

**THE UOSH
SAFETY LINE
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Work related fatalities, serious injuries and imminent danger situations are to be reported to UOSH within 8 hours of the injury. Report seven days a week by calling 801-530-6901.



EFFORTS TO PROMOTE WORKPLACE SAFETY AND HEALTH BEST PRACTICES IN THE CONSTRUCTION INDUSTRY

Utah OSHA is teaming up with local construction general contractors to form an alliance called "Utah ARCHES Workplace Safety and Health Partnership" to help provide a safe work environment for Utah workers. "This alliance is an example of voluntary cooperation between industry and government, working together for safety and health excellence in the state of Utah" states Louis M. Silva, Utah OSHA Administrator.

Layton Construction and Okland Construction have both joined Utah Arches Workplace Safety and Health Partnerships. These agreements include projects at the University of Utah and the Montage Resort, Spa and Resi-

dence project site in Park City, Utah

Partnerships like these mark the beginning of an important cooperative effort called the "Utah ARCHES Workplace Safety and Health Alliance".

The main goal of this joint alliance is to provide a safe work environment for workers, but also equally important, to formally identify and promote best workplace safety and health practices in the construction industry and to share the best practices with all subcontractors and workers in Utah.

This alliance "will build a higher standard for the construction industry" says Lee Roberts the

Corporate Safety Director for Okland Construction.

"Proactive partnership agreements like this one take us another step forward in reaching safety excellence for our employees, other crafts, and the owner of our projects" says Chris Bardin Layton Construction Corporate Safety Director.

The Utah ARCHES Workplace Safety and Health Alliance is in the process of capturing safety best practices that will be shared with Utah construction companies to ensure a safe work environment for workers in the construction trade.



Okland Construction Lee Roberts said "that an effort of this kind takes more than a voluntary agreement to work towards safety and health. To make it possible, it takes the commitment from all levels of an outstanding company such as Okland, their owners, managers, superintendants, workers, and subcontractors, to work together as a team and actively participate in this alliance with the State of Utah Labor Commission OSHA program"; and he continues "Certainly this is a real example that by working together we can make our wonderful state of Utah a safer and better place to work—elevating our construction industry safety and health performance to a higher level of excellence."



Layton Construction Chris Bardin said "continually improving our safety performance is part of our constructing with integrity philosophy." "Every employee is empowered to make safety recommendations, and if unacceptable safety practices are noted, to make corrections or suggestions immediately, even before the issues are reported. Safety meetings integrate safety, production, and quality of construction work because those elements are so closely intertwined. Safety performance incentives for employees include prize drawings and safety employee of the month recognitions. Team meetings, which include employees at every level, are held to review safety performance and to set goals for the future. Layton's Injury Free Environment (L.I.F.E.) encourages employees to think and act safely on and off the job site. L.I.F.E. encourages employees and their families to make safety a value 24/7 at work, home, and play."

CONFINED SPACE

Confined spaces can be found in a number of places in the workplace. Proper identification of a confined space is critical so employees can properly protect themselves or avoid the exposure.

What Is a Confined Space?

A confined space is any space that meets the following criteria:

1. Is large enough and so configured that an employee can bodily enter and perform assigned work.
2. Has limited or restricted means for entry or exit (for example, tanks, vessels, silos, storage bins, hoppers, and vaults are spaces that may have limited means of entry.)
3. Is not designed for continuous employee occupancy.

Some additional examples of confined spaces include:

Boilers - Manholes - Sewers - Tunnels - Ducts - Pits - Mills - Pipelines - Storage tanks

A non-permit required confined space is a space that "does not contain or, with respect to atmospheric hazards, have the potential to contain any hazard capable of causing death or physical harm."

