

Upcoming Events!

- Regional Safety Summit in TUCSON!!! — Mar 20-21
- Water/Wastewater Safety Seminar in Tempe—See page 7
- Medical/Dental Office Refresher at SCF 5/24 9 AM
- Regional Safety Summit in Prescott! July 2013



Darin Perkins: A Parting Shot



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Friends:

After 22 years with the Arizona Division of Occupational Safety and Health and the Industrial Commission of Arizona, I've decided to move on to other challenges. By the time you read this, I will be about two months into my new position as the Environmental, Health and Safety Manager at Central Arizona Project.

It has been my sincere pleasure to work at ADOSH. I've had experiences and opportunities that I would not have had anywhere else. I've seen countless different workplaces – both good and, well, not so good – met numerous employers and employees, and had the opportunity to work with many, many great and dedicated individuals. I am very grateful and extend a heartfelt "thank you" to everyone I've worked with and interacted with over the years.

I've also learned a lot – not just about safety and health – but about the things that cause people to make certain choices. I have found that more often than not, folks make incorrect choices regarding their own safety for one of two reasons: either they don't know any better, or they have the "I'll be fine; it won't happen to me" attitude. The first problem, ignorance, is easy to solve, relatively speaking. You provide the individual with excellent training, followed up by more

training, and then more training. The second problem, well, that's not so easy to address.

Last summer, I had the opportunity to help mentor a large group of teenage boys on a multi-day "high adventure" campout up in the area around Blue Ridge Reservoir. We had a lot of activities planned to keep them busy and allow them to do some things that

instructors with all of the proper gear to keep everyone safe.

I decided to accompany one group of young men to the rappelling activity one morning. It was a beautiful day and the view of Blue Ridge Reservoir from our perch on top of the cliff was incredible. We got all of the gear laid out and our instructors provided some training, including



ICA Director Laura McGrory awards Darin Perkins an Arizona State flag in appreciation for 22 years of Service at ADOSH.

they might otherwise not get to do. Canoeing, shotgun shooting, mountain biking, homemade raft building; lots of different things to help them realize there is more to life than sitting in front of a television screen playing video games (don't get me started!) On one day, we had a spot picked out on the side of a cliff where we allowed them to rappel. Some of us adults had been rappelling at this same location on many different occasions and so we were quite familiar with the area. We had two seasoned and well-trained

safety training, to all of the boys. Then it was time to send a couple of adults over the edge to belay from the bottom. Having rappelled before, I volunteered to go down and assist. I got my harness on and had the instructor check to be sure it was on properly. I put on my gloves, threw my daypack on my back, got the lines hooked up, then went to the edge and made quick work rappelling the 50 feet or so to the bottom, where I unhooked and waited for the first boys to be ready. (continued on page 4)

Standard Response Protocols for Emergency and Violence Incidents: *Learning from School Shootings*

Recently I was asked to speak at a Risk Management Seminar hosted by The Trust, a group that insures Arizona schools and audits them for safety. I was curious about the address Keynote Speaker John-Michael Keyes was to give and stayed to hear his fascinating presentation. Mr. Keyes is a father who, with his wife Ellen Stoddard-Keyes, took a personal tragedy and tackled head-on the vulnerability of America's schools to violent acts.

On September 27th, 2006 a gunman entered Platte Canyon High School, held seven girls hostage and ultimately shot and killed their daughter Emily Keyes during the time she was held hostage, Emily sent her parents text messages... "I love you guys" and "I love u guys. k?"

Mr. Keyes is quick to point out that while Emily was the only girl killed, all seven were victimized and the remaining six continue to heal from the ordeal, assisted by the foundation named for Emily's last text messages to her family.

When we hear about the violent acts that affect the most vulnerable of our society, we feel compelled to do something...*anything* to stop the in-



creasing atrocities. John-Michael Keyes found that there were ways that he could help—that help comes in the form of **Standard Response Protocols**. A critical ingredient in the safe school recipe is the uniform classroom response to an incident at school. Weather events, fires, accidents, intruders and other threats to student safety are scenarios that are planned and trained for by school and district administration and staff. Historically, schools have taken this scenario-based approach to respond to hazards and threats. It's not un-

common to find a stapled sheaf of papers or even a tabbed binder in a teacher's desk that describes a variety of things that might happen and the specific response to each event.

SRP is Action Based

The Standard Response Protocol (SRP) is based not on individual scenarios but on the response to any given scenario. Like the Incident Command System (ICS), SRP demands a specific vocabulary but also allows for great flexibility. The premise is simple - there are four specific actions that can be performed during an incident. When communicating these actions, the action is labeled with a "Term of Art" and is then followed by a "Directive." Execution of the action is performed by active participants, including students, staff, teachers and first responders.

- Lockout is followed by the Directive: "Secure the Perimeter" and is the protocol used to safeguard students and staff within the building.

- Lockdown is followed by "Locks, Lights, Out of Sight" and is the protocol used to secure individual rooms and keep students quiet and in place.

- Evacuate is always followed by a location, and is used to move students and staff from one location to a different location in or out of the building.

- Shelter is always followed by a type and a method and is the protocol for group and self protection.

These specific actions can act as both a verb and a noun. If the action is Lockdown, it would be announced on public address as "Lockdown! Locks, Lights, Out of Sight." Communication to local Law Enforcement Agency would then be "We are under Lockdown." Each response has specific student and staff action. The Evacuate response is always followed by a location: "Evacuate to the Bus Zone." Responses can also be chained. "

Evacuate to Hallway. Shelter for Tornado. Drop, Cover and Hold."



