

ADOSH ADVOCATE

Improving
workplace
safety &
health



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Arizona Division of Occupational Safety and Health
800 West Washington Street 2675 East Broadway Road
Phoenix, AZ. 85007 Tucson, AZ. 85716
(602) 542-5795 (520) 628-5478

Darin Perkins, Director

Heat Illness Prevention

By the time this newsletter is mailed, the Arizona summer months will be well under way. However, the hottest months are still ahead of us and it is never too late to be reminded of some simple ways to prevent heat-related illnesses, such as heat stroke, heat exhaustion, heat cramps and fainting.

Fainting can occur in individuals who are not acclimated to the hot environment, and who stand still in the heat for any length of time.

Heat cramps are painful spasms of the muscles and are caused when workers drink large quantities of water, but fail to replace their bodies' salt loss.

Heat exhaustion results from loss of fluid through sweating when a worker has failed to drink enough fluids, take in enough salt, or both. This can result in extreme weakness or fatigue, nausea or headache. The skin is usually clammy and moist and the complexion flushed.

Heat stroke is the most serious of heat-related illnesses and can be life threatening. It is caused by the failure of the body's internal mechanism to regulate its core temperature. Sweating stops and the body can no longer rid itself of excess heat. Signs include 1) mental confusion, loss of consciousness or coma; 2) a body temperature of 106 degrees or higher, and 3) hot, dry skin which may be red, mottled or bluish. Victims of heat stroke will die unless treated promptly.

Employers and employees can protect themselves from heat-related illnesses by following some simple recommendations:

Key to any successful injury and illness prevention effort, providing employees with constant reminders about the dangers associated with working in the heat and the steps to prevent illnesses is important.

Employees should be advised to drink plenty of water throughout the day. Adding ice to keep the water cool is even better. Stay away from drinks with sugar or caffeine.

Where possible, shade should be provided in areas where employees take breaks. Sufficient break periods are also important.

Proper clothing is essential to prevent illnesses. Loose fitting, light colored clothing and wide-brimmed hats should be worn, if appropriate for the work.

Finally, shift changes can also play a role in protecting workers from excessive heat. If possible, alter shift start and end times to avoid the hottest parts of the day.

By planning ahead and initiating some simple preventative measures, employees can work safely in the Arizona heat and avoid many potential complications.

-AA

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Fatal Mistakes

Sunlight, ozone and all the wonderful advantages we enjoy in Arizona due to the clear, warm, sunny weather can also spell disaster if not managed carefully. Sun can cause severe skin problems, if you get too much. Heat alone can cause severe medical issues. We learn quickly to protect ourselves with light-weight, loose-fitting clothing, a light colored hat or cap and we keep plenty of hydrating fluids near us for constant use in the heat.

Not many think of the damage the same luxurious sunlight does to plastic materials exposed to sun and heat for long periods of time. Roofs in Arizona are frequently spotted with plastic dome skylights that take advantage of the same light we enjoy outside, to light up a dark warehouse or factory without needing to use electric power. It's a selling point for many real estate representatives. In fact, a structure with plenty of good skylights will probably sell at a premium price. But, there is a down side.

Plastic skylights have a small sticker applied to them that simply states that they are not designed to support the weight of a human body. This sticker is usually a bit obscure, and rarely noticed after installation. In just a few years, seven lives have been lost in Arizona due to failures of plastic dome type skylights. Even new, they are not designed to support a human body. After one year of torture in the Arizona sun, they loose much of their original strength.

On July 5, 2006, two temporary employees were sent to the roof of a warehouse structure to clean off the roof. One was sweeping the roof, and the second was using a garden hose to wash off dirt and leaves. The employees were given rudimentary job safety training by the temporary employment agency, but did not receive much training in fall hazard avoidance. Both had been working at this facility about a week. Although the two gentlemen were on the same roof, they were not working together. During the afternoon, employee A had gone down to the floor to get a drink of water. When he returned to the roof, he brought employee B a cold soda. Later, employee B left the roof to get a drink of water, and failing to find employee A, was told that employee A had fallen to his death an hour earlier. Employee B knew nothing of the fall.

The victim had apparently placed his weight on one side of a skylight, causing it to open up and he fell 35' to the dock floor. Employee B had heard or seen nothing to indicate a problem.

