

# A DOSH ADVOCATE

Improving  
workplace  
safety &  
health



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

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## ADOSH ADVOCATE

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Darin Perkins, Director

## Arizona Occupational Fatalities

In any given year, ADOSH typically investigates approximately 40% of all occupational fatalities in the state. Why do we not investigate all fatalities? Quite simply, there are other agencies that investigate many of them. There are some exceptions, but ADOSH usually does not investigate vehicle accidents, airplane accidents and workplace homicides.

Preliminary figures indicate that there were 50 occupational fatalities in Arizona in calendar year 2009. That is fully 1/2 the total number experienced in calendar year 2008.

It is not always the case, but many times ADOSH's fatality investigation trend can be a pretty good indicator of the overall occupational fatality trend in Arizona. If there are fewer fatalities for us to investigate, it usually means there are fewer total occupational fatalities. Unfortunately, the opposite is also usually true.

Over the past several months, we've reported on the decreasing numbers of fatalities investigated by ADOSH. The previous three quarterly newsletters listed a total of eight occupational fatalities that were under investigation by ADOSH. While one fatality is too many, the eight investigated during those nine months represented a significant decrease from the average of approximately 18 fatalities normally investigated during a nine-month period. Unfortunately, this issue of the *Advocate* lists a significant increase in the number of fatalities under investi-

gation. During the months of July, August and September, ADOSH opened 12 fatality investigations. A one-line summary of each incident can be found on page six. During that same three-month period in 2009, ADOSH investigated three occupational fatalities.

Of the 12 fatalities this past quarter, six were the result of employees being crushed by equipment (three of those involving forklifts overturning), and four were the result of falls. Most, if not all of the fatalities were preventable. Adequate employee training, and management oversight to ensure the training concepts were being implemented, would have prevented many of these fatalities.

I think we can safely say that the significant decrease in fatalities over the past 12-24 months has been due, at least in part, to the downturn in the economy. So what happened during this last quarter? I don't know that there is any one answer and any answer(s) may depend on the specific fatality. One thing is for certain, the economy has not improved over the last few months such that it would help explain such a huge increase in fatalities.

Let's not completely lose the ground gained during the past year.

Darin Perkins, Director

## Fatal Mistakes

On a roadway project a flagger was backed over by an asphalt hauler, and received crushing injuries to her entire body. The accident was witnessed by a number of co-workers in the vicinity and many were left traumatized by what they saw, heard, smelled and remembered. While the site was shut down for the investigation, the proactive employer immediately sought professional counseling help for the witnesses and co-workers. That choice, to tend to the living before finishing the job, may have prevented more accidents, even fatal mistakes.

When a traumatic event such as an accident or fatality occurs on a jobsite there can be more victims created than the obvious victim(s). A traumatic event can have a ripple effect throughout the jobsite, causing what experts call "Post-traumatic Stress Disorder" (PTSD) for those who witnessed the accident, assisted in the incident, or treated the victim. Many people may become a victim of that event, requiring a level of alertness on the part of the employer to observe, detect and intervene if necessary. To ignore the effect a traumatic incident can have on employees is to invite further exposure to hazards or unsafe acts due to distraction, inattention or fear.

PTSD is an anxiety disorder that can occur after you have been through a traumatic event. A traumatic event is something horrible and scary that you see or that happens to you. During this type of event, you think that your life or others' lives are in danger. You may feel afraid or feel that you have no control over what is happening.

According to the National Center for PTSD (<http://www.ptsd.va.gov/public/index.asp>), most people who experience a traumatic event will not develop PTSD. However, you are more likely to develop PTSD if you:

- Were directly exposed to the traumatic event as a victim or a witness
- Were seriously injured during the event
- Went through a trauma that was long lasting or very severe
- Believed that you were in danger
- Believed that a family member was in danger
- Had a severe reaction during the event, such as crying, shaking, vomiting, or feeling apart from your surroundings
- Felt helpless during the trauma and were not able to help yourself or a loved one.

