

ADOSH ADVOCATE

Improving
workplace
safety &
health



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

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Darin Perkins, Director

ICA Website Updated

After many months of hard work, the Industrial Commission's gurus of everything IT have rolled out the newest version of the ICA website at www.ica.state.az.us. While there were many hands involved in the site update, a special thanks goes to Dean Palmer for the countless hours he spent putting it all together.

instructions on how to do business with the Commission.

With the rollout of this newest version of the site, it follows that our folks will begin working on "stage two", which will further enhance the functionality of the site as well as the amount of information available.

The new site (home page view above) meets the current requirements for state agency web sites. More importantly however, the site is much more comprehensive in the information offered, is much easier to navigate and has a much-improved look and feel.

We invite you to visit the site and see what you think. Compliments can be sent to Dean via the "Contact the ICA" link at the bottom of the home page. Complaints can be sent to me since Dean didn't know I would be naming him in this article!

Visitors to the website will find information on each of the ICA divisions, including helpful brochures, forms and

-Darin Perkins, ADOSH Director

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Fatal Mistakes - Can You Hear Me Now?

The hard questions: Do your employees use cell phones while driving during the performance of company business? Do you require employees to be immediately available by cell phone? Does your company have written and communicated policies regarding cell phone use while driving?

According to an NSC press release, 1.6 million crashes, 28 percent of all crashes, each year are caused by drivers using cell phones and a minimum of 200,000 additional crashes each year are caused by drivers who are texting. The National Highway Traffic Safety Administration (NHTSA) data reveals that 11 percent of drivers at any one time are using cell phones and that cell phone use increases crash risk by four times. The estimate indicated an additional minimum 3 percent of crashes — or 200,000 — were caused by texting - and texting increases crash risk by 8 times.

Research by the Federal Motor Carrier Safety Administration reveals that when drivers send and receive text messages they take their eyes off the road for an average of 4.6 seconds out of every 6 seconds while texting, the department said. At 55 miles per hour, this means that the driver is traveling the length of a football field, including the end zones, without looking at the road.

On January 26, 2010 the U.S. Department of Transportation prohibited truck and bus drivers from sending text messages while operating commercial vehicles. Truck and bus drivers who text while driving commercial vehicles may be subject to civil or criminal penalties of up to \$2,750.

The General Duty Clause (A.R.S 23-403.A) states: Each employer shall furnish to each of his employees employment and a place of employment that are free from recognized hazards that are likely to cause death or serious physical harm to his employees.

Cell phone use, and especially texting, while driving, has been widely recognized as a hazard that can cause injury to employees. This serious hazard calls out to employers to develop policies regarding driving and distracting activities such as talking and texting.

To assist companies in implementing effective cell phone policies, the National Safety Council has developed a comprehensive cell phone policy kit to help companies build leadership support for cell phone policies and to communicate to employees the risks and the need for a policy. The kit is available as a free download at <http://www.nsc.org/Pages/DistractedDrivingkit.aspx> and provides:

- Ready-to-use sample policies
- PowerPoint presentations and executive summaries for senior management.
- A variety of policy roll-out communications for employees: presentation talking points, posters, voice mail greetings, FAQs, newsletter articles.
- A 1-hour course with instructor and participant guides and PowerPoint presentations.

A fact sheet, data resources and other information concerning cell phone use while driving are available on the NSC Website at <http://distracteddriving.nsc.org>

-Jenny Mandeville, Trainer

Yuma Employer Forum

On the heels of successful ones in Tucson and Phoenix, ADOSH is conducting another employer forum, this time in Yuma, on March 23rd.

The forum provides an opportunity for all who are interested to sit

down in an informal setting with Darin Perkins, ADOSH Director, and Assistant Directors Mark Norton and Bill Wright to get a brief update on ADOSH activities and have an opportunity to ask questions or discuss issues of concern.

The Yuma employer forum will begin

at 10:00 AM on March 23rd and will be held at the new Schoening Conference Center at AWC Main Campus, located at 2020 S. 8th Ave. There is no charge to attend but pre-registration is encouraged by calling 928-344-3898, or emailing YSC@worksafeaz.com.

A Thousand Words

Rather than one thousand, we believe only one word is necessary: Seriously?

Note: This contractor was quickly removed from ASU.



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: I am looking to start a crime scene cleanup business. Are there classes or certifications we will be required to attend/hold?

A: The first concern that comes to mind is bloodborne pathogens. You definitely want to be familiar and in compliance with that regulations. You should also contact our consul-

tation section at 602-542-1769 for guidance in other areas.