Skylights, just like open sided floor holes, must be guarded to prevent an employee from falling through. The guard can be a screen device that will support twice the potential load (a human body), or there can be upright guardrails placed around each skylight. The guardrail systems must cover all four sides, be 42" high with a 21" high mid-rail (both dimensions plus or minus 3") and be capable of withstanding a 200 pound horizontal load applied directly to the rail.

Additionally, employees working on a roof must receive training in fall hazard identification and avoidance prior to their performing the work, ladder safety (if ladders are used) and, if appropriate, the use of conventional fall protection methods and systems.

These two employees were not adequately trained, and specifically had not been trained in skylight hazard avoidance. The skylights were not guarded. Both training and guarding were clearly required in this case. Had these things been done, perhaps the employee would still be alive.

Ernie Miller, Safety Consultant

U.S. Gypsum Joins the VPP Ranks

ADOSH would like to congratulate U.S. Gypsum Company in Glendale, Arizona, on their recent receipt of the Voluntary Protection Program award. USG received their award at

a ceremony on May 1, 2008. USG is the 24th employer in Arizona to achieve VPP status and be recognized for their excellent safety and health management systems.

As a result of their efforts toward employee safety and health, USG's

injury and illness rates are significantly below those of their industry.

Information on the Voluntary Protection Program can be obtained by contacting the ADOSH consultation sections.

-AA



A Thousand Words

It's not uncommon to see folks riding in the back of a pickup truck. Unfortunately, it's not uncommon to see employees riding in the back of a truck. What's not common, however, is to see employees riding in the bed of the truck, sitting on the tailgate and sides, hanging a leg out of the truck, standing up in the bed, etc., while traveling down the interstate at a high rate of speed.

An OSHA standard requires a secured seat for each employee transported in an *off-highway* job-site vehicle. Common sense would dictate *at least* the same need for vehicles operated on-highway.

-AA

The "Inbox"

We regularly receive questions and comments via e-mail, at adosh.comments@dol.gov. Following is a selection of some we recently received.

Q: Are forklift operators required to have proof of certification or training on them, or can it be kept in a central recordkeeping office?

A: Documentation of forklift operator training can be maintained at a central office location.

Q: I went to a new dentist today and have some concerns as to the cleanliness of instruments and such. I'm concerned that they may not be taking proper precautions to protect patients. What do I need to do in order to get OSHA to do a site visit to investigate my concerns?

A: ADOSH does not have jurisdiction over patient safety and health. Concerns regarding patient safety in dental offices should be addressed to the State Board of Dental Examiners. Concerns regarding employee safety and health, those

can be addressed to ADOSH.

Q: Is there a regulation regarding having electrical appliances, such as microwaves, coffee pots, etc., in the hallway by the emergency exit door?

A: OSHA standards as well as municipal fire codes specify minimum width requirements for exit routes. Objects within the exit route must not reduce the width of the route to less than the minimum requirement, generally not less than 28". For requirements for your specific type of occupancy, you should check with your city fire officials.

Q: I work in the womens accessories department at a local department store. We've been told that OSHA regulations prohibit us from wearing open-toad shoes. Is this true?

A: There is no such requirement, but there are requirements for protective footwear where tasks present a crushing hazard to the feet. It is not likely that such hazards are present in your workplace.

-AA

ADOSH Partnership Program

Approximately five years ago, ADOSH developed a Partnership Program for the construction industry, for the purpose of forming a cooperative relationship with employers on construction sites. In addition, the program was developed to recognize those employers with excellent safety & health programs. Employers enter into a partnership because they want to show that they have effective programs, but recognize that improvements can be made. They do it because they want to provide a safe workplace for their employees. We currently have 17 active partnerships.

Based upon our experience with this program, some revisions are necessary to ensure that it continues to be effective. Starting May 15, 2008, employers desiring to enter into or renew a partnership will have to do some additional things prior to obtaining approval. Employers will have a component tied to their injury and illness rates in order to

-Continued on page 5

ADOSH Education and Training Calendar

Registration for each class begins 30 days prior to the date of the class. Location and time will be provided at the time of registration. Classes sponsored by ADOSH are free of charge but are subject to change or cancellation without notice. Some classes or seminars listed are not exclusively sponsored by ADOSH and may carry a nominal fee to cover the cost of course materials, space rental, etc. **NOTE: The phone number listed for each class is the number participants need to call for registration purposes and may or may not be a direct number to ADOSH or the trainer. While ADOSH trainers can answer questions specific to the class such as content, attendees will need to call the specific number listed to register.**

