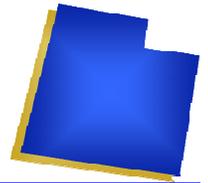




UOSH SAFETY LINE

June 2011



Achieving compliance and providing assistance with safety and health in the workplace.

Occupational Safety and Health an Old Tradition in the Great State of Utah

Contact Us

Utah Occupational
Safety and Health
(UOSH)

Division (UOSH)

160 East 300 South
Salt Lake City, UT 84114

Compliance

801-530-6901

Consultation Program

801-530-6855

Utah Labor Commission

801-530-6800

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

The tradition of protecting our workers and improving workplace safety and health is nothing new in Utah. By the 1950's, two decades before the creation of Federal OSHA, Utah had promulgated standards addressing some of the most serious threats to worker's safety. This proactive approach was again evident in 1973, when Utah enacted the Utah Occupational Safety and Health Act and created UOSH with a mandate to be as good, or better, than the Federal Occupational Safety and Health Program. The Federal Occupational Safety and Health Act of 1970 includes a provision that States can apply for approval to operate their own occupational safety and health programs. Currently there are 26 states and territories that are classified as state plan states. Utah started the state plan application and approval process in 1973 and was granted official approval on July 16, 1985. Since that date, occupational safety and health in the state falls under the authority of the Utah Labor Commission. Since 1985, Federal OSHA has recognized UOSH's program as equivalent to the federal program. Today, Utah's commitment to worker safety and health remains as strong as ever.

It's Federal OSHA's 40th Birthday

The Occupational Safety and Health Administration was established in 1971. Since then, OSHA and our state partners, coupled with the efforts of employers, safety and health professionals, unions and advocates, have had a dramatic effect on workplace safety. Fatality and injury rates have dropped

markedly. Although accurate statistics were not kept at the time, it is estimated that in 1970 around 14,000 workers were killed on the job. That number fell to approximately 4,340 in 2009. At the same time, U.S. employment has almost doubled and now includes over 130 million workers at more than 7.2 million worksites. Since the passage of the OSH Act, the rate of reported serious workplace

injuries and illnesses has declined from 11 per 100 workers in 1972 to 3.6 per 100 workers in 2009. OSHA safety and health standards, including those for trenching, machine guarding, asbestos, benzene, lead, and blood borne pathogens have prevented countless work-related injuries, illnesses and deaths. This timeline highlights key milestones in occupational safety and health history since the creation of OSHA.

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Fall Prevention Safety Tips for Employers

Falls from elevations account for approximately one-third of all deaths in the construction industry. The following tips highlight some of the key issues that employers should consider when planning, implementing, and maintaining their fall prevention programs.

Falls from elevations account for approximately one-third of all deaths in the construction industry. The following tips highlight some of the key issues that employers should consider when planning, implementing, and maintaining their fall prevention programs.

1. Develop a written fall prevention plan.
2. Identify potential fall hazards prior to each project and during daily pre work hazard assessments. Pay attention to hazards associated with routine and non-routine tasks.
3. Eliminate the need for fall protection where possible by rescheduling the task, isolating the task, or changing the task.
4. Ensure that fall protection equipment is appropriate for the task, in good condition, and used and stored properly.
5. Conduct fall prevention training on a regular basis.
6. Train workers on the specific fall hazards identified and on the required personal protective equipment.
7. Conduct regular inspections of fall protection equipment in accordance with manufacturer's recommendations and OSHA requirements.
8. Emphasize fall hazards unique to the site, such as open floor holes or shafts, riser penetrations, and skylights.
9. Get more information from the Occupational Safety and Health Administration (OSHA) at: www.osha.gov.

Injury and Illness Prevention Programs

The Bureau of Labor Statistics estimates that approximately 3.3 million serious work-related injuries and about 4,300 fatalities occurred in 2009. The human cost of preventable workplace injuries and deaths is incalculable. However, according to the 2010 Liberty Mutual Workplace Safety Index, the direct cost of the most disabling workplace injuries and illnesses in 2008 amounted to \$53.42 billion in U.S. workers compensation costs, more than one billion dollars per week. This money would be better spent on job creation and innovation. Injury and illness prevention programs are good for workers, good for business and good for America." - Dr. David Michaels Assistant Secretary of Labor

Injury and Illness Prevention Programs, known by a variety of names, are universal interventions that can substantially reduce the number and severity of workplace injuries and alleviate the associated financial burdens on U.S. workplaces. Many states have requirements or voluntary guidelines for workplace injury and illness prevention programs. Also, numerous employers in the United States already manage safety using Injury and Illness Prevention Programs and we believe that all employers can and should do the same. Most successful injury and illness prevention programs are based on a common set of key elements. These include: management leadership, worker participation, hazard identification, hazard prevention and control, education and training, and program evaluation and improvement. This topics page provides information relevant to Injury and Illness Prevention Programs in the workplace.

