In This Issue

Learning From Workplace Fatalities
Part 3: Principle Based Employee Safety Training  
Page 1

2012 ADOSH Regional Safety Summit Report  
Page 2

A Thousand Words
The “Inbox” Fatalities  
Page 3

Training Calendar  
Page 4-5

VPP Spotlight  
Page 6

Trainer’s Corner: Heat Stress and Haboobs!  
Page 7

ASSE Summit and VPP News  
Page 8

Principle-Based Employee Training

Learning from Workplace Fatalities: Part three of a three-part series.

A principle is defined as: a fundamental truth or proposition that serves as the foundation for a system of belief or behavior or for a chain of reasoning. (Oxford Dictionary) When we refer to safety training, we are really talking about two linked elements of learning: the introduction of a principle which constitutes “education”; and the practical application of that principle to existing paradigms in order to achieve behavior based on a higher chain of reasoning, which we refer to as “training”. For effective learning to take place, both education and training combined realize the best outcome. Without an understanding of the underlying principles, technique alone is taught and motivation for sustaining that method of performance is weak or non-existent. For sustainable learning, the principle or the belief that leads to a higher chain of reasoning is the foundation of effective instruction.


One of the truths we can learn from fatalities is that people differ in their levels of comprehension of a given principle. We assume that all people value life because life is an inalienable right that is embraced by our American culture. In fact, some of our employees may have never pondered on the value of life, be it their own or the life of another. Generational differences and experiential diversity widen the perception gap of a proposed shared value, which value is an essential foundation of a strong safety culture. No wonder we spin our wheels!

In our current workforce we are attempting to provide effective education and training to three distinct generations: the Baby Boomer Generation – born between 1946 and 1964; Generation X - born between 1965 and 1976 and Generation Y – born between 1977 and 1994. Each generation has its own experiences and priorities that filter into the workplace and though diverse, they must join together through shared values so a firm foundation can be laid for a safety culture. That is where education comes in. The purpose for education is to teach a truth, a principle that can be embraced by all employees and once embraced, can be built upon to achieve higher and higher goals. Let’s look at some facts about these three generations:

The Baby Boomers are 71 million strong, 48-66 years of age and “live to work.” When explaining who they are, they will often describe what they do to earn a living and define each other on that basis.

Generation X is 41 million strong, 36-47 years of age and “work to live.” Often defining themselves by their activities outside of work, work being just a means to an end. They are the first generation of latchkey kids, grew up with TV in their homes and are well educated – 60% have attended some college. They are comfortable with electronics, computers, email, smart phones, etc. Over 65% use on-line services such as banking and shopping.

Generation Y is the largest group by far at 79 million, 18-35 years of age and will comprise 47% of the workforce by 2014.
and they "Live, and then work." They grew up with cable TV, internet, cell phones and "reality" TV. 90% own a computer, 82% own a cell phone; 36% have a tattoo.

We can combine Generations X and Y even though their focus differs they are still more aligned with each other than with the Baby Boomers. Combined they are 120 million strong and technology is embedded in everything they do. They are together "Generation Tech." They research, Google, and map, and an answer for every question is at their fingertips. They do not trust one source but will seek blogs and ratings by others to locate that answer. We need to embrace the technology used by Generation Tech if we hope to communicate effectively with them. Twitter, Facebook, Podcasts, Virtual Reality, and Texting are every day, every hour and every minute communication media for Generation Tech.

George Bernard Shaw said, “The single largest problem with communication is the illusion that it is taking place.” With such a diverse workforce, how can we be sure that we are communicating our values and safety principles to all generations? Fortunately, truth appeals to all three generations and truth is where we start. We need to determine our company’s core values, state those values, teach those values, measure and live by those values in order to convince three generations of workers that while they may be very different, they share a foundation that is sure.

