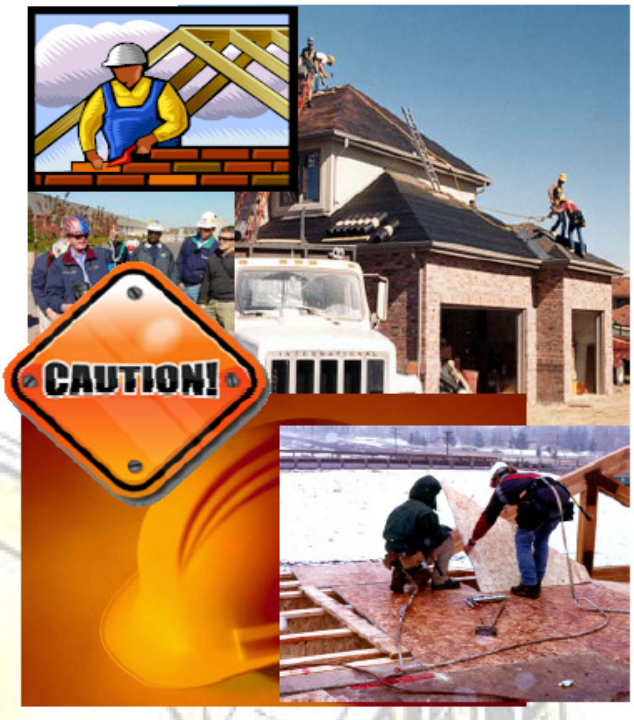
UOSH SAFETY LINE

May 2011

UTAH STATE OSHA ANNOUNCES THE BIG 4 CONSTRUCTION EMPHASIS INSPECTION INITIATIVE



IDENTIFY + CORRECT HAZARDS = NO INJURIES

The Utah Labor Commission Occupational Safety and Health (Utah OSHA) announces the Big 4 Safety Initiative with emphasis on safety at construction job sites statewide. The Big 4 initiative, starting on May of this year, is designed to help identify and eliminate safety and health hazards at construction job sites associated with the four major causes of fatalities and injuries in the state of Utah:

1. Falls from elevations (e.g., floors, platforms, roofs).
2. Struck by (e.g., falling objects, vehicles).
3. Caught in/between (e.g., excavation/trench cave-ins, unguarded machinery, and equipment).
4. Electrical (e.g., overhead power lines, power tools, cords, outlets, temporary wiring).

Compliance Safety and Health Officers (CSHO's) will visit construction job sites to:

A. Determine if serious hazards or imminent danger situations are present at the job site. If those hazards or imminent danger exist, then a case opening conference will be conducted and the inspection process will begin, as prescribed by Section R614-1-7.G of the Utah Code.

B. Determine if Citations and proposed penalties need to be issued for alleged serious violations found during the inspection of the job site, as prescribed by Utah Code R614-1-7.

C. In the case serious hazards or violations are not observed, or found and an effective safety program is in place, the CSHO will conduct only an on site assistance intervention.

Utah OSHA remains committed to the safety and health of Utah's men and women working in the construction industry. For more information, visit www.uosh.utah.gov or contact Utah OSHA Compliance at (801) 530- 6901, or Utah OSHA Consultation at (801) 530-6855.

Falls, struck by, caught in or between, and electrical hazards are the most likely to cause serious injuries or fatalities, making up 90 percent of all construction injuries in the United States.

In an article by Mark Stromme in the Occupational Safety and Health Magazine he discusses the four hazard areas most likely to cause fatalities or serious injuries that make up 90 percent of all construction fatalities. These four areas are:

1. Falls from elevations
2. Struck by
3. Caught in/between
4. Electrical shock

Falls

Falls from floors, platforms, and roofs are the leading cause of construction workers' fatalities. Each year, several hundred workers die and thousands are injured as a result of falls at construction sites. Special trade contractors, such as roofers, carpenters, and structural steel erectors, are especially vulnerable to this hazard.

