

# ADOSH ADVOCATE



## Improving Workplace Safety and Health

<http://www.ica.state.az.us>

Darin Perkins, Director

Summer 2001

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### *The Heat is On*

Summer is here and so are the long hot days that come with it. It's not such a bad thing if you think about the weekend activities such as swimming, cookouts and boating. The problem is most employers don't want to pay us to do these things. They want us to work and in many cases, all day in the sun.

Employees throughout Arizona deal with hazards in their workplace on a day to day basis, -working at heights, electricity, excavations and too many more to mention. One of the most dangerous is working in the summer heat. Employees throughout the state are exposed to this hazard and the potential problems it creates.

The immediate hazards associated with working in the heat can include dehydration, burns, and rashes but these are also the warning signs for illnesses that can be more life threatening such as stroke and skin cancer. By taking a few precautions a dangerous situation can be avoided:

Drink plenty of water. A good rule of thumb is about one cup of cool water every 15-20 minutes.

Wear lightweight, loose fitting clothing. Don't expose skin to direct sunlight.

Wear a hat, preferably one that shades your scalp, face and neck from direct sunlight and that will still allow

airflow. Many hard hats have brims to protect the face and neck and still allow airflow between the hat and scalp.

Take frequent breaks, know your limitations and respond to the warning signs such as thirst and exhaustion. Find a cool shaded rest area before you need it. It will take longer to recover from over heating than it will to cool off periodically with short breaks throughout the day.

Avoid alcohol, coffee, tea, and caffeinated soft drinks that contribute to dehydration, the day of and the day prior to working in the heat.

Use U.V. protection (sun block). Wear the highest numbered protection available on all exposed skin.

All of this may seem impossible at times, especially when you are on a tight schedule and taking a break to cool off reduces your production.

However, each time you work without taking these precautions, a little of your health is lost. Drying out your skin and starving your body of fluids and rest reduces longevity and makes your appearance old and worn. Even more serious is the risk of heat stroke or death. As you work in the heat this summer remember, rest frequently, drink plenty of fluids and protect your skin as much as possible. *Kenneth Gaut*



Unidentified worker conducting welding operations at a steel erection project in downtown Phoenix.

## Fatal Contacts

In this column, we discuss some of the fatal accidents that occur in Arizona workplaces. We do this to help remind you that life is very fragile. This column has discussed some ghastly accidents. The current issue will be no different, but is aimed at making all of you more alert to an increasingly common means of an employee losing their life. Electrocutation!

In the last issue, we mentioned a fatality involving a young man working above ground, then contacting an overhead power distribution cable with a light piece of metal roof flashing. He was knocked unconscious by the jolt and fell to the concrete floor below. He was dead at the scene.

Some time earlier, we investigated the accidental death of a young man who was hanging a billboard advertising sign while straddling a billboard top 21' above ground. He was using a 10' length of ½" metal conduit to stiffen one edge of the sheet he was hanging. Unfortunately, he was just 7' from an overhead 12,000 volt power transmission line. He contacted the line with the steel conduit (or came close to it). The jolt he received knocked him to the ground 21' below, where a bystander put out the fire that had started on the victims leg, called for emergency aid and administered CPR. Six days later he was pronounced dead. He died of blunt force trauma to his head and a broken neck. He also had severe electrical burns to his lower leg and hand. He was not conscious when he fell.

There were several failures in both of these deaths. The first was the too common lack of training. Had the sign hanger been trained he would have been

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aware of the dangers of working near an energized power transmission line. The phase conductors are bare metal; no insulation. The power rating is based on a single phase to ground power potential. In this case the sign hanger became the primary path of phase to ground for 12,000 volts.

Another failure was the companies allowing employees to work within the 10' exclusion zone specified by Arizona Public Law. The local power companies are more than glad to provide you with booklets, training and assistance, that will help keep you from becoming a statistic. They also will assist you by providing appropriate safeguards if work within the proximity of the lines is unavoidable. If you have doubt, call them!

In round numbers, based on data made available by the Federal Government, 1,000 people die every year from electrical contact. Half of these people die from low voltage (440 VAC, or lower) contact. These statistics are a few years old, but there is no reason to assume that there has been any significant change downward. We need to understand that a low score wins in this arena.