Benefits

The benefits of SRP become quickly apparent. By standardizing the vocabulary, all stakeholders can understand the response and status of the event. For students, this provides continuity of expectations and actions throughout their educational career. For teachers, this becomes a simpler process to train and drill. For first responders, the common vocabulary and protocols establish a greater predictability that persists through the duration of an incident. Parents can easily understand the practices and can reinforce the protocol. Additionally, this protocol enables rapid response determination when an unforeseen event occurs.

The protocol also allows for a more predictable series of actions as an event unfolds. An intruder event may start as a Lockdown, but as the intruder is isolated, first responders would assist as parts of the school go to an "Evacuate to the Gym and Lockdown," and later "Evacuate to the Bus Zone."



Tactical Responses

SRP also acknowledges that some school incidents involve a tactical response from law enforcement, and suggests specific simple actions in that event.

It was horrifying to watch the Sandy Hook, CT Elementary School Shootings unfold. It is comforting to know that there are protocols that can minimize exposure in such events. Along with the twenty children, there were six employees killed on 12/14/2012. The www.iloveuguy.org website has **everything** needed to develop, train, and implement these protocols in school settings but could also be adapted for other work places. The entire program is **free** for the download-which speaks volumes, doesn't it? Jenny Mandeville

A Thousand Words...



In-Box



Q: Since fall arrest systems (i.e. harnesses, lanyards etc.) all have manufacture dates, do these items become unusable due to date alone? For example my company has a few harnesses with a date of 1995. These are in almost new condition but we've taken them out of service due to their manufacture date.

A: According to the ISEA (International Safety Equipment Association) "shelf life" is not the same as "service life" explaining that fall arrest systems have an unlimited shelf life, so long as the product is stored in a cool, dry place in its original factory packaging away from sunlight and chemical vapors—including components constructed with synthetic fibers.

According to ISEA "Voluntary US national consensus standards are divided on the issue. The recent ANSI Z359-2007 Fall Protection Code **does not make recommendations for service life**, but includes provisions for inspection before each use and formal inspection at least annually."

The ANSI A10.32-2004 standard

for construction includes a guideline for **maximum service life of 5 years**, as well as requirements for inspection before each use and formal inspection by a competent person.

Once the equipment is issued and in service, OSHA expects that inspections of personal fall arrest equipment will be performed before each use by workers who have been trained by a competent person. The gear has to be free of all defective components, wear, damage and deterioration.

http://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=INTERPRETATIONS&p_id=24685

The service life of each product will vary and the ultimate responsibility for determining the service life of fall protection equipment rests with the employer depending on many factors associated primarily with the conditions under which the product is used. Employers should call the manufacturer for their recommendations to help determine the duration of shelf and service life. Numbering and recording inspections of each component can help employers predict replacement intervals.

For additional information go

to: <https://www.safetysystemequipment.org>

Q: What do I need to do to protect my employees from natural hazards such as dust storms and heat?

A: ADOSH does not have a specific standard that covers working in hot environments. Nonetheless, under the OSH Act, employers have a duty to protect workers from recognized serious hazards in the workplace, including heat-related hazards. An on-line Heat Stress Guide has been posted to help employers and worksite supervisors prepare and implement hot weather plans. It explains how to use the heat index to determine when extra precautions are needed at a worksite to protect workers from environmental contributions to heat-related illness. http://www.osha.gov/SLTC/heatillness/heat_index/index.html

Dust storms present driving hazards and breathable dust hazards that may contain a fungus known to cause Valley Fever. ADOSH offers classes for employers regarding Heat Stress and Haboob Safety. You will receive a CD with resources to help you train your employees and educational materials to help you prepare. Check the schedule in this issue and plan to attend! www.vfce.arizona.edu/

"In-box" Sneak Peak

- 1) What is the shelf life vs. service life of personal fall arrest systems?
- 2) What is an employer's responsibility for protecting employees exposed to natural hazards such as heat or dust storms?

Occupational Fatalities Investigated by ADOSH

October 1, 2012 through December 31, 2012

12/18/2012
A 22-year old construction laborer was fatally crushed by a roll-up metal door that he and another employee were removing from a house being demolished.

11/06/2012
A 31-year old employee suffered fatal head injuries when he fell from a four-wheeled all-terrain vehicle in a parking lot.

Darin Perkins - A Parting Shot *(continued from page 1)*

While waiting at the bottom, another adult, who had rappelled down just before me, looked at me and asked, "Where's your helmet?" It was only then that I realized that in my haste to rappel, I had forgotten to take off my hat and put on a helmet. I suppose that in the process of checking to see that I had all of my gear on properly, the instructor, seeing that I had something on my head, mistook it for a helmet, or maybe he just forgot to look. Either way, in my rush to "get the job done," I had forgotten a key piece of personal protective equipment. It wasn't intentional; I just didn't remember to put it on.

Now you would think that the ADOSH Director, finding himself in that situation, would make the correct choice and, at the very least, have someone up top tie a helmet to a rope and lower it down. Did I do that? No. Rather, in response to my friends question about the absence of my helmet, I simply replied, "I'll be ok. I have a hard head." On we went and the first boys (we had two separate lines on which to rappel) started coming over the edge.

You know what's coming next. Not more than a couple of minutes later, as I was standing at the bottom of the cliff minding my own business, waiting to help with the next boy, WHACK! A rock somewhere between the size of a golf ball and racket ball (it felt like a bowling ball),

struck the top of my head just back and left of center. Now, those of you who know me know that I don't have much in the way of padding on top of my head. There was absolutely nothing to cushion the blow of that rock. I had even removed the hat that I wore down with me. Needless to say, it hurt and as head wounds typically do, it bled immediately and it bled a lot. In an effort to avoid further injury, I staggered off through the trees with my hand over the wound, sat down and watched the blood run down my forearm and drip into a nice pool on the forest floor.