A person is also more likely to develop PTSD if he/she:

- Had an earlier life-threatening event or trauma, such as being abused as a child
- Has another mental health problem
- Has family members who have had mental health problems
- Has little support from family and friends
- Has recently lost a loved one, especially if it was unexpected
- Has had recent, stressful life changes
- Drinks a lot of alcohol
- Is a woman
- Is poorly educated
- Is younger

With our troops returning from Iraq and Afghanistan and re-entering the work-force, you may encounter a worker with signs of PTSD. Our returning heroes need our support to recover from their exposure to war-time action. Likewise, our employees may need our vigilance to process the memories of workplace fatalities. For further information on PTSD and available treatments for Veterans and the general public you can visit this website: [http://www.ncptsd.va.gov/ncmain/information/what\\_is.jsp](http://www.ncptsd.va.gov/ncmain/information/what_is.jsp)

Jenny Mandeville - Trainer



## A Thousand Words

Fall protection: probably one of the most frequently needed aspects of a good safety program, yet one of the least understood. Too often there is very little, if any thought given to the methods used to protect employees from fall hazards. Systems are rigged up last minute resulting in serious mistakes.

In this situation, if the employee were to fall off of the roof, it is unlikely that his coworkers would be able to arrest his fall. It is also unlikely that the rope would remain wrapped around the vent pipe.

## The "Inbox"

*We regularly receive questions and comments via e-mail, at [adosh.comments@dol.gov](mailto:adosh.comments@dol.gov). Following is a selection of some we recently received.*

**Q:** We are going to be working in an area with a large rattlesnake population. Do you have any PPE recommendations?

**A:** I've got a couple of teenagers I could send over to do the work for you! In all seriousness, we would suggest good, sturdy work boots, heavy work pants, and thick gloves. You may even consider chaps or other additional layers of protection for the legs. If you will be doing a lot of bending or working near the ground with your hands, you might consider heavy arm coverings, too.

**Q:** Who is responsible for training contract workers who come to our facility? I'm mainly concerned about

asbestos training, but I am curious about training in general.

**A:** Generally speaking, the employer of the contract employees is responsible for conducting the training. However, as the facility owner, you have some responsibilities as well. You have a responsibility to inform the contractor of any known hazards, such as the location, condition and quantity of asbestos.

If the contractor employees will be performing work requiring lockout/tagout, or confined space entry, you have a responsibility to coordinate with the contractor so that either your procedures or the contractor's procedures are properly followed and that both your employees and theirs understand what is required.

**Q:** The telemarketing company I work for doesn't allow employees to

go to the bathroom unless it is their break time. Is it legal for them to prohibit an employee from using the restroom?

**A:** OSHA standards require employers to provide restroom facilities. ADOSH has always interpreted this requirement to include allowing employees to use the restroom when necessary.

**Q:** There is a new CPR guideline poster. Are we required to post this?

**A:** There is no OSHA requirement to post the new CPR poster.

**Q:** My boss says that OSHA is only for larger companies. Is this true?

**A:** The OSHA standards apply to all employer/employee relationships. This is true even if a company has only one employee.

## Yuma Employer Forum

ADOSH's next employer forum will be held on February 15, 2011 at the Yuma Main Library, located at 2951

S. 21st. Drive, Yuma, AZ. The forum will begin at 10:00 AM.

ADOSH employer forums provide an opportunity for interested employ-

ers and others to meet with the ADOSH director, ask questions and receive an update on current trends, new standards and other "hot topics." All are welcome.