Fall protection rules

The requirements for fall protection in construction are spread throughout the 1926 standard. The subparts that regulate fall protection are:

- Subpart M: Fall Protection
- Subpart L: Scaffolding
- Subpart N: Cranes, Derricks, Hoists, Elevators, and Conveyors
- Subpart R: Steel Erection
- Subpart S: Underground Construction, Caissons, Cofferdams, and Compressed Air
- Subpart E: Personal Protective and Life Saving Equipment
- Subpart V: Power Transmission and Distribution
- Subpart X: Stairways and Ladders

OSHA's fall protection rules cover most construction workers. OSHA identifies areas or activities where fall protection is needed. These include:

- Ramps, runways, and other walkways
- Excavations
- Hoist areas
- Holes
- Formwork and reinforcing steel
- Leading edge work
- Unprotected sides and edges
- Overhead bricklaying and related work
- Roofing work
- Precast concrete erection
- Wall openings
- Residential construction
- Other walking/working surfaces

Inside this issue:

What is the threshold height?

The threshold height is that height where you must provide fall protection for the areas or activities previously described above. For the construction industry, the threshold height is six feet. When you have employees working at or above this level, you must provide the equipment and training to protect them.

Selection of equipment

You have to select fall protection measures and equipment to fit the type of work being done. The three most common methods of providing fall protection are guardrails, personal fall arrest systems, and safety nets.

Training

OSHA requires that you provide workers with training, done by a competent person, any time they are exposed to fall hazards. The training must include:

- Recognizing and minimizing fall hazards
- Procedures for erecting, maintaining, disassembling, and inspecting the fall protection equipment
- An understanding of the applicable OSHA fall protection rules.

Struck By

"Struck by" is the second category among OSHA's big four hazards. These hazards include being hit by vehicles, heavy equipment, flying objects, or falling materials.

Heavy equipment
Working around heavy construction equipment can be very dangerous. Bulldozers, dump trucks, cranes, backhoes, and forklifts are all capable of enormous amounts of work. They are also capable of killing or injuring employees working nearby.

Here are some important steps you and your employees can take to protect yourselves when working around heavy construction equipment:
• Don't assume the operator can see you. If you're out of the operator's line of sight, he/she may not know you're there.
• Never cross the path of a backing vehicle. Keep your eye on the equipment at all times.
• Stay away from heavy equipment when it's operating. Don't walk next to it: It could turn suddenly and hit you, or the load it's carrying could shift and fall on you.
• Don't touch any construction equipment operating near power lines or other electrical equipment. You could be electrocuted if it accidentally makes contact with the hazard.
• Never walk under a load that is being moved by a crane or forklift.
• Never ride on any construction equipment unless you're completely inside the cab and there's plenty of room for the operator to do his/her job.
• Be aware of the swing radius of cranes and backhoes and do not enter that zone.

Flying objects
Employees can be hit by flying objects, such as nails from a powder-actuated tool, pieces of metal from grinding operations, and chunks of concrete from pavement-breaking work.

For employees using nail guns, you have to:
• Train employees using powder-actuated tools in the operation of the particular tool.
• Avoid nailing into materials easily penetrated unless those materials are backed by a substance that will prevent the nail from passing completely through and creating a flying missile hazard on the other side.
• Provide eye protection to operators and assistants using powder-actuated tools.
Regarding the grinding operation and pavement breaking, you should assess the hazards of the job and provide the proper personal protective equipment.

Falling material
It's no wonder employees are struck by falling material, tools, or equipment when work is being done simultaneously at different heights. To prevent these types of accidents, do the following:
• Inspect and maintain rigging and equipment in a safe operating condition as required by general provisions of OSHA's standards.
• Erect toeboards, screens, or guardrail systems to prevent objects from falling from higher levels.
• Erect a canopy structure and keep objects that could fall far enough from the edge of the higher level so those objects would not go over the edge if they were displaced.
• Barricade the area, prohibit employees from entering the barricaded area, and keep objects that may fall far enough away from the edge of a higher level so those objects would not go over the edge if they were displaced.

Caught In/Between

The third category is "caught in or between." The types of hazards in this category include being:
• Caught in machinery
• Buried in a trench/excavation collapse
• Pinned between equipment and a solid object, such as a wall or another piece of equipment
• Crushed by heavy equipment after the equipment tips over
• Buried by scaffolding that collapsed
• Crushed by a falling wall during demolition operations.

Here are some important steps you and your employees can take to protect yourselves from these hazards:
• Install guards on moving parts of equipment with which employees may come into contact.
• Shore, slope sheet, or brace sides of trenches dug in unstable material. There must be a means of escape from a trench, such as a ladder. Trench work is to be inspected daily by a competent person.
• Instruct each employee on the danger of passing between swinging superstructures of large construction equipment and solid objects at the job site.
• Provide seat belts in material handling equipment that has rollover protective structures.
• Have a competent person inspect scaffolds and scaffold components for visible defects before each work shift and after any occurrence that could affect the scaffold's structural integrity.
• Except for authorized persons, anyone not involved with the demolition work in progress must be prohibited from being in a demolition area.