A permit-required confined space is one that meets the three criteria above and also has one or more of the following:

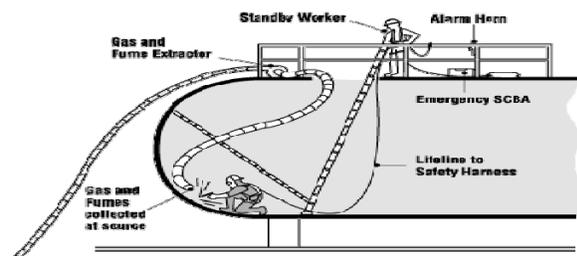
1. Contains or has a potential to contain a hazardous atmosphere.
2. Contains a material that has the potential for engulfing an entrant.
3. Has an internal configuration such that an entrant could be trapped or asphyxiated by inwardly converging walls or by a floor which slopes downward and tapers to a smaller cross-section.
4. Contains any other recognized serious safety or health hazard.

A confined space program involves several key components such as hazard identification, acceptable entry conditions, and elimination or control of atmospheric hazards. Some other components may be confined space isolation steps to protect entrants and bystanders; testing, ventilation, and communication equipment, and identification of work practices. Engineering controls and any necessary personal protective equipment (PPE) are other required steps.

Confined Space Hazards

When entering and working in a confined space, several hazards may be encountered and some may even be created:

- Oxygen deficient or enriched atmospheres
- Flammable atmospheres
- Toxic atmospheres
- Temperature extremes
- Engulfment hazards
- Entrapment hazards
- Slick/wet surfaces
- Falling objects
- Noise
- Awkward space configuration



worker

If the identified hazard cannot be eliminated, the

must be protected from exposure prior to allowing entry. **Roles and Duties**

There are several individuals who play a significant role in successful confined space entries and programs. These individuals must be identified and trained appropriately prior to performing a confined space entry.

Authorized Entrant(s) are authorized and trained by the employer to enter the permit space.

Attendant(s) - are trained to recognize potential hazards and is stationed outside of the permit space, and monitors authorized entrants for the duration of the operation to ensure conditions are acceptable throughout the duration of the entry, performs attendant duties outlined in the agency's permit space program.

Entry Supervisor(s) - employer, foreman, crew chief, or other supervisory individual; determines if entry conditions are acceptable at a permit space prior to entry. Authorizes, oversees, and terminates entry. Re-sponsible for the permit process. May also serve as the attendant or authorized entrant. Duties may be passed to other individuals during the course of the operation.

Making the Space Safe for Entry

Prior to entering the space, the entry supervisor must determine if the conditions are acceptable for entry. It may be necessary to ventilate with forced air. Additionally, the space should be isolated to protect entrants from external hazards. External hazards include items falling or being thrown into an open manhole and automobile or gas powered engine exhaust/fumes or vapors drawn into the space because the source is too close to either the ventilation system or the entrance of the space.

Atmospheric testing must be conducted for oxygen levels, combustible gases/vapors, and toxic gases/vapors. A calibrated direct reading instrument is often used for this task, testing the top, middle, and bottom of the space for atmospheric hazards since chemicals may vary in weight. Methane, for example, is lighter than air; carbon monoxide is the same as air; and hydrogen sulfide is heavier than air. Testing at all three levels helps ensure proper detection of the potential hazards. OSHA requires testing oxygen levels first, then combustible gases/vapor, and lastly toxic gases/vapors.

Confined Space PPE

When preparing to enter a confined space, a PPE hazard assessment should be conducted. The assessment should identify what hazards the entrant may encounter to determine the appropriate level of PPE. Examples of some PPE routinely used in confined space entry include:

- Fall/rescue protection-harness, lanyard, tripod
- Hardhats
- Respiratory protection-either air-purifying or air-supplying respirators
- Face shields
- Safety glasses/goggles
- Hearing protection- earplugs, earmuffs, or both
- Body protection- Tyvek suits, aprons, long pants, long sleeves
- Gloves-work gloves, chemical gloves, dielectric gloves
- Protective footwear-rubber boots, work boots, slip-resistant soled shoes

Permit Information

A permit system must be developed and used each and every time a permit-required confined space is to be entered by an employee. Consistently using the permit system increases the likelihood that the entry will be successful and employees will avoid preventable injuries. The permit should include specific information:

