP status and to maintain it, they must demonstrate sustained effort and progress with respect to the evolution of their Safety and Health Program and Safety Culture, which necessitates "buy in from both management and employees". A few examples of the company's proactive approach to safety and health is exemplified by the company having the dust associated with their manufacturing process analyzed to determine its explosion potential, as well as having a infra-red thermographic survey conducted on their electrical infrastructure to ensure that there were no "hot spots" due to faulty wiring and connections. Indeed, Balchem Corporation has demonstrated the crucial attributes necessary to create a world class safety and health program deserving of SHARP status! The Award presentation for Balchem Corporation was held on Thursday, April 22 2010. Balchem Corporation management, the Corporate Safety Director, and employees attended, as well as the Utah Labor Commissioner, UOSH Director, Compliance Manager, and three members from the OSHA Consultation Program.

Background:

Balchem Corporation is located at 3310 West 900 South, Salt Lake City, Utah. The Company's principal activity at the Salt Lake City Division location is to manufacture and market specialty performance ingredients for animal food and feed. At other locations, the company engages in the production of pharmaceutical products, as well as conducts medical sterilization involving the use of Ethylene Oxide. The Group operates in three segments: Animal Nutrition and Health, Food, Pharmaceutical and Nutrition and Specialty Products.

To learn more about Balchem Corporation please see the following link to the company's homepage:

<http://www.corporateinformation.com/Company-Snapshot.aspx?cusip=057665200>

ProMold Sharp Announcement



ProMold Custom Injection Molding, Inc. is a full-service, custom plastic injection molding company located in North Salt Lake. The company is part of the Pro-Mark Inc. family of companies and is a sister company to Orbit Irrigation Products. ProMold has been in business since 2001.

For those not familiar with SHARP, the program is a formal recognition of small companies that are able to establish and maintain outstanding safety and health programs as well as maintain employee injury/illness rates lower than the national average for their industry. ProMold Custom Injection Molding began its journey toward SHARP in March of 2009 and participated in several onsite visits conducted by Utah OSHA Consultation. These onsite activities allowed the Consultation program to evaluate and address safety and health issues within the company's facility, as well as perform a thorough evaluation of their safety and health management system. On March 11, 2010, ProMold Custom Injection Molding was formally approved as Utah's 7th SHARP company. The Labor Commission would like to congratulate this outstanding company for their achievement and continued efforts to maintain a safe and healthful working environment for their employees.

REMINDER

Since January 2010, the Statistical Department of Utah OSHA has been collecting injury and illness information for the 2009 calendar year. Several mailings have been sent to employers requesting that their recordable injury and illness information be submitted. If your company was asked to participate in this collection, and you have not responded, **please do so immediately.**