



Lake County Contractors Association Safety News

March, 2002

Safety Training - Scheduled classes have begun again. Check the enclosed 2002 Safety Training Reservation Form for more information. This year we are not only listing LCCA programs, but the Chicagoland Construction Safety Council's training classes also.

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 Gloria at the LCCA Office as soon as possible.

Trenching, Flagger Hazards Most Common

Trenching violations and lack of protection for flaggers are two of the top violations targeted in a three-state highway work zone emphasis program that resulted in \$885,000 in total proposed penalties during the 2001 fiscal year, according to the Occupational Safety and Health Administration.

A large proportion of inspections yielded violations and many of those were listed as serious, the agency said.

Of the 349 highway work zone safety inspections done in Illinois, Wisconsin, and Ohio in FY 2001, 252 resulted in citations said John Maronic, assistant area director for OSHA's Chicago North area office. Agency officials issued 683 violations of which 74 percent were classified as serious.

Of the inspections that brought citations, 81 percent had serious violations, 2.8 percent had willful violations, and 10 percent had repeat violations, according to OSHA statistics. On average, each inspection resulted in two violations.

There were 130 inspections done in Illinois (with proposed penalties of \$201,016), 95 inspections in Wisconsin (proposed penalties of \$177,695) and 124 inspections in Ohio (proposed penalties of \$506,625). Across the region, the penalties were eventually reduced by an average of 50 percent from the proposed level, according to OSHA.

Most common violations. The top five violations issued under the emphasis program in FY 2001 were:

- Unsafe trenches
- Inadequate use of signs to warn motorists entering the work zone;
- Lack of reflective clothing worn by flaggers; and

- Not providing flaggers with red flags or paddles for directing traffic.

Work Zone Fatalities. In the five years before the enforcement effort was launched, the region reported 54 highway work zone fatalities, Maronic said.

"We realized we were having problems," he said. Adding to that concern was the "major exposure" that was being added by new federal spending on road construction.

Since the program began, the number of worker fatalities in the three states remained flat despite an increase in road construction in the region, Moranic said. Ten fatalities were recorded in the three states in both FY 2000 and FY 2001.

Nationally, work zone deaths increased by 26 percent in 2000 to 1093 deaths when compared with the year-earlier figure, according to the National Highway Traffic Safety Administration. The total for 1999 was 872 fatalities.

OSHA Encourages Defibrillator Use - Because the use of Automated External Defibrillators (AEDs) can save the lives of workers who experience cardiac arrest while on the job, OSHA today encouraged employers to consider making this equipment available in their workplace.

"AEDs are easy to use and can make the critical difference in reviving individuals who suffer a cardiac crisis," said OSHA Administrator John L. Henshaw. "Administered within three minutes, the electric shock (defibrillation) restores the normal rhythm to the victim's heart and can increase survival rates from less than 5 percent to nearly 75 percent. Immediate defibrillation can revive more than 90 percent of victims."

OSHA has issued a fact card and a technical information bulletin on the use of AEDs, encouraging employers to take advantage of this technology. AEDs are lightweight and run on rechargeable batteries. They are designed to analyze the heart rhythm and automatically indicate when to administer the shock. Each unit costs from \$3,000 to \$4,500.

Each year 300,000 to 400,000 individuals die from cardiac arrest. Most of these deaths occur outside of hospitals. Cardiac arrest is often due to chaotic beating of the heart, which can be restored to normal rhythm if treated promptly with defibrillation. With each minute of delay defibrillation, 10 percent fewer victims can survive.

Placing AEDs in workplaces could significantly increase survival rates. In 1999 and 2000 815 of 6,339 workplace fatalities reported to OSHA resulted in cardiac arrest. The agency estimates if AEDs helped restore 40 percent of those who suffer from

cardiac crisis, as many as 120 lives would be saved each year. Workers involved in shift work, holding high stress jobs, or exposed to certain chemicals or electrical hazards face a higher risk of heart disease and cardiac arrest.

JULIE Sets Record – Mark Frost, Executive Director of the Joint Utility Locating Information for Excavators (JULIE, Inc.) announced that the Illinois One-Call System received and processed a record 999,216 underground utility locate requests from excavators in 2001. In addition, 58 new members joined JULIE, Inc., increasing the total membership to 976. These totals represent increases of approximately four and six percent, respectively.

“Underground utilities exist everywhere. We are very pleased to see that our safety campaign to build awareness and educate excavators about the importance of safe-digging practices has been successful,” said Frost, “Digging without knowing where it is safe to dig can cause tremendous damage and even loss of lives. Before any digging project, excavators are encouraged to call JULIE at 1-800-892-0123.”

The following is a list of the top 20 Counties in Illinois for locate requests from excavators in 2001: Cook; DuPage; Will; Lake; Kane; McHenry; St. Clair; Madison; Winnebago; Sangamon; McLean; Champaign; Peoria; Tazewell; Kendall; LaSalle; Rock Island; Kankakee; DeKalb; and Macon.

“Gov. Ryan signed a bill (HB 2138) last year that will create a true one-call process by daily penalizing all non-participating underground facility operators who do not join JULIE, Inc. by January 1, 2003,” continued Frost. “With less than a year to comply with this important legislation, non-member municipalities and other owners and operators of underground facilities throughout the state are encouraged to begin the process of becoming a member of JULIE now.”

For more information about JULIE, please visit www.julie1call.com.

Sleep & Safety - Here's a way you can reduce the number of accidents FOR FREE – get more sleep. In today's fast paced life, getting enough rest can be difficult. Advertisers and manufacturers know this. That's why you see commercials for sleep aids and mattresses of various designs. The bottom line is lack of rest can have an affect on your job performance. In a recent survey, workers reported that they feel sleepy at work , as shown in the following chart:

Rates of sleepiness at Work by Employee Groups

Women	31%	Men	22%
18-19 yr Olds	40%	30-64 olds	23%
Shift Workers	34%	Regular Workers	23%
People working more than 60 hours per week			36%
People working 40-hour work week			27%

Source: National Sleep foundation, Washington DC as reported in Compliance Magazine

Based on the above information, we could say 1 in 5 male, middle age, day workers feel sleepy at work; and almost 1 in 3 women and shift workers. 18-29 year olds (male & female) are the most likely to show signs of a lack of rest; and the more hours you work, the sleepier you get.

It was also noted in the accompanying article, “more than half of American workers say that lack of sleep affects their ability to concentrate, handle stress, make decisions and listen to co-workers - important skills that are necessary to avoid accidents;” What's really an attention getter is that these folks are driving to and from work in this condition!

Getting a good night's rest may help you get the job done better and safer at the same time! FOR FREE!!