

Upcoming Events!

- Learn how to conduct your own Respirator Fit Testing: Training with 3M July 25
- Water/Wastewater Worker Safety Seminar for Yavapai County—Cottonwood Sept 17
- Regional Safety Summit PHOENIX October 23-24 Maricopa Co Sheriff Training Center

Inside this issue:

ADOSH Welcomes Director Bill Warren	1
America's Aging Workforce: Safety Considerations for the Older Worker	2
Regular Features <ul style="list-style-type: none"> • A Thousand Words • In-Box • Fatality Investigations 	3
Formaldehyde 101 by Steve Weberman, ADOSH IH Consultant.	4
Trainer's Corner - Heat Stress Illnesses Training CD Available	5
2013 Regional Safety Summits Prescott and Phoenix	
Training Calendar July—September 2013	6-7
Pandemic Influenza: 3 Deadly Viruses to Watch	8
Safety and Health Training: Shifting Paradigms - Power vs Force	9
ADOSH Alliance Programs - Welcomes AZ Business Assn.	
VPP and SHARP News : Palo Verde Nuclear Generating Station	10
VPP and SHARP News: Simmons, TRW, Forever Resorts	11
ADOSH Training Photos PRCs Rope Access - Flagstaff Water/Wastewater Seminar-Yuma	12
Free Safety Poster by Paul Meier AZ Water, Rest and Shade	13



ADOSH welcomes Director Bill Warren



Bill Warren has been appointed Director of the Arizona Division of Occupational Safety and Health (ADOSH).

When you meet Bill Warren you will immediately understand that he has a passion for safety. This passion has been fueled by losing two close relatives, a brother and a brother-in-law to workplace accidents, both falls from height.

Bill has dedicated his 35 year career to bringing safety to employees in many different settings, including serving military tours in Iraq, taking down bases and in Afghanistan, building bases. Bill will soon retire from 30 years of dedicated service to our country as a Seabee in the Navy Reserves

According to Bill, he was attracted to the ADOSH Director posi-

tion in part, because of the Mission Statement. ADOSH's mission is "the protection of life, health, safety and welfare of Arizona's most valuable assets." He embraces The ADOSH vision: "to be a leader in occupational safety and health by making Arizona's workplaces as safe and healthy as possible."

Previously Bill worked as the risk manager for Coconino County where he was responsible for managing public risk, occupational safety, OSHA compliance

from Northern AZ University. Active in the safety community for many years Bill wore many hats: as a member of the board for the Arizona Chapter of the National Safety Council, the American Society of Safety Engineers and the Public Risk Management Association. Since 2002 he has served on the Gateway Community College Occupational Safety & Health Advisory Board.

In 1986, Bill received professional designation as a Certified Safety Manager from the World Safety Organization (WSO-CSM).



Acting Directors Jessie Atencio (L) and Larry Gast (R) returned to Assistant Director duties as ADOSH welcomed Bill Warren as our new Director on May 21, 2013. ICA Director Laura McGrory praised Atencio and Gast for a job well done in the interim!

and safety.

Bill has also worked as the corporate director of safety and health for APS and assistant risk manager for the Maricopa Co. Risk Management Department. Bill has a degree in applied management from Grand Canyon University and his master's degree in educational leadership

Now the baton has been passed and we are newly committed to what we can do to help communities and businesses reduce the number of workplace injuries and illnesses. ADOSH invites you to meet Bill personally at the Phoenix Regional Safety Summit on October 23-24, to be held at the MCSO Sheriff's Training Center.

America's Aging Workforce and Workplace Safety Programs *(From NIOSH, Zurich, Other Experts, and one "old" person) by Jenny Mandeville*

It happens gradually, almost stealthy in its subtlety; that morning when you wake up and realize that your body is not in the same condition it was when you went to bed the night before. Stiff, sore, achy parts somehow took up residence in the night and made you...da-da-da-dum...old.

If you aren't there yet (you will be someday, so enjoy your smugness) the moment will arise when you realize that you aren't as strong, balanced, or alert as you used to be. Yet while we are not as physically adroit, we make up for it with experience, expertise and knowledge...right?

The face of America's workforce will be a bit more wrinkled in the near future as the projected number of workers 55+ years in the labor force will rise to 31.9 million by 2025. This would represent a 38% increase over the next decade and 75% increase from the year 2000 to 2025.

The "older worker" is defined as 40 years (hah!) or older by the Age Discrimination and Employment Act. Along with the physical aspects of aging, psychosocial aspects must be considered to predict worker safety needs.

From NIOSH Publication "Safety considerations for the aging workforce" (2005) Pascal Paoli, Director of Research at the European Foundations for the Improvement of Living and Work Conditions, states that "Aging is a very dynamic process. You can be too old for a job at 30, and too young for a job at 45. It's a continuous process (Hallett, 1997). For instance, a worker may not have enough experience to perform certain jobs when younger, but may have too slow of a reaction time or not enough physical strength to perform other tasks when older. The ideal work situation is one that matches the demands of the job to the abilities of the worker."

"Chronological age is often taken as an index for the aging process. Some researchers are trying to establish a means of measuring "functional age" as opposed to "chronological age," meaning how well a person can function in a certain environment or job when compared to other people of the same chronological age since there is such disparity in

individual abilities. Thus chronological age may not be a reliable predictor of a person's ability to function in a specific job."

Some Considerations

Cognitive aging affects one's ability to learn and perform work-related tasks yet an accumulation of knowledge and experience can actually lead to an increase in skills with age. The challenges of the physically aging workforce include age-related declines in physical, physiological, perceptual, and motor processes that may limit functioning during aging. Workers' vision, hearing, balance, strength, joint mobility, manual dexterity, reaction and movement times, and endurance all suffer declines with age, and some workers suffer from degenerative joint disease, osteoporosis, cardiovascular disease, and metabolic disorders (Fozard, 1997; McMahan and Phillips, 1999).

