

# ADOSH ADVOCATE

## ADOSH Safety Summits 2016 Safety and Security at Work!

April 13-14 : Municipal Center - Marana, AZ  
July 6-7 : Sinagua Middle School - Flagstaff  
Nov: 2-3 : Phoenix Location TBA

### SAVE THE DATE

May 4th : ICA Auditorium: "Legalizing Marijuana—What every Employer needs to know NOW!" With Gina Kesler and Jo McGuire

### Inside this issue:

2016 Safety Summits	1-3
Flammables & Combustibles: What Employers Need to Know About Spray Finishing <i>By Bruce Hanna ADOSH IH Consultant</i>	4-5
Trainer's Corner: Mosquitoes 101 for Employee Training	6
• <i>A Thousand Words</i> • <i>Mosquitoes and Disease</i>	7
Special Training Event Legalizing Marijuana—What You, HR and Safety Professionals Need to Know NOW!	8
April—June 2016 Training Schedule	9
National Safety Stand-Down Day May 2-5, 2016	10
Are you Ready for the HazCom June 1, 2016 Deadline ?	11
SHARP and VPP NEWS - Mapei Corporation - Walsh Group/Archer Western	12
Respirator Fit Testing (English and Spanish) <i>by Luis Lopez</i>	13
ADOSH Reporting Changes	14
ADOSH Out and About!	15
ICA on the Capitol Lawn and ICA Partnership Awards	16
Just sayin'... <i>Stuff we found that we think is interesting</i>	17

## Presenting the 2016 ADOSH Partnership Awards

Award Winners on page 15-16

## ICA on the CAPITOL LAWN—SAFETY DAY! March 14, 2016



## The 2016 ADOSH Safety Summits—"Safety and Security at Work!"

The dates and cities have been set for the ADOSH Safety Summits this year. Our theme for the Summits will be "Safety and Security at Work" with an emphasis on Workplace Violence Prevention and Preparation for Emergency Events.

We have some incredible instructors for you again this year. The flyer on page 2 will give you a look at the experts we have weighing in on the topics. These instructors have committed to all three Summits with the exception of our Law Enforcement Officers who will be giving the Keynote address on the first day. We will have DPS Troopers for the Flagstaff and Phoenix offerings. By scheduling the same instructors and classes at all three Summits you will be able to attend the classes you want without missing out on other tempting classes! Just attend the next Summit and you can go to the class you missed at the previous event!

### The Summit's dates are as follows:

**April 13-14 at the Town of Marana, Municipal Center 8:00—4:00**

**July 6-7 in Flagstaff at the beautiful Sinagua Middle School 8:00—4:00**

**November 2-3 in Phoenix, the venue has yet to be decided. 8:00—4:00**

OSHA 10 Hour Classes will be held at all events for both General Industry and Construction. Class size is limited to the venue space provid-

ed so sign up early to hold your place.

You will be able to enroll at the usual site: **[www.ezregister.com/promoters/1607](http://www.ezregister.com/promoters/1607)** about six weeks prior to the event. You can also link to the registration page from **[www.azdosh.gov](http://www.azdosh.gov)** The registration for Marana is open now.

Here is a glimpse of some of the classes we are providing, free of charge, but they are priceless!

### Security at Work:

Active Shooter/ Behavioral Signs of Violence  
Assessing for Violence Vulnerability  
"Medical Marijuana—You Need an Update!  
Be Prepared! Take Action! Be Informed!  
Effective Emergency Drills  
Emerging Diseases Update: What's Bugging Us Now?  
Violence Prevention Strategies  
Detecting Substance Abuse for the Supervisor  
Workplace Violence from Domestic Spillover  
Powder Actuated Tools Safety by Hilti  
CPTED: Crime Prevention thru Environmental Design-  
Protecting the Outdoor Worker: Sun and Bugs  
Experience Ergonomics" Train-the-Trainer  
Community Emergency Response Teams (CERT)

### Safety at Work:

Partnering With ADOSH, Your New BFF  
Elevating Work Platform Safety  
OSHA Compliance and Temporary Workers  
Driving Safely: Building a Policy for Employees  
Enforcing Construction Health Hazards  
New Safety Officer? We Can Help!  
Confined Spaces in Construction  
Leadership and Motivation w/ Dean Coughenour

Our vendors are prepared to share the latest and greatest hoping you will stop by their booths.

Our Trainers include the following experienced and highly informed Safety Professionals!



Bill Warren  
ADOSH Director



Dean Coughenour  
PRIMA Natl President



Dee Ruelas  
CERT Instructor



Gina Kesler  
D&A Experts CEO



Dr. Martin Fekete  
National PEO



Dave Wood  
"Ergo Dave"



Jessie Atencio  
ADOSH Assistant Director



Donna Hudson  
MCSO Lieutenant (Retired)



Angie Rolnik  
SafetyNet Connections



Bryce Rucker  
ADOSH Consultation Officer



Frank Rando  
Emergency Response Expert



Brandon Stowell  
ADOSH Consultant



Landon Coleman  
ADOSH Consultant



Joe Ornelas  
ADOSH Training Officer



Jenny Mandeville  
ADOSH Training Officer



Babak Emami  
ADOSH Consultation Supervisor

Arizona Division of Occupational Safety and Health

Presents the 2016 Southern Arizona

ADOSH Safety Summit

# Safety and Security at Work!

**April 13 & 14**

**8:00 AM—4:00 PM**

*Save the Date!*

Is the threat of Workplace Violence holding you hostage? Learn from experts about best practices for protecting your workers and your business!



Back by Popular Request !

**Keynote Speaker**

**John-Michael Keyes**

*i love u guys*

Also Announcing :

**OSHA 10 Hour Classes**

Construction and General Industry .

Register early! Seating is limited!

OTI Card Fee: \$8.00 per person

Hosted by the Town of



At the Marana Municipal Complex

11555 W Civic Center Dr

Marana, AZ 85653



**Special Guest Speaker**

**TPD Sgt. Rob Brandt**

TPD/DHS Active Shooter and

Behavioral Traits for Work-

place Violence Training .

Wednesday morning .

Don't miss it!



See the ADOSH Advocate for more Information, [www.azdosh.gov](http://www.azdosh.gov)  
Enroll at [www.ezregister.com/promoters/1607](http://www.ezregister.com/promoters/1607) after March 1





## SUMMIT KEYNOTE SPEAKER JOHN-MICHAEL KEYES from the I Love U Guys Foundation

Many of you may be familiar with the Standard Response Protocols that have been adopted by schools and institutions all over the United States. This year at the Summits you will meet the man behind these protocols and you will hear his compelling story.

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

Emily's kindness, spirit, fierce joy, and the dignity and grace shown by the Keyes family following this tragic event define the core of The "I Love U Guys" Foundation.

The "I Love U Guys" Foundation was created to restore and protect the joy of youth through educational programs and positive actions in collaboration with families, schools, communities, organizations and government entities. After extensive research, The "I Love U Guys" Foundation developed the **Standard Response Protocol (SRP)**, a classroom response to any critical incident.

In 2012 the Foundation introduced the **Standard Reunification Method (SRM)**, a practice that helps schools reunite

students and parents with greater accountability and less uncertainty.