Q: The employer that I work for does not want to purchase rubber gloves for work with fuels, oils and solvents. What is the law?

A: Your employer must provide you with the personal protective equipment necessary to protect you from workplace hazards. If in the course of work it is likely for chemicals to come into contact with hands/arms, then you must be provided with

chemical resistant gloves, free of charge.

Q: My general contractor is asking for MSDS's pertaining to our trade. Do I need to provide this?

A: You must have an MSDS for each chemical product that your employees use. Many times, a general contractor will want to keep a copy of the MSDS's for all of the products used on their site. While not an OSHA requirement, the GC can certainly require such information.

ADOSH Education and Training Calendar

Registration for each class begins 30 days prior to the date of the class. 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. Students must call the specific number listed to register.**

<u>Date</u>	<u>Class Title</u>	<u>Location</u>	<u>City</u>	<u>Instructor</u>	<u>Phone</u>	<u>Facilitator</u>
April 1	Violence in the Workplace	3030 N. 3 rd St.	Phoenix	Jenny Mandeville	602-631-2228	Scott Higbee
April 7	Electrical Safety & Lockout	55 S. Priest Dr.	Tempe	Jenny Mandeville	480-250-5325	Richard Dalton
April 8	Hand & Power Tool Safety Back Strain Prevention	12001 W. Peoria 3000 N. Dysart Rd.	El Mirage Avondale	Jenny Mandeville Jenny Mandeville	623-876-4253 623-935-8888	Dennis Teller Landis Elliott
April 12	Hazard Communication	2675 E. Broadway Rd.	Tucson	Bill Garton	520-628-5478	Bill Garton
April 13	Forklift Train-the-Trainer	8401 W. Monroe St.	Peoria	Jenny Mandeville	623-773-7679	Tracey Booth
April 14	OSHA 300 Recordkeeping	2675 E. Broadway Rd.	Tucson	Cheryl Caballero	520-628-5478	Cheryl Caballero
April 21	Electrical Safety & Lockout Heat Stress	211 W. Aspen Ave. 211 W. Aspen Ave.	Flagstaff Flagstaff	Jenny Mandeville Jenny Mandeville	928-522-3032 928-522-3032	Margaret Penado Margaret Penado
April 22	Construction Safety Mgmt. Hand & Power Tool Safety Machine Guarding	211 W. Aspen Ave. 2675 E. Broadway Rd. 2675 E. Broadway Rd.	Flagstaff Tucson Tucson	Jenny Mandeville Mark Norton Bill Garton	928-522-3032 520-628-5478 520-628-5478	Margaret Penado Mark Norton Bill Garton
April 27	Excavation Safety Awareness	55 S. Priest Dr.	Tempe	Jenny Mandeville	480-250-5325	Richard Dalton
April 28	Fall Protection Awareness OSHA Inspections	2675 E. Broadway Rd. 8401 W. Monroe St.	Tucson Peoria	Cheryl Caballero Jenny Mandeville	520-628-5478 623-773-7679	Cheryl Caballero Tracey Booth
May 4	Heat Stress	12001 W. Peoria	El Mirage	Jenny Mandeville	623-876-4253	Dennis Teller
May 5	Heat Stress	3030 N. 3 rd St.	Phoenix	Jenny Mandeville	602-631-2228	Scott Higbee
May 6	Heat Stress	8401 W. Monroe St.	Peoria	Jenny Mandeville	623-773-7679	Tracey Booth
May 11	Safety Management Safety Management	2675 E. Broadway Rd. 1971 Jagerson Ave.	Tucson Kingman	Mark Norton Jenny Mandeville	520-628-5478 928-757-0894	Mark Norton LeeAnn Benton
May 12	Heat Stress	1971 Jagerson Ave.	Kingman	Jenny Mandeville	928-757-0894	LeeAnn Benton
May 13	Confined Spaces Respiratory Protection Heat Stress	1971 Jagerson Ave. 1971 Jagerson Ave. 1971 Jagerson Ave.	Kingman Kingman Kingman	Jenny Mandeville Jenny Mandeville Jenny Mandeville	928-757-0894 928-757-0894 928-757-0894	LeeAnn Benton LeeAnn Benton LeeAnn Benton
May 18	Heat Stress Medical Office Safety Bloodborne Pathogens	2675 E. Broadway Rd. 3727 Karicio Ln. 3727 Karicio Ln.	Tucson Prescott Prescott	Cheryl Caballero Jenny Mandeville Jenny Mandeville	520-628-5478 928-541-5001 928-541-5001	Cheryl Caballero Rusty Summers Rusty Summers
May 19	Excavation Safety Awareness	2675 E. Broadway Rd.	Tucson	Cheryl Caballero	520-628-5478	Cheryl Caballero
May 25	Confined Space Safety	3727 Karicio Ln.	Prescott	Jenny Mandeville	928-541-5001	Rusty Summers
May 27	Scaffold Safety Awareness	3727 Karicio Ln.	Prescott	Jenny Mandeville	928-541-5001	Rusty Summers
June 3	Excavation Safety Awareness	2675 E. Broadway Rd.	Tucson	Jenny Mandeville	928-541-5001	Rusty Summers
June 4	Excavation Safety Awareness Construction Safety Mgmt.	2675 E. Broadway Rd. 3030 N. 3 rd St.	Tucson Phoenix	Bill Garton Mark Norton	520-628-5478 520-628-5478	Bill Garton Mark Norton
June 9	Lockout/Tagout	16430 N. Scottsdale Rd.	Scottsdale	Jenny Mandeville	602-631-2228	Scott Higbee
June 10	Excavation Safety Awareness Heat Stress	2675 E. Broadway Rd. 3000 N. Dysart Rd.	Tucson Avondale	Mark Norton Jenny Mandeville Jenny Mandeville	520-628-5478 623-876-4253 480-857-5501	Mark Norton Dennis Teller Jodi Gilsdorf
June 15	Respiratory Protection Hazard Communication Heavy Equipment Safety	2675 E. Broadway Rd. 8401 W. Monroe St. 2675 E. Broadway Rd.	Tucson Peoria Tucson	Cheryl Caballero Jenny Mandeville Cheryl Caballero	520-628-5478 623-773-7679 520-628-5478	Cheryl Caballero Tracey Booth Cheryl Caballero