According to Zurich's Lance S. Perry PE/CPE Senior Engineer/Ergonomist; the employer's major aging concerns are :

Physical

- Strength - 25-30 percent decrease at 65 yrs
- Flexibility - 18-20 percent decrease at 65 yrs
- Balance – One-third of 65+ yrs fall each year
- Sight – All aspects deteriorate
- Reaction time and speed – Decreases
- Hearing – 1/3 of 65-74 yr olds have problems
- Manual dexterity and tactile feedback – Motor skills deteriorate
- Body fat – Increases

Physiological

- Oxygen exchange – 40 % decrease at 65 yrs
- Respiratory system – 25 % less at 65 yrs, 50 % less at 70 yrs
- Cardiovascular system – 15-20 % less at 65
- Systemic blood pressure – Increases
- Fatigue – Occurs more rapidly
- Extreme temperatures – More challenging

Psychosocial

Employers can manage some of the psychosocial changes that occur with aging through proper management strategies. Some psychosocial

concerns are as follows:

- Shift preferences – Mornings, less shift work
- Training and learning – Structured training and education
- Disenfranchisement and disengagement – More likely ("How to Use Ergonomics to Improve the Workplace Design" Lance S. Perry, PE, CPE Senior Engineer/ Ergonomist Zurich Services Corporation)

At this point, an employer may be thinking: "Good grief! I'll just hire young people! Old people are too much work." Well, therein lies the problem. There will not be enough "young" people to hire and the majority of the available workforce will be "old." This is good news for those of us concerned about Obamacare Death Panels since we seem to have suddenly developed an increased perceived value but realistically it means that employers will need to consider accommodations for those willing to work. Instead of fitting the employee for the work, work will have to be fitted to the employee.

The good news for employers is that the internet abounds with helpful information about the changes needed for the aging workforce. (Google it. If you dare.)

The trade off is the work ethic of the Baby Boomer Generation who most often define who they are by what they do for work. It is a dying characteristic however. Consider each generation's work culture :

Traditionalist (1928—1945) "Work is my duty
Baby Boomer (1946-1964): " I live to work"
Generation X (1965– 1980) " I work to live"
Generation Y (1980 - 2000) "I live then work"

60% of CEOs indicate their companies do not account for workforce aging in their long-term business plans. (AARP 2006.) As it becomes harder to find qualified employees, employers will need to do more to retain workers and establish formal programs to address retention and recruitment of 50+ workers. Retention may mean accommodation for physical, physiological and psychosocial needs of your older workers. To that end AARP offers workforce assessment tools at <http://www.aarpworkforceassessment.org>



Summer Vacation in A Thousand Words...



Have a safe and fun summer!

In-Box



Question: What are the minimum PPE requirements while using a compressed air gun for cleaning with minimal airborne particles?

Vendor recommendations for the equipment being cleaned allows for the air gun nozzle to be inserted into a hole and out the other end through a flexible tube away from the worker.

Answer: Both Construction and General Industry Standards, 29 CFR 1926.302(b) (4) and 29 CFR 1910.242(b), respectively, provide that compressed air shall not be used for cleaning purposes except where reduced to less than 30 p.s.i. and then only with

effective chip guarding and personal protective equipment.

General Industry Standards further require in 1910.132(d)(1) that the employer shall assess the workplace to determine if hazards are present, or are likely to be present, which necessitate the use of personal protective equipment (PPE).

Importantly, the standard requires chip guarding and personal protective equipment to be used whenever compressed air is employed for cleaning purposes.

Effective chip guarding means any method or equipment which will prevent a chip or particle (of whatever size) from being blown into the eyes or skin of the operator or other workers in the area.

Depending on what material

and/or process you are using compressed air for cleaning would dictate what type of PPE would be used (for instance, at a minimum, safety eye wear)

The employer should consult (material) safety data sheets, vendor recommendations and employers may wish to contact ADOSH's free and confidential on-site consultation service to help determine whether there are hazards at their worksites and work with ADOSH on correcting any identified hazards.

On-site consultation services are separate from enforcement activities and do not result in penalties or citations. To contact ADOSH's free consultation service call 602-542-1769 in Phoenix, or 520-678-5478 in Tucson.

ADOSH Consultant Bill Garton

Occupational Fatalities Investigated by ADOSH Jan. 1, 2013 -March 31, 2013

3/7/13 A 67-year old roofing foreman suffered a fatal head injury when he fell approx 15' as he descended a commercial building's fixed ladder while carrying two 5-gallon buckets.

2/5/2013 A 55-year old mobile crane operator, lifting a wooden pole at a private residence without fully extending both outriggers, sustained a fatal head injury when he attempted to jump clear from the operator's station as the crane tipped over on to one side.

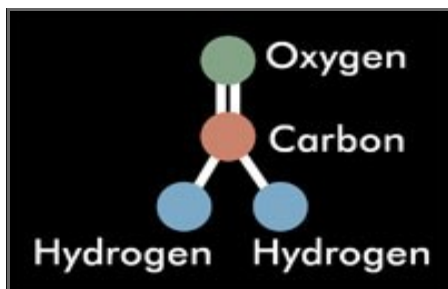
1/23/13 A 53-year old man, delivering water to the rooftop tank of a private residence, fell approx 12' suffering a fatal head injury while attempting to exit the roof and descend a portable extension ladder.