Fatalities teach us the value of life, of making life sustaining decisions, and that by “acting” we do not fall into default mode and become “acted upon.” Bringing the employees’ focus back to life and living as the motivator for investing in safe behavior is a sound place to begin the “why” part of the instruction. Visualizing their families’ lives without them, the hardships and sorrows of fatherless or motherless children, the loss of stability and security for loved ones is a truth that can be comprehended on a personal, visceral basis. Teaching that life is priceless and that the company’s primary value is that each employee’s life is worth protecting will help determine appropriate rewards or discipline. Does a Pizza Party for an accident free quarter reflect the depth of the company’s commitment to life? Perhaps celebrating life events by granting time off to an employee who demonstrates his choice of life over death through observable actions to protect himself and others would speak more clearly of the company’s value system and reinforce the very foundation of their safety culture.

Begin at the beginning. Define your values.

Thank You Yuma!
For making our first 2012 Regional Safety Summit a BIG SUCCESS!

On February 22-23 ADOSH, in partnership with Yuma County Risk Management, held our first Regional Safety Summit. An OSHA General Industry 10 Hour class was held with attendees from a broad spectrum of small businesses, industries, cities, and county governments. In addition to the OSHA 10-Hour course, 24 one-hour classes were offered to the public and were well attended. The highlights are as follows:

Yuma County Health Department personnel Cesar Reta, Karina Zavala, Flor Castanon, and Leigh Ann Howell presented “Bloodborne Pathogens” and discussed other Hot Health Topics in a class entitled “Contagion!” City of Yuma Police Department’s Lt. Stephen Suho and Gang Officers Robbie Rosas and Gamel Ali presented a riveting series of three classes concerning “Violence in the Workplace.” Jeff Denman, a safety instructor at AWC presented a class for the “New Safety Officer” and an introduction to “Respiratory Protection Programs.” SCF Loss Control Consultant Gerry Coley addressed the topic of “Getting Back to Work” concerning returning to work after an injury or a prolonged absence. Carl Moore from APS came to the Summit with the “Weenie Wagon” to demonstrate the power of electricity in an exciting, and informative demonstration.

Much of the success of the Safety Summit in Yuma can be credited to Yuma County Risk Management’s Diane Robinson who secured the meeting rooms at the beautiful Yuma County Main Library, worked out all the logistics and scouted out talented instructors for the event.

If you missed the Yuma Summit, join us in Flagstaff June 13-14, at the Coconino County Community College for our second 2012 Summit. (See page 9 for flyer.) Tucson and Phoenix are on the agenda later this year! For the full schedule, class descriptions and to download registration forms, go to the ADOSH website: http://www.ica.state.az.us/ADOSH/ADOSH_H_Consultation_and_Training.aspx

You can also contact ADOSH at 602-542-1769 or Margaret Penado 928-213-2083 at the City of Flagstaff Risk Management Department to request registration materials or ask questions. The Flagstaff Summit will be hosted by Coconino Community College Small Business Development Center at the 4th Street Campus. See you there!

Look for additional Summits later in the year. Following Flagstaff, the next Summit will be in Phoenix in August and Tucson in November.

Thank You Yuma!
**Q:** I work in a garage and lab environment. We have water dispensers, with disposable cups, in the garage and throughout the facility. Is this allowed?

**A:** In general, 29 CFR 1910.141 prohibits drinking and eating in areas where toxic materials are used. Toxic materials would generally not include motor oils and similar fluids, but would include chemicals or substances that, if ingested, can cause more serious harm.

**Q:** Our office does not have a restroom available after 5 PM on weekdays. On weekends, no restrooms are available. Is this a violation of OSHA standards?

**A:** Employers are required to make restroom facilities available for employee use, regardless of the shift or time of day. If employees are at work after 5 PM or on weekends, then restroom facilities must be available for use.

**Q:** If restroom facilities are not functional, can my employer require us to work?

**A:** The standards require employers to provide restroom facilities for employee use. This would necessarily mean that the facilities must be in functional order as a non-functioning restroom is the same as not having any restroom.

Your question, however, has to do with the legality of an employer requiring employees to work if the restroom is not functioning, or is otherwise unavailable for use. For purposes of our response, your question might be rephrased as follows: Can I refuse to work if I am exposed to a hazardous condition or a violation of the OSHA standards?