Electrical Hazards

Common electrical hazards are caused by overhead power lines, defective power tools and cords, and improperly installed outlets and temporary wiring. Protecting employees from electrical hazards is essential to prevent accidents.

According to OSHA, protective methods that may be used on your job site include:
- Circuit protection devices
- Insulation
- Guarding
- Grounding
- Personal protective equipment.

Circuit protection devices
At construction sites, the most common electrical hazard is the ground fault electrical shock. OSHA requires every company to provide either:
Ground fault circuit interrupters (GFCIs) for receptacle outlets, or
- An assured equipment grounding conductor program.

Either method will eliminate ground fault electric shock hazards.

Circuit protective devices, such as fuses, circuit breakers, and GFCIs, automatically limit or shut off current flow during a ground fault, overload, or short circuit in a wiring system. Fuses and circuit breakers protect conductors and equipment. They prevent overheating of wires and components that could create hazards and open the circuit under certain hazardous ground fault conditions.

Insulation
It's important that employees check their equipment daily for insulation breakdown. Things to look for are broken or exposed wires and scuffed insulation on extension cords. Wearing insulated non-conductive gloves and shoes is important. Non-conductive coatings on tool handles also aid in insulating from electrical shock.

Guarding
OSHA requires that live parts of electrical equipment operating at 50 volts or more be guarded to avoid accidental contact. Entrances to areas with live electrical parts must be marked with warning signs. The signs should forbid entrance except by qualified persons.

Grounding
Grounding protects everyone from electrical shock, safeguards against fire, and protects electrical equipment from damage. There are two kinds of grounding:
- Service or system ground, where one wire, the neutral conductor, is grounded. This type of ground is designed to protect machines, tools, and insulation.
- Equipment ground, which provides a path for current from a tool or machine to ground. This safeguards the operator in the event of a malfunction.

Personal protective equipment
If your employees work where there are electrical hazards, you must provide them with appropriate electrical protective equipment.

Contact Us

Utah Occupational Safety and Health (UOSH)

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.

OSHA INJURY OR ILLNESS RECORDING REQUIREMENTS

OSHA Form 300 Log of Injuries and Illnesses

What is an OSHA log and how do we use it? The OSHA law requires most employers with more than10 full-time employees to keep a yearly log of all work-related injuries and illnesses.* This is the OSHA Log of Injuries and Illnesses, or the OSHA Form 300.

What is the OSHA Form 300? The OSHA Form 300 is a form for employers to record all reportable and recordable injuries and illnesses that occur in the workplace, where and when they occur, the nature of the case, the name and job title of the employee injured or illness, and the number of days away from work or on restricted or light duty, if any.

What Kinds Of Injuries Or Illnesses Should Be Reported On The Form? Employers must record all new cases of work-related fatalities, injuries, and illnesses if they involve:

· death, days away from work, restricted work or transfer to another job, medical treatment beyond first aid, loss of consciousness, or a significant injury or illness diagnosed by a physician or other licensed health care professional. Each recordable injury or illness case must be recorded on the OSHA 300 Log and the Workers Compensation form 122 within seven calendar days after the employer receives notice that the injury or illness occurred(the form 122 is sent to industrial accidents not OSHA).

What Other Forms Are Used To Record Work-Related Injuries and Illnesses? In addition to the OSHA 300 Log of Work-Related Injuries and Illnesses, employers must also maintain these additional forms:

· Industrial Accident form 122, which is used to record information on how each injury or illness case occurred.

· Form 300-A is the Summary of Work-Related Injuries and Illnesses, which is to be posted in the workplace annually. At the end of each calendar year, Form 300-A must be completed and certified by a company executive as correct and complete and posted in the workplace where notices to workers are usually posted. It must be posted for three months, from February 1 until April 30.

*__NOTE__: Workplaces such as beauty and barber shops, retail clothing and furniture stores, eating and drinking establishments, drug stores and, shoe repair stores are exempt from keeping OSHA 300 Logs. If you are not sure if you are required to keep an OSHA log call 80

How are Injuries and Illnesses Recorded? The OSHA 300 Log requires employers to check one of 5 boxes to categorize the injury/illness:

(1) injury
(2) skin disorder
(3) respiratory condition
(4) poisoning
(5) all other illnesses.