Formaldehyde 101

by Steve Weberman, Industrial Hygienist

Formaldehyde is an organic compound with the formula CH_2O or HCHO . It is the simplest aldehyde. The common name of the substance comes from its similarity and relation to formic acid.



A gas at room temperature, formaldehyde is colorless and has a characteristic pungent, irritating odor. It is an important precursor to many other materials and chemical compounds. In 2005, annual world production of formaldehyde was estimated to be 8.7 million tons. Commercial solutions of formaldehyde in water, commonly called formol, were formerly used as disinfectants and for preservation of biological specimens.

In view of its widespread use, toxicity and volatility, exposure to formaldehyde is a significant consideration for human health.

Uses

Industrial applications: disinfectant and biocide; tissue fixative and embalming agent and drug testing

Safety

Formaldehyde is highly toxic to all animals, regardless of method of intake. Ingestion of as little as 30 mL (1 oz.) of a solution containing 37% formaldehyde has been reported to cause death in an adult human. Water solution of formaldehyde is very corrosive and its ingestion can cause severe injury to the upper gastrointestinal tract.

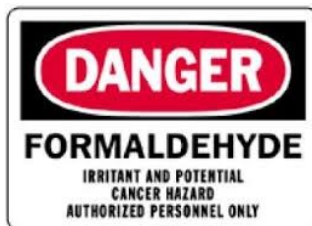
Occupational exposure to formaldehyde by inhalation is primarily from three types of sources:

- thermal or chemical decomposition of formaldehyde-based resins;
- formaldehyde emission from aqueous solutions (for example, embalming fluids); and
- the production of formaldehyde resulting

from the combustion of a variety of organic compounds (for example, exhaust gases).

Brazilian Blow-Out Products

During Federal OSHA investigations, air tests showed formaldehyde at levels above OSHA's limits in salons using Brazilian Blowout Acai Professional Smoothing Solution, labeled "formaldehyde free," and Brasil Cacau Cadiveu, resulting in violations and citations. Oregon OSHA tested more than 100 samples of keratin-based hair smoothing products and found formaldehyde levels in some products well above what could legally be labeled as "formaldehyde-free." In addition to the Brazilian Blowout products, Oregon OSHA found that other manufacturers, importers, and distributors of hair smoothing products also had not listed formaldehyde or included hazard information on the label or in the MSDS. Oregon OSHA has issued a "Hazard Alert" regarding the exposure to formaldehyde during hair smoothing operations using specific products. You can download and print the Hazard Alert at: <http://www.orosha.org/pdf/hazards/2993-26.pdf>



Construction Materials Exposures

Formaldehyde can be toxic, allergenic, and carcinogenic. Because formaldehyde resins are used in many construction materials it is one of the more common indoor air pollutants. At concentrations above 0.1 parts per million (ppm) in air, formaldehyde can irritate the eyes and mucous membranes, resulting in watery, burning eyes. Formaldehyde inhaled at this concentration may cause headaches, a burning sensation in the throat, and difficulty breathing, and can trigger or aggravate asthma symptoms.



OSHA Standards

OSHA 29 CFR 1910.1048 standard requires an initial air monitoring be performed to determine the employees' exposure while working with Formaldehyde. The 8-Hour Time Weighted Average Permissible Exposure Limit (PEL) is 0.75 ppm. The OSHA Short Term Exposure Limit (STEL) for a 15-minute exposure time cannot exceed 2.0 ppm.

Hazard Controls

If you have workers whose exposure may exceed the limits described or who are experiencing symptoms of formaldehyde exposure, the formaldehyde rule requires you to take steps to reduce their exposure.

- Reassign workers who have adverse effects from formaldehyde exposure to jobs with less or no exposure until their condition improves. Reassignment can continue for up to six months until the worker can return to the original job — or is unable to return to work — whichever comes first.
- Implement engineering and work practice controls to keep employee exposure to formaldehyde at or below the PEL and the STEL. Workers must be provided with respirators if these controls can't keep exposure at or below these levels.
- Select, provide, and maintain appropriate personal protective equipment such as impervious clothing, gloves, aprons, and chemical splash goggles. Ensure that workers use this equipment to prevent skin and eye contact with formaldehyde.
- Provide showers and eyewash stations if splashing is likely.
- Provide medical surveillance for all workers who:
 - 1) are exposed to formaldehyde at concentrations at or above the AL or greater than the STEL.
 - 2) develop signs and symptoms of overexposure.
 - 3) are exposed to formaldehyde in emergencies.

If respiratory protection is used to control exposure, the OSHA 29 CFR 1910.134 Respiratory Protection Standard will have to be followed. A written program, medical evaluations, fit-testing of the specific respirator to the worker, and employee training must be implemented.



TRAINER'S CORNER by Jenny Mandeville

Our GHS CD project was so successful that we want to offer another training resource disk to employers and safety officers.

This quarter we are making available a disk with Heat Stress and Haboob Training Resources. This disk will contain the OSHA "Water, Rest, Shade" Heat Stress Awareness Campaign.

The Heat Stress and Haboob Safety Training that we conduct regularly throughout the spring and summer months will also be included on the disk! If you have never attended the class, check our schedule for this quarter, come see how we present the materials and then make it your own!

Spanish language training materials are also on the disk, including a trainer's guide.

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.

Last, but not least, please join us at the free ADOSH Training classes. We will be offering Heat Stress Prevention Classes training and distributing the CDs at scheduled training throughout the summer. 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 quarter 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 sizzling months.



Order your free Heat Stress Prevention Employee Training Resources CD compiled by ADOSH Trainers to help you deliver training to your employees this summer.

FREE SAFETY POSTER by Paul Meier —IN THIS ISSUE!



