



Lake County Contractors Association Safety News

May, 2001

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

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:

D.L. Franzen – 1st Aid/CPR

Boller Construction – CPR Recertification

J.J. Henderson – CPR Recertification

Safety Video Update – LCCA has recently added several new videos to the Video Library and eliminated some old stock. We have also revised the Video Library to make it easier to find a video on a particular subject.

The videos range from 5 minutes to 60 minutes long so you can select one just right for your safety meeting, toolbox talk, or anywhere else you might need a visual assist to sell a safety point. A copy of the new video listing is enclosed for contractors and will be on the website (www.lcca-il.org) very soon. Other members who would like a copy should contact the LCCA Office.

What the World Knows About You – Did you know your entire OSHA citation record is on the Internet and available to anyone? Well, it is! To check what citations are listed for your company, go to www.osha.gov. Then select “**Statistics & Inspection Data**” on the home page, and “**Establishment**” on the next page. Enter a company name in the search box and hang on. Every inspection, citation and violation since 1972 will be listed.

This is also a good way to check the safety performance of potential subcontractors. And if your record is good, this might be a selling point with a potential owner.

While you are at the OSHA website, look around at all the other information that is available. Standards, interpretations, news releases and much more are at your fingertips.

Truck Trailers Require Conspicuity Marking – June 1 is the deadline to have all trailers marked with conspicuity tape. Trailer covered by the DOT rule include trailers that are: 1) 80 or more inches wide, 2) have a GVWR over 10,000 pounds and 3) are NOT designed for living or office use.

Conspicuity Marking is the 2” wide red and white tape applied around the trailer for visibility. Marking shall be:

- ✓ REAR – Continuous strip of red and white material between 15 and 60 inches above the ground.
- ✓ UNDERRIDE BAR – Continuous strip on the full horizontal length
- ✓ SIDES – Strips covering at least 50% of the sides.
- ✓ UPPER CORNERS – Strips of white only foring 12” x 12” corners.

ACCSH Lobbying For Mandatory 10-Hour

Course - The Advisory Committee on Construction Safety and Health (ACCSH) is recommending that all construction workers be required to complete OSHA’s 10-Hour Course or equivalent, before beginning normal tasks. This basic Hazard Recognition Course is available through LCCA and will be tailored to your jobsite requirements. Don’t wait for the mandate. Get your employees trained.

ACCSH is a continuing advisory body established to advise the Assistant Secretary for Occupational Safety and Health with respect to setting construction standards and policy matters affecting federally financed or assisted construction. In addition, [29 CFR 1912.3](#) provides that OSHA shall consult with the ACCSH regarding the setting of construction standards under the Occupational Safety and Health Act (OSH Act) and that the composition of the ACCSH shall be consistent with that mandated under the [Section 7\(b\)](#) of the OSH Act.

Safety Trivia – Before becoming a singing sensation, Elvis Presley drove a truck for what company? (Answer next month!)

Answer to last month’s question: Construction hardhats were first invented and used on what project? The Golden Gate Bridge!

Back Injuries Major Source of Workers Comp Claims –

- ⇒ More than 1 million workers suffered back injuries each year.
- ⇒ Back injuries account for 1 in 5 workplace injuries or illnesses.
- ⇒ One-fourth of all compensation indemnity claims involve back injuries.
- ⇒ In 1998 there were 279,507 back injuries caused by overexertion resulting in lost workdays.

With this in mind, what do you think should be a safety emphasis in your company? LCCA has four safety videos on Back Safety. Have your employees seen a good video recently? (Reprinted from *Safety Gram*, A Safety Environmental Engineering, Inc. Publication)

Speaking of Backs – Millions of workers use back belts to prevent injuries, but they probably shouldn't. A recent study found that workers who wore back belts and those who never wore them were just as likely to report back pain or file workers' compensation claims for back injuries.

Backs – What Can You Do? – The articles above should strike fear for contractors with rising Workers Comp costs. But there are things you can do. Here are a few:

Make Sure Workers Warm Up – Just like an athlete, construction workers need to “warm up” muscles before starting work. Stretching and other simple exercises will prepare muscles for the long day ahead.

Videotape Employees – The best way to teach workers back safety is to let them see for themselves what they did wrong. Showing workers slow-motion videotapes of themselves following their normal work habits can help them see their actions from a new angle.

Encouraging Workers to Move Around – Overexertion isn't the only cause of back injuries. Back muscles can also be strained when workers stay in the same position too long.

Asking Supervisors To Time Instructions – When workers are distracted in the middle of a task, they're more likely to twist their bodies incorrectly and strain muscles. Remind your supervisors it's better to wait until people are empty-handed to ask questions or give instructions.

Attitudes Key To Healing – A new study by the Boston University School of Public Health reports that the attitude used by people at your company may be the key to getting injured workers back to work quicker. According to the study, employees who were out of work with injuries:

- ⇒ Returned faster when employers kept regular contact with them during their absence and encouraged them to return to work, and
- ⇒ Took longer to return to work when they felt their employers were critical or indifferent towards them.

Here are some things you can do:

- ⇒ **Make personal contact.** Get in touch with workers at least once a week. Whether someone calls, visits or sends a card, keeping an employee in the loop will promote a quicker return.
- ⇒ **Work with employees' physician.** Provide the doctor with a current job description and information about physical demands of their jobs. This will help the doctor determine the employees' restrictions and help you keep the worker safe when they return.
- ⇒ **Prepare in advance.** Know what “light duty” jobs are available before you need them. Then you will be more likely to be able to accommodate any restrictions.

Top Ten Illinois Violations – The following are the top ten cited violations for the state of Illinois during the last year. This list is as much a heads up for what OSHA is citing now, as a source of possible hazards on your job.

1. Lack of fall protection over 10'
2. Accident prevention program missing
3. Access to scaffolds
4. Lack of fall protection – working over 6'
5. Trenches – lack of cave-in protection
6. Hard hats not provided or worn
7. Scaffolds – not fully planked
8. Scaffolds – inadequate training for workers
9. Scaffolds – not erected/dismantled by a competent person
10. Scaffolds – not bearing frames on base plates and mud sills or other adequate firm foundation

Since over half of these violations are associated with **SCAFFOLDS**, a wise contractor might think OSHA is targeting **SCAFFOLDS** and make sure that they comply with the **SCAFFOLD** regulations and all the details are covered. If you have **SCAFFOLDS** on your job, wake up – OSHA is looking for you! And the resulting inspection could just ruin your year.

Before scaffolds, it was trenches. Now it is the builders turn in the box!

From J.J. Keller & Associates' Frequently Asked Questions

In regards to OSHA's new forklift training rule, does a "qualified" or "competent person" need to conduct the training and if so, does the "qualified" person need to be a member of the company? With respect to forklift training, OSHA has adopted a performance-oriented approach to the qualifications of trainers and evaluators. The trainer and evaluator must be a person or persons with the requisite knowledge, training, and experience to conduct the required training and evaluations. An employer could assign a current employee, employ such instructors/evaluators, or contract with an outside service to conduct the required training and evaluation. Instructors/evaluators do not have to be qualified or competent person as the terms are defined in the construction regulations.

For more Questions & Answers, go to www.jjkeller.com/safetyclicks/april2001/27.