There are spaces to record days of job transfer or work restriction, as well as days away from work. Calendar days (rather than scheduled work days) are used for recording days away from work. If an injury or illness causes a worker to miss work, the employer must record weekend days, holidays and other days that the worker might not have been scheduled to work. Employers may limit days away from work to 180 days.

How are Privacy Issues Handled? Employers are prohibited from entering an employee's name on the OSHA 300 Log in cases where the injury or illness occurred to an intimate body part or the reproductive system; sexual assaults; mental illnesses; HIV infection, hepatitis, or tuberculosis; and needlestick injuries and cuts from sharps where the objects are contaminated with another person's blood. In these privacy concern cases, a separate confidential list of employee names must be kept. Employers also have the right to use discretion in describing the sensitive nature of the injury where the worker's identity would be known. When posting OSHA logs from February 1— April 31 only the 300-A is posted to prevent any names from being posted in the work place.

Which Employees Are Covered By The Recording Requirements? The employer is required to record on the OSHA 300 Log the recordable injuries and illnesses for all employees on its payroll, including hourly, salaried, executive, part-time, seasonal, or migrant workers. The employer must also record injuries and illnesses that occur to workers who are not on the employer's payroll if the employer supervises these workers on a day-to-day basis (including employees of temporary help services, employee leasing services, personnel supply services, contractors and volunteers).

How Long Must the Forms Be Kept? Employers must save the OSHA 300 Log, the Form 300-A Annual Summary, any privacy case list, and the Form 301 Incident Report forms for five years. The stored OSHA 300 Logs must be updated by the employer to include any newly discovered recordable injuries or illnesses.

Are Muskuloskeletal Disorders (MSDs) Reported on OSHA 300 Logs? MSDs, like other workplace injuries and illnesses, must be recorded if an event or exposure in the work environment either caused or contributed to the resulting condition or significantly aggravated a pre-existing injury or illness." When the Clinton administration designed the new OSHA 300 Logs, there was a separate column for MSDs on the Form. The Bush Administration issued a one year stay on this requirement, but employers must still record MSDs (as either an "injury" or as "any other illness") and include a description of the disorder in column F. It is therefore necessary to read all of the descriptions in column F in order to gather information regarding MSDs.

Is Hearing Loss Reported on the OSHA 300 Logs? Similar to MSDs, there is a one year stay on recording hearing loss reflecting a 10 decibel shift or less. For the time being, in order for hearing loss to be recorded on the OSHA 300 Log, the change in hearing threshold must be at least 25 decibels or more (the same as on OSHA 200 Logs).

For more information please refer to osha.gov 29 CFR 1904 recording and reporting occupational injuries and illnesses at http://www.osha.gov/pls/oshaweb/owastand.display_standard_group?p_toc_level=1&p_part_number=1904

When should I report an accident or illness to Utah OSHA?

Safety Compliance Corner

How can I get more information on recording work related injuries and illnesses?

The U.S. Department of Labor has issued the OSHA Recordkeeping Advisor, a new Web tool to help employers understand their responsibilities to report and record work-related injuries and illnesses.

The OSHA Recordkeeping Advisor helps employers quickly determine whether an injury or illness is work-related, whether a work-related injury or illness needs to be recorded, and which provisions of the regulations apply when recording a work-related injury or illness. The Advisor is written in plain language to help employers, especially small business employers, understand OSHA's recordkeeping requirements. The Advisor is not, however, a substitute for compliance with the OSHA's recordkeeping regulations. For more information, see OSHA's Recordkeeping Web page.

Reminder Utah OSHA has different injury and illness reporting requirements than federal OSHA. Please see your UTAH OSHA poster and read the section below for more detail.

UTAH OSHA INJURY OR ILLNESS REPORTING REQUIREMENTS

The Utah OSHA poster states the following:

You are required to notify UOSH at 801 530-6901, within 8 hours of occurrence, of all fatalities, disabling, significant and serious injuries or illnesses to workers. Tools, equipment, materials or other evidence that might pertain to the cause of such accident shall not be removed or destroyed until so authorized by the Labor Commission or one of its Compliance Officers. You are also required to investigate all worker injuries or occupational disease incidents.