Download, print and post the "AZ Water, Rest, Shade" Safety Poster by ADOSH resident artist Paul Meier to remind your employees how to keep their cool all summer long.

Announcements: Prescott Safety Summit postponed indefinitely and Now you can register for classes on-line with EZ Register!

After treading water, holding our breath and even some prayer, we were unable to secure a Summit location in Prescott. We had special challenges, given our budget (or lack thereof) trying to find a place large enough for our needs.

ADOSH would like to extend a

heartfelt thank you to Chris Graff, Vice President of Asphalt Paving & Supply, Inc. who dedicated much time to the effort of trying to find us a meeting spot. While we are still looking forward to taking the Summits around the state, we will be continuing our search for venues that meet our budget so that we can continue

to offer the Summit for free to Arizona employers and employees.

Now you will be able to register for classes on-line at EZ Register which provides free registration for free classes, which, as you know is exactly what we offer! You can register for multiple

classes in one on-line visit, and we will have contact information to let you know of any changes to the schedule or location. As we get "the hang of it" ourselves we will add more information—like maps. Until then, if you have questions, please call the contact number on the Training Schedule for any concerns.

Phoenix Safety Summit October 23—24, 2013

ADOSH and the Maricopa Co. Sheriff's Office are co-hosting the Phoenix Safety Summit at the Maricopa County Sheriff's Office Training Center (2627 South 35th Avenue Phoenix, AZ 85009) on October 23-24th.

The plans are already well un-

derway to bring you an exciting and relevant program. We are



very excited to partner with the MCSO for the event and to be invited to use their new facility is a dream come true!

You will want to register early and arrive early on the opening day (Oct 23) so that you won't miss a special presentation pro-

vided by the MCSO. More information will be released in August, so reserve the date to join us for a terrific event! Vendors interested in participating in the event can call Rosemary at the Phoenix office: 602-542-1769



ADOSH Education and Training Calendar July—Sept 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 class questions and are not direct numbers to the ADOSH trainer. Please register on-line at www.ezregister.com/promoters/1607 Registration Problems? Call 602-542-1769**

July 2013 On-line Registration Required

7/2/2013	9:00 - 11:00	Hazard Communication/GHS	800 W Washington St	Phoenix	Weberman	602-542-1769	R Montanez
7/2/2013	9:00 - 12:00	OSHA 300 Recordkeeping	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
7/8/2013	9:00 - 11:00	Preventing Workplace Violence (Webinar)	800 W Washington St	Phoenix	Atencio	602-542-1769	R Montanez
7/9/2013	9:00 - 12:00	Office Safety	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
7/10/2013	9:00 - 12:00	Hazard Communication/GHS	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
7/17/2013	9:00 - 12:00	Heat Stress & Haboob Safety	1130 W. Warner Rd. Bldg B	Tempe	Mandeville	602-728-7750	Janet Meza
7/17/2013	9:00 - 12:00	Forklift Train-the-Trainer	2675 E Broadway	Tucson	Garton	520-628-5478	ADOSH
7/19/2013	8:00 - 10:00	AZ Residential Fall Protection	800 W Washington St	Phoenix	Cooper	602-542-1769	R Montanez
7/23/2013	9:00 - 12:00	Heat Stress Prevention (Spanish)	800 W Washington St	Phoenix	Lopez	602-542-1769	R Montanez
7/25/2013	9:00 - 12:00	Respirator Fit Testing (with 3M Company)	800 W Washington St	Phoenix	Mandeville	602-542-1769	R Montanez
7/30/2013	9:00 - 12:00	Bloodborne Pathogens Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
7/31/2013	9:00 - 11:00	Heat Stress Prevention	2951 S 21st Dr (Main Library)	Yuma	Ornelas	928-373-1138	Diane Robinson
7/31/2013	1:00 - 3:00	Heat Stress Prevention (Spanish)	2951 S 21st Dr (Main Library)	Yuma	Ornelas	928-373-1138	Diane Robinson
7/31/2013	9:00 - 12:00	Cranes, Rigging and Signaling	2951 S 21st Dr (Main Library)	Yuma	Cooper	928-373-1138	Diane Robinson
7/31/2013	1:00 - 3:00	AZ Residential Fall Protection	2951 S 21st Dr (Main Library)	Yuma	Cooper	928-373-1138	Diane Robinson
7/31/2013	9:00 - 12:00	Confined Spaces Hazards	800 W Washington St	Phoenix	Mandeville	602-542-1769	R Montanez