Luckily for me, one of the instructors is a paramedic with one of the valley fire departments. He had the "big" first aid kit and he rappelled down and bandaged me up a bit. The boys had a real, live "dummy" as a prop for further instruction about the importance of always wearing your personal protective equipment and they were back to rappelling. Back at main camp an hour or so later, the camp doctor (coincidentally, my uncle) happily declared that I would need stitches. An hour and several OSHA-related quips later, I was fixed up and good as new.

What's the lesson? I'm sure it is obvious. Don't take me on a rappelling trip. That and the fact that everyone, even someone who has had more safety training than most, will, at least on occasion, make the wrong decision and will make it because he has that "it won't happen to me" attitude.

That little smack upside the head was a great wakeup call for me. It reminded me that I am responsible for my own decisions and must accept the consequences that come from those decisions. Did someone else, maybe the instructor, have a responsibility to make sure that I had a helmet on? Some would say yes. Some might even place all of the blame with the instructor. After all, while I had some rappelling experience, I was, in reality, a novice. However, I chose to look at things differently. I was responsible for my failure to wear a helmet. I am the one that consciously made a choice to continue without a helmet even after someone else pointed out my oversight. There is no getting around those facts. Thankfully, the rock was not the size of a bowling ball, and although some would say otherwise, there were no lasting effects.

That is a long story to a short, parting shot. It is the same thought I've shared on multiple occasions, in multiple venues:



Think. We each have a responsibility – to ourselves, our families, our coworkers – to think about the task at hand and whether we are properly prepared, with instruction, equipment, etc., to safely carry out that task. A lot of headache (and headache) can be avoided by taking a moment to think.

Stay safe! - Darin Perkins

Sitting is bad... *Contributed by Diane Robinson, Yuma Co. Risk/Safety Specialist*

Most of us sit too much. The average person sits more than 8 hours per day. Many office workers sit as much as 15 hours per day. Think about all the sitting in your typical day; sit at breakfast, sit on your way to work, sit at work, sit on your way home from work, sit for dinner, and then sit to watch TV or surf the internet.

Sitting puts your metabolism to sleep.

60 – 90 minutes of inactivity (like sitting) is enough to shut down the enzymes responsible for producing HDL- the "good" cholesterol, and for regulating blood sugar. Chronic inactivity is now thought to contribute to our diabetes epidemic.

Sitting is harder on your back than standing. Sitting tenses the hamstrings and causes

a flattening of normal curve in the low back. This distortion of the spine increases the internal strain of the back. Sitting upright or sitting in a forward bent position is particularly hard on the back.

THE EVIL CHAIR



An hour of daily exercise won't counteract the negative health effects of sitting. Running, biking and other types of exercise are great for improving fitness, but they don't counteract the negative health effects of prolonged sitting. Exercisers who sit most of the day are known as *active couch potatoes*.

You need to stand and move each hour or more to maintain health. Sitting puts your metabolism to sleep. Movement like standing,

walking, and other leg-muscle activity stimulates your metabolism and restarts your body.

Adjust your chair for comfort, support, and movement. Your chair should fit you and your physique, and it should allow for a variety of postures and movement. Adjust the back rest cushion up/ down to fit the curve of your low back, adjust the seat height for a comfortable leg support, and set the backrest to allow supported reclining and movement back and forth. While seated you should fidget, squirm, contract/relax your muscles, and flex/extend your legs. Excerpted from:

<http://office-ergo.com>

Remember movement is good, sitting still for long periods without movement is not so good.





TRAINER'S CORNER by Jenny Mandeville

Perhaps my favorite oxymoron: "We're from the government and we're here to help" does seem to apply to ADOSH, especially when it comes to Hazard Communication 2012 or the Globally Harmonized System (GHS).

By this December (12/1/2013) employers are required to train all employees with exposure to hazardous substances regarding some of the new GHS elements. Employees must be trained to recognize the new hazard classification pictograms; the 16 item format of Safety Data Sheets (SDS) formerly known as Material Safety Data Sheets and; the new information on the labeling system, such as the signal word and hazard statements.

Although the full implementation of the GHS/Haz Com 2012 is not due until June 2016, manufacturers are starting to change label-

ing and SDS to meet the GHS requirements. Because of that evolution employees will need to understand what they are seeing on the products used in performing their job functions.

Here is the "we're here to help" part: The ADOSH Consultation, Education and Training department has prepared a CD for employers that includes a PowerPoint, handouts, OSHA Quickcards, FAQs, a sample 2012 Haz Com program (editable in WORD,) and the standard changes in side-by-side format.

To request a training resource CD, please call Rosemary Montanez at 602-542-1769. You can e-mail her your request to Montanez.rosemary@dol.gov

Just be sure to include your mailing address so she can snail mail out the disk to you.

For tool-box training modules in English AND Spanish you can download from the Arizona Construction Training Alliance at www.actasafety.com. These modules (4) are provided free of charge to help you with jobsite safety training.

Last, but not least, please join us at the free ADOSH Training classes. We will be offering GHS training and distributing the CDs at that training throughout the year. You might want to take the class before you give the class to your own employees and see how we use the CD resources.

For the next two quarters trainers from ADOSH will include a short Heat Stress presentation along with each class to stress the need for employees and employers to utilize safe work practices throughout the summer and fall months. See you in class!

"We're from the government and we're here to help..."



Order your free GHS Employee Training Resources CD compiled by ADOSH Trainers to help you comply with the December 1, 2013 training deadline. We are here to help!

