

ADOSH ADVOCATE

Improving Workplace Safety and Health



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

Darin Perkins, Director

Fall 2004

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Comments and suggestions are welcome

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Emergency Response

Today's ever changing environment and the catastrophic events that occurred during and after 9-11 have changed the way employers need to manage their employee safety programs. Most employers focus on the programs that they currently have in place and never look into the development of programs that deal with major disaster situations. Employers that supported the efforts at the World Trade Center were not initially prepared. What actions would your company take if asked to aid in the recovery phase of an incident caused by a terrorist act, weapon of mass destruction, chemical mishap or a mass casualty?

Federal, state and local governments develop plans that institute response mechanisms which are used by fire departments, police, medical and other emergency responders. The plans cover responses to terrorist threats, weapons of mass destruction, disasters, hazardous chemical releases and other incidents. The plans apply the four phases of emergency management (mitigation, preparedness, response and recovery) thereby, ensuring an Integrated Emergency Management System. What about your company? Are you prepared to respond when called upon by these organizations?

The National Institute for Occupational Safety and Health has been looking into this serious problem and agrees that disaster sites pose a multitude of health and safety concerns to worker safety. The hazards and exposures are a function of the unstable nature of the site, the

potential of hazardous substances being present and the type of work being performed. An accurate assessment of all hazards may not be possible because they may not be immediately obvious or identifiable. Rescue personnel and workers may be selecting protective measures based on limited information. In addition to the hazards of direct exposure, workers are also subjected to dangers posed by the unstable physical environment, the stress of working in protective clothing and the emotional trauma of the situation.

During the response and recovery phases many companies will work in hazardous environments and will provide the manpower and equipment necessary to supplement the recovery forces that are involved. Our emergency services organizations cannot do it alone. If called upon, can you determine the risks to your employees who would operate heavy equipment while removing debris or while working on an unstable surface? What personal protective equipment and monitoring devices would they need? What universal precautions would be needed when rescuing victims, recovering deceased, handling human remains, contacting surfaces contaminated with blood or body fluids? Emergency planning for worker safety during these events is critical and you can no longer just sit by and wait until they happen. Are you prepared?

Carlos Rodriguez
Safety Consultant

Since You Asked

Question: I work on a construction site and I've noticed that some employees of other contractors come to work wearing shorts instead of long pants. Isn't that against OSHA regulations?

Answer: While ADOSH does not believe shorts are appropriate attire for a construction site (or most other workplaces, for that matter), there is no standard specifically prohibiting their being worn by employees. It is ultimately the employer's responsibility to determine if employees are exposed to hazards that would require the wearing of long pants. Expressed another way, it is the employer's responsibility to determine whether

or not the wearing of shorts exposes employees to an increased risk of injury. If an employee is performing tasks where he is at risk of cutting his leg(s) and he is wearing shorts, then the employer may be cited.

Question: My workplace always seems dark. Are there minimum lighting standards that workplaces must meet?

Answer: With few exceptions the OSHA standards do not address minimum lighting levels for workplaces. The construction standards specify minimum levels for general work areas, anywhere from 5 to 30 footcandles, depending upon the nature of the operation. Other standards simply require adequate

lighting, which obviously leaves some room for interpretation.

ANSI standard A11.1 provides recommended minimum lighting levels for various work operations, and may be a good source to consult.

Question: I am a newly appointed manager of a health clinic. How can I arrange for pickup of the biohazard products in our red containers (sharps containers)?

Answer: ADOSH does not provide sharps containers, nor do we pick up, handle or process hazardous waste. You should contact an appropriate medical waste disposal facility who can contract with you for regular pick up.

No More Inspections!

That's right, 14 employers in Arizona asked the Arizona Division of Occupational Safety and Health *not* to inspect their facility, and we agreed! These 14 *general industry* locations now have the peace of mind knowing they won't be targeted by ADOSH for a scheduled inspection during the next three years. These employers have exemplary safety and health programs and have achieved the VPP STAR designation from ADOSH.