August 2013 On-line Registration Required

8/6/2013	8:00 - 12:00	Cranes, Rigging & Signaling	800 W Washington St	Phoenix	Cooper	602-542-1769	R. Montanez
8/6/2013	9:00 - 12:00	Lockout / Tagout Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
8/7/2013	9:00 - 12:00	Hazard Communication/GHS	500 S Central, Bldg D	Florence	Ornelas	520-866-7920	Ana Escovel
8/9/2013	9:00 - 11:00	Job Hazard Analysis (Webinar)	800 W Washington St	Phoenix	Atencio	520-542-1769	R. Montanez
8/13/2013	9:00 - 12:00	General Industry Hazard Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
8/14/2013	8:00 - 12:00	Forklift Train-the-Trainer	3030 N 3rd St (SCF Bldg)	Phoenix	Mandeville	602-542-1769	R. Montanez
8/14/2013	9:00 - 12:00	Forklift Train-the-Trainer	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
8/14/2013	10:00-11:00	Safety Committees (Webinar)	800 W Washington St	Phoenix	Emami	602-542-1769	R. Montanez
8/15/2013	9:00 - 12:00	Heat Stress & Haboob Safety	800 W Washington St	Phoenix	Mandeville	602-542-1769	R. Montanez
8/20/2013	9:00 - 12:00	Machine Guarding	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
8/22/2013	9:00 - 12:00	Hand/Power Tool Safety Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
8/23/2013	8:00 - 10:00	AZ Residential Fall Protection	3030 N 3rd St (SCF Bldg)	Phoenix	Cooper	602-542-1769	R Montanez
8/23/2013	1:00 - 4:00	Excavation Safety Awareness	3030 N 3rd St (SCF Bldg)	Phoenix	Cooper	602-542-1769	R Montanez
8/27/2013	9:00 - 12:00	Confined Spaces Awareness	2675 E Broadway	Tucson	Ornelas	520-320-5478	ADOSH
8/28/2013	9:00 - 12:00	Haz Com 2012 /GHS (Spanish)	1450 N Hohokum Dr.	Nogales	Ornelas	520--866-7923	Daniel Ariz-mendi
8/28/2013	8:00 - 12:00	Cranes, Rigging & Signaling	2675 E Broadway	Tucson	Cooper	520-628-5478	ADOSH
8/28/2013	1:00 - 3:00	AZ Residential Fall Protection	2675 E Broadway	Tucson	Cooper	520-628-5478	ADOSH

September 2013 On-line Registration Required

9/3/2013	9:00 - 12:00	Workplace Violence Prevention	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
9/4/2013	9:30 - 12:00	Lockout / Tagout Awareness	365 16th Street	Douglas	Ornelas	520-364-7521	Sabine Ludwig
9/5/2013	9:00 - 12:00	Elements of a Safety Program/VPP Prep	800 W Washington St	Phoenix	Atencio	602-542-1769	R. Montanez
9/6/2013	8:00 - 12:00	Cranes, Rigging & Signaling	800 W Washington St	Phoenix	Cooper	602-542-1769	R. Montanez
9/11/2013	8:00 - 11:00	Concrete & Masonry Safety	3030 N 3rd St (SCF Bldg)	Phoenix	Cooper	602-542-1769	R. Montanez

September 2013 (continued) On-line Registration Required

9/17/2013	8:00 - 5:00	Water/Wastewater Safety Seminar	199 South 6th St	Cottonwood	Mandeville	480-528-2042	Nancy Green
9/19/2013	9:00-12:00	Residential Care / Nursing Hm Safety	800 W Washington St	Phoenix	Mandeville	602-542-1769	R Montanez
9/20/2013	8:00 - 10:00	AZ Residential Fall Protection	800 W Washington St	Phoenix	Cooper	602-542-1769	R Montanez
9/24/2013	9:00 - 12:00	Excavation Safety Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
9/25/2013	8:00 - 10:00	AZ Residential Fall Protection	2675 E Broadway	Tucson	Cooper	520-628-5478	ADOSH
9/30/2013	9:00 - 12:00	Hand/Power Tool Safety Awareness	2675 E Broadway	Tucson	Garton	520-628-5478	ADOSH

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

ADOSH and the City of Cottonwood present a **FREE**

Water and Wastewater Worker Safety Seminar

Register at www.ezregister.com/promoters/1607

Cottonwood Public Safety Building
199 South 6th Street, Cottonwood
September 17, 2013 8 am –5 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:

For more information call
Nancy Graves-Green at:
602-368-6626 or email:

ngraves-green@berkleyrisk.com

NOTES: EZRegister Instructions: Just type in www.ezregister.com/promoters/1607 in your URL address bar and enter. All of ADOSH's classes will be listed and you can click on the class you want to attend. Fill in the form and save it to your calendar! Simple and time-saving. If there are any changes we will let you know. Webinars are scheduled and when you sign up for the class, a return email will include materials for the class and log-on information. If you wish to attend the webinar in person, sign up for the class on EZRegister but then call the contact number to let us know your preference.

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.**

Finally, please be courteous during any cold and flu seasons 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 all times of the year. *See you in class!*

Pandemic Influenza Awareness: 3 Deadly Viruses to Watch

Remember the days of H1N1 Swine Flu in 2009? We first heard of the virus when it appeared in Mexico; and we learned that common meeting places such as theaters, stadiums and schools were closed to try to prevent the human-to-human spread of the virus. It didn't work. The flu hit the United States with a vengeance while health officials scrambled to develop an effective vaccine and pharmacies filled anti-viral prescriptions by the thousands. A vaccination hierarchy was established, placing pregnant women at the top and those born before 1957 at the bottom. The CDC tried to institute the pandemic protocols, by recommending the closure of schools and asking people to stay home if ill. But Americans will not be denied and we sent our sick kids to school so we could go to work, coughing and sneezing H1N1 throughout the nation.

The CDC estimates that 43 million to 89 million people had H1N1 between April 2009 and April 2010. They estimate between 8,870 and 18,300 H1N1 related deaths. A relatively low death toll, compared to what may be on the horizon.

MERS-CoV: The Middle East Respiratory Syndrome Coronavirus creates headlines as it is detected in Europe, the UK and throughout the Middle East. The World Health Organization (WHO) states that there have been 50 lab confirmed cases resulting in 30 fatalities. This constitutes a mortality rate of approximately 60%. This virus, closely related to SARS, can initially cause flu-like symptoms with upper respiratory tract infections severe enough to require hospitalization. The virus

attacks the body's cells, destroying the immune response causing systemic breakdown. For those not responding to conventional treatments pneumonia develops and death eventually results from multiple organ collapse in MERS-CoV victims in approximately 10 days.