Training Calendar Cont'd.

<u>Date</u>	<u>Class Title</u>	<u>Location</u>	<u>City</u>	<u>Instructor</u>	<u>Phone</u>	<u>Facilitator</u>
June 16	Slips, Trips and Falls	2675 E. Broadway Rd.	Tucson	Bill Garton	520-628-5478	Bill Garton
June 22	Lockout Tagout	2675 E. Broadway Rd.	Tucson	Mark Norton	520-628-5478	Mark Norton
June 29	Bloodborne Pathogens	1611 S. Main St.	Snowflake	Jenny Mandeville	928-522-3032	Margaret Penado
June 30	Hazard Communication	1611 S. Main St.	Snowflake	Jenny Mandeville	928-522-3032	Margaret Penado
	Excavation Safety Awareness	1611 S. Main St.	Snowflake	Jenny Mandeville	928-522-3032	Margaret Penado
	Fall Protection Awareness	1611 S. Main St.	Snowflake	Jenny Mandeville	928-522-3032	Margaret Penado

Distractions & Consequences

I confess that I love a good quality, entertaining movie. I'll further confess that there are times when an animated movie comes along that I believe falls into that category. Such is the case with the Disney-Pixar feature "Up!" If you haven't seen it, you should.

It's a movie about Carl Fredrickson, a retired balloon salesman, who is ready for his last chance at high-flying excitement. Tying thousands of balloons to his house, Carl sets off to the lost world of his childhood dreams. Unbeknownst to Carl, Russell, an overeager 8-year old Wilderness Explorer who has never ventured beyond his backyard, is in the wrong place at the wrong time - Carl's front porch! The duo reach new heights and meet fantastic friends like Dug, a dog with a special collar that allows him to speak.

In addition to Dug, other dogs in the movie also have collars that allow them to speak and there are some hilarious moments when one of the dogs, in the middle of conversation with someone suddenly says "squirrel!" turns and looks in another direction for a few moments, then resumes the conversation as if nothing happened. The point is to mimic a dog's tendency to become easily

distracted by other animals, objects or activities.

Just like the dogs in "Up!", sometimes we, too, become distracted by the "squirrels" or "shiny objects" around us. Sometimes there is no harm, but other times, such as when one is working, these distractions can have disastrous consequences. ADOSH has inspected many fatal and non-fatal accidents where a moment of inattention to the task at hand has led to disaster. Sometimes the victim is simply daydreaming. Other times a coworker is distracted by something else taking place in the work area. Whatever the reason, attention is drawn away from the task and tragedy strikes.

