



# Lake County Contractors Association Safety News

July, 2001

**Safety Training** - Scheduled classes have ended for the season but we will continue to schedule classes for members who need training.

We have, however, scheduled two "special request" programs:

**Wednesday, July 11 – Surviving An OSHA Inspection** – This 4-hour class will be held at the LCCA Office beginning at 1:00 p.m. The instructor will be a prominent labor attorney, **Mark Lies**, Seyfarth & Shaw. The cost will be \$25 per person.

**Tuesday, July 31 – SENRAC Update** – A two-hour program provided by CCSC to update you on the new Steel Erection Standards. The new rules will significantly impact the way steel is erected and the responsibilities of the General who hires a steel erection subcontractor. The update will be presented from 7-9 a.m. and again from 3-5 p.m. There is no charge for this course.

**REMEMBER:** If you have ten or more (or will pay for 10 students) **we will bring the training to your office**, 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.

**Safety Trivia From J.J. Keller** – During Roadcheck 2000, more than 42,000 vehicles were inspected. Of those, what percentage were placed out-of-service because of safety violations? (Answer next month!)

**Answer to last month's question:** How long is the world's longest ladder? 320' and built for the shipping industry.

**Electrolyte Replacement Drinks Work** – Drinking water will help to replace the fluid loss resulting from working in high temperatures. It does not, however replace the electrolytes (salts of Magnesium, Potassium, Sodium, Calcium and complex organic molecules) lost at the same time. During recent years many have turned to electrolyte replacement drinks and they are earning high praise. Studies have shown that electrolyte replacement products are absorbed much more quickly than

water.

**Lock-Out/Tag-Out Policy** - Remember, one key to one lock. Not two, not three, just one. And, the system also includes tagging out. Remember, Lock-out/Tag-out. They go together, Like peas in a pod. The tag tells everyone else on the jobsite Who, What, When, Where, and Why the power was locked out:

**Who** locked out the power/energy

**What** the lock-out is for

**When** the lock was applied (time of day)

**Where** the electrician is located (jobsite location) with the key

**Why** the lock was applied.

With all of these factors in place, we have a true, workable and safe Lock-out/Tag-out system.

**Can there be more than one lock** on a power circuit? Sure, because there may be more than one worker working on different portions of the circuitry (repairs being made at separate locations). Of course, to remind you once again, one key to one lock.

**Here are some more reminders** of how to set up, implement, and carry out a safe Lock-out/Tag-out Program

- One Key, One Lock
- Always apply a lock and a tag
- Put Who/What/When/Where/Why on the tag.
- Lock-out energy such as steam/electricity/water/gas/ect.
- Don't play Russian Roulette (use the key)
- Have a written control program
- Keep extra locks on each jobsite (one key to each lock)
- Maintain a safe attitude
- Drain Residual energy (Hydraulic pressure/Hydrostatic Pressure, etc.)

**Finally**, remember the four key elements of a Lock-out/Tag-out program:

1. De-energize the equipment
2. Lock-out all disconnect switches
3. Tag all disconnect switches (Who/What/When/Where/Why)
4. Test the equipment to insure it is de-energized before working on it.

*(Summer 2001 Safety Gram, SEE, Inc.)*

## Use Close Calls To Prevent Future

**Incidents** - If your people have ever experienced a near-miss, you know how effective those situations can be to make workers sit up and take notice.

Of course, you're not required to report or even investigate close calls, but you can use them to your advantage to head off future injuries.

Next time someone has a near-miss at your company, here are some things you can do to get the most out of what could've been a bad situation.

### 1. Seize the moment

After a near-miss, immediately call all the workers together in a nearby area. Talk about what happened while it's still fresh in their minds, and ask them what should've been done differently.

### 2. Keep a 'near-miss' log

Make a binder of close-call reports to help identify trends. For example, certain workers may be repeat offenders and need extra safety training. Or a certain piece of equipment may be involved in several incidents and should be targeted for replacement.

### 3. Share the information

Without singling out the workers involved, recap near-misses at each safety meeting. Hearing about an injury that almost happened to their co-workers will show people in similar jobs that accidents really can happen.

**Safety Awards Programs** - Average cost to private industry for a disabling injury (according to the National Safety Council's estimate for 1998): \$32,921. The Bureau of Labor Statistics 1999 report says the incidence rate for manufacturing is 9.2 per 100 workers. So a 500-employee company's average annual cost for workplace injury is an eye-popping **\$1,514,366**.

Compare it to the average annual "safety incentive award" per employee measured by a survey last year: \$79.61

**Safety is a Top-Down, Team-Up Issue:** "Safety" is a desired state of mind as much as it is an objective. As with any other incentive program objective, its present and future status are clearly quantifiable, allowing for accurate and realistic performance measurement (key to any motivation program). (*Summer 2001 Safety Gram, SEE, Inc.*)

**Sleepy Workers Cost Money** – Affects of workplace sleepiness:

- 19% more errors
- 51% decrease in productivity
- 68% decrease in concentration

Keeping workers alert is the first step towards keeping them safe. Remind workers that if they feel sleepy, they should take a break or eat a healthy snack. Here are some other suggestions:

- Encourage workers to team up. Talking with co-workers can keep people alert.
- Schedule dangerous tasks early in a shift. People are drowsier at the end of the day.

## Workplace Death Rate Halved – But

**Construction Lags** – The rate of workplace fatalities between 1980 and 1997 decreased by 45% according to the Centers for Disease Control and Prevention. However, the construction industry still has a high death rate when compared with other industries.

According to CDC, the death rate decreased from 7.4 per 100,000 in 1980 to 4.1 per 100,000 in 1997. In comparison, construction accounts for 19% of all deaths and 15 deaths per 100,000 workers.

The leading cause of death in the workplace is motor vehicle crashes with 24% of all deaths. Deaths from falls is the most deadly construction killer accounting for 10% of all deaths with electrocutions second with 7% of all deaths.

So when construction workers say it will never happen to them, you can tell them that 19,179 co-workers would tell them differently, if they were alive!