

Upcoming Events:

June 17: OSHA Regulations for Assisted Living Facilities Seminar—Tucson

July 22-23: Northern Arizona Safety Summit in Prescott Valley! (See flyer in this issue)

September 2: OSHA Regulations for Assisted Living Facilities Seminar—Phoenix

Ongoing: Fall Protection in Construction through September (see flyer in this issue)

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THE ARIZONA DIVISION OF OCCUPATIONAL SAFETY AND HEALTH



"Confined Space in Construction" Rule

Federal OSHA Q&A

On May 4, 2015, OSHA issued a new standard for construction work in confined spaces which confined spaces can present physical and atmospheric hazards that can be avoided if they are recognized and addressed prior to entering these spaces to perform work. The new standard, Subpart AA of 29 CFR 1926 will help prevent construction workers from being hurt or killed by eliminating and isolating hazards in confined spaces at construction sites similar to the way workers in other industries are already protected. The rule requires employers to determine what kinds of spaces their workers are in, what hazards could be there, how those hazards should be made safe, what training workers should receive, and how to rescue those workers if anything goes wrong.

There are 5 key differences from the construction rule, and several areas where OSHA has clarified existing requirements. The five new requirements include:

1. More detailed provisions requiring coordinated activities when there are multiple employers at the worksite. This will ensure hazards are not introduced into a confined space by workers performing tasks outside the space. An example would be a generator running near the entrance of a confined space causing a buildup of carbon monoxide

within the space.

2. Requiring a competent person to evaluate the work site and identify confined spaces, including permit spaces.

3. Requiring continuous atmospheric monitoring whenever possible.

4. Requiring continuous monitoring of engulfment hazards. For example, when workers are performing work in a storm sewer, a storm upstream from the workers could cause flash flooding. An electronic sensor or observer posted upstream from the work site could alert workers in the space at the first sign of the hazard, giving the workers time to evacuate the space safely.

5. Allowing for the suspension of a permit, instead of cancellation, in the event of changes from the entry conditions list on the permit or an unexpected event requiring evacuation of the space. The space must be returned to the entry conditions listed on the permit before re-entry.

In addition, OSHA has added provisions to the new rule that clarifies existing requirements in the General Industry standard. These include:

1. Requiring that employers who direct workers to enter a space without using a complete permit system prevent workers' exposure to physical hazards through elimination of the hazard or isolation

methods such as lockout/tagout.

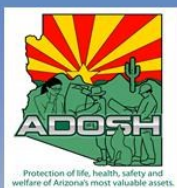
2. Requiring that employers who are relying on local emergency services for emergency services arrange for responders to give the employer advance notice if they will be unable to respond for a period of time (because they are responding to another emergency, attending department-wide training, etc.).

3. Requiring employers to provide training in a language and vocabulary that the worker understands.

4. Finally, several terms have been added to the definitions for the construction rule, such as "entry employer" to describe the employer who directs workers to enter a space, and "entry rescue", added to clarify the differences in the types of rescue employers can use.

The rule makes the controlling contractor, rather than the host employer, the primary point of contact for information about permit spaces at the work site. The host employer must provide information it has about permit spaces at the work site to the controlling contractor, who then passes it on to the employers whose employees will enter the spaces (entry employers). Likewise, entry employers must give the controlling contractor information about their entry program and hazards they encounter in the space, and the

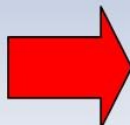
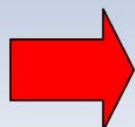
ADOSH SAFETY SUMMIT - Northern Arizona



Co-Hosted by the Arizona Division of
Occupational Safety and Health and
Northern Arizona University | Yavapai



Plug-In...Charge-up...Burn Brighter!



**DON'T
MISS
THIS
FREE
EVENT !**

July 22 –23 , 2015

8:00 AM— 5:00 PM



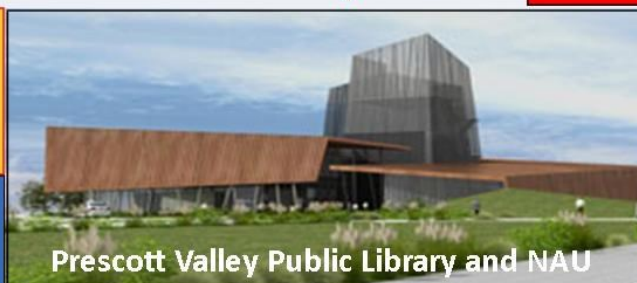
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Wednesday: July 22, 2015 8:00 AM

Martin Fekete, DHSc: "Safety and Health: Do It for the WELL of it!"