Under the ADOSH discrimination (whistleblower) rules, an employee’s refusal to work is considered protected activity only if the following conditions are met:

1) The refusal must be made in “good faith.”
2) The employee must believe that the condition to which he is exposed is one that could result in death or serious injury.
3) The condition must be of such a nature that a reasonable person, facing the same set of circumstances, would conclude that there is a real danger of death or serious injury.
4) There must be insufficient time to eliminate the dangers through use of regular enforcement channels.
5) The employee must have sought from the employer and been unable to obtain a correction of the condition.

In light of the foregoing, ADOSH’s position is that it is unlikely that the unavailability of a restroom facility would provide an employee with sufficient justification for refusing to work. If such a condition exists, you are encouraged to seek a solution through the employer, or contact ADOSH to file a complaint.

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**A Thousand Words**

What can we say about these photos, except maybe that the guy in the middle photo really, really values his hair?

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**The “Inbox”**

*We regularly receive questions and comments via e-mail. Following is a selection of some recently received at ADOSH’s public e-mail box: adosh.comments@dol.gov*

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**Occupational Fatalities Investigated by ADOSH October 1 - December 31, 2011**

1) One employee fell 18 feet from a ladder as he was working on overhead communication lines.

2) An employee was struck by an elevated platform when it dropped.