Since May of 2009 The Foundation has presented these programs at hundreds of events, conferences and venues. This has resulted in the rapid adoption by districts, departments and agencies in several states, of simple, but profound programs. The SRP is designed as an enhancement to any safety plan. It covers critical incidents by standardizing vocabulary so stakeholders can easily understand the status and respond quickly when an unforeseen event occurs. Comprehensive safety plans will include components such as communications, operation continuity and reunification plans like the Standard Reunification Method (SRM).

This year John-Michael is giving not only the Keynote Address **"You Can't Choose Your Tragedy - But You Can Choose Your Response."** and the Standard Response Protocols, he is presenting two workshops on the Standard Reunification Method and SRP for Businesses.

**SRP for Businesses:** A critical ingredient in personal safety is a standard response to any incident. Weather events, TM fire, accidents, intruders and other threats to personal safety are scenarios that institutions plan and train for. Historically, institutions have taken this scenario-based approach to respond to hazards and threats. It's not

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

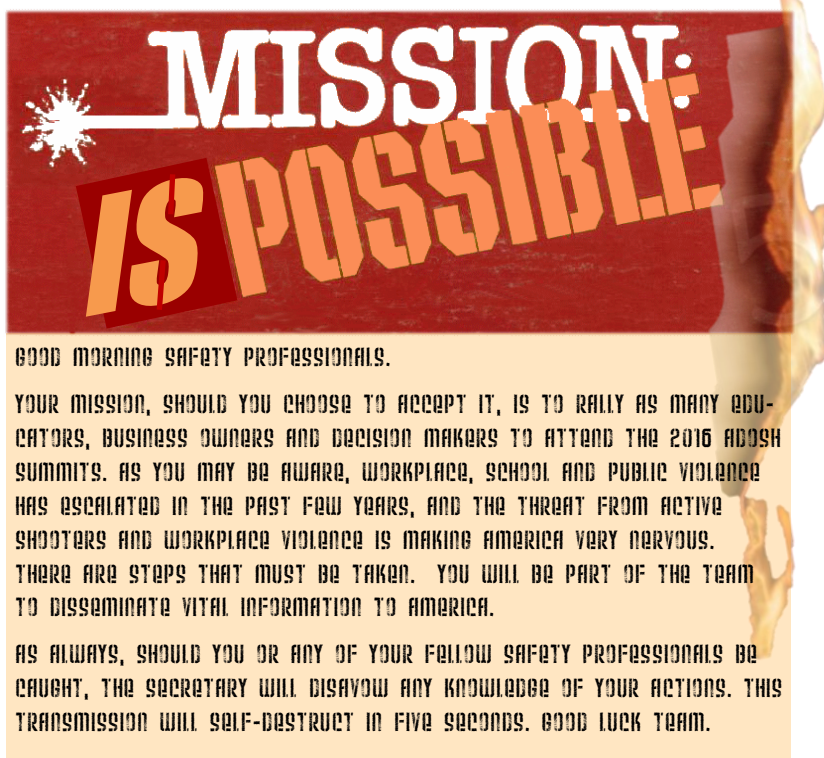
This version of their flagship program, the Standard Response Protocol (SRP) focuses on staff training to address the issue of having occupants who may not be familiar with the SRP. The benefits of the SRP become quickly apparent. By standardizing the vocabulary, all stakeholders can understand the response and status of the event. This common language is being taught to millions of students in the US and Canada. As these students enter the workforce or are in non school environments, having the same language and expectations provides a more conditioned response. Additionally, this protocol enables rapid response determi-

nation when an unforeseen event occurs.

The protocol also allows for a more predictable series of actions as an event unfolds. An intruder event may start as a Lockdown, but as the intruder is isolated, first responders might transition parts of the building to an Evacuation.

We challenge you to invite family friends and business owners to our Summits this year. This program saves lives and helps us all speak the same language in an emergency.

It is a great privilege for us to have John-Michael Keyes visit us personally and bring these important programs with him. And did we mention this? They are free. All published on line. Yours for the download. Because this is about our common value that we strive every day to protect, Our lives and the lives of our loved ones.



**MISSION: IS POSSIBLE!**

GOOD MORNING SAFETY PROFESSIONALS.

YOUR MISSION, SHOULD YOU CHOOSE TO ACCEPT IT, IS TO RALLY AS MANY EDUCATORS, BUSINESS OWNERS AND DECISION MAKERS TO ATTEND THE 2016 ADOSH SUMMITS. AS YOU MAY BE AWARE, WORKPLACE, SCHOOL AND PUBLIC VIOLENCE HAS ESCALATED IN THE PAST FEW YEARS, AND THE THREAT FROM ACTIVE SHOOTERS AND WORKPLACE VIOLENCE IS MAKING AMERICA VERY NERVOUS. THERE ARE STEPS THAT MUST BE TAKEN. YOU WILL BE PART OF THE TEAM TO DISSEMINATE VITAL INFORMATION TO AMERICA.

AS ALWAYS, SHOULD YOU OR ANY OF YOUR FELLOW SAFETY PROFESSIONALS BE CAUGHT, THE SECRETARY WILL DISAVOW ANY KNOWLEDGE OF YOUR ACTIONS. THIS TRANSMISSION WILL SELF-DESTRUCT IN FIVE SECONDS. GOOD LUCK TEAM.

**Flammables & Combustibles: What Employers Need to Know About Spray Finishing***Bruce Hanna, ADOSH IH Consultant*

Spray finishing operations applying organic or inorganic based materials is commonly found in a number of industries including architectural millwork, cabinet manufacturing, furniture manufacturing, countertops and wood shutter manufacturing. Powder coating is another application commonly found in metal fabricating industries. Styrene resin and fiberglass (organic peroxides and plural component coatings) is also used in the manufacture of boats, bathroom tubs, spas and automotive bodies and accessories. Many employers have a designated spray area, spray room or spray booth for the application of these materials.

Back in 1970 when the OSHA Act was being promulgated National Fire Protection Association (NFPA) 33-1969 Standard for Spray Finishing Using Flammable and Combustible Material and American National Standards Fundamentals Governing the Design and Operation of Local Exhaust Systems, Z9.2-1960, and ANSI Z33.1-1961 were incorporated by reference in the creation of the following standards.

29 CFR 1910.107 Spray finishing using flammable and combustible materials is designed to protect workers and equipment (buildings) from the hazards of fire and explosion when applying these materials.

29 CFR 1910.94 Ventilation (c) Spray finishing operations is designed to protect the health of the worker when applying organic or inorganic based materials. 29 CFR 1910.94 (c) does make reference to 29 CFR 1910.107 several times.

Employers performing spray finishing operations should be very familiar with the requirements of both 1910.107 and 1910.94(c). The standards are readily available at [www.osha.gov](http://www.osha.gov). Print them out and then train your employees on the requirements of the standards but better yet train your employees on the safety and health hazards of spray finishing, dipping and coating operations. A



hazard reporting system should be in place that employees feel comfortable using. A procedure for tracking the corrections of hazards that have been reported should be in writing.