Thursday: July 23, 2015 8:00 AM

Richard Rich: Founder of R&R Lotion the maker of Industrial Sunscreen "Preventing Skin Cancer for Outdoor Workers"



Prescott Valley Public Library and NAU

**Registration begins June 1, 2015 at
www.ezregister.com/promoters/1607**

Free OSHA 10 Hour Classes (seating is limited)

Come Plug-in, Charge-up and go home ready to Burn Brighter! Our Trainers include the following experienced and highly informed Safety Experts!
Special Guest Speakers: Gina Kesler-CEO D&A Experts;
"Ergo Dave" Wood; Dee Ruelas Certified FEMA Instructor

Protecting the
Protectors:
Addressing the
Health, Wellness &
Safety Challenges of
Emergency
Responders



Guest Speaker Frank G. Rando,
P.A.-C, RRT CRT, RCP, CSA, CMA, EMT-P,
CHIMP, RSM, RHISO, HAZMAT Instructor

Choose from over 25 classes, including:

OSHA for the New Safety Officer	Temporary Workers and OSHA
NFPA 70E and OSHA	Emerging Diseases & Pandemics
Stand Up For Ergonomics!	Supervisors...the Missing Safety Link
Killer Fatigue: Sleep and Safety	Supervisor Training: Drugs and Alcohol
Respiratory Illness and Prevention	Medical Marijuana in the Workplace



Bill Warren
ADOSH
Director



Gina Kesler
D&A Experts



Donna
Hudson



Angie Rolnik
OSHA Outreach



Dave Wood
MSIE, CPE



Angie
Westerfield



Jessie
Atencio
ADOSH



Landon
Coleman
ADOSH



Dee
Ruelas



Babak
Emami
ADOSH



Jenny
Mandeville
ADOSH



Joe
Ornelas
ADOSH



Bill
Garton
ADOSH

CONTACT ADOSH AT 602-542-1769 (PHOENIX) or 520-628-5478 (TUCSON)



Protecting Outdoor Workers from Skin Cancer



At the Prescott Valley Safety Summit we will be privileged to hear from Rich Richard who is himself a skin cancer survivor and an advocate for skin protection, especially for outdoor workers. Founder of R&R Lotions and Industrial Sunscreen, Rich is a fascinating speaker and will convince you to take action this summer for yourself, your family and your employees.

Workers such as farmers, foresters, landscapers, groundskeepers, gardeners, painters, roofers, pavers, construction workers, laborers, mechanics, firefighters and any other workers who spend time outside can be exposed to harmful UV rays from sunlight.

So, from the American Cancer Society (www.cancer.org) we have the following info:

Everyone's skin and eyes can be affected by the sun and other forms of ultraviolet (UV) rays. People with light skin are much more likely to have sun damage, but darker-skinned people, including people of any ethnicity, can also be affected.

For some people, the skin tans when it absorbs UV rays. The tan is caused by an increase in the activity and number of melanocytes, the cells that make the pigment melanin. Melanin helps block out damaging UV rays up to a point, which is why people with naturally darker skin are less likely to get sunburned, while people with lighter skin are more likely to burn. Sunburns can increase your risk of skin cancer, including melanoma. But UV exposure can raise skin cancer risk even without causing sunburn. Aside from skin tone, other factors can also affect your risk of damage from UV light. You need to be especially careful in the sun if you:

- Had skin cancer before
- Have a family history of skin cancer, especially melanoma
- Have many moles, irregular moles, or large moles
- Have freckles and burn before tanning
- Have fair skin, blue or green eyes, or blond, red, or light brown hair
- Live or vacation at high altitudes (the strength of UV rays increases the higher up you are)

- Live or vacation in tropical or subtropical climates
 - Work indoors all week and then get intense sun exposure on weekends
 - Spend a lot of time outdoors
 - Have certain autoimmune diseases, such as systemic lupus erythematosus (SLE, or "lupus")
 - Have certain inherited conditions that increase your risk of skin cancer, such as xeroderma pigmentosum (XP) or nevoid basal cell carcinoma syndrome (Gorlin syndrome).
 - Have a medical condition that weakens your immune system, such as infection with HIV (the virus that causes AIDS)
 - Have had an organ transplant
 - Take medicines that lower or suppress your immune system
 - Take medicines that make your skin more sensitive to sunlight
- Ask your doctor, nurse, or pharmacist if you are taking any medicines that could increase your sensitivity to sunlight.

EMPLOYEE TRAINING IDEA:

"Slip, Slop, Slap and Wrap"

People who get a lot of exposure to ultraviolet (UV) rays are at greater risk for skin cancer.

Sunlight is the main source of UV rays, but you don't have to avoid the sun completely. And it would be unwise to stay inside if it would keep you from being active, because physical activity is important for good health. But getting too much sun can be harmful. There are some steps you can take to limit your exposure to UV rays.

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun.

Simply staying in the shade is one of the best ways to limit your UV exposure. If you are going to be in the sun, "Slip! Slop! Slap!® and Wrap" is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

SLIP-SLOP-SLAP-WRAP!

- Slip on a shirt.
- Slop on sunscreen.
- Slap on a hat.
- Wrap on sunglasses to protect the eyes and skin

CLEAN IT UP, SWIMMERS

Pools are great for perfecting your backstroke or relaxing on your favorite float. But they can also spread diarrhea and other illnesses.

Germ don't jump into the water like we do. They surf in on people's bodies.

But what about chlorine?

Healthy pools don't have a strong chemical smell.

Pool chemicals kill most germs within minutes, but some live for days.

Chemicals also break down pee, poop, sweat, dirt, and other gunk from swimmers' bodies. But this uses up the chemicals, leaving less available to kill germs.