## 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>
January 4	OSHA 300 Recordkeeping	2675 E. Broadway Blvd.	Tucson	Caballero	520-628-5478	
January 5	Noise/Hearing Protection	5401 E. Commerce	Flagstaff	Mandeville	928-522-3032	Margaret Penado
	Respiratory Protection	5401 E. Commerce	Flagstaff	Mandeville	928-522-3032	Margaret Penado
January 6	Back Injury Prevention	5401 E. Commerce	Flagstaff	Mandeville	928-522-3032	Margaret Penado
January 12	Preparing for an OSHA Insp.	5401 E. Commerce	Flagstaff	Mandeville	928-522-3032	Margaret Penado
January 13	Forklift Train-the-Trainer	2675 E. Broadway Blvd.	Tucson	Garton	520-628-5478	
	Office Safety	2351 W. 26th St.	Yuma	Caballero	928-373-1138	Diane Robinson
January 18	Construction Hazard Awareness	2351 W. 26th St.	Yuma	Caballero	928-373-1138	Diane Robinson
	Back Injury Prevention/Ergo	8401 W. Monroe St.	Peoria	Mandeville	623-773-7679	Tracey Booth
January 19	Hazard Communication	2675 E. Broadway Blvd.	Tucson	Ornelas	520-628-5478	
	Healthcare Annual Refresher	810 W. Bethany Home	Phoenix	Mandeville	602-347-6914	Shari Robinson
January 20	Hazard Communication (Spanish)	2675 E. Broadway Blvd.	Tucson	Ornelas	520-628-5478	
	Asbestos Safety Awareness	12001 W. Peoria	El Mirage	Mandeville	623-876-4253	Dennis Teller
January 21	OSHA 300 Recordkeeping	2675 E. Broadway Blvd.	Tucson	Caballero	520-628-5478	
January 27	OSHA 300 Recordkeeping	800 W. Washington	Phoenix	Mandeville	602-542-1769	Rosemary Montanez
	Workplace Violence Prevention	13226 E. S. Frontage Rd.	Yuma	Mandeville	928-373-1138	Diane Robinson
	Distracted/Aggressive Driving	13226 E. S. Frontage Rd.	Yuma	Mandeville	928-373-1138	Diane Robinson
February 1	Bloodborne Pathogens	2675 E. Broadway Blvd.	Tucson	Caballero	520-628-5478	
	Forklift Train-the-Trainer	1971 Jagenson Ave.	Kingman	Mandeville	928-757-0894	LeeAnn Benton
February 2	Slips, Trips and Fall Prevention	1971 Jagenson Ave.	Kingman	Mandeville	928-757-0894	LeeAnn Benton
	Back Injury Prevention	1977 Acoma Blvd.	Lake Havasu	Mandeville	928-757-0894	LeeAnn Benton
	Welding Safety Awareness	1977 Acoma Blvd.	Lake Havasu	Mandeville	928-757-0894	LeeAnn Benton
February 3	Fall Protection Awareness	2675 E. Broadway Blvd.	Tucson	Caballero	520-628-5478	
February 8	Preventing Sprains & Strains	3030 N. 3rd St.	Phoenix	Mandeville	602-631-2228	Scott Higbee
	Job Hazard Analysis	8401 W. Monroe	Peoria	Mandeville	623-773-7679	Tracey Booth
February 9	Accident Investigation	8401 W. Monroe	Peoria	Mandeville	623-773-7679	Tracey Booth
February 10	Lockout/Tagout	2675 E. Broadway Blvd.	Tucson	Ornelas	520-628-5478	
	Confined Space Awareness	12001 W. Peoria	El Mirage	Mandeville	623-876-4253	Dennis Teller
February 11	Electrical Safety Awareness	2675 E. Broadway Blvd.	Tucson	Caballero	520-628-5478	
February 15	Power & Hand Tool Safety	16430 N. Scottsdale Rd.	Scottsdale	Mandeville	602-274-6545	Lisa Rugloski
	Ladder & Stair Safety	3727 Karicio Ln.	Prescott	Mandeville	928-541-5001	Rusty Summers
	PPE Hazard Assessment	3727 Karicio Ln.	Prescott	Mandeville	928-541-5001	Rusty Summers
February 16	Safety & Health Management	2675 E. Broadway Blvd.	Tucson	Caballero	520-628-5478	
	OSHA 300 Recordkeeping	3727 Karicio Ln.	Prescott	Mandeville	928-541-5001	Rusty Summers
	Forklift Train-the-Trainer	3727 Karicio Ln.	Prescott	Mandeville	928-541-5001	Rusty Summers
February 17	Excavation Safety Awareness	2675 E. Broadway Blvd.	Tucson	Garton	520-628-5478	
	Workplace Violence Prevention	215 E. Goodwin St.	Prescott	Mandeville	928-777-1256	Julie McGirk
	Bloodborne Pathogens/MRSA	215 E. Goodwin St.	Prescott	Mandeville	928-777-1256	Julie McGirk
February 23	Forklift Train-the-Trainer (Span)	2675 E. Broadway Blvd.	Tucson	Ornelas	520-628-5478	
	Aerial/Scissor Lift Safety	City of Surprise/TBA	Surprise	Mandeville	623-222-3531	Tim Little
	Distracted/Aggressive Driving	3000 N. Dysart Rd.	Estrella	Mandeville	623-935-8888	Landis Elliot