Many times as a compliance officer an employer would tell me that they were spraying a "water based" paint or stain and that there were no hazards with the dried residue in the spray area or on the floor, sides and roof of the spray room or spray booth. This is not entirely true. Once the carrier evaporates (water), the dried residue may still be a combustible residue and will burn. The manufacturer of the product and the safety data sheet should be consulted to determine if a "water based" paint or material is indeed not capable of becoming a dried combustible residue. Even if the "water based" residue is non-combustible the material can still present a health hazard to the employee(s) performing spray finishing.

OSHA Training Institute Applied Spray Finishing and Coating Principles Course #3100 makes reference to the NFPA 33 (2007 and 2011 Editions) and the International Fire Code. I would urge every employer, conducting some type of spray finishing, dipping or coating operation, to obtain a copy of the latest version of NFPA 33. NFPA 33 also addresses the storage, handling and distribution of flammable and combustible liquids.

In addition most if not all of the municipalities have adopted the International Fire Code

(IFC) which includes a spray finishing using flammable and combustible materials section. Many of the municipalities will provide online access to the International Fire Codes for review. Municipalities may in many cases require the employer to obtain a permit for the use of a spray room and/or spray booth and the use and storage of flammable liquids and liquids with a flashpoint greater than 199.4 degrees Fahrenheit.

If you happen to have a compliance inspection as the result of an imminent danger, fatality, complaint or some type of emphasis program by your friendly OSHA compliance officer as an employer with a spray finishing, coating or dipping operation you had better be prepared. An experienced compliance officer could find a large number of items in the spray finishing area, spray room or booth that are not in compliance with the standard and as an employer you could be looking at 5-10 citations at a minimum not including violations of the OSHA Respiratory protection standard. Depending on the size of the company some of these citation fines could range from several hundred to several thousand dollars per violation.

The most common spray finishing violations that I found as a compliance officer (15 plus years and many inspections involving spray finishing operations) were inadequate air flow velocity at the face of the booth (minimum 100 linear ft/min and 60 ft/min for electrostatic), no visible gauge or pressure manometer to indicate the air flow (normally the lines to the fluid manometer were cracked, installed incorrectly or the gauge was just out of fluid), the spray area, spray room or booth was not protected by a fire sprinkler system, combustible residue (sometimes 1-2" thick) was allowed to accumulate on the floor, sides and roof of the booth (should be cleaned daily with a non-combustible scraper if necessary), storage of combustible materials on all sides of the booth including the top of the spray booth (3' clearance required on all sides), electrical



## Flammables & Combustibles: What Employers Need to Know About Spray Finishing (continued from page 4)



equipment used in the booth was not rated for Class I, Division I vapor areas, lamps within 20' of the spray area shall be fully enclosed,

the quantity of material in the spray area shall normally not exceed the amount required for one day or one shift, no bonding and ground during the transfer of liquids, spraying outside of predetermined spraying areas, no portable fire extinguishers and "NO SMOKING" signs were not conspicuously posted in all spraying areas and paint storage rooms. I just listed 11 common violations and there are many more.

Please remember that the OSHA standards are minimal standards that every employer must meet.

While the compliance officer is noting all of the spray finishing violations he or she is now going to evaluate your respiratory protection program or lack of. Why? Because he or she just observed a dirty, air purifying respirator hanging on a hook in

the spray booth or in the spraying area.

Personal protective equipment for the spraying of organic or inorganic materials will normally involve the use of respiratory protection most commonly a tight fitting, half faced or full faced, negative pressure, air purifying respirator. The literature (instructions) provided by the manufacturer on the use of the respirator will include a paragraph that refers the user to the OSHA Respiratory Protection Regulation 29 CFR 1910.134. Employers must ensure that they provide a NIOSH Certified respirator.

29 CFR 1910.134 Respiratory protection standard requires the employer to develop and implement a



site specific written respiratory protection program (sample programs are also available at [www.osha.gov](http://www.osha.gov) in the respiratory section found under the A-Z link at the top of the home page), selection of the proper respirator and cartridge based on the type and concentration of the con-

taminant, medical evaluation, fit-testing, cleaning and maintenance procedures, employee training and recordkeeping.

The link below includes a comprehensive safety and health inspection checklist for employers and includes fire protection, spraying operations and flammable and combustible materials.

<https://www.osha.gov/Publications/smallbusiness/small-business.html>

This article is not to scare employers but to inform employers of the consequences of not providing a safe and healthful workplace for your employees especially with spray finishing, dipping and coating operations.

The Arizona Division of Occupational Safety and Health (ADOSH) has a consultation section that provides consultative services to employers and employees within the State of Arizona. **These services are provided free of charge and there are no citations issued when identified hazards are promptly corrected.**

ADOSH Consultative Services also include on-site safety and health surveys, establishing safety and health programs, safety and health literature, construction partnership opportunities and safety and health recognition programs.

### SPRAYING OPERATIONS CHECKLIST

☐ Is adequate ventilation provided before spraying operations are started?

☐ Is mechanical ventilation provided when spraying operations are performed in enclosed areas?

☐ When mechanical ventilation is provided during spraying operations, is it so arranged that it will not circulate the contaminated air?

☐ Is the spray area free of hot surfaces and at least 20 feet (6.096 meters) from flames, sparks, operating electrical motors and other ignition sources?

☐ Are portable lamps used to illuminate spray areas suitable for use in a hazardous location?

☐ Is approved respiratory equipment provided and used when appropriate during spraying operations?

☐ Do solvents used for cleaning have a flash point to 100 degrees Fahrenheit (deg. F) or more?

☐ Are fire control sprinkler heads kept clean?

☐ Are "NO SMOKING" signs posted in spray areas, paint rooms, paint booths and paint storage areas?

☐ Is the spray area kept clean of combustible residue?

☐ Are spray booths constructed of metal, masonry, or other substantial noncombustible material?

☐ Are spray booth floors and baffles noncombustible and easily cleaned?

☐ Is infrared drying apparatus kept out of the spray area during spraying operations and is the spray booth completely ventilated before using the drying apparatus?

☐ Is the electric drying apparatus properly grounded?

☐ Are lighting fixtures for spray booths located outside the booth with the interior lighted through sealed clear panels?

☐ Are the electric motors for exhaust fans placed outside booths or ducts?

☐ Are belts and pulleys inside the booth fully enclosed?

☐ Do ducts have access doors to allow cleaning?

☐ Do all drying spaces have adequate ventilation?



## TRAINERS CORNER Mosquito 101 for Employees



CDC/ADOSH

### How do I protect myself from mosquito bites?

1. **Wear insect repellent: Yes! It is safe.** When used as directed, insect repellent is the **BEST** way to protect yourself from mosquito bites—even children and pregnant women should protect themselves. Higher percentages of active ingredient provide longer lasting protection.

- ⇒ **DEET:** Products containing DEET include Cutter, OFF!, Skintastic.
  - ⇒ **Picaridin** (also known as KBR 3023, Bayrepel, and icaridin): Products containing picaridin include Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan outside the United States).
  - ⇒ **Oil of lemon eucalyptus (OLE) or PMD:** Repel contains OLE.
  - ⇒ **IR3535:** Products containing IR3535 include Skin So Soft Bug Guard Plus Expedition and SkinSmart and .Industrial Repellant by R&R Lotions
2. **Cover up:** When weather permits, wear long-sleeved shirts and pants.
3. **Keep mosquitoes outside:** Use air conditioning or make sure that you repair and use window/door screens.