Smell that "chlorine"? It's actually chemicals that form when chlorine mixes with gunk. These chemicals—not chlorine—make your eyes red and sting, your nose run, and make you cough.

What's in your cannonball?

Microbes are tiny living organisms. Some microbes are germs that can make you sick.

Here are the microbes and gunk the average swimmer can bring into the pool:

Hair 10 million microbes	Nose, mouth, skin Billions of microbes
Spit 8 million microbes in a single drop	Skin products Lotions, cosmetics, soaps
Hands 5 million microbes	Sweat 1 or 2 soda cans
Poop 140 billion microbes	Pea 1 cup

A hot bath (25 grams of poop) the weight of 2 pennies, with 10 billion microbes.

Now think about how much of that same water you swallow in 45 minutes of swimming:

Adults 1 tablespoon	That's more than enough to make you sick!
Kids 2 1/2 tablespoons	

Keep germs out of the water and water out of your mouth

Follow these 4 steps for healthier swimming:

- Stay out of the water if you have diarrhea.
- Shower before you get into the water.
- Don't pee or poop in the water.
- Don't swallow the water.

The pool is only as clean as you are!

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/healthyswimming

Why Sunscreen is a Good Idea ... A Thousand Words



ADOSH Fatality Investigations

9/16/2014—3/05/2015

9/16/14 : Three employees were on site to troubleshoot and correct a pump problem in a sewer lift station. First employee entered lift station without first monitoring atmosphere for hazards. The other two employees entered the space to rescue the first employee. First employee was rescued, but second and third employees were overcome by atmosphere and were not rescued and did not survive.

9/18/14: A landscaper became entangled in a rope that he accidentally fed into a brush chipper and he was decapitated.

9/23/14: An employee fell through a skylight in a one story home being demolished to the ground below where the employee died as a result of the injuries sustained.

10/27/14: A laborer was fatally injured while accidentally activating a backhoe bucket and boom control (right swing pedal) while standing on the ground at the rear of the backhoe.

10/20/14: Two employees were going to cut the grass in the front yard lawn, when Employee 1 started the gas powered lawn mower, and took two steps when the bees attacked. Employee 1 was stung multiple times and died of his injuries at the Cochise Regional Hospital. Employee 2 was also stung multiple times, however survived the attack.

11/10/14: An employee suffered chemical burns when performing clean-up work of chemical residue due to not wearing adequate personal protective equipment.

11/12/14: An employee was replacing the water pump and timing belt on a car. The employee used one jack stand to support the car while performing the repairs. The car became dislodged from the jack stand, fell to the ground below, and fatally crushed the employee.

12/17/14: An employee was struck-by a 2014 Ford E350 16 foot box truck inside the warehouse. The employee sustained fatal injuries.

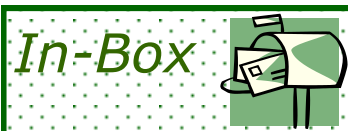
1/13/15: An employee was caught in a rebar threading machine and sustained fatal injuries from the amputation of his left arm and blunt trauma to the body.

1/14/15: An employee was installing stadium equipment did not tie off as necessary and fell 35 feet .

1/23/15: An employee was driving an agriculture tractor at approximately 4.5 miles per hour. For unknown reasons, the tractor ended upside down in a pond, with the cabin submerged. The employee was not wearing a seatbelt at the time of the accident.

2/26/15: An employee fell from the ladder and struck the floor of the walk-in freezer. The ladder's top platform was at a height of 46 and 1/4", but it is unknown if the employee was on the platform of the ladder or descending the ladder.

3/05/15: An employee fell from a 10' ladder which resulted in a fatality.



Q. Can a Trench be classified as a permit required confined space?

A. Some trenches may qualify as permit required confined spaces. When this occurs, compliance with the Excavation Standards and the Con-

struction Confined Space Standard must be observed including the following:

Employees shall not be permitted to work in hazardous and/or toxic atmospheres. Such atmospheres include those with:

- Less than 19.5% or more than 23.5% oxygen;
- A combustible gas concentration greater than 20% of the lower

flammable limit; and

- Concentrations of hazardous substances that exceed those specified in the *Threshold Limit Values for Airborne Contaminants* established by the ACGIH
- Engineering controls (e.g., ventilation) and respiratory protection may be required.

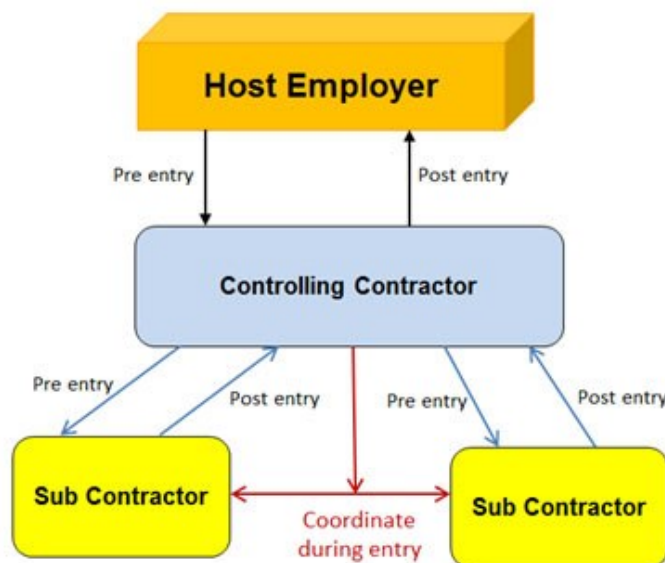
When testing for atmospheric contaminants, the following should be considered: Testing should be conducted

before employees enter the trench and should be done regularly to ensure that the trench remains safe. -The frequency of testing should be increased if equipment is operating in the trench.