Planning for Five Regional Safety Summits for 2013



Beginning with our Tucson Safety Summit, on March 20-21st we will be once again traveling the state with classes, demonstrations and speakers to help you achieve *your* safety summit. We are planning Summits in Prescott or the Verde Valley, Mohave County, Phoenix (East) and possibly the White Mountains this year. You can guess that we will be visiting the cooler areas in the summer and leaving the warmer areas for the fall!

In addition to numerous classes, taught by ADOSH Consultation staff and industry experts, we will again offer the popular 10-hour classes. Remember that the 10-hour classes fill up very quickly

and there is a \$5.00 fee required by the OSHA Training Institute out of the University of California, San Diego (UCSD).

We have been so privileged to have incredible vendors attend our Summits, and have had demonstrations and classes that have added greatly to the quality of the event. A special thank you to 1) The Grossman Burn Center for continuing to support our events and instructing us on the latest treatments for burns sustained at work and elsewhere.

2) APS and Carl Moore for the electrifying demonstrations with the "Weenie Wagon" and,

3) Mike Maloney with Carlson Sales Co. for the fall protection equipment demonstrations.

These vendors have been with us from the beginning and have selflessly given their time to educate Arizona's workers.

For the latest information on Summits, go to the ICA website www.ica.state.az.us and check the right side column for the upcoming Summit registration information.

Joining our efforts in Tucson will be 1) D&A Experts (mobile drug testing) whose President Gina Kesler will be instruct us regarding drug and alcohol use in the workplace and what employers can do to address the problem; 2) Cintas, who will be teaching us about AED placement in the workplace; 3) Onsite Health & Safety who will educate us on

respiratory program requirements such as medical evaluations and fit testing, and audiometric testing (all are offered at the worksite by the company.) 4) Southwest Safety, Health and Environmental Consultants who will demonstrate software for safety audits of your facility. 5) We are very selective in our choice of vendors, asking them to bring information that will educate, demonstrate or introduce new safety products, programs or techniques. We have invited 15 vendors for the event. We encourage you will stop by each booth and hear what they have to share.

We are firming up our next Summit to be held in Prescott, hopefully in July, and will get the information on the website as soon as we have confirmation on a venue and date.



ADOSH Education and Training Calendar April-June 2013

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 with out notice. Some classes or seminars listed are not exclusively sponsored by ADOSH and may carry a nominal fee to cover the costs of course materials, space or equipment rental, etc. **NOTE: The phone number or web address listed for each class is the number that participants need to call for registration purposes and may or may not be a direct number to ADOSH or the trainer. Registration Problems? Call 602-542-1769**

April 2013

4/4/2013	9:00-12:00	Hand and Power Tool Safety	Call for location	Sierra Vista	Ornelas	520-628-5478	ADOSH
4/9/2013	9:00-12:00	Office Safety	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
4/10/2013	9:00 - 12:00	Conf Spaces Equip & Rope Access	3330 East Elder	Flagstaff	Mandeville	602-542-1769	R Montanez
4/10/2013	1:00-4:00	Excavation - Sedimentation Tests	3330 East Elder	Flagstaff	Mandeville	602-542-1769	R Montanez
4/11/2013	9:00-11:00	Killer Fatigue - Sleep & Safety	3330 East Elder	Flagstaff	Mandeville	602-542-1769	R Montanez
4/11/2013	1:00 - 4:00	Machine Guarding Safety	3330 East Elder	Flagstaff	Mandeville	602-542-1769	R Montanez
4/12/2013	9:00 - 12:00	Electrical Safety/Arc Flash Awareness	800 W Washington St	Phoenix	Cooper	602-542-1769	R Montanez
4/16/2013	9:00-12:00	Machine Guarding Safety	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
4/17/2013	9:00-12:00	Hazard Communication 2012 / GHS	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
4/18/2013	9:00-12:00	Welding & Compressed Gases	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
4/18/2013	6:00- 9:00 pm	BBP for Law Enforcement **	808 Copper Mine Rd	Page	Mandeville	928-645-4231	Kay Eddlemon
4/19/2013	9:00-12:00	BBP for Law Enforcement **	808 Copper Mine Rd	Page	Mandeville	928-645-4231	Kay Eddlemon
4/19/2013	9:00 - 12:00	Scaffold & Ladder Safety (SPANISH)	800 W Washington St	Phoenix	Samaniego	602-542-1769	R Montanez
4/23/2013	9:00-12:00	Bloodborne Pathogens Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
4/24/2013	9:00-12:00	Highway Workzone Awareness	2951 S 21st Dr (Main Library)	Yuma	Ornelas	928-373-1138	Diane Robinson
4/30/2013	9:00-12:00	Gen Ind Hazard Recognition	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
4/30/2013	9:00-12:00	All About OSHA (SPANISH)	800 W Washington St	Phoenix	Lopez	602-542-1769	R Montanez

May 2013

5/1/2013	9:00 - 12:00	To Be Announced	691 N BOI	Douglas	Ornelas	520-364-7521	Sabrina Ludwig
5/7/2013	9:00 - 12:00	Bloodborne Pathogens Awareness	500 S Central, Bldg D	Florence	Ornelas	520-866-7920	Ana Escovel
5/10/2013	9:00 - 12:00	Cranes and Rigging in Construction	800 W Washington St	Phoenix	Cooper	602-542-1769	R Montanez
5/14/2013	9:00 - 12:00	Lockout Tagout Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
5/15/2013	9:00 - 12:00	Hand and Power Tool Safety	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
5/15/2013	9:00 - 12:00	Heat Stress and Haboob Safety	800 W Washington St	Phoenix	Mandeville	602-542-1769	R Montanez
5/20/2013	9:00 - 11:00	Hazard Communication 2012/GHS	800 W Washington St	Phoenix	Weberman	602-542-1769	R Montanez
5/22/2013	9:00 - 12:00	To Be Announced	1450 N Hohokum Dr.	Nogales	Ornelas	520-866-7923	Daniel Arizmendi
5/23/2013	9:00 - 12:00	Warehouse Safety	800 W Washington St	Phoenix	Meier	602-542-1769	R Montanez
5/24/2013	9:00 - 12:00	Medical/Dental Off. Safety Refresher *	3030 N 3rd St	Phoenix	Mandeville	602-542-1769	R Montanez
5/29/2013	9:00 - 12:00	To Be Announced	921 Thatcher Blvd	Safford	Ornelas	928-428-3652	K. Dominguez
5/30/2013	9:00 - 12:00	Forklift Train-the-Trainer	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH

June 2013

6/4/2013	9:00 - 12:00	Workplace Violence Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
6/5/2013	9:00 - 12:00	Hazard Communication 2012/ GHS	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
6/5/2013	9:00 - 12:00	Heat Stress and Haboob Safety	1971 Jagerson Ave	Kingman ***	Mandeville	928-757-0894	Lisa Card
6/5/2013	1:00 - 4:00	Warehouse Safety	1971 Jagerson Ave	Kingman ***	Mandeville	928-757-0894	Lisa Card
6/6/2013	9:00 - 12:00	Preventing Violence in Healthcare	1971 Jagerson Ave	Kingman ***	Mandeville	928-757-0894	Lisa Card
6/6/2013	1:00 - 4:00	Scaffold and Ladder Safety	1971 Jagerson Ave	Kingman ***	Mandeville	928-757-0894	Lisa Card
6/7/2013	9:00 - 12:00	Residential Fall Protection Plans	800 W Washington St	Phoenix	Cooper	602-542-1769	R Montanez

June 2013

6/11/2013	9:00 - 12:00	Lockout Tagout Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
6/12/2013	9:00 - 12:00	Gen Ind Hazard Recognition	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
6/12/2013	9:00 - 12:00	Heat Stress and Haboob Safety	800 W Washington St	Phoenix	Mandeville	602-542-1769	R Montanez
6/18/2013	9:00 - 12:00	Machine Guarding Safety	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
6/19/2013	9:00 - 12:00	Bloodborne Pathogens Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
6/20/2013	9:00 - 12:00	Highway Workzone Safety	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
6/25/2013	9:00 - 12:00	Confined Spaces Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
6/26/2013	9:00 - 12:00	Workplace Violence Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH

Water / Wastewater Worker Seminar—Hosted by the City of Tempe

ADOSH and the City of Tempe Present

Water and Wastewater Worker Safety Seminar

FREE Seminar!
Seating Limited

Contact Chris Hansen for date and location

8:00 am—5:00 pm

Schedule

8:00—9:00:	Hazards on the Job and How to Control Them
9:10-10:10	Controlling Chemical Hazards / GHS Update
10:10-11:10	Confined Spaces
11:15– 12:15	Lockout/Tagout
12:15-12:45	1/2 hour Lunch—(Bring Your Own Lunch)
12:45 -1:45	Infectious Diseases
1:50- 2:50	Controlling Physical Hazards
2:55- 3:55	Controlling Safety and Security Hazards
4:00- 5:00	Hazards by Area or Operation



Join us for a full day of
Safety Training
designed especially for
Water and Wastewater
Workers

Up to your ears in
Alligators?

ADOSH Trainers

will present

8 fast-paced, relevant

and sometimes downright scary
safety topics.

Contact and registration:

Chris Hansen: 480-350-2904

Chris_Hansen@tempe.gov

*Medical/Dental Office Safety Refresher includes: BBP, Walking/Working Surfaces, Lifting, Violence in the Workplace, Pandemic Viruses, MRSA & OPIM

** Law Enforcement Bloodborne Pathogens is designed for any emergency response personnel and will be held in two sessions—one at night, and one in the morning.

*** Mohave County Training will be broadcast via ITV to MCC Campuses in Lake Havasu, Bullhead City, Colorado City. Enroll with Lisa Card for all classes and all campuses

NOTES: Please register early for training classes and leave contact information. Some classrooms may be limited in size and will require us to limit enrollment. If there are not enough enrolled for the class (10 or more) or if there is an unexpected emergency or illness, the class may be cancelled. While ADOSH tries to contact each student in the event of a cancellation, we encourage you to call the day before the class to confirm that the class will still be held as scheduled. Call the number listed on the roster.

Please be courteous during the cold and flu season and do not attend the class if you are suffering symptoms of illness. Viruses are highly contagious and we want to keep all students and instructors healthy during this time of the year. *See you in class!*

More than just a pest—Mosquitoes as vectors for disease

West Nile virus is an encephalitis transmitted by mosquitoes and is primarily a bird illness that is transmitted from infected birds to other birds by mosquitoes. But the mosquitoes carrying West Nile virus can also transmit it to humans through insect bites.

West Nile Virus Symptoms

Serious Symptoms in a Few People. About one in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent.

Milder Symptoms in Some People. Up to 20 percent of the people who become infected have symptoms such as fever, headache, and body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for as short as a few days, though even healthy people have become sick for several weeks.

No Symptoms in Most People. Approximately 80 percent of people (about 4 out of 5) who are infected with WNV will not show any symptoms at all.

ADHS 2012 statistics reveal that there were 132 cases reported of West Nile Virus and 9 cases of Dengue reported in Arizona. What do these vector-borne diseases have in common? The mosquito.