**Beat the Bloodsuckers!**

### Which mosquito repellents work best?

CDC recommends the use of products containing active ingredients which have been registered with the U.S. Environmental Protection Agency (EPA) for use as repellents applied to skin and clothing.

Of the products registered with the EPA, those containing DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-menthane-diol products provide longer-lasting protection.

EPA registration means that EPA does not expect the product to cause adverse effects to human health or the environment when used according to the label.

### How often should repellent be reapplied?

Repellents containing a higher percentage of the active ingredient typically provide longer-lasting protection. Regardless of what product you use, if you start to get mosquito bites, reapply the repellent according to the label instructions.



### What precautions should I follow when using repellents?

Always follow the recommendations appearing on the product label. EPA recommends the following when using insect repellents:

- Apply repellents only to exposed skin and/or clothing (as directed on the product label). Do not apply repellents under your clothing.
- Never use repellents over cuts, wounds or irritated skin.
- Do not apply to eyes or mouth, and apply sparingly around ears. When using repellent sprays, do not spray directly on your face—spray on your hands first and then apply to your face.
- Do not allow children to handle or spray the product. When using on children, apply to your own hands first and then put it on the child. Avoid applying repellent to children's hands because children frequently put their hands in their eyes and mouths.
- Use just enough repellent to cover exposed skin and/or clothing. Heavy application does not give you better or longer lasting protection.
- After returning indoors, wash treated skin with soap and water or bathe. This is particularly important when repellents are used repeatedly in a day or on consecutive days.

If you (or your child) get a rash or other reaction from a repellent, stop using the repellent, wash the repellent off with mild soap and water, and call a local poison control center for further guidance. If you go to a doctor, it might be helpful to take the repellent with you.



## ... A Thousand Words





# Mosquitoes and Disease in Arizona

CDC / ADOSH

## Mosquito Bite Prevention (United States)

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Type of Mosquito	Viruses spread	Biting habits
 <i>Aedes aegypti</i> , <i>Aedes albopictus</i>	Chikungunya, Dengue, Zika	Primarily daytime, but can also bite at night
 <i>Culex</i> species	West Nile	Evening to morning

### Protect yourself and your family from mosquito bites

#### Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Active ingredient	Some brand name examples*
DEET Higher percentages of active ingredient provide longer protection	Off!, Cutter, Sawyer, Ultrathon
Picaridin, also known as KBR 3023, Bayrepel, and icaridin	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart



\* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.

CS2016-014 February 17, 2016

### Protect yourself and your family from mosquito bites (continued)



- Always follow the product label instructions.
- Reapply insect repellent every few hours, depending on which product and strength you choose.
  - » Do not spray repellent on the skin under clothing.
  - » If you are also using sunscreen, apply sunscreen first and insect repellent second.

#### Natural insect repellents (repellents not registered with EPA)

- The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.
- To protect yourself against diseases like chikungunya, dengue, and Zika, CDC and EPA recommend using an EPA-registered insect repellent.
- When used as directed, EPA-registered insect repellents are proven safe and effective.
- For more information: [www2.epa.gov/insect-repellents](http://www2.epa.gov/insect-repellents)

### If you have a baby or child



- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months of age.
- Dress your child in clothing that covers arms and legs, or
- Cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
  - » Adults: Spray insect repellent onto your hands and then apply to a child's face.
- Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years of age.

### Treat clothing and gear



- Treat items such as boots, pants, socks, and tents with permethrin or purchase permethrin-treated clothing and gear.
  - » Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
  - » If treating items yourself, follow the product instructions.
  - » Do not use permethrin products directly on skin.

### Mosquito-proof your home



- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
- Use air conditioning when available.
- Keep mosquitoes from laying eggs in and near standing water.
  - » Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.

[www.cdc.gov/features/StopMosquitoes](http://www.cdc.gov/features/StopMosquitoes)

We're already starting to see them...the invasion of the blood suckers. Mosquitoes were hatching in February but evidently were not breeding so the bites were not as numerous as in the warmer months. Recently at a Zika Seminar held at ASU; a very interesting presentation was given of the history of this mosquito-borne virus and some discussion of concerns for the United States and specifically for Arizona. Arizona has the *Aedes aegypti* mosquito that can carry all three of the "in the news" viruses, Zika, Dengue and Chikungunya. Even though we are vulnerable, there are steps we can take to reduce our risks.

With a warm winter, be prepared for an early pest season, which includes mosquitoes. If something can hold water for more than a few days, it is a mosquito breeding habitat. By reducing mosquito breeding habitats we can reduce mosquito borne diseases, and markedly reduce the need for chemical pesticides. In fact, according to Craig Levy, Epizootologist with Maricopa County Dept. of Public Health, mosquitoes can be reduced by about 95% if we were just vigilant about finding and eliminating the water filled containers and stagnant pools in our own back yard. Don't just dump them out, scrub them! Mosquitoes can hatch when containers dry out and then are refilled from rain or sprinklers even months later! Follow the recommendations above, especially train your outdoor workers about these tips. Encourage them to discover habitats at home as well as in the workplace. JM



# Legalized Marijuana:

## Will it Affect Your Workplace?

**What every Employer, HR and Safety Professional Needs to know, NOW!**

**MAY 4TH, 2016**

**9AM –12PM AT THE**

**INDUSTRIAL COMMISSION OF  
ARIZONA AUDITORIUM**

**800 W. Washington St.**

**Phoenix, AZ 85007**



We are pleased to announce a special presentation for employers, human resource professionals, safety professionals and key executive management. The people of Arizona will likely be asked to vote yay or nay to legalize marijuana for recreational use this November. It is important that employers are well informed on what is in this initiative NOW, and how Arizona's proposed language will directly affect the workplace. Gina Kesler, President of D & A Experts, along with special guest from Colorado, Jo McGuire, President of Five Minutes of Courage, request your attendance as we take an in-depth look at the initiative and evaluate how it impacts employers, employees and businesses in Arizona.

Enroll on-line at [www.ezregister.com/promoters/1607](http://www.ezregister.com/promoters/1607)



## ADOSH Education and Training Calendar April - June 2016

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](http://www.ezregister.com/promoters/1607) Registration Problems? Call 602-542-1769**

### April 2016 On-line Registration Required

4/13/2016	8:00 - 4:00	<b>So Arizona Safety Summit / 10 Hour Classes</b>	Marana Municipal Center	Marana	ADOSH	602-542-1769	C Trujillo
4/14/2016	8:00 - 4:00	<b>So Arizona Safety Summit / 10 Hour Classes</b>	Marana Municipal Center	Marana	ADOSH	602-542-1769	C Trujillo
4/14/2016	9:00 - 11:00	Heat Stress Prevention by ABA <i>Call to enroll and confirm attendance</i>	800 W Washington St.	Phoenix	ABA Trainers	480- 874-0114	C Skerven
4/19/2016	9:00 - 12:00	Confined Spaces in Construction	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
4/20/2016	9:00 - 12:00	Bloodborne Pathogens and OPIM	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
4/20/2016	10:00 - 11:30	Fall Protection in Construction	WEBINAR ONLY	Tucson	Coleman	520-628-5478	S Sinohui
4/21/2016	9:00 - 12:00	Fall Protection in Construction	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S Sinohui
4/26/2016	9:00 -12:00	Forklift Train-the-Trainer	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui

### May 2016 On-line Registration Required

5/3/2016	9:00 - 12:00	Excavation Safety Awareness	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
5/4/2016	9:00 - 12:00	OSHA 300 Recordkeeping and Reporting	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
5/4/2016	9:00 - 12:00	<b>Legalized Marijuana—You Need to Know Now!</b>	<b>800 W Washington St</b>	<b>Phoenix</b>	<b>G Kesler</b>	<b>602-542-1769</b>	<b>C Trujillo</b>
5/6/2016	8:00 - 12:00	Forklift Train-the-Trainer	800 W Washington St	Phoenix	Mandeville	602-542-1769	C Trujillo
5/10/2016	9:00 - 12:00	General Industry Hazard Recognition	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
5/11/2016	9:00 - 12:00	Machine Guarding	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
5/12/2016	9:00 - 12:00	OSHA 300 Recordkeeping and Reporting	800 W Washington St	Phoenix	Mandeville	602-542-1769	C Trujillo
5/17/2016	9:00 - 12:00	Bloodborne Pathogens and OPIM	500 S Central Bldg D	Florence	Ornelas	520-628-5478	S. Sinohui
5/18/2016	1:00 - 4:00	Heat Stress and Haboob	2951 S 21st Dr (Main Library)	Yuma	Mandeville	602-542-1769	C Trujillo
5/18/2016	10:00 - 11:30	Fall Protection in Construction	WEBINAR ONLY	Tucson	Coleman	520-628-1769	S. Sinohui
5/19/2016	8:30 - 11:30	Protecting Outdoor Workers: Vector-Borne Diseases	2951 S 21st Dr (Main Library)	Yuma	Mandeville	602-542-1769	C Trujillo
5/19/2016	9:00 - 12:00	Fall Protection in Construction	800 W Washington St	Phoenix	Coleman	602-542-1769	C Trujillo
5/24/2016	9:00 - 12:00	Bloodborne Pathogens and OPIM	Location TBA	Douglas	Ornelas	520-628-5478	S. Sinohui

### June 2016 On-line Registration Required

6/9/2016	9:00 - 4:00	<b>Workplace Violence - Full Day Seminar!</b>	<b>2951 S 21st Dr (Main Library)</b>	<b>Yuma</b>	<b>Multiple</b>	<b>602-542-1769</b>	<b>C Trujillo</b>
6/14/2016	9:00 - 12:00	Safety and Health Management Systems	Location TBA	Nogales	Ornelas	520-628-5478	S. Sinohui
6/15/2016	10:00 - 11:30	Fall Protection in Construction	WEBINAR ONLY	Tucson	Coleman	520-628-5478	S. Sinohui
6/16/2016	9:00 - 12:00	Fall Protection in Construction	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S Sinohui
6/16/2016	9:00 - 12:00	Fall Protection in Construction	800 W Washington St	Phoenix	Mandeville	602-542-1769	C Trujillo
6/22/2016	9:00 - 12:00	Heat Stress and Haboob Safety	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
6/29/2016	9:00 - 12:00	Heat Stress and Haboob Safety	800 W Washington St	Phoenix	Mandeville	602-542-1769	C Trujillo

## Register online at [www.ezregister.com/promoters/1607](http://www.ezregister.com/promoters/1607)

**NOTES: EZRegister Instructions:** Just type in [www.ezregister.com/promoters/1607](http://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.**

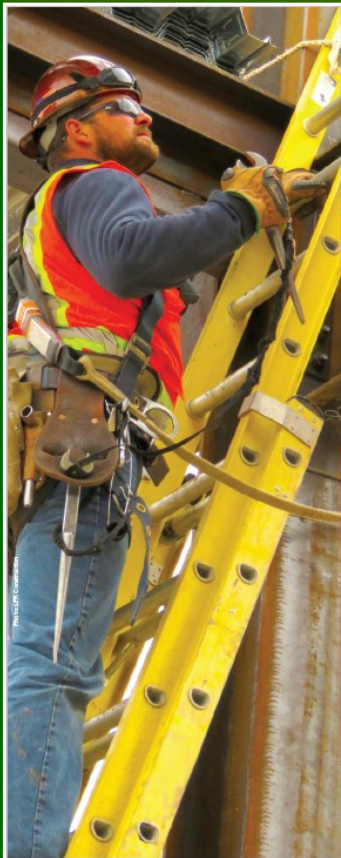
Finally, please be courteous during cold and flu seasons and do not attend the class if you are suffering symptoms of illness. Viruses are highly contagious and we want to keep all students and instructors healthy during all times of the year.

*See you in class!*





# National Safety STAND-DOWN TO PREVENT FALLS IN CONSTRUCTION



National Safety  
**STAND-DOWN**  
TO PREVENT FALLS IN CONSTRUCTION

**MAY 2-6, 2016**

## Stop Falls Stand-Down

- Plan a toolbox talk or other safety activity
- Take a break to talk about how to prevent falls
- Provide training for all workers

The purpose of the National Fall Prevention Stand-Down is to raise awareness of preventing fall hazards in construction. Fatalities caused by falls from elevation continue to be a leading cause of death for construction workers, accounting for 337 of the 874 construction fatalities recorded in 2014 (BLS preliminary data). Those deaths were preventable. Fall prevention safety standards were among the top 10 most frequently cited OSHA standards, during fiscal year 2014.

Last year's Stand-Down was a tremendous success, reaching more than 2.5 million workers. This year, OSHA's goal is to reach 5 million workers. If we meet this goal, we will have touched more than half of the construction workers in the country.

Anyone who wants to prevent falls in the workplace can participate in the Stand-Down. In past years, participants included commercial construction companies of all sizes, residential construction contractors, sub- and independent contractors, highway construction companies, general industry employers, the U.S. Military, other government participants, unions, employer's trade associations, institutes, worker interest organizations, and safety equipment manufacturers.

A Safety Stand-Down is a voluntary event for employers to talk directly to employees about safety. This Stand-Down focuses on "Fall Hazards" and reinforcing the importance of "Fall Prevention."

Companies can conduct a Safety Stand-Down by taking a break to have a toolbox talk or another safety activity such as conducting safety equipment inspections, developing rescue plans, or discussing job specific hazards. Managers are encouraged to plan a stand-down that works best for their workplace anytime during the May 2-6, 2016. See Suggestions to Prepare for a Successful "Stand-Down" and Highlights from the Past Stand-Downs at the links found at: <https://www.osha.gov/StopFallsStandDown/>



We invite you to share your photos and a brief description of the activities included in your company's Stand-Down, to be published in the next issue of the Advocate. The ICA will prepare a Certificate of Participation for download to companies who share their stories and photos with ADOSH. Check with the [www.azdosh.gov](http://www.azdosh.gov) website for a place to send your Stand-Down stories and photos. To see photos from previously shared Stand-Downs in Arizona, like those posted to the left, access archived editions of the Advocate at [www.azdosh.gov/ADOSH/ADOSH\\_Newsletters.aspx](http://www.azdosh.gov/ADOSH/ADOSH_Newsletters.aspx)

If you would like to have an ADOSH representative attend your Stand-Down, please call us at 602-542-1769 (Phoenix) or 520-628-5478 (Tucson) and we will attend as availability provides.