- Testing frequency should also be increased if welding, cutting, or burning is done in the trench. -Employees required to wear respiratory protection must be trained, fit-tested, and enrolled in a respiratory protection program.

"Confined Spaces in Construction" Rule (Continued from page 1)

controlling contractor passes that information on to other entry employers and back to the host. As mentioned above, the controlling contractor is also responsible for making sure employers outside a space know not to create hazards in the space, and that entry employers working in a space at the same time do not create hazards for one-another's workers. The host employer must provide information it has about permit spaces at the work site to the controlling contractor, who then passes it on to the employers whose employees will enter the spaces (entry employers). (See chart at right)



An employer whose workers are engaged in both construction and general industry work in confined spaces will meet OSHA requirements if that employer meets the requirements of 29 CFR 1926 Subpart AA - Confined Spaces in Construction.

Crawl Spaces and Attics as Confined Spaces

Crawl spaces and attics can be both confined spaces and permit-required confined spaces under the new standard. For instance, working in an attic and applying a large amount of spray foam (or another chemical) in a short period of time can expose a worker to low oxygen levels or a hazardous atmosphere.

In addition, changes to the entry/exit, the ease of exit, and air flow could create a confined space or cause the space to become permit-required.

Crawl spaces can present many confined space hazards, including:

Atmospheric hazards (e.g., flammable vapors, low oxygen levels)

Electrocution (e.g., using electrical equipment in wet conditions,

unprotected energized wires)

- Standing water
- Poor lighting
- Structural collapse
- Asbestos insulation
- Working in attics can also present confined space hazards, such as:
- Atmospheric hazards (e.g., poor ventilation)
- Heat stress
- Mechanical hazards (e.g., attic ventilators, whole house fans)
- Electrical hazards (e.g., damaged or frayed wires, open electrical boxes)
- Slip, trip and fall hazards
- Asbestos insulation

Confined Spaces in Pits

Even though a pit is typically open on top and over 4 feet deep, it can still be a confined space or permit-required confined space. Additionally, pits can be completely underground or below grade, such as a utility vault within a sewer system or a pit within a pit in a wastewater treatment plant.

Pits are found in many environments. Examples include sump pits, valve pits or vaults (e.g., wastewater treatment plants, municipal water systems), electrical pits/vaults, steam pits/vaults, vehicle service/garage pits, elevator pits, dock leveler pits, industrial chemical waste pits, and many more. Many of these spaces qualify as permit-required confined spaces.

Employers must take all necessary steps to keep workers safe in confined spaces, including



following the OSHA Construction Confined Spaces standard. This standard applies to both new construction in a pit and alterations and/or upgrades. Among the pit-related tasks covered by the standard are:

Opening or closing valves during renovation work.

Installing or upgrading pump equipment, cables, or junction boxes.

Construction work can create confined spaces, even if there are none at the start of a project. Changes to the entry/exit, the ease of exit, and air flow could produce a confined space or cause one to become permit-required.

Note: ADOSH is in the Rulemaking Process for this Standard and will notify employers through the Industrial Commission website (www.azica.gov) when the rule will go into effect. ADOSH Director Bill Warren recommends that employers begin observing this rule immediately for the maximum protection of employees working in confined spaces. For Federal jurisdictions in Arizona the rule goes into effect on August 3, 2015. For more information on the new confined space standard, and OSHA Fact Sheets go to:

<https://www.osha.gov/confinedspaces/index.html>

Join us at the Prescott Valley Safety Summit in July and hear Jessie Atencio, ADOSH Assistant Director present "Confined Space in Construction? Really?"

**The answer to sunburn?
Slip, Slop, Slap and Wrap?
Or Just Wrap?**

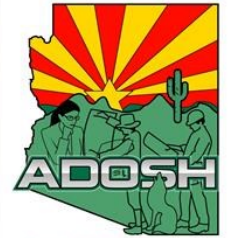


THE ARIZONA DIVISION OF OCCUPATIONAL SAFETY AND HEALTH

Back to Basics

Classes and Webinars on 29CFR 1926 Subpart M Fall Protection in Construction

Regular Schedule starts
December 2014 thru
September 2015
Check ezregister.com for
October schedule



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

Classes: First and Third Thursday* 9:00 AM —12:00 PM

Industrial Commission of Arizona Buildings

800 W. Washington Street Phoenix, AZ 85007 and 2675 E. Broadway Rd. Tucson, AZ 85617

Webinars: Third Wednesday* at 10:00 AM—12:00 PM

Training resources will be distributed (or mailed for webinar attendees) to help you train your own employees about fall protection in Commercial and Residential Construction!