It's hard to believe that out of the approximately 120,000 employers in Arizona, only 14 believe they have an exemplary safety and health program. Does this mean that only 1/100th of one percent of all employers in Arizona deserve recognition for their efforts to protect their employees? We believe there are many more employers throughout this great state that can achieve this notable designation and recognition.

The Added Benefits!

Many of the VPP sites throughout

Arizona and the nation have reported an increase in production rates and fewer quality control issues. Many larger companies are now requesting that their vendors and suppliers be VPP STAR sites.



ADOSH congratulates the employees of Simmon's Manufacturing Company, Arizona's 14th VPP site.

Employee satisfaction with their employer and the workplace in general also rose as a result of being involved in the VPP process. Many employees we talk to, who have been empowered by the VPP process, tell us they have a greater appreciation for the entire process and say they have increased their awareness of their responsibilities to work safely and productively and feel assured that any safety concerns they bring to the attention of management will

be promptly addressed.

Finally, injury and illness rates at VPP workplaces are below the national average for their industry, sometimes significantly so. These lower rates translate into significant financial savings for employers.

Are You Ready? For years employers have been seeking relief from general scheduled inspections. The Voluntary Protection Program provides that relief to those general industry employers who feel the safety and health of their employees is the number one priority and who operate exemplary safety and health programs. It's easy to apply for VPP certification. Simply call one of the following individuals. You could be on your way to becoming a VPP STAR site!

Chuck Konitzer (Phoenix and Northern AZ): 602-542-1718

Tom Webb (Tucson and Southern AZ): 520-320-4235

Patrick Ryan
Assistant Director

Newest SHARP Employers

We are happy to announce that three employers have recently completed a consultation visit with above average scores on their Safety and Health Assessment Worksheet. This achievement means these employers take the safety and health of their employees seriously. We believe employers with better than average safety and health policies need to be recognized for their achievements.

That's why these three employers are now recognized as **SHARP** employers.

*Hillside Animal Hospital,
Scottsdale, AZ*

*Alliance Beverage Distribution
Company, Phoenix, AZ*

*Scottsdale Eye Surgery Center,
Scottsdale, AZ*

SHARP stands for Safety and Health Achievement Recognition

Program. **SHARP** employers are removed from ADOSH's general scheduled inspection list for a period of one year.

Would you like to become a **SHARP** employer? If so, please contact the nearest ADOSH office to schedule a visit by our consultation section! The sections can be reached in Phoenix at 602-542-1769 and in Tucson at 520-628-5478.

*Babak Emami
Phoenix Consultation Supervisor*

Written Programs

The safety and health of your employees is of paramount concern to the Arizona Division of Occupational Safety and Health (ADOSH). Although the requirement to provide a workplace free from recognized hazards is a federal and state law, the concept of expecting your employees to return home each day in the same condition that they left is much more personal than that. Many times the people we employ are also our friends or even family. At the very least they are people deserving of the same respect we require for ourselves.

Recognizing hazards and establishing a safety and health program is your best method to prevent an on-the-job injury, illness and even death. Although the task of establishing a safety program can seem overwhelming, it is ADOSH's intent to provide you with a simple method of doing so.

Keep it simple. A safety and health program should be easy to understand and follow for both management and employees. The main idea is to convey specific guidelines for daily, weekly, monthly and yearly activities without building a program so large that it ends up as a doorstop. Be specific to your site/facility.

Generalizing about your requirements will lead to general interpretations. Specify who employees should see for further information and be willing to accept criticism, especially as your program is initiated. A good program will be continuously revised as it evolves to encompass all aspects of your facility.

The following is an example of a simple format for a safety program:

Management's Commitment Statement:

Typically the highest ranking management official's letter of support for the program.

Inspection Methods:

Methods for conducting routine inspections, typically by all levels of management.

Follow up Methods:

Methods used to assure corrective action for safety and health items found that include a completion date.

Employee Involvement:

Description of duties for safety committees or employee representatives. An effort to give the employees the ability to voice safety concerns.

Hazard Prevention and Control:

Job safety or work site analysis. An on-site analysis to ascertain necessary personal protective equipment (PPE) and precautionary measures for specific tasks or operations.

Training Requirements:

An outline of how formal and on-the-job training is to be conducted including training upon initial hire as well as annual refresher.

