



Lake County Contractors Association Safety News

June, 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 three "special request" programs:

Wednesday, June 27 – Excavation Competent Person – This 8-hour class will be held at the LCCA Office beginning at 8:00 a.m. It will be taught by CCSC and the cost is \$45 per person.

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**, 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.

Thank you to the following LCCA members who have scheduled classes recently:

Kelso-Burnett – OSHA 10-Hour

J. J. Henderson – CPR Recertification

Ten Suggestions to Help Workers Stay Cool

- Encourage workers to drink plenty of **water** (without salt) --about one cup of cool water every 15-20 minutes, even if they are not thirsty.
- Help workers **adjust to the heat** by assigning a lighter

workload and longer rest periods for the first five to seven days of intense heat. And this process needs to start all over again when a worker returns from vacation or absence due to illness or injury.

- Encourage workers to wear **lightweight, loose-fitting, light-colored clothing**. Workers should change their clothing if it gets completely saturated.
- Learn to **spot** the signs of **heat stroke**, which can be fatal. The symptoms are severe headache, mental confusion/loss of consciousness, flushed face, and hot, dry skin. If someone has stopped sweating, seek medical attention immediately. Other heat-induced illnesses include heat exhaustion, heat cramps, skin rashes, swelling and loss of mental and physical work capacity.
- **Train** first aid workers to recognize and treat the signs of heat stress. Be sure that all workers know who is trained to render first aid. Supervisors also should be able to detect early signs of heat-related illness and permit workers to interrupt their work if they become extremely uncomfortable.
- Consider a worker's **physical condition** when determining fitness to work in hot environments. Obesity, lack of conditioning, pregnancy and inadequate rest can increase susceptibility to heat stress.
- **Alternate work and rest** periods, with longer rest periods in a cooler area. Shorter, but frequent, work-rest cycles are best. Schedule heavy work for cooler parts of the day and use appropriate protective clothing.
- Certain **medical conditions**, such as heart conditions, or treatments like low-sodium diets and some medications, increase the risk from heat exposure. Seek medical advice in those cases.
- **Monitor** temperatures, humidity and workers' responses to heat at least hourly.

(Source: OSHA Regional News Release)

Safety Trivia – How long is the world's longest ladder?
(Answer next month!)

Answer to last month's question: Before becoming a singing sensation, Elvis Presley drove a truck for what company? Crown Electric Company

Assured Equipment Grounding Conductor

Program - Red is next quarter's color for contractors following the assured equipment grounding conductor program. As of July 1, 2001, contractors should be using **Red** tape when marking cords.

The assured 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.

OSHA Multi-Employer Worksite Policy -

According to OSHA policy, OSHA inspectors who identify a hazard on a multi-employer worksite will follow a two-step process to determine whether more than one employer will be cited. The first step is to determine whether the employer is a creating, exposing, correcting, and/or controlling employer. Once the employer category is determined, step two is to determine whether appropriate action was taken.

All citations are fact and situation specific. The examples provided in the citation policy, however, indicate that employers who take the following steps are less likely to receive citations.

- First, implement a strong safety program for your workers, promptly correct all identified hazards over which you have control, protect your employees and all others on the jobsite from the hazard, and keep copious notes of all proactive and preventive safety measures taken throughout the duration of the job.
- Second, reasonably watch out for and immediately alert other employers of safety hazards they create, and take all reasonable steps to protect your employees from the hazard.
- Finally, contractually limit your safety responsibilities to the activities you reasonably control and then act accordingly. Ask your subcontractors to make affirmative statements in the subcontract about their safety programs and records.

The citation policy defines the four categories and offers examples of situations where citations should or should not be issued to more than one employer on a multi-employer worksite.

Tool Box Talks – Your Best Defense – The OSHA inspector has just shown up on your job and you are now on the defensive. If he finds a violation that occurred because an employee did not do their job, you will pay the price unless you can prove:

1. You have a rule
2. The rule was distributed to the employee
3. The employee was trained, and

4. You enforced the rule.

Tool Box Talks are the best way to document that an employee has been trained in a specific rule. Use it!

OSHA At Thirty – This year OSHA celebrates 30 years since the first standards were adopted on May 29, 1971. Since that time, workplace fatalities have been cut by 60% and occupational injury and illness rates, by 40%. At the same time, U.S. employment has nearly doubled from 56 million workers at 3.5 million worksites to 105 million workers at nearly 6.9 million sites. Here are some other key dates:

January 17, 1972 - OSHA Training Institute established to instruct OSHA inspectors and the public.

May 20, 1975 - Free consultation program created. Nearly 400,000 businesses will participate during the next 25 Years.

June 23, 1978 - Cotton dust standard issued to protect 600,000 workers from byssinosis. Cases of "brown lung" will decline from 12,000 to 700 during the next 22 years.

November 14, 1978 - Lead standard published to reduce permissible exposures by three-quarters to protect 835,000 workers from damage to nervous, urinary, and reproductive systems. (The construction standard is adopted in 1995)

November 25, 1983 - Hazard communication standard issued to provide information and training and labeling of toxic materials for manufacturing employers and employees. Other industries are added on August 24, 1987.

April 1, 1986 - First instance-by-instance penalties proposed against an employer-- In this case, Union Carbide's plant in Institute, WV, for egregious violations involving respiratory protection and injury and illness recordkeeping.

September 1, 1989 - Standard on lockout/tagout of hazardous energy sources issued to protect 39 million workers from unexpected activation or start up of machines or equipment, preventing 120 deaths and 50,000 injuries each year.

January 14, 1993 - Standard on confined spaces published to prevent more than 50 deaths and more than 5,000 serious injuries annually for 1.6 million workers who enter confined spaces at 240,000 workplaces each year.

August 9, 1994 - Standard on fall protection in construction revised to save 79 lives and prevent 56,400 injuries each year.

August 10, 1994 - Asbestos Standard updated to cut permissible exposures in half for nearly 4 million workers, preventing 42 cancer deaths annually.

August 30, 1996 - Scaffold standard published to protect 2.3 million construction workers and prevent 50 deaths and 4,500 injuries annually.