3) An employee was crushed by stone slabs when they fell off of their A-frame support stand.
Registration for each class begins 30 days prior to the date of the class. Most classes 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 or web address 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. Registration Problems? Please call 602-542-1769.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Class</th>
<th>Address</th>
<th>City</th>
<th>Instructor</th>
<th>Phone</th>
<th>Host</th>
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<td>April 3</td>
<td>9 AM - 12 PM</td>
<td>Auto Shop Safety</td>
<td>2441 S. 22nd Ave.</td>
<td>Phoenix</td>
<td>Mandeville</td>
<td>602-495-5184</td>
<td>Chantel Robertson</td>
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<td>April 4</td>
<td>9 AM - 12 PM</td>
<td>Respiratory Protection</td>
<td>800 W. Washington St.</td>
<td>Phoenix</td>
<td>Mandeville</td>
<td>602-542-1769</td>
<td>Rosemary Montanez</td>
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<td>April 9</td>
<td>9 AM - 12 PM</td>
<td>Bloodborne Pathogens</td>
<td>2675 E. Broadway Blvd.</td>
<td>Tucson</td>
<td>Ornelas</td>
<td>520-628-5478</td>
<td>ADOSH</td>
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<td>April 10</td>
<td>9 AM - 12 PM</td>
<td>Intro to Accident Investigations</td>
<td>102 Roadrunner Dr.</td>
<td>Sedona</td>
<td>Mandeville</td>
<td>928-203-5038</td>
<td>Nancy Wilson</td>
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<td>April 11</td>
<td>8 AM - 11 AM</td>
<td>Welding &amp; Compressed Gas Safety</td>
<td>55 S. Priest Dr.</td>
<td>Tempe</td>
<td>Mandeville</td>
<td>480-350-2904</td>
<td>Chris Hansen</td>
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<td>April 12</td>
<td>8 AM - 11 AM</td>
<td>Groundkeeping Safety</td>
<td>3030 N. 3rd St. (SCF)</td>
<td>Phoenix</td>
<td>Mandeville</td>
<td>602-631-2379</td>
<td><a href="http://www.scfaz.com">www.scfaz.com</a></td>
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<td>April 17</td>
<td>9 AM - 12 PM</td>
<td>PPE and Hazard Assessment</td>
<td>2675 E. Broadway Blvd.</td>
<td>Tucson</td>
<td>Ornelas</td>
<td>520-628-5478</td>
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<td></td>
<td>1 PM - 4 PM</td>
<td>OSHA Recordkeeping</td>
<td>Kingman Regional Medical Center</td>
<td>Kingman</td>
<td>Mandeville</td>
<td>928-263-3892</td>
<td>Tommy Taylor</td>
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<td>April 18</td>
<td>8 AM - 11 AM</td>
<td>Forklift Train-the-Trainer</td>
<td>Kingman Regional Medical Center</td>
<td>Kingman</td>
<td>Mandeville</td>
<td>928-263-3892</td>
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<td>1 PM - 4 PM</td>
<td>Lead Exposure in Construction</td>
<td>1971 Jagerson Ave.</td>
<td>Kingman</td>
<td>Mandeville</td>
<td>928-757-0894</td>
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<td>April 19</td>
<td>9 AM - 12 PM</td>
<td>Auto Shop Safety</td>
<td>2675 E. Broadway Blvd.</td>
<td>Tucson</td>
<td>Ornelas</td>
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<td>Asbestos Awareness</td>
<td>2675 E. Broadway Blvd.</td>
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<td>520-628-5478</td>
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<td>April 25</td>
<td>8:00 AM - 4 PM</td>
<td>Construction 10 Hour Day 1</td>
<td>606 E. Frank Way</td>
<td>Williams</td>
<td>Mandeville</td>
<td>928-635-4204</td>
<td>Jim Cross</td>
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<td>April 26</td>
<td>8:00 AM - 2 PM</td>
<td>Construction 10 Hour - Day 2</td>
<td>606 E. Frank Way</td>
<td>Williams</td>
<td>Mandeville</td>
<td>928-635-4204</td>
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<td></td>
<td>9 AM - 12 PM</td>
<td>Machine Guarding</td>
<td>2675 E. Broadway Blvd.</td>
<td>Tucson</td>
<td>Ornelas</td>
<td>520-628-5478</td>
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<td>May 1</td>
<td>9 AM - 12 PM</td>
<td>Slips, Trips and Falls</td>
<td>2675 E. Broadway Blvd.</td>
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<td>Ornelas</td>
<td>520-628-5478</td>
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<td>2 PM - 5 PM</td>
<td>Auto Shop Safety</td>
<td>55 S. Priest Dr.</td>
<td>Tempe</td>
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<td>480-350-2904</td>
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<td>May 2</td>
<td>9 AM - 12 PM</td>
<td>Heat Stress and Haboob Safety</td>
<td>12001 W. Peoria</td>
<td>El Mirage</td>
<td>Mandeville</td>
<td>623-876-4254</td>
<td>Bob Senita</td>
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<td>May 3</td>
<td>9 AM - 12 PM</td>
<td>Safety for Small Businesses</td>
<td>2675 E. Broadway Blvd.</td>
<td>Tucson</td>
<td>Ornelas</td>
<td>520-628-5478</td>
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<td>May 4</td>
<td>9 AM - 12 PM</td>
<td>Materials Handling Safety</td>
<td>1130 W. Warner Rd., Building B</td>
<td>Tempe</td>
<td>Mandeville</td>
<td>602-728-7750</td>
<td>Janet Meza</td>
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<td>May 8</td>
<td>9 AM - 12 PM</td>
<td>Heat Stress Awareness</td>
<td>2675 E. Broadway Blvd.</td>
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<td>Ornelas</td>
<td>520-628-5478</td>
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<td></td>
<td>9 AM - 12 PM</td>
<td>Health Hazards in Construction</td>
<td>3727 Karicio Lane</td>
<td>Prescott</td>
<td>Mandeville</td>