Employees need to take a moment, to stand-down, and remember that their lives and the lives of their loved ones rely on their daily safe choices and their commitment to returning home each day. Employers can give them that moment.

*Photos at left: Upper: 2015 Stand-Down Photos from McCarthy Building Companies after having hosted a stand down event at their Yuma Co. Regional Medical Center project in Yuma. The contractor and subcontractors discussed national fall statistics and how to prevent them from happening while working on their jobsite.*

*Lower: McCarthy 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 and emphasized the critical role of the A,B,C & D's of fall prevention.*



**Join us for WEBINAR WEDNESDAYS for Fall Protection Classes ! Check the schedule, log on to Ezregister, sign up, and join us on the day of the webinar in the comfort of your own home or office via GoToMeeting.com! Print out and follow instructions included in your confirmation page**







## Are You Ready for HAZARD COMMUNICATION 2012 Implementation? June 1, 2016 is the DEADLINE!



### Comparison of NFPA 704 and HazCom 2012 Labels

	 NFPA 704	 HazCom 2012
<b>Purpose</b>	Provides basic information for emergency personnel responding to a fire or spill and those planning for emergency response.	Informs workers about the hazards of chemicals in workplace under normal conditions of use and foreseeable emergencies.
<b>Number System: NFPA Rating and OSHA's Classification System</b>	0-4 0-least hazardous 4-most hazardous	1-4 1-most severe hazard 4-least severe hazard • The Hazard category numbers are NOT required to be on labels but are required on SDSs in Section 2. • Numbers are used to CLASSIFY hazards to determine what label information is required.
<b>Information Provided on Label</b>	<ul style="list-style-type: none"> <li>Health-Blue</li> <li>Flammability-Red</li> <li>Instability-Yellow</li> <li>Special Hazards*-White</li> </ul> <p>*OX Oxidizers W Water Reactives SA Simple Asphyxiants</p>	<ul style="list-style-type: none"> <li>Product Identifier</li> <li>Signal Word</li> <li>Hazard Statement(s)</li> <li>Pictogram(s)</li> <li>Precautionary statement(s); and</li> <li>Name address and phone number of responsible party.</li> </ul>
<b>Health Hazards on Label</b>	Acute (short term) health hazards ONLY. Acute hazards are more typical for emergency response applications. Chronic health effects are not covered by NFPA 704.	Acute (short term) and chronic (long term) health hazards. Both acute and chronic health effects are relevant for employees working with chemicals day after day. Health hazards include acute hazards such as eye irritants, simple asphyxiants and skin corrosives as well as chronic hazards such as carcinogens.
<b>Flammability/Physical Hazards on Label</b>	NFPA divides flammability and instability hazards into two separate numbers on the label. Flammability in red section. Instability in yellow section.	A broad range of physical hazard classes are listed on the label including explosives, flammables, oxidizers, reactives, pyrophorics, combustible dusts and corrosives.
<b>Where to get information to place on label</b>	Rating system found in NFPA Fire Protection Guide to Hazardous Materials OR NFPA 704 Standard System for Identification of the Hazards of Materials for Emergency Response 2012 Edition, Tables 5.2, 6.2, 7.2 and Chapter 8 of NFPA 704	OSHA Hazard Communication Standard 29 CFR 1910.1200 (2012). 1) Classify using Appendix A (Health Hazards) and Appendix B (Physical Hazards) 2) Label using Appendix C
<b>Other</b>	The hazard category numbers found in section 2 of the HC2012 compliant SDSs are NOT to be used to fill in the NFPA 704 diamond.	Supplemental information may also appear on the label such as any hazards not otherwise classified, and directions for use.
<b>website</b>	<a href="http://www.nfpa.org/704">www.nfpa.org/704</a>	<a href="http://www.osha.gov">www.osha.gov</a> OR <a href="http://www.osha.gov/dsg/hazcom/index.html">www.osha.gov/dsg/hazcom/index.html</a>

The substance: "NOMIXUP 7042012"

#### To create an OSHA label per HazCom 2012:

**Step 1:** Perform the classification in accordance with Appendix A: Health Hazards & Appendix B Physical Hazards of 29 CFR 1910.1200 — this is where you find the criteria for each hazard class and hazard category.

Class: Flammable Gas, Category 1

Class: Carcinogen, Category 1B

Class: Specific Target Organ Toxicity (Single Exposure), Category 3

Class: Substances and Mixtures Which, in Contact with Water, Emit Flammable Gases, Category 3

**Step 2:** Gather labeling information (Pictograms, Signal Word, Hazard Statements) from Appendix C of 29 CFR 1910.1200 based on the chemical's hazard class and category.

**Step 3:** Create the Label

#### To Create NFPA 704 label:

**Step 1:** Collect information on hazards from applicable sections of SDS. Some SDSs may provide the NFPA diamond symbol with hazard rating numbers filled in already. **Note:** Do NOT use the hazard category numbers given in section 2 of HazCom 2012 compliant SDS on 704 label!

If the diamond is not provided on the SDS you can obtain the information under the following sections of the SDS. Note that additional information may be provided in other sections of the SDS.

- Health hazard information under Section 11
- Flammability information under Section 9
- Instability information under Section 10
- Special information under Section 9, 10, 11

**Step 2:** Obtain current edition copy of NFPA 704 or view on line at [www.nfpa.org/704](http://www.nfpa.org/704). Compare the criteria on the SDS sections as shown above with the criteria shown in Tables 5.2 (Health), 6.2 (Flammability), 7.2 (Instability) and 8.2 (Special Hazards).

**Step 3:** Place numbers for the degree of hazard associated with the criteria obtained in Step 2 in the correct quadrant of NFPA 704 placard.



### ADOSH GHS/HAZCOM WEBSITE

Would you like to hear a webinar on the GHS/HazCom requirements?



Assistant Director Jessie Atencio has posted a an on-demand webinar and a webpage with training resources

for you to access.

Link to the website:

<https://sites.google.com/a/asu.edu/ghs/regulations-and/training-materials-english>

Don't forget to document your training and let us know if this website was helpful!

Materials are available on <https://www.osha.gov/dsg/hazcom/> to help you comply with the OSHA Hazard Communication Standard. Attend one of the ADOSH classes and we'll give you a helpful CD with training tools for your employee training! If you would like a CD you can request one be sent to you at 602-542-1769.



### Hazard Communication Standard Labels



OSHA has updated the requirements for labeling of hazardous chemicals under its Hazard Communication Standard (HCS). As of June 1, 2015, all labels will be required to have pictograms, a signal word, hazard and precautionary statements, the product identifier, and supplier identification. A sample revised HCS label, identifying the required label elements, is shown on the right. Supplemental information can also be provided on the label as needed.