Guidance on "disabling and serious" includes, but is not limited to the following: any injury or illness resulting in immediate admittance to the hospital, permanent or temporary impairment in which part of the body is made functionally useless or is substantially reduced in efficiency on or off the job which would usually require treatment by a medical doctor (examples of such injuries are any amputation, fracture, deep cuts, severe burns, electric shock, sight impairment, loss of consciousness, and concussions); illnesses that could shorten life or significantly reduce physical or mental efficiency by inhibiting the normal function of a part of the body (examples of such illnesses include cancer, silicosis, asbestosis, byssinosis, hearing impairment and visual impairment).

The Utah Labor Commission and the UOSH Consultation Program Congratulates the REGIS Corporation of Utah for their commitment to workplace safety and health

The REGIS Corporation of Utah, Salt Lake City Distribution Center was built in the beginning of 2001, and began shipping product to salons on the western side of North America. Today, there are over 160 people working at the Salt Lake City Distribution center.

Beginning in 2007 the REGIS Corporation of Utah saw the need for a more active approach in safety awareness and communication. To further increase safety awareness and communication among associates, they began to investigate all non-injury incidents/accidents to derive the root cause of the incident. Once a root cause is identified, action is taken to rectify and eliminate the condition. Accidents resulting in injury are handled and investigated the same way. Safe work methods are incorporated into all operational training specific to each job. This training is then consistently reinforced on a yearly, monthly, weekly, and hourly basis.

REGIS Corporation of Utah has actively sought to create an atmosphere of open communication and fun, while stressing, above all else, safety and safe work behavior. While the ultimate job of the Distribution Center is to supply salons with product to sell in a cost effective manner, they have done this through the following policy, "Safety + Quality = Production". Each associate working safely, taking the time to do the job correctly (Quality) will naturally, through repetition, become proficient (Production) at their job.

On April 6, 2011, the REGIS Corporation of Utah received the **S**afety and **H**ealth **A**chieved **R**ecognition **P**rogram (SHARP) award from the Utah Labor Commission OSHA Consultation Program (UOSH Consultation Program). This is an achievement given to companies who excel in their safety and health management system with special emphasis on best practices in the industry. They are then granted an exemption from OSHA programmed inspections for up to 2 years, and 3 years for subsequent renewal. They are the seventh company to receive SHARP in the state of Utah.

Health and Wellness

What is asbestos?

Asbestos is the name given to a group of naturally occurring minerals that are resistant to heat and corrosion. Asbestos has been used in products, such as insulation for pipes (steam lines for example), floor tiles, building materials, and in vehicle brakes and clutches. Asbestos includes the mineral fibers chrysotile, amosite, crocidolite, tremolite, anthophyllite, actinolite and any of these materials that have been chemically treated or altered. Heavy exposures tend to occur in the construction industry and in ship repair, particularly during the removal of asbestos materials due to renovation, repairs, or demolition. Workers are also likely to be exposed during the manufacture of asbestos products (such as textiles, friction products, insulation, and other building materials) and during automotive brake and clutch repair work.

What are the hazards of asbestos?

Asbestos is well recognized as a health hazard and its use is now highly regulated by both OSHA and EPA. Asbestos fibers associated with these health risks are too small to be seen with the naked eye. Breathing asbestos fibers can cause a buildup of scar-like tissue in the lungs called asbestosis and result in loss of lung function that often progresses to disability and death. Asbestos also causes cancer of the lung and other diseases such as mesothelioma of the pleura which is a fatal malignant tumor of the membrane lining the cavity of the lung or stomach.

What can be done to reduce the hazards of asbestos?

Worker exposure to asbestos hazards are addressed in specific OSHA standards for the construction industry, general industry and shipyard employment sectors. These standards reduce the risk to workers by requiring that employers provide personal exposure monitoring to assess the risk and hazard awareness training for operations where there is any potential exposure to asbestos. Airborne levels of asbestos are never to exceed legal worker exposure limits. Where the exposure does, employers are required to further protect workers by establishing regulated areas, controlling certain work practices and instituting engineering controls to reduce the airborne levels. The employer is required to ensure exposure is reduced by using administrative controls and provide for the wearing of personal protective equipment. Medical monitoring of workers is also required when legal limits and exposure times are exceeded.

Did You Know?

Utah OSHA Consultation Services offers ***FREE*** 10 Hour Construction and General Industry Courses

in combination with a ***FREE*** Safety and Health Survey?