West Nile Virus and Dengue Fever Virus Carried by Mosquitoes in Arizona

Dengue Virus

As if West Nile Virus was not enough incentive to eliminate mosquitoes from our workplaces and our homes, now we must consider the spread of Dengue Fever Virus into the United States, especially those bordering Mexico where the cases are numbered in the hundreds in border towns.

Arizona has been monitored for the presence of the Aedes Aegypti. The mosquito has been found throughout the state with Dengue Fever reported in Maricopa, Yuma, Pima and Pinal Counties in 2012.

Aedes aegypti can carry WNV and Dengue



Biting Behavior Aedes aegypti bites primarily during the day. This species is most active for approximately two hours after sunrise and several hours before sunset, but it can bite at night in well lit areas. This mosquito can bite people without being noticed because it approaches from behind and bites on the ankles and elbows. Aedes aegypti prefers biting people but it also bites dogs and other domestic animals, mostly mammals.

Symptoms of Dengue Fever

High fever and at least two of the following:

- Severe headache
- Severe eye pain (behind eyes)
- Joint pain
- Muscle and/or bone pain
- Rash
- Mild bleeding manifestation (e.g., nose or gum bleed, petechiae, or easy bruising)
- Low white cell count

Generally, younger children and those with their first dengue infection have a milder illness than older children and adults. Watch for warning signs as temperature declines 3 to 7 days after symptoms began. Go **IMMEDIATELY** to an emergency room or the closest health care provider if any of the following **warning signs** appear:

- Severe abdominal pain or persistent vomiting
- Red spots or patches on the skin
- Bleeding from nose or gums
- Vomiting blood
- Black, tarry stools (feces, excrement)
- Drowsiness or irritability
- Pale, cold, or clammy skin
- Difficulty breathing

Dengue Hemorrhagic Fever may lead to failure of the circulatory system and shock, and possibly death without prompt, appropriate treatment.

Mosquito Control

<http://www.cdc.gov/dengue/resources/Vectorcontrolsheetdengue.pdf>

Check your yard weekly for water-filled containers. Throw away or recycle water-holding containers that are not needed. Clean and scrub bird baths and pet watering dishes weekly and dump the water

from overflow dishes under potted plants and pots.

Check that gutters are not holding water and cover rain barrels with tight screening so that mosquitoes cannot enter.

Fill tree holes and other cavities in plants with sand or soil. Check for hidden bodies of water such as wells, septic tanks, manholes, clogged drains, etc.

Call the health authorities when you detect unusual numbers of mosquitoes.

Use personal protection to avoid mosquito bites.

Wear long sleeve shirts, long pants, socks and shoes when mosquitoes are most active.

Apply repellents such as DEET, picaridin, oil of lemon eucalyptus or IR3535 only to exposed skin and/or clothing (as directed on the product label). Do not use repellents under clothing. In addition to wearing repellent, you can protect yourself and your family by taking these precautions:

Use mosquito netting over infant carriers, cribs and strollers.

Install or repair window and door screens to keep out mosquitoes.

<http://www.cdc.gov/dengue/resources/30Jan2012/aegyptifactsheet.pdf>

Need more incentive?

29 CFR 1910.141(a)(5) Vermin control. Every enclosed workplace shall be so constructed, equipped, and maintained, so far as reasonably practicable, as to prevent the entrance or harborage of rodents, insects, and other vermin. A continuing and effective extermination program shall be instituted where their presence is detected.

4 Elements of a Powerful Safety Program



Worksite Analysis becomes a powerful tool when employees are engaged in identifying hazards in their own areas of expertise.

Employers should have a thorough understanding of all hazardous situations to which employees may be exposed, as well as the ability to recognize and correct these hazards. Accurate injury and illness records can be used to identify and prevent work-related injuries and illnesses. But the employer's understanding is just the beginning. Somehow it must be thoroughly understood by the employees as well.

Working together to discover hazards and controls is a much more powerful tool than telling employees about the hazards and what they MUST do to prevent injury, during a...yawn...training session.

When the employer recognizes the employees as the "hands-on" experts of the work performed, the employee feels empowered to own the process and the safety controls that are implemented.

First, the employees need to know the types of hazards that need to be identified. A list of hazard types can help them explore all possibilities such as:

★ Acceleration: When we

Powerful Worksite Analysis

Power vs. Force

speed up or slow down too quickly

★ Toxic: Toxic to skin and internal organs.

★ Radiation: **Non-ionizing** - burns **Ionizing** - destroys tissue.

★ Ergonomic

★ Pressure: Increased pressure in hydraulic and pneumatic systems.

★ Mechanical: Pinch points, sharp points and edges, weight, rotating parts, stability, ejected parts and materials, impact.

★ Flammability/Fire: In order for combustion to take place, the fuel and oxidizer must be present in gaseous form.

★ Biological: Primarily airborne and blood borne viruses.

★ Violence In The Workplace:

★ Explosives: Explosions result in large amounts of gas, heat, noise, light and over-pressure.

★ Electrical Contact: Inadequate insulation, broken electrical lines or equipment, lightning strike, static discharge etc.

★ Chemical Reactions: Chemical reactions can be violent, can cause explosions, dispersion of materials and emission of heat.

While the Worksite Analysis does not have to include a full Job Hazard Analysis, it can be used later as the foundation of a JHA.

★ Encourage the employees to work in teams if they are performing similar tasks, to identify hazards and controls. Have them imagine worse-case scenarios that could happen while performing their jobs. They might consider the following accident types:

★ Struck-by: A person is forcefully struck by an object. The force of contact is provided by the object.

★ Struck-against: A person

forcefully strikes an object. The person provides the force or energy.

★ Contact-by: Contact by a substance or material that, by its very nature, is harmful and causes injury.