Training calendar cont'd.

Date	Class Title	Location	City	Instructor	Phone	Facilitator
March 2	Automotive Shop Safety OSHA Inspections	55 S. Priest Dr. 2675 E. Broadway Blvd.	Tempe Tucson	Mandeville Caballero	480-350-2904 520-628-5478	Chris Hansen
March 3	Lockout/Tagout	3030 N. 3rd St.	Phoenix	Mandeville	602-631-2228	Scott Higbee
March 8	Construction 10-Hour	3727 Karicio Ln.	Prescott	Mandeville	928-541-5001	Rusty Summers
March 9	Construction 10-Hour	3727 Karicio Ln.	Prescott	Mandeville	928-541-5001	Rusty Summers
March 10	Back Safety Awareness	2675 E. Broadway Blvd.	Tucson	Ornelas	520-628-5478	
March 11	Heavy Equipment Safety	2675 E. Broadway Blvd.	Tucson	Caballero	520-628-5478	
March 15	Intro. To Accident Investigation	16430 N. Scottsdale Rd.	Scottsdale	Mandeville	602-274-6545	Lisa Rugloski
March 16	Preparing for an OSHA Insp.	8401 W. Monroe St.	Peoria	Mandeville	623-773-7679	Tracey Booth
March 17	Scaffold Safety Awareness	2675 E. Broadway Blvd.	Tucson	Garton	520-628-5478	
March 18	Preventing Sprains & Strains	12001 W. Peoria	Tucson	Mandeville	623-876-4253	Dennis Teller
March 22	Workzone Safety Awareness	1130 W. Warner Rd., (B)	El Mirage	Mandeville	602-728-7750	Janet Meza
March 23	Office Safety	2675 E. Broadway Blvd.	Tucson	Caballero	520-628-5478	
March 24	Excavation Safety (Spanish)	2675 E. Broadway Blvd.	Tucson	Ornelas	520-628-5478	
March 25	OSHA 300 Recordkeeping	1360 N. Neils Hansen Ln.	Pinetop	Mandeville	602-631-2228	Scott Higbee
March 30	Forklift Train-the-Trainer	1360 N. Neils Hansen Ln.	Pinetop	Mandeville	602-631-2228	Scott Higbee
	Bloodborne Pathogens/MRSA	3000 N. Dysart Rd.	Estrella	Mandeville	623-935-8888	Landis Elliot
	Heat Stress Awareness	2351 W. 26th St.	Yuma	Caballero	520-628-5478	Diane Robinson
	Heat Stress (Spanish)	2351 W. 26th St.	Yuma	Ornelas	520-628-5478	Diane Robinson

**CORRECTION/UPDATE**

The employer forum previously announced for Sierra Vista in March 2011 has been cancelled. No specific date, time or location had been announced. We apologize for any inconvenience this may cause.

**SHARP and VPP Update**

**SHARP:** Consolidated Rebar located in Tucson was approved on September 3, 2010 as a SHARP program participant.



Consolidated Rebar award ceremony

**VPP:** ADOSH is pleased to welcome both Hunter Contracting Company (Gilbert, AZ) and Cintas Corporation (location 696) into the Voluntary Protection Program.