Accident/Injury Review

Methods to be used to investigate on-the-job injuries/illnesses with follow up practices to prevent recurrence.

Disciplinary Action Plans:

Disciplinary measures to be taken for violation of safety rules.

Award/Recognition Method:

Methods that acknowledge employee safe work practices.

Supplemental Programs:

Required written programs for specific operations such as Hazard Communication Program, Respiratory Protection Program, Lock-out / Tag-out Program, etc.

*Ken Gaut
Safety Consultant*

Fatal Mistakes

ADOSH recently received notification of several accidents where the operator of a piece of equipment had been killed during equipment operation. This is doubly tragic when it happens, because these accidents are obviously avoidable. Here are three:

The operator of a 12,000 pound forklift, used on a jobsite out of the city, in a low population area, was carrying a load on the forks to be placed in a secure storage area. When he reached the chained and locked gate of the storage area, he stepped off the forklift, with the key, to unlock and open the gate.

Because the forklift had some flaws with the parking brake and the ignition, he had not stopped the engine, but apparently pulled and set the faulty parking brake. The forklift was parked on a slight incline down toward the gate. As the operator was unlocking the gate, the forklift rolled slowly forward trapping him, breaking open the chained gate and trapping the operator so he could not get away, and slowly running over him. A passerby found him about a half hour later.

A mechanic, working on a road grader, decided he needed to road test the equipment, in spite of instructions to the contrary. This was a very remote site and it was late in the workday. The mechanic was not a regular operator of the grader, but was very familiar with the operating features of the grader. He was familiar with how they were operated, not how they were used. To test drive the equipment he drove it up a grade approaching 10%, on a dirt road in a mountainous area. Apparently he decided to lower the blade and smooth out a few bumps in the road as part of his road test.

At this point, all we have is supposition to go on, but we think he stalled the grader with the blade engaged on some solid rock formations present in the road surface. Since he was test driving the equipment and starting had been an issue, we surmise he failed to be able to restart the engine using the electric starter. He did carry a can of starting ether with him, which was found at the site. It appears he climbed onto the engine support frame at the rear of the grader, sprayed the intake filter full of ether, then attempted to run back to the cab, and start the engine with the remaining battery power.

In the meantime, without the engine running to maintain hydraulic pressure, the blade slowly relaxed its hold of the rock. Falling air pressure also allowed the brakes to slowly loosen. We later found the parking brake would not hold the grader. The equipment was older, foreign made, and did not have an automatic lockup to prevent motion that engaged on engine failure, as do the newer domestic models. The grader reversed its direction and started down hill, we think, just as the mechanic tried to regain the cab. The grader struck the mechanic, running over him, then trapped him under the blade as the rear wheels jumped over the dirt hill at the side of the road. It came to rest at this point. A passerby found him trapped an hour or so later.

The owner/operator of a scissor lift, attempting to drive the lift up a steep driveway at his home, was thrown from the scissor lift then run over as the unmanned scissor lift rolled back down the driveway. A neighbor found him later.

All three of these tragic accidents could have been prevented if the operator had been trained to recognize, AND AVOID, the hazards associated with the equipment he was operating.

Ernie Miller
Safety Compliance Officer

ADOSH Education and Training Calendar

Registration for each class begins no earlier than 30 days prior to the date of the class. Location, address and time of class will be determined at the time of registration. All ADOSH classes are free of charge and are subject to change or cancellation without notice.

