

Lake County Contractors Association

Safety News

October, 1999

Sign Up Now For Safety Training - Just a reminder that we will be holding OSHA 10-Hour and First Aid classes every month throughout the year.

Upcoming Classes:

Oct. 12 & 14 OSHA 10 hour Course
Noon - 5:00p.m. - Rodheim

November 20 OSHA 10 hour Course
7:00 a.m. - 5:00p.m. - Rodheim

November 30 First Aid/ CPR
8:30 - 3:00 p.m. - Henby

Dec. 14 & 16 OSHA 10-hour Course
Noon - 5:00 p.m. - Rodheim

December 21 First Aid/ CPR
8:30 - 3:00 p.m. - Henby

Schedule 2000 Training Now – Would you like LCCA to schedule a safety training class for your employees? 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 the training 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 cost is subsidized by the LCCA Safety & Education Fund, the price is hard to beat.

Training dates are subject to our instructors schedules, so if you want a particular date, call as soon as possible.

Spotlight on Safety Scheduled – The 2nd annual "Spotlight on Safety" will be held on Wednesday, November 3, 1999 at the Holiday Inn Gurnee. This full day safety seminar will feature Emmitt Nelson, Nelson Consulting who will discuss the 24 unique safety managements techniques successful contractors use.

In addition, we have several more speakers and a series of breakout sessions. Breakfast and lunch are included. Complete details are in the "Spotlight on Safety" brochure and registration form enclosed.

Oregon Carve-Out Bill Signed Into Law – A new bill to permit construction employers and unions to collectively bargain dispute resolution alternatives and develop lists of medical providers for Workers Compensation, has passed and been signed into law.

The bill, one of the first of its kind, will permit contractors with more than \$250,000 in annual sales to collectively bargain for improved Workers Comp conditions. A similar bill has been submitted by ICIC in the past with little success.

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 effected.

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 effected 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 105 degrees F) water.

Never rub the effected 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.

Assured Equipment Grounding Conductor Program - Orange is this quarter's color for contractors following the assured equipment grounding conductor program. As of October 1, 1998, contractors should be using **orange** tape when marking cords.

The assured equipment 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 Announces Delay In New Recordkeeping Rules – OSHA Administrator Charles Jeffress has announced a delay in implementing the agency's recordkeeping requirements. Employers will have until January 1, 2001 to comply.

OSHA still intends to publish the final rules by the end of this year. The changes will include new forms to replace the OSHA 200 form.

Gore versus Benefits – To often, we use gory pictures to try to shock employees into changing their behavior. But according to many experts, it doesn't always work.

Another approach that is more effective is showing the "benefits" of safety. For example: To get employees to wear eye protection, don't use the scare tactic that "you will lose an eye." Instead, tell them they will be more comfortable, won't get dust in their eyes and will look "cool".

Other benefits you can use include:

- Makes work easier
- Improves skills
- Saves energy
- Provides peace of mind
- Gives you more pride

OSHA Revising PPE Rules – For some time OSHA has been working on a revision of the Personal Protection Equipment (PPE) standards. According to reports, the new rule will require employers to pay for all safety equipment used in the workplace. The only exception will be equipment that is "personal in nature." This includes items the employee can wear offsite and isn't designed for a specific job.