Ernie Miller



## Steel Erection

Recently I was asked a question concerning the requirements for installing temporary flooring on tiered buildings. The question was based upon an individual's understanding that if employees were practicing 100% fall protection on a job site, the requirement to provide temporary flooring would no longer be

applicable. The requirements of 29 CFR 1926.750(b)(2)(i) must be complied with even when employees are utilizing fall protection. The standard requires that "where skeleton steel erection is being done, a tightly planked and substantial floor shall be maintained within two stories or 30 feet, whichever is less, below and directly under that portion of each tier of beams on which any work is being performed, except when gathering and stacking temporary floor planks on a lower floor, in preparation for transferring such planks for use on an upper floor." This standard serves many purposes such as limiting falls of employees to 30 feet, providing falling object protection and providing a staging area for emergency rescue operations. This requirement is also included in the most recent version of the standard for steel erection (which is expected to become a final rule soon), along with the option of providing safety nets instead of temporary flooring.

Patrick Ryan

## Just a Note

Due to ADOSH's stepped up efforts to prevent excavation cave-in and associated employee deaths, several unsafe and potentially deadly excavations have been discovered and corrected this quarter. The ADOSH consultation section has taken a proactive approach to finding those employers that need assistance. ADOSH is not relying on employers to make the first contact. The safety and health consultants are traveling throughout the valley in an attempt to find excavations and offer assistance. If the employer accepts the consultation service and agrees to correct hazards found the employer will not be referred to the ADOSH compliance section. However if the consultants find serious hazards and the employer refuses to correct those hazards, the ADOSH compliance section will be notified. So far this has not been necessary as employers have welcomed the consultants and potential cave-ins have been averted.

## Since You Asked

Q: Is workplace violence covered under the OSHA standards and where can I locate information on how to set up a program for my industry?

A: Assaults represent a serious safety hazard for many industries, and are the third leading cause of workplace fatalities nationwide. However neither Federal OSHA nor ADOSH have developed specific standards which cover employees who face a significant risk of job related violence. ADOSH encourages employers to establish violence prevention programs and to track their progress in reducing work-related assaults. Federal OSHA has developed several voluntary guidelines that can be used by employers when establishing programs to prevent workplace violence. You can obtain these guidelines on the OSHA web site at [www.osha.gov](http://www.osha.gov) and using the keywords "workplace violence."

The Arizona Occupational Safety and Health Act of 1972 mandates that, in addition to compliance with hazard-specific standards, all employers have a general duty to provide their employees with a workplace free from recognized hazards likely to cause death or serious physical harm. ADOSH will rely on Section 23-403.A of the Act, the General Duty clause, for enforcement authority. Employers can be cited for violating the General Duty clause if there is a recognized hazard of workplace violence in their establishment and they do nothing to prevent or correct it.

Carlos Rodriquez

If you Have a question concerning on the job safety and health and would like to see it printed, please feel free to contact Carlos at [carlos.rodriquez@osha.gov](mailto:carlos.rodriquez@osha.gov)

## Welcome

ADOSH has hired a number of new employees over the last few months. Sharon Miller, Jenny Mandeville, Sean Krilof and Mary Harris have joined the compliance sections in Phoenix and Steven Black and Frank Mendoza have joined the team in Tucson. We expect to hire additional staff in the very near future as well. We look forward to working with these individuals and having them help reduce employee injuries and illnesses here in Arizona.

Darin Perkins

## Summary of occupational fatalities investigated by ADOSH

January 1, 2001 through March 31, 2001

An employee was crushed between the back end of a flatbed trailer and the front of a forklift as the trailer was being backed up.

An employee was crushed by a small gantry crane that was being used to lift a metal plate. The metal plate started swinging, causing the crane to become unstable and fall over.

An employee was crushed between a tractor and forklift. The tractor was being pulled out of the mud and the victim walked between the two vehicles just before the tractor struck the back of the forklift.

An employee was standing on a finger joint board approximately 14 feet above ground while installing a chandelier light fixture. The weight of the employee and light fixture caused the board to break at the finger joint. The employee fell to the floor, suffering fatal head injuries.

A firefighter ran out of air in his SCBA while performing interior structural fire-fighting work.

An employee was struck from behind by a forklift when he left the forklift to unlock a gate. The forklift rolled forward, knocked the employee to the ground and rolled up onto the employee's chest.

An employee was crushed by a forklift being driven by another employee.