Like the SARS virus, MERS-CoV is most similar to coronaviruses found in bats. CDC is still learning about MERS. The virus is "a threat to the entire world," the WHO's general director Margaret Chan commented during remarks at the 66th World Assembly in Geneva, Switzerland adding it "is not a problem that any single affected country can keep to itself or manage all by itself."

H5N1 Avian (Bird) Flu : H5N1 is a highly pathogenic avian (bird) flu virus that has caused serious outbreaks in domestic poultry in parts of Asia and the Middle East. Highly pathogenic refers to the virus's ability to produce disease. Although H5N1 does not usually infect humans, nearly 600 cases of human cases of H5N1 have been reported from 15 countries since 2003. Most human cases of "highly pathogenic" H5N1 virus infection have occurred in people who had recent contact with sick or dead poultry that were infected with H5N1 viruses. About 60% of people infected with the virus died from their illness.

Human infection with H5N1 is

rare. Most infections occurred after direct or close contact with poultry infected with H5N1. There is no evidence that this virus can spread easily between people.

Symptoms and possible complications of highly pathogenic H5N1 in people can include: Fever and cough; acute respiratory distress; shortness of breath/difficulty breathing; abdominal pain and diarrhea.

For those not responding to conventional treatments the following complications can develop: pneumonia; respiratory failure; shock; altered mental state; seizures; failure of multiple organs (e.g. kidney failure) and ultimately death.

While the final mutation of the virus has been expected, that which will make the virus readily transmissible between humans, it has been monitored by WHO on case by case basis. (The virus has been compared to the 1918 influenza that killed an estimated 100 million world wide.)

"The hallmark of influenza viruses is their ability to change," cautions Mike Shaw PhD, the CDC Influenza Division's Associate Director for Laboratory Science. "That is why we watch these types of situations closely, to make sure that the virus hasn't changed to allow efficient and sustained human-to-human transmission."

H7N9 Avian Influenza A: First reported in China, this avian flu was not as obvious as the H5N1 in that it does not cause illness or death in the birds carrying the virus. Infected birds could spread the virus from droplets or through direct contact.

Since the novel A(H7N9) virus seems to be able to transmit from animals to humans more readily than avian A(H5N1) influenza viruses, and little or no immunity against the novel virus exists in the

human population, WHO is actively working with its Member States and partners on effective responses and preparedness.

Most patients initially developed an influenza-like illness (ILI) that subsequently progressed to respiratory distress syndrome resulting in hospitalization. Clinical findings in patients with confirmed H7N9 infection include high fever, non-productive as well as productive cough, shortness of breath, dyspnea, hypoxia, and evidence of lower respiratory tract disease. Leukocyte counts have been normal or low, with leukopenia, lymphopenia, and moderate thrombocytopenia in some cases. Complications of H7N9 virus infection have included septic shock, respiratory failure, acute respiratory distress syndrome, refractory hypoxemia, acute renal dysfunction, multiple organ dysfunction, rhabdomyolysis, encephalopathy, and bacterial and fungal infections such as ventilator-associated pneumonia and blood-stream infection sometimes by multi-drug resistant bacteria. Currently the mortality rate is at approximately 30%.

The CDC has recommendations for preparing your community, business, schools and family for a pandemic. (www.flu.gov) OSHA has published guidance for employers and healthcare providers to help prepare and plan for remaining viable during a pandemic which is predicted could decrease the nation's workforce by as much as 50% while workers are sick or caring for the sick.

Visit <http://www.osha.gov/dsg/topics/pandemicflu/> for information on preparing your business for what appears to be inevitable. Forewarned is forearmed...

What do you know about these viruses?

H3N2v (Swine Flu variant)

MERS-CoV (Middle East Respiratory Syndrome Coronavirus —60% mortality rate)

H1N1 (Swine Flu)

H7N9 (Avian Influenza A - 30% mortality rate)

H5N1 (Avian/Bird Flu - 60 % mortality rate)

Go to www.flu.gov for more info



4 Elements of a Powerful Safety Program



The purpose of Safety Training is to shift paradigms which takes place at a very personal level when students perceive that the training has significance to their lives and the lives of their family members.

Safety and Health Training: Shifting Paradigms

Power vs. Force

"How many times do we have to have this training?" A phrase often heard in connection to safety training. Think about it. If an employee has been working for your company for 5 years, they may have heard the "safety message" upwards of 60 times if you have monthly safety training. So how many times do they have to **hear** it? Maybe it's time they **teach** it.

A huge paradigm shift takes place when the student realizes that they already have the information they need, but may still need help un-

derstanding how best to apply it. Understanding evolves as the principle is discussed among peers, explored in the workplace and experienced either actually or vicariously.

One of the reasons that accident stories are effective is because the listener experiences the accident vicariously. Some people learn well from the experiences of others. Employees who insist on learning through their own experiences present the greatest training challenges. They know the rules

but think the rules do not always apply to them. These are the employees who can benefit most by *teaching* the principle. In the process of trying to convince others, they convince themselves as well.

What do employees want in training? A sense of community; to share their ideas with their co-workers and hear what their peers have to say; to be asked challenging questions; to be listened to; and to be respected. Respect them enough to let them share their knowledge and experiences – paradigms *will* shift. JM

ADOSH Alliance Program Welcomes Arizona Business Association

Through the Alliance Program, ADOSH works with groups committed to worker safety and health to prevent workplace fatalities, injuries, and illnesses. These groups include unions, trade or professional organizations, businesses, faith and community-based organizations, and educational institutions. ADOSH and the groups work together to develop compliance assistance tools and resources, share information with workers and employers, and educate workers and employers about their rights and responsibilities. ADOSH Alliance Program participants do not receive exemptions from OSHA inspections or any other enforcement benefits. Participants in the Alliance Program support ADOSH's strategic goals by developing Alliance agreements and implementing project plans that emphasize:

Raising Awareness of OSHA's Rulemaking and Enforcement Initiatives, such as by:

- Sharing information on OSHA's regulatory

agenda and opportunities to participate in the rulemaking process.

