



Lake County Contractors Association Safety News

December, 2007

Safety Award Applications Mailed

Applications for LCCA's 2007 Safety Awards have been mailed to Contractor Members. If you do not receive yours, just call the LCCA Office and we will get you a copy. Remember, you do not need to be "perfect" to apply. We do expect no fatalities during the year. Since your results are compared with **national averages**, you are not competing against other members, but rather your results are judged against all contractors across the country, doing the same type of work. To compute your incident rate, use the following formula:

$(\text{Number of recordable injuries} / \text{Total employee hours}) \times 200,000$
= Lost Workday Incident Rate. Remember that a "recordable injury" is one that resulted in days away from work, and "employee hours" includes all hour for every employee – both field and office.

While you will be compared to a rate based on your size, here are the 2006 incident rates for all size contractors in selected categories:

Residential building construction (NAICS 2361)
Non-Residential building construction (NAICS 2362)
Heavy & Civil construction (NAICS 237)
Utility system construction (NAICS 2371)
Water & Sewer Line construction (NAICS 23711)
Highway, street and bridge construction (NAICS 2373)
Specialty trade contractors (NAICS 238)

Completed applications are due into the LCCA Office no later than the end of January. Awards will be presented at the February Membership Meeting on February 28 at the Country Squire Banquets in Grayslake.

What PPE Are You Paying For?

On Nov. 15, 2007, OSHA finally issued its final rule on employer payment for personal protective equipment (PPE). Under the rule, all required PPE, with a few exceptions, must be provided at no cost to the employee. Employers must implement the PPE payment requirements no later than May 15, 2008. Examples under the new rule:

Employers do NOT have to pay for:

Non-specialty safety-toe protective footwear (e.g., steel-toe shoes/boots)
Non-specialty prescription safety eyewear
Sunglasses/sunscreen
Sturdy work shoes
Lineman's boots
Ordinary cold weather gear (coats, parkas, cold weather gloves, winter boots)
Logging boots required under Sec. 1910.266(d)(1)(v)
Ordinary rain gear
Back belts
Long sleeve shirts
Long pants
Dust mask/respirators used under the voluntary use provisions in Sec. 1910.134.

Employers DO have to pay for:

Foot protection
Special boots for longshoremen working logs
Rubber boots with steel toes
Shoe covers--toe caps and metatarsal guards
Non-prescription eye protection
Prescription eyewear inserts/lenses for full face respirators
Prescription eyewear inserts/lenses for welding and diving helmets
Goggles
Face shields
Laser safety goggles
Fire fighting PPE (helmet, gloves, boots, proximity suits, full gear)
Hard hats
Hearing protection
Welding PPE
Items used in medical/laboratory settings to protect from exposure to infectious agents (aprons, lab coats, goggles, disposable gloves, shoe covers, etc).
Non-specialty gloves: Payment is required if they are PPE, i.e. for protection from dermatitis or severe cuts/abrasions. Payment is not required if they are only for keeping clean or for cold weather (with no safety or health consideration).
Rubber sleeves
Aluminized gloves
Chemical resistant gloves/aprons/clothing
Barrier creams (unless used solely for weather-related protection)
Rubber insulating gloves
Mesh cut proof gloves, mesh, or leather aprons

Injuries Requiring Days Away From Work Decrease

Both the rate and the number of occupational injuries and illnesses requiring days away from work decreased from 2005 to 2006, according to the Bureau of Labor Statistics. The 2006 rate was 128 per 10,000 workers, a decrease of 6 percent from 2005. There were 1.2 million cases requiring days away from work in private industry, which represented a decrease of 51,180 cases (or 4 percent). Median days away from work — a key measure of the severity of the injury or illness — was 7 days in 2006, the same as the prior two years.

Key findings for 2006 nonfatal occupational injuries and illnesses requiring days away from work, include:

- Musculoskeletal disorders (MSDs) accounted for 30 percent of the injuries and illnesses with days away from work, the same percentage as in 2005.
- Nursing aides, orderlies, and attendants had 49,480 days away from work cases and a rate of 526 per 10,000 workers, which was more than four times the total for all occupations.
- Three other occupations with more than 40,000 cases had rates above 400 per 10,000 workers: construction laborers (488); laborers and freight, stock, and material movers (466); and heavy and tractor-trailer truck drivers (411).
- Men had a days-away-from-work rate of 143 per 10,000 workers; the rate for women was 106 per 10,000 workers.
- Four out of ten days away from work cases were sprains or strains. Approximately one in five of these were suffered by laborers and freight, stock, and material movers; heavy and tractor-trailer truck drivers; and nursing aides, orderlies, and attendants.