* Check with [ezregister](http://ezregister.com) as some dates are changed to accommodate holidays or venues.

Enroll at <https://ezregister.com/promoters/1607>



ADOSH Education and Training Calendar July– Sept 2015

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 2015 On-line Registration Required

7/8/2015	9:00 - 12:00	Heat Stress Prevention	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
7/9/2015	9:00 - 11:00	Residential Fall Protection	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S. Sinohui
7/9/2015	9:00 - 12:00	Residential Fall Protection	800 W Washington St.	Phoenix	ADOSH	602-542-1769	C. Trujillo
7/15/2015	8:00 - 12:00	Recording, Reporting and Investigating Accidents	2951 S 21st Dr (Main Library)	Yuma	Atencio	928--373-1138	D Robinson
7/15/2015	1:00 - 4:00	General Industry Hazard Recognition	2951 S 21st Dr (Main Library)	Yuma	Atencio	928--373-1138	D Robinson
7/15/2015	9:00 - 10:30	Residential Fall Protection (Webinar)	Webinar Only	Tucson	Coleman	520-628-5478	S. Sinohui
7/22/2015	8:00 - 5:00	ADOSH Northern Arizona Safety Summit	7401 E Civic Circle	Prescott Valley	ADOSH	602-542-1769	C. Trujillo
7/22/2015	8:00 - 5:00	OSHA 10 Hour General Industry (At Safety Summit)	7401 E Civic Circle	Prescott Valley	ADOSH	602-542-1769	C. Trujillo
7/22/2015	8:00 - 5:00	OSHA 10 Hour Construction (At Safety Summit)	7401 E Civic Circle	Prescott Valley	ADOSH	602-542-1769	C. Trujillo
7/23/2015	8:00 - 5:00	ADOSH Northern Arizona Safety Summit	7401 E Civic Circle	Prescott Valley	ADOSH	602-542-1769	C. Trujillo
7/30/2015	9:00 - 1:00	Bloodborne Pathogens	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S. Sinohui

AUGUST 2015 On-line Registration Required

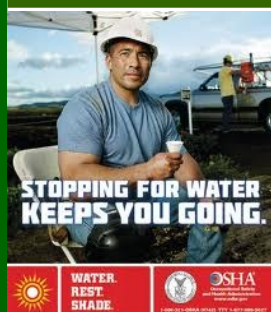
8/4/2015	9:00 -12:00	Excavation Safety Awareness		Douglas	Ornelas	520-628-5478	S. Sinohui
8/5/2015	9:00 - 12:00	Heat Stress and Haboob Safety	800 W Washington St.	Phoenix	Mandeville	602-542-1769	C. Trujillo
8/6/2015	9:00 -1:00	Residential Fall Protection	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S. Sinohui
8/6/2015	9:00 -12:00	Residential Fall Protection	800 W Washington St.	Phoenix	Mandeville	602-542-1769	C. Trujillo
8/12/2015	1:00—5:00	Forklift Train-the-Trainer	800 W Washington St.	Phoenix	Mandeville	602-542-1769	C. Trujillo
8/18/2015	9:00 - 12:00	Don't Get Trapped! Construction Confined Spaces	2951 S 21st Dr (Main Library)	Yuma	Atencio	928--373-1138	D Robinson
8/18/2015	1:00 - 4:00	What Went Wrong? ADOSH Fatality Review	2951 S 21st Dr (Main Library)	Yuma	Atencio	928--373-1138	D Robinson
8/25/2015	9:00 - 12:00	Walking Working Surfaces (Slip, Trip and Fall)	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
8/26/2015	9:00 -10:30	Residential Fall Protection (Webinar)	Webinar Only	Tucson	Coleman	520-628-5478	S. Sinohui
8/26/2015	9:00 - 12:00	OSHA Recordkeeping	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
8/27/2015	9:00 -1:00	Confined Spaces Safety Awareness	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S. Sinohui

ADOSH 10 Hour Construction and General Industry Classes offered during Safety Summits require that students attend the full time (10 Instruction Hours). Breaks and lunch times are not included in the 10 hour count but are required as part of the class. A \$5.00 fee, paid in cash on the first morning of class will be collected to pay for the processing of the 10 Hour Certification Card. The Card is issued by the OSHA Training Institute (OTI) and the card fees are submitted by the OSHA Outreach Trainer to OTI. Cards will be mailed by trainer directly to students .



SEPTEMBER 2015 On-line Registration Required

9/1/2015	9:00 - 12:00	Forklift Train-the-Trainer	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
9/2/2015	9:00 - 12:00	OSHA Regulations for Assisted Living Facilities	800 W Washington St	Phoenix	Mandeville	602-542-1769	C. Trujillo
9/2/2015	9:00 - 12:00	Construction Hazard Recognition	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
9/9/2015	9:00 - 12:00	Accident Investigation	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
9/10/2015	9:00 - 1:00	Residential Fall Protection	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S. Sinohui
9/10/2015	9:00 - 12:00	Residential Fall Protection	800 W Washington St	Phoenix	Mandeville	602-542-1769	C. Trujillo
9/11/2015	9:00 - 12:00	OSHA 300 Recordkeeping	800 W Washington St	Phoenix	Mandeville	602-542-1769	C. Trujillo
9/15/2015	9:00 - 12:00	Construction Hazard Recognition	2951 S 21st Dr (Main Library)	Yuma	Atencio	928-373-1138	D Robinson
9/15/2015	9:00 - 12:00	Confined Spaces Safety Awareness	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
9/16/2015	9:00 - 10:30	Residential Fall Protection (Webinar)	Webinar Only	Tucson	Coleman	520-628-5478	S. Sinohui
9/17/2015	9:00 - 12:00	Office Safety	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
9/22/2015	9:00 - 12:00	Lockout Tagout	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S. Sinohui
9/24/2015	9:00 - 1:00	Machine Guarding Safety Awareness	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S. Sinohui



Getting ready for the heat!