- Training workers on new and revised standards.
- Developing worker information on new and revised standards.
- Sharing information on Local and National Emphasis Programs.
- Developing compliance assistance materials for other specifically targeted hazards/industries.
- Participating in various forums and groups to discuss ways of improving workplace safety and health programs.
- Encouraging worker participation in workplace safety and health.

Outreach and Communication, such as by:

- Creating and sharing compliance assistance materials in English, Spanish, and other languages for workers and/or employers.
- Conducting best practice seminars in support of ADOSH's enforcement initiatives.
- Speaking or exhibiting at conferences and meetings.

Training and Education, such as by:

- Developing effective worker training and education programs.
- Arranging for the delivery of worker training.

If you are interested in forming an Alliance with ADOSH, please contact Babak Emami at 602-542-1634. or Jessie Atencio at 520-320-4222



The Arizona Division of Occupational Safety and Health would like to announce our newest Alliance Partner, Arizona Business Association, Inc. The ABA works with employers to implement safety and health measures within their respective organizations. The "ABA" also works closely with employers injury/illness data in an effort to reduce incidents in their workplaces through training and outreach.

Left: ABA Director David Howells and Office Manager Tracey Stewart proudly display the logo and mission of the Association. Check <http://www.abasafety.com> for their up-coming events and a quarterly newsletter.



VPP and SHARP News *Palo Verde Nuclear Generating Station*

Palo Verde Nuclear Generating Station, celebrated their initial VPP STAR certification. Palo Verde is in the electrical power and distribution service. The company demonstrated their extensive safety and health culture defined by the Chief Nuclear Officer, managers and employees working on site. ADOSH Assistant Director Jessie Atencio presented the VPP flag and plaque.



Jessie Atencio presents the ADOSH VPP Star plaque to Chief Nuclear Officer Randy Eddington while APS CEO Don Brandt looks on.



Jessie Atencio presents the flag to representatives of various departments who helped to see the site's VPP initiatives through.



The VPP Flag unfurls proudly at the main entrance to the Palo Verde Nuclear Generating Station.



Key employees who helped see the site's VPP program from the beginning through the award ceremony.

The Palo Verde Nuclear Generating Station, located about 55 miles west of downtown Phoenix, has been the largest power producer of any kind in the United States since 1992. Its three units are capable of generating more than 4,000 megawatts of electricity. Palo Verde is the only nuclear plant in the United States that does not sit on a large body of water. Instead, it uses treated effluent from several area municipalities to meet its cooling water needs, recycling approximately 20 billion gallons of wastewater each year. Palo Verde, which has an economic impact of approximately \$1.8 billion annually and is the largest single commercial taxpayer in Arizona, is operated by APS and is owned by a consortium of seven utilities in the Southwest. APS owns 29.1 percent of the plant.

For more information on ADOSH, Consultation Partnership Programs and the Industrial Commission of Arizona, please visit www.ica.state.az.us or call (602) 542-5795. Will Your company be our next VPP Star site?



VPP and SHARP News *Simmons, TRW, Forever Resorts North Rim*

The Simmons Manufacturing, L.L.C., Phoenix Plant celebrated their third successful VPP STAR recertification audit. Simmons' annual message was based on "Ohana" meaning "family" in the Hawaiian culture. They believe that everyone within their safety and health culture is family therefore they watch out for each other everyday. The left photo captures Phoenix Operations Manager Luciano Saldana providing opening remarks to the employees before the celebration began. The right photo shows the employees enjoying the entertainment of a local Hawaiian dance club who performed several dance routines for them.



TRW Vehicle Safety Systems, Inc., celebrated their third successful VPP STAR recertification.

Right: Assistant Director and VPP Coordinator Jessie Atencio presenting the recertification plaque to Plant Manager John Bishopp. Far right: Jessie Atencio, Bishopp, Mr. Detwiler, Babak Emami and Luis Lopez holding up the VPP flag.



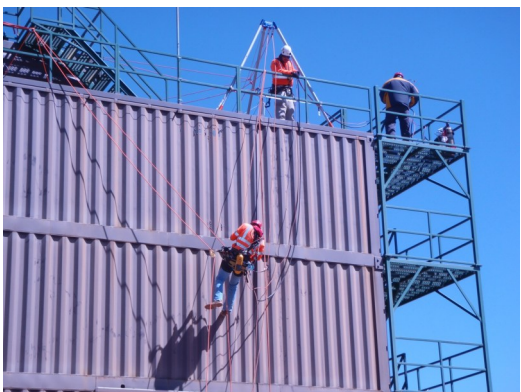
Forever Resorts Grand Canyon North Rim, L.L.C., celebrated their initial VPP STAR certification. The company is the first lodge and hospitality VPP STAR site for the ADOSH program. Left: Forever employees with General Manager Mike Kidd and Mike Dupuy proudly holding up the VPP flag. Lower left: Grand Canyon National Park Superintendent Dave Uberuaga expressing his congratulations to the employees of Forever Resorts on a job well done. Below: The VPP flag prominently displayed at the courtyard entrance to the Grand Canyon Lodge.



ADOSH Training: Confined Space Equipment and Wastewater Seminar Yuma



April 10, 2013 found ADOSH in Flagstaff at the City of Flagstaff Fire Tower receiving a demonstration of rope access use in confined spaces. The team from Abseilon, USA travelled from Phoenix participate in the training along with Mike Maloney of Carson Sales, and Mark Delima of American Rescue Concepts, LLC. Lower Right: Abseilon USA President Renee Piposar holds the company's 2013 SHARP certificate.



