

UOSH Safety Line

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The Fatal Four Hazards Continue to Lead Accident Totals

“The Fatal Four” is the term OSHA uses for the four leading causes of workplace fatalities. They are: Falls, Electrical, Struck By, and Caught-in/Between (including caught-in or compressed by equipment or objects and struck, caught, or crushed in collapsing structures, equipment, or material) incidents.

During the first three quarters of the current Federal Fiscal Year (FFY19), 90% of the accidents reported, in the state of Utah, were a result of one these four hazards, with 196 injuries from slips, trips, and falls, 4 from electrical shock, 80 by caught in or between, and 146 resulting from struck against, or struck by.

As a result of these accidents, the most common injury type was fractures (234). Following fractures were concussions (69), cuts or lacerations (58), and amputations (34).

The industries seeing the majority of accidents are manufacturing (93), health care and social assistance (89), construction (80), and retail trade (37).

Ways to Reduce Slips, Trips, and Falls in Your Workplace:

- Clean up spills immediately
- Use “Wet Floor” warning signs
- Keep filing cabinets and desk drawers closed when not in use.
- Replace burnt-out bulbs as soon as possible
- Install abrasive floor mats and replace worn flooring
- Encourage employees to wear proper footwear
- Secure mats, rugs, and carpets that don’t lay flat
- Cover cables that cross walkways
- Keep floors mopped and debris swept up
- Empower workers to do their part in correcting any hazardous condition

Ways to Reduce Electrical Injuries in Your Workplace:

- Make sure electrical loads are not too much for the circuit (surge protectors)
- Unplug appliances when not in use
- Inspect electrical cords monthly
- Don’t run electrical cords under rugs or carpeting
- Ensure equipment is certified by a nationally recognized testing laboratory
- Do not use electrical equipment near water or wet surfaces
- Install additional outlets instead of using power strips
- Don’t ignore warning signs such as: unusual noise, smokes, sparks, etc.

Ways to reduce Struck By, Struck Against, Caught-in/Between Injuries in Your Workplace

- Stack materials properly to prevent sliding, falling, or collapse
- Wear high visibility vests/clothing
- Install additional lighting on forklifts to warn other employees of an approaching vehicle
- Secure tools and materials so they will not fall on workers below
- Never clean clothing with compressed air



The Voluntary Protection Programs (VPP) promotes effective worksite-based safety and health. In the VPP, management, labor, and Utah Occupational Safety and Health (UOSH) establish cooperative relationships at workplaces that have implemented a comprehensive safety and health management system. Approval into VPP is UOSH's official recognition of the outstanding efforts of employers and employees who have achieved exemplary occupational safety and health.

The VPP, which began in 1982, has improved worker safety and health in all industries. Statistics show that the typical VPP worksite has a Days Away Restricted or Transferred (DART) case rate of 52% below the average for its industry. Most VPP sites do not start out with such low rates. Reductions in injuries and illnesses begin when the site commits to the VPP approach to safety and health management and the challenging VPP application process. Fewer injuries and illnesses mean greater profits as workers' compensation premiums and other associated costs decrease.

VPP worksites benefit from improved employee morale, increased employee attendance and productivity, higher employee retention and a competitive edge when competing against companies who are not part of the VPP.

Employees at VPP worksites are directly involved in creating and managing safety and health programs and processes, have a true partnership with management, and show greater pride in their work.

VPP companies help promote the value of safety and health, and assist UOSH with developing partnerships which help to leverage their limited resources.

Click on this link to learn more about the VPP and how to participate in this program <https://www.osha.gov/dcsp/vpp/index.html> or contact Jerry Parkstone, UOSH Compliance Assistance Specialist and VPP Coordinator at (801) 205-2826 or via email jparkstone@utah.gov.

UOSH Consultation and Education Services

UOSH Consultation and Education Services provides confidential, on-site safety and health services, at no charge to Utah businesses with 250 employees or less throughout the state or 500 employees or less corporate-wide. Although the primary emphasis of UOSH Consultation and Education Services is small and/or high-hazard businesses, the division welcomes the opportunity to assist employers of all sizes.

If you are interested in learning more about our services, please visit our website:

<http://laborcommission.utah.gov/divisions/UOSH/PrivateSector.html> Or call us at 801-530-6855.





WATER. REST. SHADE.

Keeping Workers Safe in the Heat

OSHA's Campaign

OSHA's Heat Illness Prevention campaign, launched in 2011, educates employers and workers on the dangers of working in the heat. Through training sessions, outreach events, informational sessions, publications, social media messaging and media appearances, millions of workers and employers have learned how to protect workers from heat. Our safety message comes down to three key words: **Water. Rest. Shade.**

Dangers of Working in the Heat

Every year, dozens of workers die and thousands more become ill while working in extreme heat or humid conditions. There are a range of heat illnesses and they can affect anyone, regardless of age or physical condition.

Employer Responsibility to Protect Workers

Under OSHA law, employers are responsible for providing workplaces free of known safety hazards. This includes protecting workers from extreme heat. An employer with workers exposed to high temperatures should establish a complete heat illness prevention program.

- Provide workers with water, rest and shade.
- Allow new or returning workers to gradually increase workloads and take more frequent breaks as they acclimatize, or build a tolerance for working in the heat.
- Plan for emergencies and train workers on prevention.
- Monitor workers for signs of illness.

Additional information can be found at: <https://www.osha.gov/SLTC/heatstress/index.html>

Ladder Safety

Falls are the leading cause of death in construction. Every year, falls from ladders make up nearly a third of those deaths. While simple to use, ladders may also be the most **misused** piece of equipment on the job site. Following the rules listed below will keep your employees or yourself safe while using a ladder.

- Use the right ladder for the job.
- Do not stand on the top rung
- Wear proper footwear (e.g., non-slip shoes)
- Place the ladder on stable and level ground
- Ensure the ladder is fully extended before starting work
- Do not lean away from the ladder while working
- Only use ladders which are in good condition
- When using ladders to access another level, secure the ladder and extend the ladder at least three feet above the landing point
- Use barriers or cones to prevent others from walking near your ladder
- Maintain three points of contact with the ladder at all times
- Do not use ladders near doorways unless it is locked or blocked