<td>928-541-5001</td>
<td><a href="http://www.scfaz.com">www.scfaz.com</a></td>
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<td>May 8</td>
<td>1 PM - 4 PM</td>
<td>Emergency Action Plan - Construction</td>
<td>3727 Karicio Lane</td>
<td>Prescott</td>
<td>Mandeville</td>
<td>928-541-5001</td>
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<td>May 9</td>
<td>9 AM - 12 PM</td>
<td>OSHA for Small Business</td>
<td>3727 Karicio Lane</td>
<td>Prescott</td>
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<td>928-541-5001</td>
<td><a href="http://www.scfaz.com">www.scfaz.com</a></td>
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<td></td>
<td>1 PM - 4 PM</td>
<td>Intro to Safety Meetings and Committees</td>
<td>3727 Karicio Lane</td>
<td>Prescott</td>
<td>Mandeville</td>
<td>928-541-5001</td>
<td><a href="http://www.scfaz.com">www.scfaz.com</a></td>
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<td>May 16</td>
<td>8:30 AM - 11:30 AM</td>
<td>Small Hand Tools Safety Awareness</td>
<td>971 Jason Lopez Circle Building D</td>
<td>Florence</td>
<td>Ornelas</td>
<td>520-628-5478</td>
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<td></td>
<td>9 AM - 12 PM</td>
<td>Confined Space Awareness</td>
<td>2675 E. Broadway Blvd.</td>
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<td>Ornelas</td>
<td>520-628-5478</td>
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<td>May 22</td>
<td>9 AM - 12 PM</td>
<td>Lockout/Tagout Awareness</td>
<td>2675 E. Broadway Blvd.</td>
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<td>Ornelas</td>
<td>520-628-5478</td>
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<td>May 23</td>
<td>8 AM - 4 PM</td>
<td>OSHA General Industry 10 Hour - Day 1</td>
<td>TBD</td>
<td>Surprise</td>
<td>Mandeville</td>
<td>623-222-3531</td>
<td>Michael Mason</td>
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<td>May 24</td>
<td>8 AM - 2 PM</td>
<td>OSHA General Industry 10 Hour - Day 2</td>
<td>TBD</td>
<td>Surprise</td>
<td>Mandeville</td>
<td>623-222-3531</td>
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<td></td>
<td>9 AM - 12 PM</td>
<td>Respiratory Protection</td>
<td>2675 E. Broadway Blvd.</td>
<td>Tucson</td>
<td>Ornelas</td>
<td>520-628-5478</td>
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<td>May 31</td>
<td>9 AM - 12 PM</td>
<td>Office Safety</td>
<td>2675 E. Broadway Blvd.</td>
<td>Tucson</td>
<td>Ornelas</td>
<td>520-628-5478</td>
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<td>June 5</td>
<td>9 AM - 12 PM</td>
<td>Electrical Safety Awareness</td>
<td>2675 E. Broadway Blvd.</td>
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<td>Ornelas</td>
<td>520-628-5478</td>
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<td>June 6</td>
<td>9 AM - 12 PM</td>
<td>Noise and Hearing Conservation</td>
<td>2675 E. Broadway Blvd.</td>
<td>Tucson</td>
<td>Ornelas</td>
<td>520-628-5478</td>
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<td>June 13</td>
<td>8:30 AM - 4:30 PM</td>
<td>2012 Regional Safety Summit</td>
<td>3000 N. 4th St. (CCC)</td>
<td>Flagstaff</td>
<td>ADOSH</td>
<td>602-542-1769</td>
<td>Rosemary Montanez</td>
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<td>June 14</td>
<td>8:30 AM - 4:30 PM</td>
<td>2012 Regional Safety Summit</td>
<td>3000 N. 4th St. (CCC)</td>
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<td>ADOSH</td>
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<td>June 19</td>
<td>9 AM - 12 PM</td>
<td>Groundskeeping Safety Awareness</td>
<td>2675 E. Broadway Blvd.</td>
<td>Tucson</td>
<td>Ornelas</td>
<td>520-628-5478</td>
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<td>June 20</td>
<td>8 AM - 11 AM</td>
<td>Pests &amp; Vermin in the Workplace</td>
<td>55 S. Priest Dr.</td>
<td>Tempe</td>
<td>Mandeville</td>
<td>480-350-2904</td>
<td>Chris Hansen</td>
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<td>June 21</td>
<td>9 AM - 12 PM</td>
<td>Accident Investigation</td>
<td>2675 E. Broadway Blvd.</td>
<td>Tucson</td>
<td>Ornelas</td>
<td>520-628-5478</td>
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<td>1 PM - 4 PM</td>
<td>Construction Health Hazs.</td>
<td>800 W. Washington St.</td>
<td>Phoenix</td>
<td>Mandeville</td>
<td>602-542-1769</td>
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<td>June 27</td>
<td>9 AM - 12 PM</td>
<td>Heat Stress Awareness</td>
<td>2951 S. 21st Dr.</td>
<td>Yuma</td>
<td>Ornelas</td>
<td>928-373-1138</td>
<td>Diane Robinson</td>
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<td>Groundskeeping Safety Awareness</td>
<td>2951 S. 21st Dr.</td>
<td>Yuma</td>
<td>Ornelas</td>
<td>928-373-1138</td>
<td>Diane Robinson</td>
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<td>June 28</td>
<td>9 AM - 12 PM</td>
<td>Scaffold &amp; Aerial Lift Safety</td>
<td>800 W. Washington St.</td>
<td>Phoenix</td>
<td>Mandeville</td>
<td>602-542-1769</td>
<td>Rosemary Montanez</td>
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NOTES: Please register for training classes hosted by SCF at their website: www.scfaz.com. Look for the safety seminars folder. Also a mini-lesson, “Water, Rest, Shade,” focusing on Heat Stress will be given at the end of each class throughout the spring/summer months. See YOU in class and at the Safety Summit!
When it comes to safety here at Printpack Prescott Valley we have only one best practice: “All Incidents are Preventable.”