For more information:



(800) 321-OSHA (6742)  
[www.osha.gov](http://www.osha.gov)



SAMPLE LABEL	
CODE _____ Product Name _____	<b>Product Identifier</b>
Company Name _____ Street Address _____ City _____ State _____ Postal Code _____ Country _____ Emergency Phone Number _____	<b>Supplier Identification</b>
<div>   </div>	
<div> <p>Keep container tightly closed. Store in a cool, well-ventilated place that is locked. Keep away from heat/sparks/open flame. No smoking. Only use non-sparking tools. Use explosion-proof electrical equipment. Take precautionary measures against static discharge. Ground and bond container and receiving equipment. Do not breathe vapors. Wear protective gloves. Do not eat, drink or smoke when using this product. Wash hands thoroughly after handling. Dispose of in accordance with local, regional, national, international regulations as specified.</p> <p><b>In Case of Fire:</b> use dry chemical (BC) or Carbon Dioxide (CO<sub>2</sub>) fire extinguisher to extinguish.</p> <p><b>First Aid</b> If exposed call Poison Center. If on skin (or hair): Take off immediately any contaminated clothing. Rinse skin with water.</p> </div>	
<div> <p>Highly flammable liquid and vapor. May cause liver and kidney damage.</p> <p><b>Hazard Statements</b></p> </div>	
<div> <p>Precautionary Statements</p> </div>	
<div> <p>Supplemental Information</p> <p>Directions for Use</p> <p>Fill weight: _____ Lot Number: _____ Gross weight: _____ Fill Date: _____ Expiration Date: _____</p> </div>	

## VPP and SHARP News



### WALSH GROUP/ARCHER WESTERN

On Tuesday, February 17<sup>th</sup>, the Arizona Division of Occupational Safety and Health Consultation Department certifies ARCHER WESTERN in Phoenix with SHARP Designation. Congratulations! ADOSH Supervisor Babak Emami joins the group for the plaque presentation. The company joins 29 other elite companies in the state of Arizona with SHARP distinction.



### MAPEI Corporation

On Thursday, January 28<sup>th</sup>, the Arizona Division of Occupational Safety and Health Consultation Department Recertifies MAPEI Corporation in Tempe with SHARP Designation Congratulations!

Pictured from left to right: Al Fornaro, unit manager for MAPEI Corporation and Babak Emami, Consultation and Training supervisor for the Arizona Division of Occupational Safety and Health (ADOSH)



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.



## Respirator Fit Testing

English and Spanish by Luis Lopez ADOSH IH Consultant

The percentage of improperly fitted respirators increases with the length of time between worker fit tests, giving support to the annual fit-testing requirements in OSHA's Respiratory Protection Standard, according to new research from NIOSH.

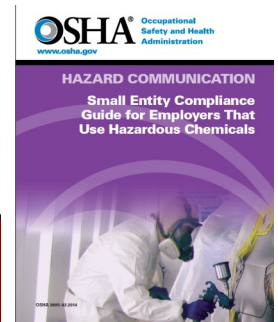
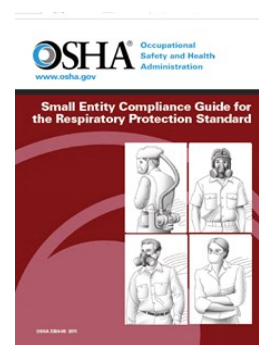
**The standard requires fit testing every year and whenever an employee's physical condition changes, such as facial scarring or an obvious change in body weight. Note that OSHA Fit Testing requires that a Doctor certify that every employee wearing a respirator, has the pulmonary function to do so and each employee MUST be certified by a Doctor prior to USING / WEARING a respirator. For the study, NIOSH researchers focused on the commonly worn N95 filtering facepiece respirator. During a three-year period, researchers measured the fit of the respirators every six months on the volunteers, 134 of whom participated during the entire study.**

**Researchers found that after one year, an estimated 10 percent of workers' respirators did not fit properly. Two and three years later, that figure rose to 20 percent and 26 percent, respectively. Additionally, nearly one-quarter of subjects who lost more than 20 pounds were unable to maintain an acceptable fit, according to the study.**

See OSHA Requirements – Guidelines can be found at the link below:

[https://www.osha.gov/pls/oshaweb/owadisp.show\\_document?p\\_table=STANDARDS&p\\_id=12716](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=12716)

The study was published online in the Journal of Occupational and Environmental Hygiene, 12-2016



Small Entity Compliance Guides to help you with your programs. Available at [www.OSHA.gov](http://www.OSHA.gov)

## LA IMPORTANCIA DE HACER LA PRUEBA DE AJUSTE DE RESPIRADORES ANUALMENTE FUE COMPROBADA POR UN RECIENTE ESTUDIO DE NIOSH

El porcentaje de los respiradores “mal-ajustados” aumenta con la magnitud de tiempo entre las pruebas de ajuste del respirador. El uso de respiradores “mal-ajustados” reducen el nivel de protección para los trabajadores que deben usar respiradores obligatoriamente.

Un reciente estudio de NIOSH (Instituto Nacional de Seguridad y Salud Ocupacional) encontro estos resultados, que a su vez apoyan a los requisitos de prueba de ajuste anual que el estándar de OSHA para la protección respiratoria ordena. El estándar requiere que la prueba de ajuste se haga inicialmente antes del uso del respirador y que se repita cada año y cada vez que cambia de condición física del empleado. Tales cambios físicos puede incluir, pero no se limitan a, una cicatriz facial o un evidente cambio en el peso corporal. Tomen en cuenta que la prueba de ajuste ordenada por OSHA requiere que un médico certifique que cada empleado que usa un respirador, tenga la función pulmonar suficiente para usar un respirador y que esta certificación ocurra antes de utilizar el respirador.

Para este estudio, los investigadores de NIOSH se centraron en el respirador de pieza facial para filtración de partículas, comúnmente conocido como N95. Durante un período de tres años, los investigadores midieron a 134 voluntarios el ajuste de los respiradores cada seis meses. Los 134 voluntarios participaron durante todo el estudio. Los investigadores encontraron que después de un año, un 10% (por ciento) de los respiradores no encajaba correctamente a los trabajadores correspondientes. Dos y tres años más tarde, esa cifra aumentó a 20% y 26%, respectivamente. Además, casi la cuarta parte de los sujetos que perdieron más de 20 libras fueron incapaces de mantener un ajuste aceptable, según el estudio.

Los detalles de los requisitos de las normas de OSHA, pueden encontrarse en el siguiente enlace:

[https://www.osha.gov/pls/oshaweb/owadisp.show\\_document?p\\_table=STANDARDS&p\\_id=12716](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=12716)



## ***NEW! Reporting Requirements in Arizona***



### **THE INDUSTRIAL COMMISSION OF ARIZONA DIVISION OF OCCUPATIONAL SAFETY & HEALTH**



#### **Arizona Employers Have New Injury and Illness Reporting Requirements**

(PHOENIX – March 30, 2016) A new rule adopted by the Industrial Commission of Arizona and the Arizona Division of Occupational Safety and Health (ADOSH) has gone into effect changing the reporting requirements of employers whose employees are injured or become ill on the job.

Reporting a work-related fatality within eight hours will remain unchanged. Although, the most notable changes for the new rule state that the following must be reported within 24 hours:

- All in-patient hospitalizations (a person is admitted)
- All amputations
- All loss of eye injuries

Previously the rules stated:

- If a person was admitted to the hospital it didn't have to be reported
- If a person lost an eye it didn't have to be reported
- Amputations only had to be reported if the employee was working with a punch press
- Only a catastrophe that three or more employees were involved in had to be reported.