Safety Compliance Corner

How can I protect myself from caught-in between hazards?

First - always use properly guarded machinery Never remove a safety guard when a tool is being used. Hazardous moving parts of power tools and equipment need to be safeguarded. For example, belts, gears, shafts, pulleys, sprockets, spindles, drums, fly wheels, chains, or other reciprocating, rotating, or moving parts of equipment must be guarded if such parts are exposed to contact by workers. Be sure to avoid wearing loose clothing or jewelry that can be caught in moving parts.

Second - use other methods to ensure that machinery is sufficiently supported, secured, or otherwise made safe

Make sure that your equipment is de-energized and cannot be started accidentally. First, disconnect tools when not in use, before servicing, and when changing accessories such as blades, bits, and cutters. Turn off vehicles before you do maintenance or repair work. If possible, lock out the power source to the equipment. The type of power source may be electric, pneumatic, liquid fuel, hydraulic, or powder-actuated. Lower or block the blades of bulldozers, scrapers, and similar equipment before you make repairs or when the equipment is not in use.

Third—protect yourself from being pinned between equipment, materials, or other objects

Be aware at all times of the equipment around you and stay a safe distance from it. Never place yourself between moving materials and immovable structures, vehicles, or stacked materials. Make sure that all loads carried by equipment are stable and secured. Stay out of the swing radius of cranes and other equipment. Wear a seatbelt, if required, to avoid being thrown from a vehicle and then potentially being crushed by the vehicle if it tips over.

Fourth - protect yourself on excavation sites

Do not work in an unprotected trench that is five feet deep or more. The type of protection may be one of the following:

- Sloping or benching. Sloping is cutting back the sides of the trench to a safe angle so it won't collapse. Benching uses a series of steps that approximate the safe sloping angle. The angle depends on the soil type.
- Trench box or shield. These do not prevent cave-ins but protect the workers who are in them if a cave-in happens.
- Shoring. Shoring are wooden structures or mechanical or hydraulic systems that support the sides of an excavation.
- Enter or exit a trench or excavation only by using a ladder, stairway or properly designed ramp that is placed within the protected area of the trench.
- Do not work outside of the confines of the protection system!

And lastly - get the proper training

Make sure you have the proper training on the equipment and hazards of your job so that you can do your work safely.



**STOPPING FOR WATER
KEEPS YOU GOING.**



**WATER.
REST.
SHADE.**

OSHA® Occupational Safety and Health Administration
U.S. Department of Labor
1-800-321-OSHA (6742)
TTY 1-877-889-5627
www.osha.gov

The work can't get done without them.

HEAT ILLNESS CAN BE DEADLY.

Remember to:

- Drink water often, even if you aren't thirsty.
- Rest in the shade to cool down.
- Report heat symptoms early.
- Know what to do in an emergency.

Let's make heat safety part of the job. If you have questions, call OSHA. It's confidential. We can help!



OSHA 3435-04N 2011
Developed by Cal/OSHA
U.S. Department of Labor
Hilda L. Solis, Secretary of Labor

Health and Wellness

Heat Stress - OSHA does not have a specific regulation regarding heat stress. However, feasible and acceptable methods can be used to reduce heat stress hazards in workplaces. These include, but are not limited to:

1. Permitting workers to drink water at liberty;
- Establishing provisions for a work/rest regimen so that exposure time to high temperatures and/or the work rate is decreased;
2. Developing a heat stress program which incorporates the following:
 - A training program informing employees about the effects of heat stress, and how to recognize heat-related illness symptoms and prevent heat-induced illnesses;
 - A screening program to identify health conditions aggravated by elevated environmental temperatures;
 - An acclimation program for new employees or employees returning to work from absences of three or more days;
 - Specific procedures to be followed for heat-related emergency situations;
 - Provisions that first aid be administered immediately to employees displaying symptoms of heat-related illness.

See the following three pages for the OSHA NIOSH Info sheet which provides more detail on Heat Stress. You may also find additional outreach materials on heat stress on OSHA's web page at <http://www.osha.gov/SLTC/heatstress/index.html>.

OSHA·NIOSH INFOSHEET

Protecting Workers from Heat Illness

At times, workers may be required to work in hot environments for long periods. When the human body is unable to maintain a normal temperature, heat-related illnesses can occur and may result in death. This fact sheet provides information to employers on measures they should take to prevent heat-related illnesses and death.