ADOSH will offer "**Water, Rest, Shade**" training at each scheduled safety training class beginning in April. Full 3-hour classes on Heat Stress and Haboob Safety will be offered through out the summer and early fall months to remind employers and employees of the hazards of working in hot environments, the need to hydrate and how lifestyle choices can put them at risk for heat related illness, even heat stroke. Signs and symptoms of heat stress are discussed and the requirements for employers to provide protection through engineering, work practice or personal protective equipment controls. The Haboob Safety portion will address the hazards associated with working and driving during a dust storm and the need to train employees regarding the hazard of contracting Valley Fever, a fungus caused respiratory and systemic illness. See you in class! JM

Register online at www.ezregister.com/promoters/1607

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. 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 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!*

Can you identify the Haz Com / GHS Pictograms pictured below? List the answers here and check them with the key on page 18!

1. _____ 2. _____ 3. _____
4. _____ 5. _____ 6. _____
7. _____ 8. _____ 9. _____



**FREE
TRAINING
EVENT!**

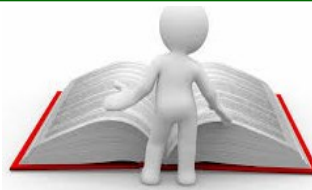


Enroll today at www.ezregister.com/promoters/1607

OSHA Regulations for Assisted Living Facilities

**Industrial Commission of
Arizona Auditorium**

800 W Washington St.
Phoenix, AZ 85007



OSHA Regulations too
confusing?

ADOSH Consultation will
help clarify your
responsibilities!

**September 2, 2015
9:00 AM —12:00 PM**

For more information contact

cristinakocurek@gmail.com or
jenny.mandeville@azdosh.gov



Pandemic Flu Update: CDC Health Alert Network Advisories Issued for United States

MERS CoV Update - 6/11/15:

The number of Middle East Respiratory Syndrome Coronavirus (MERS-CoV) cases in South Korea has risen by another 14, bringing the country total to 122. Since May 2015, the Republic of Korea has been investigating an outbreak of MERS. It is the largest known outbreak of MERS outside the Arabian Peninsula. In addition, it has been confirmed that one of the MERS patients is a pregnant woman. Health officials say although there is no specific treatment for MERS, the pregnancy will preclude the patient from receiving any antivirals or experimental treatments.

With some panic over the MERS outbreak and fears it will affect the country economically, the central bank in South Korea has lowered its key interest rate to an historic low as a precautionary measure. According to a Time report, South Korea's central bank lowered its seven-day repurchase rate to an unprecedented 1.5% Thursday, the fourth such reduction in 10 months. Also on the economic front, the Korea Tourism Board reported more than 54,000 foreign travelers have also canceled planned trips to the country so far this

month, all due to the virus outbreak.

The CDC continues to closely monitor the MERS situation globally and work with partners to better understand the risks of this virus, including the source, how it spreads, and how infections might be prevented. **CDC recognizes the potential for MERS-CoV to spread further and cause more cases globally and in the U.S.** "We have provided information for travelers and are working with health departments, hospitals, and other partners to prepare for this." Stay up-to-date on the situation by visiting the MERS home page: <http://www.cdc.gov/coronavirus/mers/index.html>.

CDC Health Alert Network Issues an Official CDC Health Advisory regarding Avian Flu in the United States - 6/2/15 :

Between December 15, 2014, and May 29, 2015, the US Department of Agriculture (USDA) confirmed more than 200 findings of birds infected with highly-pathogenic avian influenza (HPAI) A (H5N2), (H5N8), and (H5N1)[1] viruses. The majority of these infections have occurred in poultry, including backyard and commercial flocks.

USDA surveillance indicates that more than 40 million birds have been affected (either infected or exposed) in 20 states. These are the first reported infections with these viruses in US wild or domestic birds.

While these recently-identified HPAI H5 viruses are not known to have caused disease in humans, their appearance in North American birds may increase the likelihood of human infection in the United States. Human infection with other avian influenza viruses, including a different HPAI (H5N1) virus found in Asia, Africa, and other parts of the world; HPAI (H5N6) virus; and (H7N9) virus, has been associated with severe, sometimes fatal, disease. Previous human infections with other avian viruses have most often occurred after unprotected direct physical contact with infected birds or surfaces contaminated by avian influenza viruses, being in close proximity to infected birds, or visiting a live poultry market. Human infection with avian influenza viruses has not occurred from eating properly cooked poultry or poultry products. For more information on the origin of the recently-

identified HPAI H5 viruses in the United States, their clinical presentation in birds, and their suspected clinical presentation in humans, please see <http://www.cdc.gov/flu/avianflu/hpai/hpai-background-clinical-illness.htm>.

