

# UOSH Safety Line



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UTAH  
**LABOR COMMISSION**  
Utah Occupational Safety and Health Division

## Reporting Requirements

As we begin the new year, it is time to review your OSHA 300 log information to verify that the entries are complete and accurate, and correct any deficiencies identified. Once the review is complete, you must create an annual summary of injuries and illnesses on the OSHA form 300A (Summary of Work-Related Injuries and Illnesses). This summary must be certified by a company executive. The 300A must be posted in a conspicuous place or a place where notices to employees are customarily posted. The 300A summary must be posted no later than February 1, 2020 and kept in place until April 30, 2020.

## Electronic submission of injury and illness records

Establishments with 250 or more employees, at any time in the previous year, that are currently required to keep OSHA injury and illness records, must electronically submit information from your 300A – Summary of Work-Related Injuries and Illnesses to Federal OSHA.

Establishments with 20-249 employees that are classified in certain industries with historically high rates of occupational injuries and illnesses must electronically submit information from OSHA Form 300A. (Link for access to this list: <https://www.osha.gov/laws-regs/regulations/standardnumber/1904/1904.41AppA>)

As of January 2, 2020, employers who electronically submit this information must provide an Employer Identification Number when submitting their records.

## Workplace Violence

In Federal Fiscal Year 2019 accident totals in Utah showed that employees working in manufacturing or health care and social assistance sectors were more likely to be injured on the job than all other sectors. The majority of injuries in the health care and social assistance sectors were due to workplace violence. Recently the United States House of Representatives passed H. R. 1309 which directs the Secretary of Labor to issue an occupational safety and health standard that requires employers within the health care and social service industries to develop and implement a comprehensive workplace violence prevention plan. This bill requires the United States Secretary of Labor to promulgate an interim final standard on workplace violence prevention not later than 1 year after the date of enactment. The bill has been sent to the United States Senate and has been referred to the Committee on Health, Education, Labor, and Pensions. To read the bill <https://www.congress.gov/bill/116th-congress/house-bill/1309>.

## Upcoming Important Dates

March 2-6 Women in Construction Week (NAWIC)

Ladder Safety Month (American Ladder Institute)

April 13-17 Grain Safety Stand-Up

April 20-24 National Work Zone Awareness Week

April 28 Workers Memorial Day

## Falls

In 2018 there were 2,130 Utah workers injured due to a slip, trip, or fall accident. Six of these accidents resulted in a fatality and 5 of the fatalities were falls from elevation. During the first 3 months of Federal Fiscal Year 2020 there have been 56 injuries from slip, trip, or fall accidents, 18 of those were falls from elevation.

In general industry, employers must ensure that each employee on a walking-working surface with an unprotected side or edge that is 4 feet (1.2 m) or more above a lower level is protected from falling by one or more of the following; guardrail systems, safety net systems or personal fall protection systems (i.e., personal fall arrest system, travelling restraint system, or a positioning device).

Construction employers must ensure that employees on a walking working surface with an unprotected side or edge which is 6 feet or more above a lower level is protected from falling by the use of guardrail systems, safety net systems, or personal fall arrest systems. There are additional fall protection requirements for aerial lifts, scaffolding, steel erection, and fixed ladders.

If you need assistance conducting a fall hazard analysis of your worksite, contact UOSH Consultation and Education Services Section, 801-530-6855 or [consultation-program@utah.gov](mailto:consultation-program@utah.gov).

## Ladder Safety

Falls are the leading cause of death in construction and falls from ladders make up nearly a third of those deaths. Falls from ladders can be prevented by following safe work practices:

- Use the right ladder for the right job.
- Inspect the ladder for damage on a periodic basis and after any occurrence that could affect their safe use. Never use a damaged ladder.
- Follow the safety warnings located on the side rails.
- Ensure that the ladder can support four time the maximum intended load.
- Ladders shall be used only on stable and level surfaces. Ladders cannot be used on slippery surfaces unless it is secured or provided with slip-resistant feet.
- Always face the ladder, and maintain three points of contact when ascending or descending.
- The top or top step of a stepladder shall not be used as a step.
- When portable ladders are used for access to an upper landing surface, the ladder side rails shall extend at least 3 feet above the upper landing surface.
- Ladders placed in any location where they can be displaced by workplace activities or traffic, such as in passageways, doorways, or driveways, shall be secured to prevent accidental displacement, or a barricade shall be used to keep the activities or traffic away from the ladder.



## **Protect Yourself from Carbon Monoxide Poisoning**

Carbon monoxide (CO) is a colorless, odorless, toxic gas, which interferes with the oxygen-carrying capacity of blood. CO is non-irritating and can overcome persons without warning. Many people die from CO poisoning, usually while using gasoline powered tools and generators in buildings or semi-enclosed spaces without adequate ventilation.

### **Effects of Carbon Monoxide Poisoning**

Severe carbon monoxide poisoning causes neurological damage, illness, coma, and death.

### **Symptoms of CO Exposure**

Headaches, dizziness, and drowsiness

Nausea, vomiting, tightness across chest

### **Some Sources of CO Exposure**

Portable generators/generators in buildings

Concrete cutting saws, compressors

Power trowels, floor buffers, space heaters

Welding, gasoline powered pumps

### **Preventing CO Exposure**

- Never use a generator indoors or in enclosed or partially enclosed spaces such as garages, crawl spaces, and basements. Opening windows and doors in an enclosed space may prevent CO buildup
- Make sure the generator has 3-4 feet of clear space on all sides and above it to ensure adequate ventilation
- Do not use a generator outdoors if placed near doors, windows or vents which could allow CO to enter and build up in occupied spaces
- When using space heaters and stoves ensure that they are in good working order to reduce CO buildup, and never use in enclosed spaces or indoors
- When using space heaters and stoves ensure that they are in good working order to reduce CO buildup, and never use in enclosed spaces or indoors
- Consider using tools powered by electricity or compressed air, if available
- If you experience symptoms of CO poisoning get to fresh air right away and seek immediate medical attention

### **Contact us:**

**UOSH Consultation and Education Services Section:**

(801) 530-6522 Fax: (801) 530-6992

**UOSH Compliance Section:**

(801) 530.6901 Fax: (801) 530-7606

