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# Lake County Contractors Association Safety News

September, 2003

**Safety Training** – For scheduled classes, check the enclosed 2003 Safety Training Reservation Form. For more information or to register on-line go to [www.lcca-il.org/events](http://www.lcca-il.org/events). The easiest way to get your employees trained is to let us schedule a class specifically for you. We will make sure the content is tailored to your employees and your industry.

Call Lisa at the LCCA Office for all your safety training needs.

**REMEMBER:** If you have ten or more (or will pay for 10 students) we will bring the training to your office, or a site of your choice, or hold your class at the LCCA Office.

First Aid, CPR, OSHA 10-Hour, Excavation Competent Person, Power Line, Confined Space, Respiratory Safety/Silica, Scaffold User or Competent Person, and much more are available for you. Since the LCCA Safety & Education Fund subsidizes the cost, the price is hard to beat.

Training dates are subject to our instructors' schedules, so if you want a particular date, call the LCCA Office as soon as possible.

**New Safety Videos** – LCCA has purchased eight new safety videos to add to the lending library. Seven of the new selections are in Spanish and include:

- Tree Trimming Safety 12 min.
- Welding Safety 13 min.
- Hand & Power Tool Safety 12 min.
- Backhoe & Loader Safety 8 min.
- Trenching & Shoring Safety 14 min.
- Fall Protection 26 min.
- Back Care Safety 13 min.

The video in English is:

- Chain Saw Safety 21 min.

A complete list of video's available to LCCA members is enclosed for Contractors. Copies are available for other members by just calling the LCCA Office.

**Zero Injury Plan Available** – LCCA's new Zero Injury Safety Plan is a program that will assist contractors to meet a goal of zero injuries. It is designed to direct your attention to the most important elements of a safety program. It is **NOT** a traditional safety manual. It is assumed that the person using this program is well versed in the safety requirements for your type of construction.

But knowing what hazards exist and having a plan to eliminate those hazards are usually two different things. This program is divided into four sections.

- Planning for Safety – Safety issues to consider when preparing a bid for a project.
- Jobsite Safety Management – Managing safety during the construction cycle.
- Safety Orientation & Training – Training requirements.
- Recognition Programs – Suggestions for incentive programs.

The whole program is only 25 pages long and is available free of charge by sending an email requesting LCCA's Zero Injury Safety Plan to [gdowty@lcca-il.org](mailto:gdowty@lcca-il.org). By return email we will send you a copy in Microsoft Word for your use.

**Don't Let Them Bug You** - When working outdoors, you can be exposed to multiple hazards: falling, being electrocuted by overhead power lines or struck by heavy equipment, getting buried in an excavation. Other hazards, like insect-borne diseases, are not so apparent. Two of these, particularly Lyme disease and West Nile virus, impact construction work.

Lyme disease is caused by bites from infected ticks. All workers should protect themselves with these precautions:

- Wear light-colored clothes to see ticks more easily.
- Wear long sleeves; tuck pant legs into socks or boots.
- Wear high boots or closed shoes that cover the feet completely.
- Wear a hat.
- Use tick repellants, but not on the face.
- Shower after work.
- Wash and dry work clothes at high temperature.
- Examine body for ticks after work.
- Remove any attached ticks promptly with fine-tipped tweezers. Do not use petroleum jelly, a hot match, or nail polish to remove the tick.

West Nile virus is caused by bites from infected mosquitoes. Illness from the West Nile virus is rare, but it does happen. Get rid of standing water. This helps reduce mosquito-breeding areas. In addition, follow these precautions:

- Apply insect repellant with DEET to exposed skin.
- Spray clothing with repellants containing DEET or permethrin.
- Wear long sleeves, long pants, and socks.
- Be extra vigilant at dusk and dawn when mosquitoes are most active.

**Assured Equipment Grounding Conductor Program - Orange** is this quarter's color for contractors following the assured equipment grounding conductor program. As of October 1, 2003, contractors should be using **Orange** tape when marking cords.

The assured equipment grounding conductor program simply requires you to test new or repaired power tools and extension cords before first use, after any suspected damage, and all electrical tools and cords at the three-month intervals, marking the cords with colored tape to indicate the month tested. In addition, all cords and power tools must be visually inspected before each use, and a written description of the program and test records must be kept on file at each jobsite.

**Workplace Injury Costs Grow** - The cost of disabling workplace injuries and illnesses grew faster than inflation between 1998 and 2000, while direct costs or workers compensation claims are concentrated in a relatively small number of injury cases. That is the conclusion of the latest Liberty Mutual Workplace Safety Index (as it appeared in the June issue of **Safety+Health** magazine).

The top ten causes account for 89% of the \$42.5 billion in total direct costs of disabling workplace injuries:

<u>CAUSE</u>	<u>Cost (in billions)</u>
Overexertion	\$11.9
Falls on same level	\$ 5.4
Bodily reaction	\$ 4.4
Falls to a lower level	\$ 3.6
Being struck by object	\$ 3.5
Repetitive motion	\$ 2.8
Highway incidents	\$ 2.3
Being caught in or compressed by equipment	\$ 1.8
Being struck against object	\$ 1.7
Assaults and violent acts	\$ 0.7

**Striking Underground Gas Lines** - A new Safety and Health Information Bulletin issued by OSHA in June advises contractors on hazards associated with striking underground gas lines during excavation work.

The bulletin details an incident in 1998 where a cable construction company installation crew in St. Cloud, MN, struck and ruptured an underground gas pipeline, resulting in a natural gas leak. An explosion followed, causing four fatalities and several other injuries.

The advisory bulletin informs workers and employees about OSHA's requirements intended to prevent damage to underground utility installations during excavation work. It also recommends informing the pipeline operator immediately if the excavator causes damage to a pipeline and to call 911 or other emergency numbers if the damage results in a release of natural gas or other hazardous substances.

OSHA's trenching and excavation standard establishes specific excavation requirements designed to protect workers and prevent accidental damages to underground utility installations. The bulletin addresses an **employer's responsibility** to establish a detailed work plan and to train employees prior to excavations on the proper procedures for determining the locations of underground utilities. Workers should coordinate with utility companies to establish locations of underground installations and to take necessary precautions to prevent damaging them.

"This bulletin reminds workers and employers of ways to avoid hazards resulting from accidental damage to underground utility installations during excavation work," said OSHA Administrator John Henshaw. "Using this valuable information will help ensure the safety and health of workers involved in this oftentimes dangerous work."