## The OSHA log 300, Injuries and Illnesses

Federal OSHA recently published changes to the recordkeeping standard. These changes will become effective January 1, 2002. The following is a brief overview of the changes.

The 101 has been updated to the 301. This form is used for reporting injuries and illnesses. Additionally, Form 300A has been created for posting a summary of the yearly injuries and illnesses. Posting will be required for three months, from February 1<sup>st</sup> through April 30<sup>th</sup>.

The standard still applies to employers with 11 or more employees.

Requires the employer to establish procedures on how employees are to report injuries and illnesses and inform employees of those procedures.

Eliminates the term "Lost Workdays" and focuses on days away or days restricted.

Counts calendar, rather than work days away from work.

180 calendar days away from work or days restricted is now the maximum number of days counted. Anything over 180 calendar days is not counted. You

must now record-

• Needle sticks and sharps injuries involving contamination by another person's blood or body fluids. (The employee's identity must still be kept strictly confidential);

• Musculoskeletal Disorders (MSD's);

• Work-related transmission of tuberculosis.

• Hearing standard threshold shifts (STHS's), of 10 decibels or greater at the 2000, 3000 and 4000 Hertz levels.

• Those are the major changes to the standard. Those individuals that will be maintaining the Log 300 should obtain and become familiar with the revised standard (29 CFR 1904), available at [www.osha.gov](http://www.osha.gov) or from ADOSH by calling consultation. ADOSH will be holding several classes throughout the state starting in August to help people become familiar with these new changes before the effective date. Please contact either the Phoenix (602-542-1769) or Tucson (520-628-5478) consultation section if you would like to be put on a mailing list to receive notification of these classes.

Steven Weberman

Free classes on the new recordkeeping requirements will be held August 29th and September 5th and 19th in Phoenix and August 28th and September 13th in Tucson. For more information, contact one of the trainers listed on the back.

## ADOSH Education and Training Calendar

Registration for each course begins no earlier than 30 days prior to the date of the course. Location address and time of course will be determined at the time of registration. Course information can be viewed on the Industrial Commission's web site at [www.ica.state.az.us/Adosh/training.htm](http://www.ica.state.az.us/Adosh/training.htm) From this site interested parties may e-mail instructors or obtain additional information. All ADOSH classes are free of charge and are subject to change or cancellation.

Date	Course	Location	Trainer	Phone
July 10	Excavation Safety Awareness	Avondale	Joe Gates	602-542-1641
July 12	Excavation Safety Awareness	Tucson	Sue Oliva	520-320-4229
July 16	Back Injury Prevention	Tempe	Fernando Mendieta	602-542-1640
July 18	Scaffold Safety Awareness	Phoenix	Joe Gates	602-542-1641
July 18	Back Injury Prevention	Flagstaff	Fernando Mendieta	602-542-1640
July 24	Forklift Train the Trainer	Show Low	Joe Gates	602-542-1641
July 24	Hazard Communication	Prescott	Fernando Mendieta	602-542-1640
July 26	Forklift Train the Trainer	Tucson	Sue Oliva	520-320-4229
August 8	Forklift Train the Trainer	Phoenix	Joe Gates	602-542-1641
August 9	Forklift Train the Trainer	Tucson	Sue Oliva	520-320-4229
August 16	Safety Management	Yuma	Joe Gates	602-542-1641
August 23	Excavation Safety Awareness	Tucson	Sue Oliva	520-320-4229
August 28	Excavation Safety Awareness	Phoenix	Joe Gates	602-542-1641
August 30	Respiratory Protection	Phoenix	Fernando Mendieta	602-542-1640
September 5	Safety Management	Tucson	Sue Oliva	520-320-4229
September 6	Electrical Safety and Lockout/Tagout	Flagstaff	Joe Gates	602-542-1641
September 18	Safety Management	Kingman	Joe Gates	602-542-1641
September 20	Electrical Safety and Lockou/Tagout	Tucson	Sue Oliva	520-320-4229
September 25	Fall Protection	Phoenix	Joe Gates	602-542-1641
September 26	Confined Space Entry	Phoenix	Fernando Mendieta	602-542-1640

Trainers may also be contacted by e-mail at [joe.gates@osha.gov](mailto:joe.gates@osha.gov), [fernando.mendieta@osha.gov](mailto:fernando.mendieta@osha.gov) and [sue.oliva@osha.gov](mailto:sue.oliva@osha.gov)

Dates are subject to change

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