Consultation Services provides Utah Employers, at the employers' request and direction, a confidential, non-penalty approach to safety and health concerns in the workplace, at no-charge. We offer workplace safety and health services such as:

A safety and health walk-through survey

Help recognize and correct hazards

Recommend solutions for workplace safety and health problems

Safety and health program review

Industrial hygiene sampling

Safety and health training

Safety and health information/ resources

To Schedule Your Survey Contact UOSH Consultation at (801) 530-6855 or by email UOSHconsultationprogram@utah.gov

2011 Schedule

10 Hour Occupational Safety and Health Training

Construction	**General Industry**
	July 13, 14
September 21, 22	November 9, 10

Each employee that completes the 10 hour training will be issued a 10 Hour Occupational Safety and Health Training Course card, issued by the U.S. Department of Labor. An employee must attend all 10 hours to receive the card. Classes begin each day promptly at 11:30am and end promptly at 5:00PM. All classes will be held in the UOSH Conference Room on the third floor of the Heber Wells Building (160 East 300 South) Salt Lake City. Call Jamie for further details: (801) 530-6855 or by email UOSHconsultationprogram@utah.gov

UTAH LABOR COMMISSION
OSHA CONSULTATION PROGRAM
PRESS RELEASE

The Utah Occupational Safety and Health Division (UOSH) announces:

"YOUNG WORKER SAFETY & HEALTH CAMPAIGN 2011"

In an effort to increase awareness of the importance of teen summer job safety, the Utah Labor Commission Occupational Safety and Health Consultation Program (UOSH Consultation) announces its annual ***YOUNG WORKER SAFETY & HEALTH CAMPAIGN 2011.***

"Teenagers are twice as likely to be hurt on the job as are their adult co-workers", said Utah Labor Commissioner Sherrie Hayashi. "Nationally, approximately 158,000 sustain work-related injuries, with 52,600 injuries serious enough to be treated in the emergency room."

Approximately 1.9 million adolescent ages 15 to 17 years worked in the U.S. in 2009. Official employment statistics are not available for younger adolescents who are also known to work, especially in agricultural settings. In 2008, 34 youth under age 18 died from work-related injuries, this number does not include those that died while driving a motor vehicle or this number would much higher.

According to the U.S. Bureau of Labor Statistics, the leading causes of teenage deaths on the job during 2008 are: motor vehicle accidents; contact with electric current; oxygen deficiency, i.e., drowning, choking on an object or substance, depletion of oxygen in an enclosed, restricted or confined space; assaults and violent acts; and exposure to harmful environment or substance.

Each year, the UOSH Consultation Program provides two booklets designed to address some of the most frequently asked questions asked by young workers and their parents.

- ***WHAT HAZARDS SHOULD I WATCH OUT FOR?***
- ***COULD I GET HURT OR SICK ON THE JOB?***
- ***WHAT ARE MY RIGHTS ON THE JOB?***
- ***WHAT ARE MY SAFETY RESPONSIBILITIES ON THE JOB?***
- ***IS IT OK TO DO THIS KIND OF WORK AT MY AGE?***
- ***SHOULD I BE WORKING THIS LATE OR THIS LONG?***
- ***WHAT IF I HAVE QUESTIONS ABOUT SAFETY ON THE JOB?***

The Parent's Guide to Youth Workers" and "The Youth Workers' Guide to Workplace Safety" are available at www.laborcommission.utah.gov.

This year the UOSH Consultation Program is working to create awareness regarding distracted driving from texting which has become an epidemic in the United States, and its often fatal consequences. Youth have an even higher risk of injury from distracted driving. Please take a look at the **OSHA** and **NIOSH** distracted driving resources! http://www.osha.gov/SLTC/teenworkers/index.html, http://www.cdc.gov/niosh/topics/youth/, http://www.cdc.gov/niosh/talkingsafety/video.html

For more information regarding workplace safety and health, please contact the Utah Labor Commission OSHA Consultation Program at 801-530-6855, on line at www.laborcommission.utah.gov or via e-mail at UOSHconsultationprogram@utah.gov

picture it!

SAFE WORKPLACES FOR EVERYONE

Submit your image of workplace safety and health

May 2 – August 12, 2011

In celebration of our 40th anniversary, OSHA announces the **Picture It! Safe Workplaces for Everyone** photo contest. The contest challenges anyone with a passion for photography to capture an image of workplace safety and health and share it with OSHA. The goal of the contest is to kick off a national collaboration that relies on your talent, imagination and creativity to raise awareness of workplace safety and health.

Submit your photo at:
www.osha.gov/osha40/photo-contest.html

Samantha Appleton

U.S. DEPARTMENT OF LABOR

40 OSHA

OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION

Healthier Workers. Safer Workplaces. A Stronger America.