★ Contact-with: A person comes in contact with a harmful substance or material. The person initiates the contact.

★ Caught-on: A person or part of his/her clothing or equipment is caught on an object that is either moving or stationary. This may cause the person to lose his/her balance and fall, be pulled into a machine, or suffer some other harm.

★ Caught-in: A person or part of him/her is trapped, or otherwise caught in an opening or enclosure.

★ Caught/between: A person is crushed, pinched or otherwise caught between a moving and a stationary object, or between two moving objects.

★ Falls same level: A person slips or trips and falls to the surface he/she is standing or walking on.

★ Falls from elevation: A person slips or trips and falls to a level below the one he/she was walking or standing on.

★ Over-exertion: A person over-extends or strains himself/herself while performing work.

★ Bodily reaction: Caused solely from stress imposed by free movement of the body or assumption of a strained or unnatural body position. A leading source of injury.

★ Over-exposure: Over a period of time, a person is exposed to harmful energy (noise, heat), lack of energy (cold), or substances (toxic chemicals/atmospheres).

In assigning controls, employees

should be given guidance on the hierarchy of controls and find solutions based on (in this order):

1. Engineering controls: Consist of substitution, isolation, ventilation, and equipment modification.
2. Administrative Controls: Management or administrative controls can result in a reduction of exposures by changing work habits, improving sanitation and hygiene practices, or making other changes in the way the employee performs the job.
3. Personal Protective Equipment: As a last resort in most cases, or in combination with work practice controls. If personal protective equipment will be used, have the employees make the recommendations for the type and style.

Once the teams have documented their findings, the employer can compile the work into a record that bears the name of the employees who worked on the project.

Is this a bit more work for the employer? It may appear to be but in the long run it takes less effort to enforce the policies that arise from the assessment since the employees are the experts here and are invested in their accomplishment.

The teams can also assess whether the controls they chose are effective, and with that end in mind they will communicate with each other and co-workers.

In short, include employees in the process if you want it to be effective. Power comes from meaning; confirm that your employees' input has value and meaning.

From CSHO to Director: 22 Years of Service to Arizona



CSHO in
1991



Director
2013

With great trepidation we announce Darin Perkins' departure from ADOSH on January 11th. He has accepted the position of Manager of Environmental, Safety and Health for the Central Arizona Project. During his career, he served more than 22 years at ADOSH—14 years at the helm as the Director.

While at ADOSH, Darin made significant contributions to the safety and health of Arizona workers and labored tirelessly to help employers provide a safe workplace. Darin's commitment to safety never wavered from his belief that ADOSH provide the highest levels of service to the community through effective and fair consultation, training, outreach and compliance.

A much sought after speaker, Darin had many opportunities to express his thoughts on workplace safety and health. Although the discussion topics changed as he provided information on a host of new and emerging issues, his message was always the same: ADOSH's mission is to protect Arizona's most valuable assets, its

workers.

As the Director, he had general oversight and responsibility for all ADOSH operations including its boiler, elevator and research and statistics sections. He set the tone with an emphasis on honesty, integrity and fairness.

His prior work experience included a number of years in the construction industry working for a residential electrical contractor, a short time in the steel foundry industry, and as a teenager, a short time in the agriculture industry picking pineapples in Hawaii.

After receiving his Bachelor's of Science degree in Occupational Safety and Health from Brigham Young University, he was hired by ADOSH in March 1991 as a safety

compliance officer. Later, he worked in the industrial hygiene section before becoming the Health Compliance Supervisor. He was appointed ADOSH Director in 1998.

He is bilingual, having lived two years in Spain, which may have surprised more than few folks out on construction sites during his days in compliance.

All of us at ADOSH will miss his wise leadership, insight and intelligence. We will also miss his elk-meat chili, which took first place at the Annual ADOSH Chili Cook-off!

We wish him all the best in his new adventure and look forward to his continued advocacy of workplace safety.

Thank you, Darin.

Product Safety Alerts and Recalls by Ron Harnsberger

12/6/12 RIDGID Coil Roofing Nailer model R175RNE: ER114600001 through ER1217008424



RIDGID Clipped Head Framing Nailer model R350CHE: ER114600001 through ER1215004424



Recalled by One World Technologies. Sold Exclusively at the Home Depot

Hazard: The trigger assembly on the nailers can malfunction and involuntarily discharge a fastener, posing a laceration or injury hazard to consumers.

Recalled nailers have the following serial number range:

Remedy: Consumers should immediately stop using the recalled nailers and contact One World Technologies for a free replacement nailer.

Recall Hotline: (800) 597-9624

For complete information go to: <http://www.cpsc.gov/cpscpub/prerel/prhtml13/13059.html>

11/27/12 Harbor Freight Tools Cordless Drills, model number 96526

Hazard: The black trigger switch on the 19.2v cordless drill can overheat, posing a fire and burn hazard to consumers.

Remedy: Consumers should stop using the recalled drill immediately, remove the rechargeable battery and contact Harbor Freight Tools to receive a free replacement drill.

<http://www.harborfreight.com/recall-safety-information>

11/15/12 Honda Gasoline-powered Portable Generators model number EU2000i and serial numbers EAAJ-2260273 through



EAAJ-2485025 Hazard: The generator's fuel hose can leak, posing fire and burn hazards.

Remedy: Consumers should immediately stop using the recalled

generators and contact the nearest Honda Power Equipment dealer to schedule a free inspection and repair. (888) 888-3139, <http://powerequipment.honda.com>

11/13/12 Powermate SX Portable Generators Hazard: The fuel filter on this generator allows gasoline to leak, posing a fire hazard. Remedy: Consumers should stop using these recalled portable generators and contact Pramac America to receive a free repair kit including a replacement filter, hose and hose clamps for fuel line.