We were not always as effective at this as we are now. In fact, we had one incident that was serious enough that all the managers felt they were not doing a good enough job (or the associates for that matter). So we improved, and set standards in place that have perpetuated a more concrete safety program. Although we had a safety program before and it included quite a few elements, what we are doing now is better and allows for continuous improvement.

In the beginning, the best bang for the buck was a better safety team. We previously had a safety team, but meetings were not serious, or focused, if they were held at all. We changed this and assembled a team with some key players from the entire facility. This group now includes the plant safety coordinator, a floor manager, the human resource manager, and most importantly, a representative from every department.

The safety team now performs or directs the following:

- A team meeting is held every week.
- DuPont STOP audits are performed by all associates in the plant (previously this was just done by managers). Issues or trends recognized within the STOP audits are followed up on, or solved in safety team meetings.
- Reported incidents or near misses are discussed resulting in preventative action items and/or improvement of awareness. These are also e-mailed to associates.
- Issues noted in the safety coordinator’s audits are followed up on by the appropriate department associate (ownership).
- A safety flyer regarding current needs is posted in all bathrooms every two weeks (The Porcelain Chronicles).
- The team manages safety incentive programs such as safety bingo or our current STOP audit drawing for movie tickets.
- The team looks for new ideas and opportunities to create a safer environment.

Beyond the above we have improved our training for new hires. With the recent hire of more than 40 associates we wanted to make sure we were providing a good foundation for safety. We make it clear that not just one person is in charge of safety, but we all are. We did not want training to just be computer based; but rather presentations with one-on-one interaction. They now include:

- An overall safety presentation performed by our safety coordinator, including our safety philosophy, the STOP program, and our safety policies.
- A personal protective equipment (PPE) presentation and plant walk through performed by a floor manager. This presentation provides clear requirements on PPE and an overview of building safety equipment.
- Classroom training by our plant trainer with theory of operation of the equipment they will work on, specific safety modules for all the safety features, and areas of caution with visuals and walk through. (Also, repeating and supporting previous presentations.)
- An On-the-Job training program with select mentors following a guide for certification.

Additionally, improved methods are used for training our tenured associates. For instance, in monthly plant meetings we cover required annual safety training or current needs. We also have annual computer based training. This is not to say we are perfect or don’t have opportunities to improve, but we are now confident we are giving solid effort to safety.