<u>Date</u>	<u>Class</u>	<u>Location</u>	<u>Trainer</u>	<u>Registration No.</u>
July 2	Heat Stress	Tucson	Dave Snover	520-628-5478
July 8	Power Tool Safety	Peoria	Joe Gates	623-773-7679
	Forklift Train-the-trainer	Tucson	Bill Garton	520-628-5478
July 9	Respiratory Protection	Kingman	Melissa Drate	928-757-0863
	OSHA in the Medical Office	Kingman	Melissa Drate	928-757-0863
	Machine Guarding	Phoenix	Joe Gates	602-631-2008
	OSHA 300 Recordkeeping	Tucson	Cheryl Caballero	520-628-5478
July 10	Scaffolding Sfty Awareness	Tucson	Tom Webb	520-628-5478
July 15	Excavation Safety	Avondale	Joe Gates	623-935-8888
July 16	Confined Spaces	Peoria	Melissa Drate	623-773-7679
	Hazard Communication	Tucson	Snover/Mendoza	520-628-5478
July 17	Respiratory Protection	Flagstaff	Melissa Drate	928-522-3020
July 22	Job Hazard Analysis	Phoenix	Melissa Drate	602-441-9185
	Asbestos Awareness	Phoenix	Melissa Drate	602-441-9185
	Heat Stress Prevention	Phoenix	Melissa Drate	602-441-9185
	Hand & Power Tool Safety	Tucson	Bill Garton	520-628-5478
July 23	Bloodborne Pathogens	Phoenix ICA	Melissa Drate	602-542-1640
	Fall Protection	Yuma	Joe Gates	928-373-5092
	Scaffold Safety	Yuma	Joe Gates	928-373-5092
	Medical/Dental Office Safety	Tucson	Cheryl Caballero	520-628-5478
July 24	Steel Erection	Tucson	Tom Webb	520-628-5478
July 29	Machine Guarding	Peoria	Joe Gates	623-773-7679
July 30	Excavation Safety Awareness	Prescott	Joe Gates	928-541-5001
August 5	Personal Protective Equipment	Peoria	Melissa Drate	623-773-7679
	Excavation Safety Awareness	Tucson	Bill Garton	520-628-5478
August 6	Back Injury Prevention	Bullhead City	Melissa Drate	928-757-0863
	OSHA in the Medical Office	Bullhead City	Melissa Drate	928-757-0863
	Back Injury Prevention	Tucson	Bill Garton	520-628-5478
August 7	Personal Protective Equipment	Flagstaff	Joe Gates	928-522-3032
August 13	Ergonomics	Phoenix	Melissa Drate	602-631-2008
August 14	Violence Prevention	Peoria	Melissa Drate	623-773-7679
	Forklift Train-the-trainer	Mesa	Joe Gates	480-732-7320
	Accident Investigation	Tucson	Mark Norton	520-628-5478
August 19	Confined Spaces	Phoenix ICA	Melissa Drate	602-542-1640
August 20	Excavation Safety Awareness	Yuma	Joe Gates	928-373-5092
	Personal Protective Equipment	Yuma	Joe Gates	928-373-5092
	Lockout/Tagout	Tucson	Cheryl Caballero	520-628-5478
August 21	Hazard Communication	Avondale	Melissa Drate	623-535-8888
	Safety & Health Management	Tucson	Mark Norton	520-628-5478
August 27	Safety Management	Prescott	Joe Gates	928-541-5001
September 8	Respiratory Protection	Phoenix ICA	Melissa Drate	602-542-1640

(Training schedule continues on next page)

Trainers may be contacted by e-mail using the following format: <lastname>.<firstname>@dol.gov
 "Phoenix ICA" classes are held at the Phoenix ICA building located at 800 W. Washington St.
 All Tucson classes are held at the Tucson ICA building located at 2675 E. Broadway Rd.

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Education & Training Calendar - Cont'd.