Date	Class	Location	Trainer	Phone number
October 5	Lockout/Tagout	Avondale	Joe Gates	602-542-1641
October 6	OSHA in the Medical Office	Phoenix	Fernando Mendieta	602-542-1640
October 7	Forklift Train-the-Trainer	Phoenix	Joe Gates	602-542-1641
October 7	Hazard Communication	Tucson	Glynn Condit	520-320-4229
October 12	Lockout/Tagout	Prescott	Joe Gates	602-542-1641
October 13	Confined Space Entry	Tucson	Fernando Mendieta	602-542-1640
October 13	Respiratory Protection	Tucson	Fernando Mendieta	602-542-1640
October 13	Safety Management	Lake Havasu	Joe Gates	602-542-1641
October 14	Fall Protection	Tucson	Glynn Condit	520-320-4229
October 19	Excavation Safety	Peoria	Joe Gates	602-542-1641
October 20	Hazard Communication	Yuma	Fernando Mendieta	602-542-1640
October 21	Bloodborne Pathogens	Yuma	Fernando Mendieta	602-542-1640
October 21	Forklift Train-the-Trainer	Flagstaff	Joe Gates	602-542-1641
October 21	Machine Guarding (AM)	Sierra Vista	Glynn Condit	520-320-4229
October 21	Welding & Cutting (PM)	Sierra Vista	Glynn Condit	520-320-4229
November 3	Back Injury Prevention	Phoenix	Fernando Mendieta	602-542-1640
November 4	Lockout/Tagout	Gilbert	Joe Gates	602-542-1641
November 4	Hand & Power Tools	Tucson	Glynn Condit	520-320-4229
November 9	Machine Guarding	Tucson	Glynn Condit	520-320-4229
November 9	Forklift Train-the-Trainer	Prescott	Joe Gates	602-542-1641
November 10	Back Injury Prevention	Tucson	Fernando Mendieta	602-542-1640
November 10	Bloodborne Pathogens	Tucson	Fernando Mendieta	602-542-1640
November 12	Personal Protective Equipment	Tucson	Glynn Condit	520-320-4229
November 16	Confined Space Entry	Peoria	Fernando Mendieta	602-542-1640
November 17	Forklift Train-the-Trainer	Yuma	Joe Gates	602-542-1641
November 18	OSHA in the Medical Office	Avondale	Fernando Mendieta	602-542-1640
November 18	Excavation Safety (AM)	Sierra Vista	Glynn Condit	520-320-4229
November 18	Personal Protective Equipment	Sierra Vista	Glynn Condit	520-320-4229
November 18	Construction Safety Mgmt.	Yuma	Joe Gates	602-542-1641
November 18	Workplace Safety Expo	Yuma (Civic Ctr)	Joe Gates	602-542-1641
November 23	Safety Management	Phoenix	Joe Gates	602-542-1641
November 30	Fall Protection	Phoenix	Joe Gates	602-542-1641
December 2	Forklift Train-the-Trainer	Tucson	Glynn Condit	520-320-4229
December 7	OSHA 300 Recordkeeping	Phoenix	Joe Gates	602-542-1641
December 7	Hazard Communication	Prescott	Fernando Mendieta	602-542-1640
December 9	Back Injury Prevention	Phoenix	Fernando Mendieta	602-542-1640
December 10	Electrical Safety	Tucson	Glynn Condit	520-320-4229
December 15	Back Injury Prevention	Yuma	Fernando Mendieta	602-542-1640
December 16	Ergonomics	Yuma	Fernando Mendieta	602-542-1640
December 16	Scaffold Safety (AM)	Sierra Vista	Glynn Condit	520-320-4229
December 16	OSHA 300 Recordkeeping (PM)	Sierra Vista	Glynn Condit	520-320-4229

All Tucson classes will be held at 2675 East Broadway Tucson Az. Please call if you have any questions.

Trainers may also be contacted by e-mail at gates.joe@dol.gov, mendieta.fernando@dol.gov, and condit.glynn@dol.gov

Did You Know?

Recent studies have shown that employees who are cutting and installing cement roofing tiles may be over-exposed to silica-containing dust. Roofing contractors are urged to have their tile cutting and installation operations monitored to determine if their employees are overexposed and if engineering or other controls are necessary to reduce that exposure. Employers are welcome to contact the ADOSH consultation sections for assistance in this area. ADOSH consultation can be reached at 602-542-1769 in Phoenix, or 520-628-5478 in Tucson.

*Occupational Fatalities Investigated by ADOSH
April 1, 2004 through June 30, 2004*

- A maintenance employee was electrocuted while attempting to change a light fixture.
- A police department dive team member drowned during a diving operation.
- An employee was crushed when a mobile home he was working next to collapsed.
- An employee was crushed by a ROPS system when the backhoe he was operating tipped over.

**ADOSH
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