



Lake County Contractors Association Safety News

November, 2002

Safety Training – For information on scheduled classes, check the enclosed 2002 Safety Training Reservation Form, or register on the LCCA Website at 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.

Lisa Grosskopf at the LCCA Office will be handling all requests for safety training. If you need any assistance with safety training or any other safety problem, contact the LCCA Office.

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.

Interested in 30-Hour Course? – If you are interested in the OSHA 30-hour course being offered in Lake County, call the LCCA Office and let us know. We have a few who would like to get the training, but not enough to schedule a course. If we can find a few more who are interested, we will schedule a class. Sure beats driving to Hillside!

Frostbite – Cold weather is just around the corner and all personnel working outdoors in winter conditions should be aware of frostbite risk. Frostbite is the freezing of the skin and underlying tissue. Ice crystals form in the cells, which kill the cells. Frostbite damage can go from the superficial surface of the skin to deeper tissue loss, which could result in amputation. Exposed skin and the extremities (fingers, toes, ears and nose) are most commonly affected.

The first warning sign is often frostnip, a painful tingling feeling that follows feeling cold. If the area becomes numb, frostbite has started. The skin will have a hard, pale and cold quality. When the area thaws, the flesh becomes red and painful.

If you experience any of the warning symptoms, get out of the cold. If you cannot, warm your hands by tucking them into your armpits. Cover your nose, ears or face with your dry gloved hands. If after warming, the affected area remains numb, you should seek medical attention immediately. If you are not able to get immediate professional medical care, warm frostbitten hands or feet in warm, **not hot**, (below 100 degrees F) water.

Never rub the affected area, put snow on it, or try to warm it over a dry heat source. Some precautions for working outdoors are listed.

- Limit your exposure by breaking up the job into shorter segments.
- Cover your head, ears and face.
- Wear mittens instead of gloves when possible.
- Don't overdress causing you to sweat excessively.
- Dress in layers with polypropylene or some other wicking material as your first layer and a wind proof, breathable barrier as your outer layer.
- Make sure you are well hydrated.
- Stay active but if you become fatigued, get out of the cold.
- Stay alert to the condition of your extremities and any exposed skin.

OSHA To Revise Crane Regulations – The Occupational Safety & Health Administration (OSHA) is putting together a committee to rewrite the 31-year-old safety standard for cranes and derricks. The committee will be composed of manufacturers, contractors, unions, engineers and many other interested parties.

OSHA plans to use "negotiated rulemaking" which will ask the parties at the table to come to an agreement on what should and should not be in the rule. The new rule will address operator qualifications, rigging procedures, safely making lifts around power lines, work zone control, load capacity and control procedures, and wire rope criteria.

OSHA Promotes Hispanic Worker' Safety -

Concerned about the increasing rate of fatal accidents that involve Hispanic construction workers, OSHA has taken steps to combat the trend by forming an alliance with the Hispanic Contractors of America.

Assistant Secretary of Labor for Occupational Safety and Health, John L. Henshaw, says the alliance will improve safety and health training for Hispanic construction workers and will give them increased access to safety and health resources that are provided in Spanish.

The pact calls for OSHA and the Hispanic Contractors of America to jointly take these actions:

- ✓ Identify existing safety and health resources that are available for Spanish speakers and stimulate the development of additional publications and audio-visual products.
- ✓ Jointly disseminate safety and health information through conferences, events, community-based activities, and electronic media.
- ✓ Work with community and faith-based organizations and other leadership groups to build safety and health awareness within the Hispanic community.
- ✓ Encourage bilingual individuals in construction to take OSHA's "Train-The-Trainer" class so they can teach the 10-hour and 30-hour construction safety and health outreach courses in Spanish.
- ✓ Promote and encourage Hispanic Contractors of America members to participate in cooperative OSHA programs, such as compliance assistance, consultation, and mentoring. (*Safety Gram, SEE, Inc.*)

Hand Protection - Bureau of Labor Statistics data indicate that 275,500 workers suffered injuries to the hands and fingers, which translates to about 12 percent of work-related injuries is to hands or fingers. Hands are exposed to four basic kinds of hazard:

- **Mechanical Hazard:** These are present wherever machinery is used. Injuries resulting from machinery use might include cuts, punctures, abrasions, or crushing.
- **Environmental Hazards:** Factors like extreme heat or cold, electricity, and materials handling have the potential to injure your hands.
- **Irritating Substances:** Skin conditions such as dermatitis can be caused by contact with chemicals and biological agents (bacteria, fungi, and viruses). Chemicals and toxic substances can also enter the bloodstream through abrasions or cuts.
- **Musculoskeletal Disorders (MSDs):** A fourth type of hazard, ergonomic hazards, which are Musculoskeletal in nature (e.g., carpal tunnel syndrome) can be caused by repetitive motions over a period of time (e.g. typing every day for months or years).

Under OSHA regulations, examples of injuries to arms and hands are burns, cuts, electrical shock, amputation, and absorption of chemicals.

And today, there is a wide assortment of gloves, hand pads, sleeves, and wristlets for protection against various hazardous situations.

Hand protection devices should be designed to protect against specific chemical hazards. Employees may need to use gloves--such as wire mesh, leather, and canvas--that have been tested and provide insulation from burns and cuts. The employee should become acquainted with the limitations of the clothing used.

Certain occupations require special protection. For example, electricians need special protection from shocks and burns. Rubber is considered the best material for insulating gloves and sleeves from these hazards. Rubber protective

equipment for electrical workers must conform to the requirements established by ANSI. (*Safety Gram, SEE, Inc.*)

Working Under Overhead Power Lines - One of the greatest hazards on the jobsite is contact with overhead power lines.

A successful defense against electrical accidents is the continuous exercising of good judgment or common sense. You and your coworkers should be thoroughly familiar with the safety procedures for your particular jobs.

When work is performed on electrical equipment, some basic safety procedures you need to perform include:

- De-energize the equipment.
- Ensure that the equipment remains de-energized by using some type of lockout and tag procedure.
- Use grounding lines when they are required.
- Use insulating equipment.
- Keep a safe distance from energized parts.

What are some of the other things you need to remember?

- Don't operate equipment around overhead power lines unless you are authorized and trained to do so.
- If an object (scaffolds, crane, etc.) must be moved in the area of overhead power lines, your employer must appoint a competent worker whose sole responsibility is to observe the clearance between the power lines and the object. This person must warn others if the minimum distance is not maintained.
- Never touch an overhead line if it has been brought down by machinery or has fallen.
- When a machine is in contact with an overhead line, **DO NOT** allow anyone to come near or touch the machine. Stay away from the machine and summon outside assistance.
- Never touch a person who is in contact with a live power line.
- If you should be in a vehicle that is in contact with an overhead power line, **DON'T LEAVE THE VEHICLE**. As long as you stay inside and avoid touching metal on the vehicle, you may avoid an electrical hazard. If you need to get out (to summon help or because of fire) jump out without touching any wires or the machine, keep your feet together, and hop to safety.
- Tools that are used by employees to handle energized conductors must be designed and constructed to withstand the voltages and stresses to which they are exposed.
- Use the personal protective equipment appropriate for the job that is performed. This equipment may consist of rubber insulating gloves, hoods, sleeves, matting, blankets, etc. These items must be inspected prior to each use and tested annually.
- When working near overhead power lines, the use of non-conductive wooden or fiberglass ladders is recommended. Aluminum ladders and metal scaffolds or frames are efficient conductors of electricity.
- Avoid storing materials under or near overhead power lines. (*Keller's Construction Regulatory Update, Sept., 2002*)