We support our adopted charter that “All Incidents are Preventable” in everything above.
Heat Stress and Haboob Hazards - Preparing Employees for Summer Extremes

Last summer brought us a few dramatic weather events termed “haboobs” or for most of us, “good old-fashioned dust storms.” Dangerous dust storms impact the state several times per year causing major vehicle accidents, property damage, injuries and even loss of life. Most of the causalities occur when motorists encounter low visibility and collide head-on with other vehicles or stop, causing chain reaction collisions. In a television interview a Phoenix Fire spokesman said that during a recent haboob, within a two-hour period, PFD received 720 emergency phone calls and firefighters responded to over 320 incidents in 26 cities. Haboobs are most common in the central deserts of Arizona during the summer rainy season, with the frequency peaking in late July and early August.

Haboobs have inherent hazards, both obvious and hidden, that should be assessed so that adequate protective measures can be developed to prevent accidents and illnesses. The obvious hazards of driving in the near zero visibility conditions are often discussed in the media, and widespread advice freely given. Most Arizonans know to pull to the side of the road, and turn off headlights when the dust hits. If employees are driving to perform work tasks, instruction for thunderstorm and dust storm driving should be reviewed each year as part of a comprehensive safe driving program; including such actions as pulling off to the side of the road, turning lights off and waiting for the storm to clear.

Exposure to blowing dust can have serious affects on our health, both acute and chronic. Dust has been known to carry with it a variety of pathogens (fungi and bacteria) and some chemical contaminants, all of which can affect your health. Valley Fever (VF) is a fungal infection caused by coccidioides organisms. It can cause fever, chest pain and coughing, among other signs and symptoms.

The coccidioides species of fungi that cause valley fever are commonly found in the soil in certain areas. These fungi can be stirred into the air by anything that disrupts the soil, such as farming, construction and wind. The fungi can then be breathed into the lungs and can cause acute coccidioidomycosis.

Arizona accounts for approximately 2/3 of all the Valley Fever cases in the United States. (Earthweek Diary of a Planet)

The initial, acute form of coccidioidomycosis is often mild, with few, if any, symptoms. When signs and symptoms do occur, they appear one to three weeks after exposure. They tend to resemble those of the flu, and can range from minor to severe: fever, cough, chest pain — varying from a mild feeling of constriction to intense pressure resembling a heart attack, chills, night sweats, headache, fatigue, shortness of breath, joint aches, red, spotty rash.

If an exposed person doesn’t become ill from valley fever, he/she may learn that they have been infected only later with a positive skin or blood test. Small areas of residual infection (nodules) in the lungs that show up on a routine chest X-ray may also be found. Although the nodules typically don’t cause problems, they can look like tumors on X-ray.

If symptoms do develop, especially severe ones, it can take from six months to a year to fully recover, and fatigue and joint aches can last even longer. The severity of the disease depends on several factors, including a person’s overall health and the number of fungus spores inhaled.

According to the Rebecca Sunenshine, MD, Arizona Department of Health Services, important information was gleaned from a recent study of Valley Fever (VF) in Arizona:

• Valley Fever patients waited an average of 49 days after symptom onset to seek medical care.
• Often the symptoms were treated with more than one course of antibiotics which are not effective for Valley Fever.
• Valley Fever tests were not routinely ordered until the third visit to a healthcare provider and a substantial number of patients (18%) had to actually request the test.
• The symptoms of Valley Fever lasted an average of 62 days, compared to influenza symptoms lasting 2-7 weeks and mononucleosis which lasts 1-3 weeks.
• An average of 32 work days were missed by 76% of the VF patients and 78% of the patients said that VF interfered with daily activities.

The Arizona Department of Health Services encourages patients to ask for VF tests if they have a persistent cough, fever and/or fatigue. Sunenshine said that reports have reached an epidemic level and that officials think those cases represent only 8 to 10 percent of the infections that occur.