H5 Avian Flu in Arizona 6/12/15:

The Arizona Department of Agriculture is investigating the first potential cases of bird flu in the state.

Four properties in the state where the birds and eggs were shipped are under quarantine, state agriculture department officials say. The properties are in Pinal, Mohave, Santa Cruz and Yavapai Counties.

The cases stem from 13 quail and chickens and about 40 quail and partridge eggs that were imported to Arizona from a facility in Iowa, Arizona officials say.

After the birds became sick a short time after arriving, tests were conducted and the initial results, which came back Monday, were positive for H5 Avian Influenza. Further testing could take up to six days.

**We keep what we have
only with vigilance ...**



Workers Memorial Day — April 28, 2015



Assistant Director
Jessie Atencio



Paying tribute in the morning hours of 4/28/15
The tone was quiet, reflective and respectful.



ADOSH Director
Bill Warren



Commissioner Hennelly, ICA Director Laura
McGrory, ADOSH's Warren and Atencio



ICA Commissioner
Joseph Hennelly



ADOSH partners in safety and health gather around Arizona Workers Memorial "El Pasaje" to
remember all Arizona workers who have lost their life while working on the job.



ASSE-AZ President
Wayne Carroll



J. Atencio and ADOSH
Director Bill Warren



Many began their day at the
Memorial before reporting to work.

At Wesley Bolin Plaza, many gathered at the Arizona Workers Memorial to honor those who have been injured or lost their lives while on the job.



Stand Tall, Stand Proud and Stand-Down for Fall Safety!



2015 ADOSH & OSHA National Stand Down Event

This year marked another successful involvement of employers and employees who came together around the State of Arizona and took a moment for fall protection awareness during the National Stand Down Event during the week of May 4th through the 15th. Construction and General Industry employers utilized the week to show proper fall protection personal equipment usage, ladder safety, scissor lift safety, and other creative topics that helped to stress the importance of fall protection. Each employer who invited ADOSH to visit and partake in their event were awarded a signed letter of appreciation from the ADOSH Director and Assistant Director.



Metric Roofing hosted a training event at their Phoenix main office yard. The entire company witnessed a dummy raised on a roof, wearing a full body harness and lanyard, attached to a properly installed anchor point and an improperly installed anchor. The results of the demonstration allowed for the employees to see what a bad anchor point would do when loaded by a fall.

Verco Decking had a stand down event at their office in Phoenix with employees and other company affiliated partners. The group discussed PPE and ladder safety. Unique to this event was a coloring contest for employees' children. The contest was part of the stand down event and the winner received a bike for their efforts. (Below)



Stand Tall, Stand Proud and Stand-Down for Fall Safety!



McCarthy Building Companies takes a moment to emphasize the importance of fall protection through awareness training conducted at their "Phoenix Solar City" project.



Nationally, McCarthy Building Companies regularly participates in OSHA's National Stand-Down for Fall Prevention. In Arizona, two VPP Projects (Yuma Regional Medical Center ED Expansion and SR85 Solar teams) stood down in partnership with ADOSH. ADOSH Assistant Director Jessie Atencio participated in each of these Stand-Downs and upon event completion, presented the project teams with official participation plaques.



McCarthy Building Companies hosted a stand down event at their Yuma Regional Medical Center project in Yuma. The contractor and subcontractors discussed national fall statistics and how to prevent

The safety Stand-Down events kicked-off with a review of McCarthy's Site Specific Fall Protection Plan, followed by messaging and education on fall prevention awareness, and concluded with an overview of the purpose and goals of each event. McCarthy's Safety Managers shared lessons learned, valuable statistics on the real-life impact of safe choices, and awareness training involving construction industry falls in an effort to encourage conversation among project teams.

In addition, the program included the first-hand account by a carpenter foreman who shared his personal experience of the 30-foot fall he endured as an apprentice, while working for a contractor that did not provide fall protection training or safety gear. *"That contractor demonstrated no value for the lives of their employees or the people working on their projects,"* he stated. *"This evidently proved to be true, when a short time after I left them, that contractor had a fatality on the same project I was working on."* His story evoked both sadness and anger among the audiences, as well as a sense of appreciation for the value that McCarthy puts on the lives of its project team members and subcontractors.

Finally, the groups were provided basic fall protection training and fall demonstration for all site workers from McCarthy's safety supplier Border Products. Border also answered questions from the audience and emphasized the critical role of the A,B,C & D's of fall prevention.

McCarthy received very positive feedback from project team participants and hopes to offer additional Stand-Down events to project teams in the future.



Stand Tall, Stand Proud and Stand-Down for Fall Safety!



Ryan Companies, Marina Heights project in Tempe, hosted the largest individual stand down event in Arizona where over 800 employees from the company and subcontractor companies were in attendance! National fall statistics were discussed including how to prevent falls from happening. Various vendors were invited to demonstrate fall protection systems and equipment for employees working on the project.



Stand Tall, Stand Proud and Stand-Down for Fall Safety!