<u>Date</u>	<u>Class</u>	<u>Location</u>	<u>Trainer</u>	<u>Registration No.</u>
September 10	Excavation Safety Awareness	Phoenix	Joe Gates	602-631-2008
	Fall Protection Awareness	Tucson	Cheryl Caballero	520-628-5478
September 11	Fall Protection Awareness	Peoria	Joe Gates	623-773-7679
September 16	Excavation Safety Awareness	Peoria	Joe Gates	623-773-7679
	Confined Spaces	Yuma	Melissa Drate	928-373-5092
	Respiratory Protection	Yuma	Melissa Drate	928-373-5092
September 17	Forklift Train-the-trainer	Tucson	Bill Garton	520-628-5478
September 18	Hazard Communication	Flagstaff	Melissa Drate	928-522-3020
	Scaffold Safety Awareness	Tucson	Garton/Snover	520-628-5478
September 19	Hazard Communication	Snowflake	Melissa Drate	928-532-3515
	OSHA in the Medical Office	Snowflake	Melissa Drate	928-532-3515
September 24	Forklift Train-the-trainer	Kingman	Joe Gates	928-757-0863
	OSHA Recordkeeping	Kingman	Joe Gates	928-757-0863
	Confined Space Safety	Tucson	Cheryl Caballero	520-628-5478
September 25	Ergonomics	Avondale	Melissa Drate	623-535-8888
	Bloodborne Pathogens	Tucson	Tom Webb	520-628-5478
September 30	Excavation Safety Awareness	Phoenix ICA	Joe Gates	602-542-1769

Annual Safety Works Expo Dates Set for Tucson

Mark your calendar and save the dates for the annual SCF Arizona Safety Works Expo in Tucson, which is scheduled for Oct. 7-8 at the Holiday Inn Palo Verde Tucson Airport, 4550 S. Palo Verde Blvd.

Safety Works is designed for safety professionals, employers, workers and the people who are in charge of safety at their jobs. The exhibition features workplace safety information, networking opportunities with other safety professionals, classes that focus on workplace safety issues and a tradeshow floor for vendors of safety supplies, equipment and services to display their wares.

Classes are taught by experts in specific areas of safety, so attendees can learn how to reduce accidents and injuries on the job, as well as receive the most up-to-date information from the Arizona Division of Occupational Safety and Health.

Workshops cover a variety of topics,

including such issues as fall protection, office ergonomics, lifting and back safety, accident investigation, and more.

Workplace-related injuries, illnesses and fatalities can have a devastating effect on families and a disastrous impact on the costs businesses must pay for workers' compensation insurance. The goal at Safety Works is to provide information that will help save lives, prevent workplace injuries and build a culture of safety throughout Arizona, because SCF Arizona believes the best return on workplace safety investment by any employer is that employees are able to return home to their loved ones each day after work.

Cost is \$70 and includes continental breakfast and lunches each day, as well as admission to all workshop sessions. For more information, please visit: scfaz.com or call 602-631-2002.

Partnership Program - Cont'd.

qualify. In addition, a comprehensive program review will be conducted by both safety and industrial hygiene to ensure that necessary minimum elements of a safety & health program are in place. Employers will be scored on the review and if the required minimum marks are not achieved the partnership will not be approved.

Employers approved for the program will be granted a two year agreement, during which time they will undergo a number of consultation surveys as well as provide a pre-determined schedule of training classes for their staff. The goal is to show employers ways in which to improve upon their programs and have better-trained employees. The result is a safer workplace, stronger programs and more informed employees which translates into fewer injuries and illnesses.

If the Partnership Program sounds like something you may be interested in feel free to contact one of the consultation offices.

-Mark Norton, Assist. Director

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Occupational Fatalities Investigated by ADOSH January 1, 2008 through March 31, 2008

- 1) An employee fell off of a ladder, approximately 15 feet above the ground.
- 2) One employee was killed and another seriously injured when the swing stage scaffold they were using to clean windows collapsed.
- 3) Two employees fell approximately 30 feet while painting, killing one and seriously injuring the other.
- 4) An employee assisting in a tree-trimming operation was killed when a branch fell on him.
- 5) An employee fell during roof decking work.
- 6) A security guard fell approximately 15 feet while making his rounds on a construction site.
- 7) An employee fell from ground level and struck his head on the floor.
- 8) Three employees fell from a rebar structure. One died and the other two were injured.

WIN A FREE STANDARDS BOOK!!! Somewhere in this issue is a misspelled word. OK, there may be several misspelled words, but there is one that was misspelled on purpose. Find it and be the first to contact Dianne Marks at 602-542-1693 and tell her what the word is and we'll send you, free of charge, either a construction or general industry standards book, along with an ADOSH trinkets bag. **Hint: *Amphibian*** Not open to employees of the ICA. Void where prohibited. Batteries not included. Some assembly required.

ADOSH
800 West Washington St.
Phoenix, AZ. 85007