Factors That Increase Risk to Workers

- High temperature and humidity
- Direct sun exposure (with no shade)
- Indoor exposure to other sources of radiant heat (ovens, furnaces)
- Limited air movement (no breeze)
- Low fluid consumption
- Physical exertion
- Heavy personal protective clothing and equipment
- Poor physical condition or health problems
- Some medications, for example, different kinds of blood pressure pills or antihistamines
- Pregnancy
- Lack of recent exposure to hot working conditions
- Previous heat-related illness
- Advanced age (65+)

Health Problems Caused by Hot Environments

Heat Stroke is the most serious heat-related health problem. Heat stroke occurs when the body's temperature regulating system fails and body temperature rises to critical levels. **Heat stroke is a medical emergency that may rapidly result in death!**

Symptoms of heat stroke include:

- Confusion
- Loss of consciousness
- Seizures
- Very high body temperature
- Hot, dry skin or profuse sweating

If a worker shows signs of possible heat stroke:

- **Heat stroke is a life-threatening emergency! While first aid measures are being implemented, call 911 and get emergency medical help.**

- **Make sure that someone stays with the worker until help arrives.**
- Move the worker to a shaded, cool area and remove outer clothing.
- Wet the worker with cool water and circulate the air to speed cooling.
- Place cold wet cloths or ice all over the body or soak the worker's clothing with cold water.

Heat Exhaustion is the next most serious heat-related health problem.

Symptoms of heat exhaustion:

- Headache
- Nausea
- Dizziness
- Weakness
- Irritability
- Thirst
- Heavy sweating
- Elevated body temperature
- Decreased urine output

If a worker shows signs of possible heat exhaustion:

- Workers with signs or symptoms of heat exhaustion should be taken to a clinic or emergency room for medical evaluation and treatment.
- If medical care is not available, **call 911 immediately.**
- Make sure that someone stays with the worker until help arrives.
- Workers should be removed from the hot area and given liquids to drink.
- Remove unnecessary clothing including shoes and socks.
- Cool the worker with cold compresses to the head, neck, and face or have the worker wash his or her head, face and neck with cold water.

- Encourage frequent sips of cool water. If the worker is unable to drink, get emergency medical help immediately.

Heat Cramps are muscle pains usually caused by physical labor in a hot work environment. Heat cramps are caused by the loss of body salts and fluid during sweating.

If a worker shows signs of possible heat cramps:

- Workers should replace fluid loss by drinking water and having a snack, and/or carbohydrate-electrolyte replacement liquids (e.g., sports drinks) every 15 to 20 minutes.
- Workers should avoid salt tablets.
- Get medical help if the worker has heart problems, is on a low sodium diet, or if cramps do not subside within one hour.

Heat Rash is the most common problem in hot work environments. Heat rash is caused by sweating and looks like a red cluster of pimples or small blisters. Heat rash usually appears on the neck, upper chest, in the groin, under the breasts and in elbow creases.

If a worker shows signs of possible heat rash:

- The best treatment for heat rash is to provide a cooler, less humid work environment.
- The rash area should be kept dry.
- Powder may be applied to increase comfort.
- Ointments and creams should not be used on a heat rash. Anything that makes the skin warm or moist may make the rash worse.

Preventing Heat Illness

The best way to prevent heat illness is to make the work environment cooler.

Recommendations for All Work Environments (Indoors and Outdoors):

- Train workers and supervisors about the hazards leading to heat illness and ways to prevent them.
- Train workers to recognize symptoms in themselves and others.
- Train and encourage workers to immediately report symptoms in themselves and others.
- If you have someone who is new to the job or who has been away for more than a week, gradually increase the workload or allow more frequent breaks the first week.
- Provide workers with plenty of cool water in convenient, visible locations close to the work area. Water should have a palatable (pleasant and odor-free) taste and water temperature should be 50-60°F if possible.

- Remind workers to frequently drink small amounts of water before they become thirsty to maintain good hydration. Simply telling them to drink plenty of fluids is not sufficient. During moderate activity, in moderately hot conditions, workers should drink about 1 cup every 15 to 20 minutes. Instruct workers that urine should be clear or lightly colored.
- Workers should eat regular meals and snacks as they provide enough salt and electrolytes to replace those lost through sweating as long as enough water is consumed. Electrolyte drinks (e.g. Gatorade®) are usually not necessary.
- Set up a buddy system if possible; if not, check routinely (several times an hour) to make sure workers are making use of water and shade and not experiencing heat-related symptoms.
- Make workers aware that it is harmful to drink extreme amounts of water. Workers should generally not drink more than 12 quarts (48 cups) in a 24 hour period. If higher amounts of fluid replacement are needed due to prolonged work in high heat conditions, a more comprehensive heat illness prevention program may be warranted.
- Reduce the physical demands of the job. If heavy job tasks cannot be avoided, change work/rest cycles to increase the amount of rest time.
- Schedule frequent rest periods with water breaks in shaded or air-conditioned recovery areas. Note that air conditioning will NOT result in loss of heat tolerance and is recommended for rest breaks.