Case characteristics

- Sprains and strains was the leading nature of injury and illness in every major industry sector. These injuries decreased by 6 percent for total private industry in 2006 and for both goods-producing and service-providing industries. Trade, transportation, and utilities reported 157,380 sprains and strains, 33 percent of the total.
- The overall number of cases of carpal tunnel syndrome decreased by 21 percent. Workers on the job 5 years or more had a decrease of 27 percent for these kinds of illnesses.
- The part of the body most affected by work incidents was the trunk (including the shoulder and back) accounting for 34 percent of all cases. Cases involving the trunk decreased by 6 percent from 2005. Injuries and illnesses to the back made up 62 percent of the days-away-from-work cases involving the trunk.
- Floors, walkways, and ground surfaces were the source of injury or illness for 18 percent of all days-away-from-work cases. Worker motion or position accounted for 14 percent.
- Assaults and violent acts (by person) increased by 10 percent, with those to women increasing 21 percent to

10,400 cases. Sixty percent of the assaults and violent acts (by person) occurred in health care and social assistance and mainly involved assaults by health care patients.

- Injuries and illnesses due to repetitive motion decreased by 13 percent.
- Falls from a ladder decreased by 17 percent.

To view the complete BLS data, visit:

<http://www.bls.gov/news.release/pdf/osh2.pdf>

Frostbite

Cold weather is here 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 affected.

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 affected 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 100° F) water.

Never rub the affected 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

White is this quarter's color for contractors following the assured equipment grounding conductor program. As of January 1, 2008, contractors should be using **White** 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.

SAVE THE DATE!

18th Annual Construction Safety Conference and Expo February 12-14, 2008

“Construction Safety & Health by Design”

Exhibitor information: 800-552-7744

Register at <http://www.buildsafe.org>

Safety Training

Safety Training continues to be a primary goal of LCCA. Through June, 2005, LCCA has trained 295 in Hazard Recognition, 1st Aid/CPR, Flagger Certification, Excavation Competent Person and Fall Protection. With the construction season slowing down, we will be offering more training. Take advantage of this training. Just what should your employees be trained in? Here are some suggestions:

What Employees Should Know

- Company safety policies
- Company substance abuse/harassment policies
- Rights and responsibilities
- Safety as a part of employee performance
- Lockout/Tagout procedures
- Confined space entry procedures
- Health hazards
- Electrical safety
- Personal protective equipment
- Hazard recognition and avoidance
- First Aid/CPR
- Hazard communication program
- Rigging and signaling
- Scaffolding
- Reporting unsafe acts and conditions
- Reporting occupational injuries and illnesses
- Respiratory protection

What Supervisors Should Know

- Company safety policy and procedures
- Company substance abuse/harassment policies
- Applicability of accident/injury statistics
- Safety resources
- Lockout/Tagout procedures
- Confined space entry procedures
- Reporting and correcting unsafe conditions/acts
- Disciplinary process

- Accident/injury investigation
- Major work hazards
- Written safety/accident reports
- Job safety analysis
- How to conduct safety meetings
- Hazard recognition and avoidance
- First Aid/CPR
- Hazard communication program
- Train the trainer techniques
- Pre-work safety planning

OSHA also requires “competent person training” for certain construction activities. OSHA defines a competent person as one who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt and corrective measures to eliminate them. These areas include:

- Focused Inspection
- Lead in Construction
- Cadmium
- Respiratory Protection
- Rigging For Material Handling
- Welding and Cutting
- Scaffolding
- Fall Protection
- Cranes & Hoists
- Excavation
- Lift-Slab
- Steel Erection - Bolting
- Tunneling/Compressed Air
- Demolition
- Blasting and Explosives
- Ladders and Stairways
- Asbestos Standard

Call LCCA for all your training needs. We can help you improve the safety on your jobs and improve your bottom line at the same time!

For information on classes scheduled, or to register online go to <http://www.lcca-il.org/events>. The easiest way to get your employees trained is to let us schedule a class specifically for you. We will make sure the content is tailored to your employees and your industry. Call Lisa at the LCCA Office for all your safety training needs.

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 the LCCA Office as soon as possible.