- The permit space to be entered
- The purpose of the entry
- The date and the duration of the permit
- Authorized entrants by name
- Attendant names
- Supervisor's name and signature
- Identified hazards
- Methods used to eliminate the hazards
- Acceptable entry conditions
- Results of tests and requires tester's initials
- Rescue and emergency services information
- Communication procedures
- PPE and other equipment



Training Requirements

All affected employees must be trained *before* they are assigned the task of entering a confined space. In addition to identifying hazards that employees may encounter while performing confined space entry, the training should include a review of the program and the permitting system. It is important that the employees know the company's policy for confined space rescue. If personnel are not trained to perform rescue, instruct them to contact emergency personnel and wait for their arrival to prevent multiple injuries or fatalities.

A supervisor or supervising individual should monitor the procedures periodically to determine if there are any deviations from the permit space entry procedures. If deviations are identified, re-training is necessary. Re-training should also occur if the characteristics of the permitted space have changed or if the operation to be performed presents a different hazard to the employee that was not covered in previous training.

Safety Compliance Corner

QUESTION:

What atmospheric conditions need to be tested prior to confined space entry, and how can I be sure it is safe to enter?

ANSWER:

Prior to working in any confined space, OSHA stipulates that the area must be evaluated prior to entry and during entries with a calibrated gas monitor. The specific gas hazards that need to be monitored are oxygen content, combustible gases, and any other toxic gas that is a by-product of that specific industry or process.

The most typical toxic gases monitored are carbon monoxide and hydrogen sulfide, but other toxic gases include ammonia, chlorine and hydrogen cyanide (just to name a few). Pre-entry testing is accomplished using a remote sampling pump with external tubing or probes. If the levels in the confined space do not exceed the recommended OSHA minimum limits, the worker can enter the area. Once in the confined space, if entry involves a descent into atmosphere the atmospheric envelope should be tested a distance of approximately 4 feet in the direction of travel and to each side. If a sampling probe is used, the entrant's rate of progress should be slowed to accommodate the sampling speed and detector response.

QUESTION:

What steps must we take to keep our employees safe when entering a confined space?

ANSWER:

The first step would be to study the space and determine the possible hazards. **Step two** would be to assume the worst-case scenario and test for all the possibilities with a direct reading instrument. Testing should be done at least at three different levels of the confined space to allow for pockets of gas that may be present. If at all possible, check at more than one location in the space. If the confined space is deep, a sample drawing pump will be used to draw samples from deep locations. The instrument must be kept calibrated to assure accuracy. **Step three**, keep the meter running at all times during occupancy. **Step four**, maintain fresh air ventilation during the entire work process in the confined space.

QUESTION:

Why Is Texting While Driving Dangerous?

ANSWER:

The most obvious reason why texting while driving is dangerous is due to the fact that you must avert your eyes from the road for a period of time. Drivers avert their eyes from the roadway for roughly five seconds while texting, which puts them at a greater likelihood of being involved in an accident that could injure them-

selves or someone else on the roadway. A lot can happen in five seconds time while you are behind the wheel. Someone in front of you could stop suddenly or someone could run out in front of you. Driving while distracted can impact reaction time and good decision-making, lessen awareness of hazards, and make it more difficult to accurately predict the behavior of other drivers. It can also cause drivers to miss or misinterpret road signs, and drive at inconsistent speeds. Texting takes eyes off the road, one or more hands off the wheel, and effects concentration.

Sometimes texting while driving doesn't even have to involve an automobile, it can involve something much bigger and far more dangerous. Over the past year, two train engineers (drivers) have missed vital signals to stop or slow down due to texting, which resulted in mass injuries and 25 fatalities.

Always use your best judgment and common sense when you want to text while you are behind the wheel of your auto. The repercussions can be life changing, which in the short term should signal to any driver that a sentence or two can wait until you reach your destination.

Health and Wellness

Can You See It?