Many of you work in occupations that are inherently dangerous. Construction work, fabrication shops, and similar work settings provide ample opportunities for injury, or worse. Staying focused and not becoming distracted by the "squirrels" is paramount to your ability to perform your work safely. Clear your mind and your work areas of potential distractions and think about the tasks before you.

-Darin Perkins, Director

Region IX VPPPA Conference

The annual regional Voluntary Protection Program Participant's Association (VPPPA) conference will be in Newport Beach, CA, March 30 through April 2, 2010, at the Newport Beach Marriott Hotel.

The conference provides an opportunity to network with other VPP members, learn about the Voluntary Protection Program, participate in an

application workshop and learn about the benefits that come from having an effective safety and health management system.

Conference registration can be done at www.vpppa.org. Hotel arrangements can be made by calling 1-949-640-4000, or online at www.marriott.com/laxnb. Ask for the 2010 VPPPA Region IX Conference rate or use group code "vppvppa."

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Mistakes in Safety Management

Over my career in the safety field I have seen many examples of safety management systems that were exceptional. When you see one you know it right away. Employees at all levels in these establishments understand what their roles and responsibilities are and they do all that they can to ensure they live up to them. Accountability is part of the process and everyone is involved. Unfortunately, and probably more so, I have seen the opposite of those exceptional systems. I have seen examples ranging from a safety management system that is non-existent to systems that could be exceptional were it not for the mistakes being made at all levels. These systems include the health side as well, and for some, may include environmental. For ease I will abbreviate it as S&HMS.

These mistakes oftentimes go unnoticed and uncorrected. What I want to do is show you what some of these mistakes look like and what can be done to correct them. I also want you to see how they can relate to management or employee.

Management

<u>Mistakes</u>	<u>Corrections</u>
No understanding of the hazards within the organization.	-Identify hazards and potential hazards
No clear and concise safety policy	-Develop a clear S&HM policy
Poor or no communication of safety & health policies	-Communicate policies to all within
Failure to set goals and objectives re: S&HMS	-Set obtainable goals and clear objectives
No understanding of roles and responsibilities re: S&HMS	-Define roles and responsibilities
Repeated risk taking / Rules not followed	-Conduct training for employees & managers
	-Ensure accountability is built into the system
	-Management has to set the example
Managers & employees not acting in line with S&H policies	-Provide training to managers and employees
Near misses and minor events go unreported	-Develop incident investigation system
Hazards go unnoticed or unreported	-Hazard reporting system
	-Hazard Identification/ correction / tracking
S&HMS not getting desired results	-Ensure timely evaluations of S&HMS to ensure it is working properly.

When looking at safety and health issues employees also have roles. Here are some common things to think about when it appears they are not living up to those roles.

Employees

<u>Mistakes</u>	<u>Corrections</u>
Failure to follow site safety policies	-Training / Accountability / Communication
Failure to report unsafe working conditions	-Communication / Trust (employees have to trust the system)
Repeated risk taking	-Culture needs defining. Shape attitudes, observations and actions around behavior
	-Ensure management is setting example
	-Get employees involved in program
Failure to use the appropriate PPE	-Training / Accountability / Mixed messages

There are obviously many more I could go over, but I think you're getting the message. Information and systems have to be planned out, developed, communicated and implemented and then there has to be some way of measuring activities and ensuring we are meeting our original objectives. As I said there are many more I could list and I could even break this down to a departmental level, or activity base. The important thing is that we are looking at these issues and exploring ways to correct them.

-Mark Norton, Assistant Director

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Occupational Fatalities Investigated by ADOSH October 1, 2009 through December 31, 2009

- 1) A roll of carpet fell from atop other rolls, crushing an employee.
- 2) An employee fell approximately 10 feet while painting the interior of a home.
- 3) An employee was electrocuted.
- 4) An employee died following an accident in which his arm was severed in an auger.

Fatality Decrease

Since 1990, ADOSH has inspected an average of 26 fatalities per year: 12 in construction, 11 in general industry and three in agriculture.

Last year, however, ADOSH inspected the fewest number of fatalities in a calendar year since before 1990.

During 2009, ADOSH inspected a total of 14 fatalities: three in the construction industry, five in general industry, and six in agriculture.

There are likely many reasons, including the current economic conditions, for such a drastic decrease in fatal accidents, but whatever the cause, the decrease means that

fewer families than normal experienced the pain and suffering associated with the death of a loved one.

Despite the decrease, fatalities still occur and one is too many. Let's all watch out for each other and maintain our collective efforts to try and prevent all fatalities.

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