While the Arizona Department of Health Services is working to educate healthcare providers, we can take steps to educate our employees. Employers have a duty to provide a safe workplace, and work that is safe for each employee. The recognized hazards should be assessed for employees who are required to work where exposure to blowing dust can be predicted; adequate training given regarding the hazards of blowing dust; and the protective measures the company will use to prevent or minimize exposure. Employees should be taught the signs and symptoms of Valley Fever to encourage them to seek prompt medical attention when necessary.
New Grossman Burn Center Opens in Arizona

In 2009, approximately 150 lost work day claims were filed due to an on-the-job burn-related injury – many of which could have possibly been prevented with the proper precautions and education. The Grossman Burn Center at St. Luke’s Medical Center, are not only dedicated to the care and healing of those individuals with burn injuries, but to also providing the community with the information they need to live a safer lifestyle and to, ultimately, prevent any burn-related injuries.

Since 1969, the Grossman Burn Centers have been delivering exceptional service and have earned a worldwide reputation as the innovative leaders in burn care. In October 2011, the Grossman Burn Centers partnered with St. Luke’s Medical Center to open The Grossman Burn Center at St. Luke’s Medical Center.

The Grossman Burn Center is an eight-bed ICU burn unit and outpatient burn clinic that cares for both pediatric and adult patients. The physicians on the medical staff and the clinical team are dedicated to restoring patients to as close to their pre-injury condition as possible – functionally, emotionally and cosmetically.

Join The Grossman Burn Center at the upcoming ADOSH Regional Safety Summit in Flagstaff, Arizona, as they discuss safety tips, common burn injuries seen in the workplace and ways to identify the severity of a burn. They will also discuss the latest advancements in burn treatments for optimal patient outcomes.

ASSE Health & Safety Summit

The Arizona Health & Safety Summit, sponsored by the Arizona Chapter of the American Society of Safety Engineers (ASSE), will be held on April 10 at the Arizona Golf Resort, 425 S. Power Rd in Mesa, AZ 85206. The Safety Summit will be preceded by a golf tournament on April 9, also at the resort.

The Safety Summit will feature a keynote address from the Arizona Division of Occupational Safety & Health (ADOSH) Director, Darin Perkins. There will also be an afternoon keynote address from nationally recognized behavior-based safety expert, Bill Sims, on how to “sell” safety to senior leadership.

For more information, registration & sponsorship or vendor opportunities visit: http://www.asseaz.com/

Event: Arizona Health & Safety Summit
When: April 10, 2012
Where: Arizona Golf Resort, 425 S. Power Rd, Mesa

Voluntary Protection Program News

ADOSH recently welcomed GE Mobile Water, Inc. - Phoenix Service Center, as the newest participant in the Voluntary Protection Program. “With a strong commitment to our safety and health management systems, we are already planning for our first ADOSH VPP recertification” – Priya Vadehra – EHS Manager for the Southeast Region.

Honeywell - Kingman: Recertification

Honeywell employees are joined by ADOSH Director Darin Perkins (center) and Assistant Director Jessie Atencio, as they are awarded yet another three-year recertification into the VPP. One of the first employers to enter the program in Arizona, Honeywell as been a longstanding supporter of the VPP and of occupational safety and health. Congratulations on your well deserved recertification Honeywell Kingman!
2012 ADOSH Regional Safety Summit

June 13-14, 2012
3000 N 4th St. Flagstaff, AZ
Coconino Community College 4th St Campus
CONTACT: ADOSH at 602-542-1769 or COF 928-213-2083

For All Employees:

OSHA General Industry 10 Hour Course
- Limited to first 40 reservations
  *(+$5.00 fee to OTI)
- Electrical Safety
- Arc Flash Awareness
- Slip Trip and Fall Prevention
- Health Hot Topics: Contagion!
- Hazard Communication
- Getting Back to Work

For Management:

- OSHA for the NEW Safety Officer
- Violence in the Workplace
- Job Hazard Analysis
- Accident Investigation/Root Cause Analysis
- Learning From Fatalities
- Creating a Powerful Safety Culture
- Effective Employee Safety Training
- Emergency Action Planning—GI, Construction and Agriculture

SMALL BUSINESS TRACK
- Employer Rights and Responsibilities
- OSHA Consultation Services
- On-Line Resources for Safety Management
- Small Business Development Centers

The only piece missing is YOU!

BURNED AT WORK
Presented by the Grossman Burn Center
St. Luke's Medical Center