SUNDT Construction invited a vendor into their Wells Fargo Business Office expansion project in Chandler. Sundt's employees and subcontractor employees on site attended a brief meeting on fall protection and load factors when an employee falls from an elevated height for their stand down event.



Brewer Companies & Maracay Homes had a stand down event in Gilbert. The employees at the project discussed fall protection safety and ladder safety.



HUNT – Penta JVS had a stand down event at their Tohono O'odham Desert Diamond Casino Project. The event involved both GC's employees and subcontractors' employees who discussed OSHA's focus four and heat stress safety.



Stand Tall, Stand Proud and Stand-Down for Fall Safety!

HUNT – Austin JV had a stand down event at their Phoenix Sky Harbor Airport, Terminal Three Project. The GC's employees and subcontractors' employees discussed fall protection awareness with an emphasis on the national fall statistics!



BFL Construction hosted a stand down event where two training sessions were conducted. One by a vendor who re-emphasized ladder safety and another by another vendor who provided attendees with information on how to wear their full body harnesses correctly. The event was capped by Metric Roofing Safety Manager who demonstrated proper anchor point placement. The stand down event took place in Tucson at a condo project.



Stand Tall, Stand Proud and Stand-Down for Fall Safety!



Granite Construction had a stand down event on their SR-77 project in Tucson. The employees on site discussed fall protection awareness and importance of bringing up safety concerns before they injure an employee. A fall demonstration was provided by their vendor **Border Construction**.



VPP and SHARP News



Congratulations to **Schumacher European, Ltd.** in North Scottsdale for their **4th SHARP Recertification!**

Consultation Supervisor Babak Emami presents the SHARP Certificate to Chris Hoffman. Schumacher is one of only six automotive dealerships in the nation to earn SHARP status.

Left to Right: Bill Rineer (Parts Mgr), Andy Homer (Parts & Service Director), Babak Emami, Chris Hoffman (Production Mgr), Carlos Alatorre (Service Drive Supervisor), Ken Coffman (IT and Building Maintenance Mgr), Kevin Steele (General Mgr) and Chris Schumacher (Sales Manager).

Kitchell Contractors C-VPP

Kitchell Contractors, Inc. of Arizona becomes the fifth construction Voluntary Protection Program recipient of the STAR designation. The company submitted an application in the first quarter of the year and an ADOSH VPP team audited the company and project site for the VPP elements and sub-elements. The project selected was the expansion project at the Chandler Regional Medical center in Chandler, Arizona.

The company has a safety and health management system in place to recognize safety and health concerns before they result in an injury to any employee working on the project. Routine inspections along with a safety committee that worked hard to focus on injury/illness trends and near-misses allowed for all employees to be part of the VPP efforts at the site. Accountability is built in at all levels of Kitchell Contractors as well as with the subcontractors. Working to have a better safety and health culture is something the company will continue to foster within all projects.



Left Photo: From left to right: ADOSH Dir. Bill Warren, ICA Chairman David Parker, ICA Commissioner Michael Sanders, Kitchell CEO, Kitchell Safety Dir. Josh Welp, Kitchell Pres. Dan Pierce, and ADOSH Assistant Director Jessie Atencio pose for a photo with the Star Plaque.



Caption: Kitchell Contractors Chandler Regional Medical Center project team pose with ICA, ADOSH, and Kitchell officials while holding the VPP Star Flag.



Safety and Health Achievement Recognition Program (**SHARP**) recognizes **small business** employers who operate an exemplary injury and illness prevention program. The Voluntary Protection Program (**VPP**) generally recognizes **larger businesses** who demonstrate exemplary achievement in the prevention and control of safety and health hazards and the development, implementation and continuous improvement of their safety and health management system (SHMS.) OSHA has developed an excellent eTool that we highly recommend to help you evaluate your company's SHMS, found at: <https://www.osha.gov/SLTC/etools/safetyhealth/index.html> An effective Safety and Health Program is reflected in the company's lower injury and illness rates, reduced absenteeism, lower turnover, higher productivity, and improved employee morale. CPRW's Strengthening Jobsite Safety Climate is another assessment tool you can add to your toolbox.!

Are you wondering if your company has what it takes to qualify for SHARP or VPP Status? Assistant Director Jessie Atencio or Consultation Supervisor Babak Emami can advise all interested companies wanting to know what they need to do to get ready for SHARP or VPP! If you are your company's lone Safety Officer or you have an organized safety committee, schedule a VPP planning meeting with Babak Emami and ask all the questions you have about the process. ADOSH is seeking to honor companies with exemplary safety programs. You don't have to be perfect, just working toward providing your employees with a safe workplace with management commitment and employee involvement, hazard recognition and control, and safety training. ADOSH can help you achieve your safety goals! Call Corina Trujillo at 602-542-1769 to start the ball rolling.



Health Hazard



Explosive



Danger to Environment



Corrosive



Toxic

Highly / Extremely
Flammable

Oxidizer



Irritant



Gas Pressure

Are you ready for GHS?
How many did you get right? _____
Did You peek?

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Occupational Safety & Health



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We're on the WEB!
<http://www.azica.gov>

ADOSH ADVOCATE

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