Congratulations Abseilon USA !



Yuma County hosted the day-long Water Wastewater Worker Safety Seminar on March 27th at the beautiful Main Library . City workers from Yuma, Somerton, San Luis, Goodyear, Weldon, and Quechan Utility attended. An additional 3 hours of training was offered to attendees and 34 of the 60 students earned their 10 Hour Outreach Card on May 13. Our thanks to Diane Robinson, Yuma Co. Risk Mgt.



Arizona Division of
Occupational Safety & Health



800 W Washington St, Ste 200
Phoenix, AZ 85007

2675 East Broadway Road
Tucson, AZ 85716

Bill Warren, Director

Phone: 602-542-5795

520-628-5478

Fax: 602-542-1614

520-322-8008

Toll Free: 855-268-5251

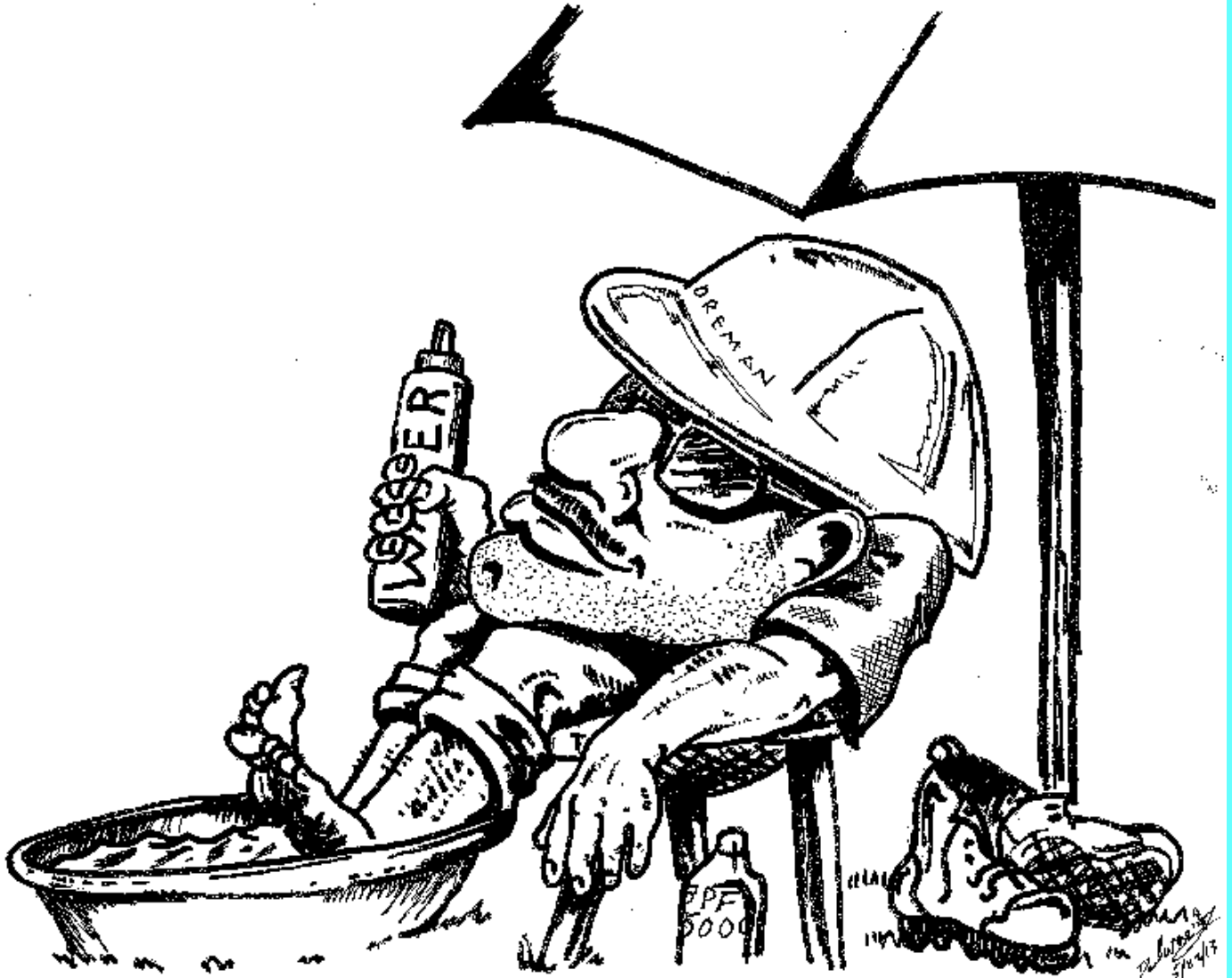
We're on the WEB!

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

ADOSH ADVOCATE

Published quarterly by the Arizona Division of Occupational Safety and Health for employers and employees of Arizona. The information in this newsletter is provided as a service and should not be considered as the exclusive source of the requirements of the OSHA Standards. This document is in the public domain and we encourage re-printing. Comments and suggestions are welcome.

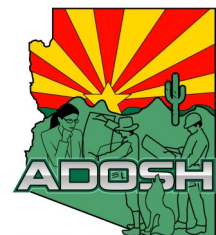




Keep *cool* Arizona with WATER, REST and SHADE!

Arizona Division of Occupational Safety and Health
800 West Washington Street, Ste 200
Phoenix, AZ 85007

For more Water, Rest, Shade Campaign materials call 602-542-1769



Protection of life, health, safety and
welfare of Arizona's most valuable assets.