<http://www.cpsc.gov/cpscpub/prerel/prhtml13/13036.html>



VPP and SHARP News *McCarthy Building Co., Hunt Construction Group*

Congratulations to McCarthy Building Companies Inc. who became our third C-VPP participant within the VPP program. Right photo: Assistant Director/VPP Coordinator Mr. Jessie Atencio presents McCarthy Senior Vice President Dennis Tucker with the C-VPP/VPP Plaque.



Hunt Construction Group had cause for celebration as the Owners and Vice President Darin Perkins, Babak Emami and Jessie Atencio posed with their VPP flag. They celebrate the first successful C-VPP recertification audit for the Hunt Construction Group. Congrats on the Recert!



Below: The Hunt Phoenix Mayo Clinic Proton Therapy jobsite. Various subcontractors posed with the VPP flag.



Above: McCarthy and Palo Verde representatives hold up the newly awarded VPP Flag. From left to right: Safety Director Jeff Brown, Safety Director Ken Weber, Project Safety Manager Steve Hollenbach, Superintendent Damon Yates, Sr Vice President Dennis Tucker, Superintendent Abe Babcock, ADOSH Assistant Director/VPP Coordinator Jessie Atencio and Project Safety and Health leader Fernando Sandez.



Above: The Hunt crew and subcontractors who helped to make the C-VPP recertification audit a success.



We are also happy to announce that **Imsamet of Arizona** located in Goodyear, AZ received their SHARP re-certification on January 3, 2013.



The ADOSH **Safety and Health Achievement Recognition Program (SHARP)**, started in 2004, recognizes smaller employers that have demonstrated exemplary achievements in workplace safety and health. Employers who develop, implement, and work to continuously improve the effectiveness of their workplace safety and health management program may be eligible for this recognition. Incentives for participating employers include: assistance from the ADOSH consultation section, public recognition for employers and employees, exemption from program scheduled ADOSH compliance inspections for two years, and receipt of a certificate of recognition.

Meet City of Flagstaff's Margaret Penado, a True "Safety Star"



Assistant Director Jessie Atencio is pictured with one of Arizona's most devoted safety and health advocates, Margaret Penado. Margaret has worked tirelessly with ADOSH to bring safety training to the Northern Arizona region, and was instrumental in organizing the Flagstaff Regional Safety Summit. Prior to working with the City of Flagstaff, Margaret was employed as a Risk Management Consultant with SCFAZ.

Margaret was awarded a "Safety Star of Appreciation" from ADOSH as a token of our gratitude for her considerable efforts. Margaret was recently promoted to the position of Risk Manager for the City of Flagstaff. Thank you, Margaret and good luck in your new assignment!

Work like you don't need the money;

Love like you've never been hurt;

Dance like nobody's watching;

Sing like nobody's listening;

Live like it's Heaven on Earth.

Mark Twain



When helpless gives way to hopeful...

by Jenny Mandeville



Giving Hope to the Children and Families
of Fallen Arizona Workers

As a compliance officer I investigated a workplace fatality where a woman was crushed when struck by a backing loader. It took place in a stone yard of a mining operation, and the worker was walking from the parking area to the job trailer and was not seen by the loader operator as he rounded a corner of stacked stone. You never forget the fatalities you investigate, but some are more memorable than others.

As I was making notes about the scene, the family of the victim arrived at the site and all marched in to the trailer office. All except one. She was a five-year old, a kindergarten, and it was her mother who was picked up by the medical examiner earlier that morning. She wandered over to my truck, her family members oblivious in their grief, that she had parted from them. I was sitting on the tailgate of my pickup and she asked if she could sit "up there" with me.

I lifted this precocious, darling girl who smelled like sunshine, with long black hair and shining brown eyes, onto the tailgate and she began to talk to me about her mother.

"My mama got hurt today. They took her to the hospital. But I can't go see her. She went to heaven."

"I'm so sorry. I'm here to find out what happened."

"Okay." A long pause. "I better go find my sister." That was it. I lowered her down to the ground and she ran towards the trailer to join the family.

Maybe five minutes together, and forever on my heart. What will happen to her; what is her future? You walk away changed because life will never be the same for a child. What more can you do for her?

There is an answer. There is Kid's Chance.

The mission of Kid's Chance is to fulfill the dreams of many children who cannot reach their potential without help.

A legitimate on-the-job accident is devastating not only to the individual employee but to the employee's children. It is the child who looks to the parent for sustenance, guidance, and support. Though the parent always wants more for their child than they had, the future dreams for a better life are often shattered when a parent experiences an industrial injury. The Kid's Chance program is designed to keep those future dreams alive.

To qualify for help, the parent's work-related injury or death must have led to a substantial decline in family income. The applicant must be between the ages of 16 and 25 and meet academic standards set by Kids' Chance of Arizona. The scholarship is good for one semester, but the applicant must maintain acceptable grades each quarter in order to continue.

To date Kids' Chance of Arizona has provided 137 scholarships totaling \$260,987.57 to the dependents of Arizona workers who were killed or seriously injured while providing a service to their employer.

We are proud to have Kid's Chance represented at our Tucson Safety Summit and invite you to stop in at their booth to see how you can make a difference in the life of a child whose life was forever changed when a parent went to work one day, and didn't come home. You can visit the website at www.azkidschance.org.

This year marks the Silver Anniversary of Kid's Chance a national organization that has provided more than 2,000 scholarships totaling over \$5,000,000. It's something you can do.

As soon as you see a
mistake and don't
fix it, it becomes
your mistake.

Author Unknown

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We're on the WEB!

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

ADOSH ADVOCATE

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