Additional Recommendations for Outdoor Work Environments

- Monitor weather reports daily and reschedule jobs with high heat exposure to cooler times of the day. Be extra vigilant during heat waves when air temperatures rise above normal. When possible, routine maintenance and repair projects should be scheduled for the cooler seasons of the year.

Additional Recommendations for Indoor Work Environments

- Indoor workplaces may be cooled by using air conditioning or increased ventilation, if cooler air is available from the outside.
- Other methods to reduce indoor temperature include providing reflective shields to redirect radiant heat, insulating hot surfaces, and decreasing water vapor pressure, e.g., by sealing steam leaks and keeping floors dry.
- The use of fans to increase the air speed over the worker will improve heat exchange between the

skin surface and the air, unless the air temperature is higher than the skin temperature.

- Reflective clothing, such as safety vests, worn as loosely as possible, can minimize heat illness. Water-dampened cotton whole-body suits are an inexpensive and effective personal cooling technique. Cooling vests with pockets that hold cold packs are comfortable and effective.
- More complex and expensive water-cooled suits are also available; however, these may require a battery-driven circulating pump and liquid coolant.
- In worksites where high ambient temperatures typically occur (e.g., foundries, steel mills), professional consultation should be sought to evaluate the extent of the heat exposure and to make recommendations on how to prevent heat-related illnesses.

Resources

For more information about protecting workers from heat-related illnesses visit:

- OSHA online at:
www.osha.gov/SLTC/heatstress/index.html
and www.osha.gov/dts/osta/otm/otm_iii/otm_iii_4.html
- NIOSH online at:
<http://www.cdc.gov/niosh/topics/heatstress/>

OSHA Publications

OSHA has an extensive publications program. For a listing of free items, visit OSHA's web site at www.osha.gov/publications or contact the OSHA Publications Office, U.S. Department of Labor, 200 Constitution Avenue, N.W., N-3101, Washington, DC 20210. Telephone (202) 693-1888 or fax to (202) 693-2498.

Contacting OSHA

To report an emergency, file a complaint or seek OSHA advice, assistance or products, call (800) 321-OSHA (6742) or contact your nearest OSHA regional, area, or State Plan office; TTY: 1-877-889-5627.

Contacting NIOSH

To receive documents or more information about occupational safety and health topics, please contact NIOSH: 1-800-CDC-INFO (1-800-232-4636); TTY: 1-888-232-6348; e-mail: cdcinfo@cdc.gov or visit the NIOSH web site at www.cdc.gov/niosh.

STATE OF UTAH CONSULTATION SERVICES

State of 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 recognizing and correcting 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

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

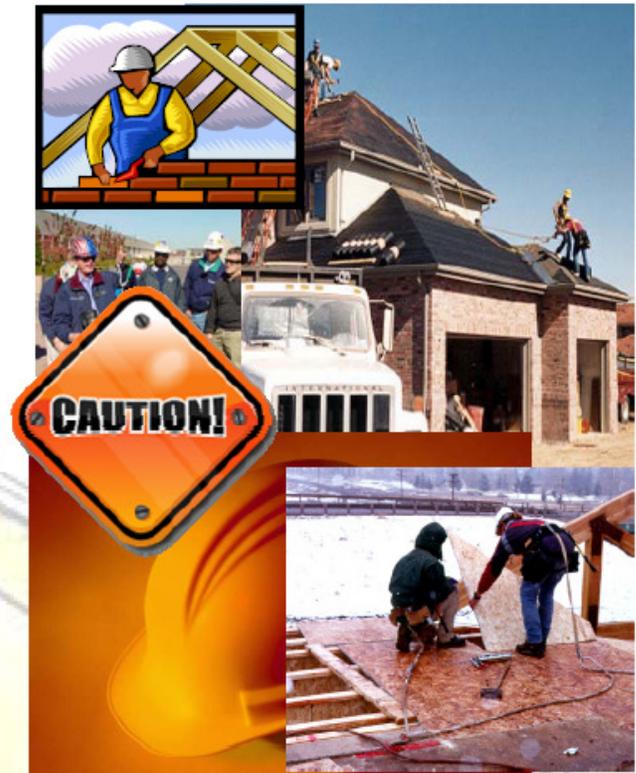
2011 Schedule

10 Hour Occupational Safety and Health Training

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

Each employee that completes the 10 hour training will be issued a US Department of Labor 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 at 11:30 PM and end at 5:00 PM.** 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.

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.

**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.