How important are your eyes to you? How important is good eyesight on the job? It is estimated over 1,000 eye injuries occur in American workplaces every day and as many as 75% of the American workforce using computers on a regular basis develop adverse visual ailments.

No matter where we are, at home, the office, a construction site, a warehouse, or a chemical plant, there is potential danger for our vision. Eyestrain, flying particles, dust, fumes, and vapors, are just some of the hazards our eyes are exposed to. Through education and training, an estimated 90 percent of eye injuries can be eliminated or reduced in severity according to the U.S. Centers for Disease Control and prevention (CDC).

Ways to prevent eye injuries and/or strains:

- Inspect all work environments and identify areas that present eye hazards.
- Inform and educate all workers of potential eye hazards and the solutions available.
- Encourage workers to have regular eye exams and to use their prescription eyewear.
- Provide protective eye wear appropriate to job function, hazard, and individual fit needs.
- Continue to educate and review eye protection policies and plans on a regular basis.

Promoting eye wellness in your workplace will help protect your employees' vision and prevent injuries. For more information, training tools, and resources go to: Occupational

Safety & Health Administration (OSHA) www.osha.gov

Eye Injury Prevention Talking Points

- Accidental eye injury is one of the leading causes of visual impairment in the United States.
- Approximately one million eye injuries occur each year in the United States.
- The leading causes of eye injuries include sports accidents, consumer fireworks, household chemicals, and battery acid, as well as workshop and yard debris.

Learn to protect yourself from serious eye injuries by taking a few simple precautions.

- Wear safety goggles (with "ANSI Z87.1" marked on the lenses or frame) when working with cleaning or other chemicals.
- Injuries such as cuts, chemical burns, or foreign bodies stuck in the eye are emergencies. Don't try to treat these yourself -- contact your eye doctor or emergency room for help immediately.
- Even a seemingly light blow can cause a serious eye injury. If a black eye, pain or visual problem occurs after a blow, contact your eye doctor or emergency department immediately.

In case of a chemical burn to the eye, flush the eye with clean water for 15 minutes and seek emergency medical treatment immediately.

When evaluating the eye care needs of your employees, take into consideration the following eye safety facts. Each day, about 2,000 U.S. workers sustain job-related eye injuries that require medical treatment, according to the CDC

and National Institute for Occupational Safety and Health (NIOSH). Approximately 60 percent of workers who sustained eye injuries were not wearing proper protective eyewear, according to the Bureau of Labor Statistics. "I didn't think I needed them" should never be the answer as to why safety glasses were not worn.

An estimated 90 percent of eye injuries could be prevented through the use of proper protective eyewear on the job, according to the National Eye Institute. Under the Healthy People 2010 program, the nation's official public health agenda, the U.S. Department of Health, and Human Services, hopes to cut workplace eye injuries by almost a third over the course of this decade. Industry standards now recognize two classes of industrial safety lenses: traditional basic impact lenses and high impact lenses, shown in ballistic tests to offer improved protection against flying particles. Basic impact protectors can only be worn in situations where known or presumed hazards are low impact in nature. High impact protectors (Z87+) provide protection to hazards of high velocity and/or high mass. Safety eyewear is now available in a variety of new styles and materials that make it more attractive and comfortable to wear.

OSHA standards require employers to ensure workers have suitable eye protection.

OSHA requires employers to formally assess workplace eye hazards, select the appropriate type of eyewear to use, train and certify employees in eye protection, and plan for eye emergencies. (See the OSHA Eye and Face Protection E-Tool, a step-by-step guide to OSHA requirements, hazard assessment and safety eyewear selection at www.osha.gov/SLTC/etools/eyeandface/index.html)

Workers who wear prescription glasses must also wear required eye protection.

Protective eyewear must be properly fitted to be effective. Don't let lack of comfort be a barrier to full-time safety eyewear use.

The American Optometric Association recommends that supervisory officials in the workplace, in schools, and at recreational events, should mandate the use of eye protection in all activi-