Cintas Corporation VPP ceremony

In addition to Hunter Contracting and Cintas Corporation, we are pleased to continue to have Honeywell Deer Valley Americas Electronic Operations Center in the program. They were recertified effective December 1, 2010.



Ed Nichols of Hunter Contracting receives the VPP plaque from Darin Perkins, ADOSH Director

## Occupational Fatalities Investigated by ADOSH July 1, 2010 through September 30, 2010

- 1) An employee fell nine feet from a ladder, striking a lower guardrail.
- 2) An employee was found unresponsive at the bottom of a staircase.
- 3) A forklift operator was crushed when the lift fell from a two foot loading dock.
- 4) An employee was crushed between the arm of a backhoe and the body of the equipment.
- 5) An employee died by positional asphyxiation when he became stuck in the small opening of a water filtering tank.
- 6) An office employee was attempting to access a locked office by removing the ceiling grid and climbing over the office wall. He fell in the process resulting in head trauma.
- 7) An HVAC company owner made contact with live electrical parts and was electrocuted.
- 8) An employee was crushed between two trailers while connecting a secondary trailer to the lead trailer.
- 9) An employee was run over by a road grader.
- 10) An employee was crushed by a forklift when it flipped backwards while going down a sloped driveway.
- 11) A forklift operator drove the lift into the swing radius of an excavator. The forklift was knocked over and the employee was crushed by the overhead protective structure.
- 12) An employee fell approximately 12 feet from a fixed ladder.

### Trainer's Corner

ADOSH classes listed in the quarterly edition of each *Advocate* ([http://www.ica.state.az.us/ADOSH/Forms/ADOSH\\_AdvocateCurrent.pdf](http://www.ica.state.az.us/ADOSH/Forms/ADOSH_AdvocateCurrent.pdf)) are open to the public and free of charge. The classes are hosted by various municipalities, colleges, insurance companies and industry associations. These hosts supply the classroom and often request the subjects they would like to have taught, based on their customer or employee needs. These classes are scheduled at the end of each year for the entire upcoming year. If there are classes that you would like to see offered, call me at 602-542-1640 or email me at [mandeville.jenneth@dol.gov](mailto:mandeville.jenneth@dol.gov). We value your input and would like the 2011 training schedule to meet your needs!

### Distracted Driving

Distracted driving has become an epidemic in the United States. To combat this problem, OSHA recently published information on the hazards of distracted driving. Year

**To get the greatest benefit from ADOSH training, here are some tips:**

1. Call the contact number and reserve your space early as classes fill up quickly.
2. Come prepared to participate. We learn much from each other's experiences.
3. Bring a thumb drive - I will share my training materials with you!
4. Classes are usually 3 or 4 hours. Plan to stay the entire time to receive a certificate.
5. Copy attendance certificates for employee's file. We retain rosters for only one year.
6. Estrella Mountain College classes are held in the evening if you can't attend during the day.
7. Bring highlighters, tabs, pencils, pens and note paper.
8. Most venues allow snacks and drinks, so bring some! (Quiet ones, if

you please)

9. Thank our hosts for the classes; they work hard to bring them to you.
10. Check for any last minute schedule changes or additions at: [http://www.ica.state.az.us/ADOSH/ADOSH\\_Newsletters.aspx](http://www.ica.state.az.us/ADOSH/ADOSH_Newsletters.aspx)

OSHA 10 and 30 Hour classes: In 2011 ADOSH will offer a limited number of OSHA 10 and 30 Hour Classes for Construction and General Industry. While ADOSH does not charge for the classes, a small fee may be charged **by the host** to cover the cost of refreshments. We expect these classes to fill up quickly and class sizes are limited to the venue space available, so register early!

See you in class!

-Jenny Mandeville, ADOSH Trainer

after year, the leading cause of worker fatalities is vehicle crashes. The human toll is tragic. DOT reports that in 2009, more than 5,400 people died in crashes linked to distraction and thousands more were injured.

OSHA's web site on distracted driving (<https://www.osha.gov/distracted-driving/index.html>) contains valuable information to assist employers in ensuring employee safety while on the road.