ADOSH Director Bill Warren said the new recordkeeping requirements were adopted to comply with federal reporting requirements and to receive more in-depth data that will help keep more workers in the State of Arizona safe.

“This change will help ADOSH to more efficiently administer and effectively enforce the applicable laws and regulations relative to the protection of life, health, safety, and welfare of employees across Arizona,” Warren said.

The effective date of the change was March 16.

#### **About ADOSH**

Arizona Division of Occupational Safety and Health (ADOSH) operates under an approved plan with the U.S. Department of Labor to retain jurisdiction over occupational safety and health issues within Arizona, excluding mining operations, Indian Reservations, and federal employees. To help answer common questions on the new reporting requirements, employers can contact ADOSH's On-site Consultation Program for free and confidential advice. On-site Consultation services are separate from enforcement and do not result in penalties or citations. For more information please visit <http://www.ica.state.az.us/> or call (602) 542-1769.

**800 West Washington Street, Phoenix, Arizona 85007**

**2675 East Broadway Boulevard, Tucson, Arizona 85716**

**[www.azica.gov](http://www.azica.gov)**





**March 14, 2016****ICA on the Capitol Lawn**

Honored Guest Speaker Az State Senator Kimberly Yee addresses the audience emphasizing the need for cooperative efforts in promoting safety and health in Arizona's Workplaces. Senator Yee represents Arizona's 20th Legislative District.



ICA Commission Chairman Dale Shultz followed Senator Yee with remarks on the successful efforts of the ICA and ADOSH to Bridge the Gap between the ICA and employers; followed by a moment of silence remembering workers who died while working in Arizona.

2016 marks our inaugural ICA on the Capitol Lawn and ICA Partnership Awards event. Awards this year were bestowed upon companies that went above and beyond the mark and promoted ADOSH's mission of "...protecting the life, health, safety and welfare of Arizona's greatest asset, our Workforce." These companies have worked with ADOSH and reached out to help other companies to improve their safety and health programs. We are proud to announce the 2016 ICA Partnership Award Winners!



Left to right: Commissioner Shultz presented Raytheon Missile Systems with an ICA Partnership Award in the VPP Category. Accepting the award is Kim Ernzen, VP of Operations. ADOSH Director Bill Warren presented Palo Verde Nuclear Generating Station with a ICA Partnership Award in the VPP Category. Accepting the award is Bob Bement, VP of Operations. ADOSH Assistant Director Jessie Atencio presented an ICA Partnership Award in the SHARP Category to Abseilon, USA. Accepting the award is CEO Ken Piposar.



Left to right: ADOSH Director Bill Warren presents L&H Industrial with an ICA Partnership Award in the RRAP Category to Corporate Safety Director Tyler McLaughlin. Commissioner Dale Shultz presents Westech Recyclers with an ICA Partnership Award in the RRAP Category. Accepting the award is Company Manager Terry Soucy. ADOSH Director Bill Warren presents The City of Yuma with an ICA Partnership Award in the PEPP Category. Accepting the Award is Robert Duffy, COY Safety Specialist.

Continued on next page



## ***ICA on the Capitol Lawn—A day for recognition and reflection***



Left to right: Commissioner Dale Shultz presents Associated General Contractors of Arizona & Arizona Builders Alliance with an ICA Partnership Award in the Industry Alliance Category. Accepting the award is Chris Bagby and Tom Melton. ADOSH Director Bill Warren presents D&A Experts with ICA Partnership Award in the Vendor Training Category. Accepting the award is CEO Gina Kesler. ICA Commissioner Dale Shultz announces the winner of the 2016 ICA Commissioner's Award, Lisa Card Mohave Community College Small Business Center. Since Lisa could not attend, her award was accepted by Janice Barham – Assistant State Director AzSBDC.

The prestigious **2016 ICA Commissioner's Award** has been bestowed on Lisa Card, Mohave Community College Small Business Development Center, for her dedication to safety; demonstrated by the manner in which she has reinforced the ADOSH Core Mission through advocating ADOSH as a Community Partner. Through her efforts we have succeeded in serving Small Businesses by delivering learning experiences through classes, remote viewing, and a Safety Summit regarding safety and health practices that reduce injuries and illnesses. Lisa has aided our mission by delivering to her customers and the business community the information regarding these events, facilitating the venues, and continuing to promote ADOSH to small businesses in her community and throughout the county, to include remote locations such as Colorado City, Bullhead City and Mohave Valley. Congratulations Lisa, we appreciate your enthusiasm and passion for safety!



ICA Commission Chairman Dale Schultz bestows the 2016 ICA Rehabilitation Award upon Seth Burns, seen in photos above with Lisa Clapp, Board of Directors Fred Brick Memorial Foundation. Mr. Burns then delivered a moving and motivating speech detailing his injury, treatment, recovery and rehabilitation. His story of tenacious commitment to recovery is truly inspiring.

Right: ADOSH Assistant Director Jessie Atencio awards Kid's Chance of Arizona with the ICA Compassionate Service Award to Past President Kirk O'Malley. Kid's Chance has provided 251 scholarships to children of workers who died while working in Arizona, totaling \$579,830.50!





## Just Sayin'...

### The Day After: The Big Game's Effect on the Workplace

According to U.S. workers,  
unplanned absences in the workplace:

Add to workload 69%  
Increase stress 61%  
Disrupt the work of others 61%  
Hurt morale 48%

Source: Society for Human Resource Management,  
The Total Financial Impact of Employee Absences (August 2014), at 15.

Based on a recent Harris Poll survey\*...

**16.5 million**  
Americans may miss work  
the Monday after the big game

Number of Americans  
who requested  
or plan to request  
Monday off  
**10.5 million**

**29%**  
of people managers  
who plan to watch  
the big game may also  
take Monday off

**7.5 million**  
Americans may  
show up late  
to work

**34%**  
of people 21+  
admit to calling in sick  
the day after the big game  
because they were hungover

Image source: Workforce Institute at Kronos

### How Does the Super Bowl Affect Work in America?

In addition to the 16.5 million who planned to take a sick day, the survey found that nearly 10.5 million Americans already scheduled Monday as a vacation day.

The study also found that approximately 7.5 million Americans would show up late to work the day following the big game.

Those most likely to be guilty of "Super Bowl fever"? Men between the ages of 18-44.

However, the survey did uncover a silver lining for all of the workplace absences: According to the survey, 74 percent of full-time/part-time employees said they would be honest with their boss about their absence.

The survey was conducted by Kronos, an organization that studies workplace management. It was conducted online between Jan. 27-29. It calculated the answers of 2,042 American adults, aged 18 and older.

### Dehydration Urine Color Chart

The following Dehydration Urine Color Chart will help you use your urine color as an indicator of your level of dehydration and what actions you should take to help return your body back to a normal level of hydration.

	Doing ok. You're probably well hydrated. Drink water as normal.
	You're just fine. You could stand to drink a little water now, maybe a small glass of water.
	Drink about 1/2 bottle of water (1/4 liter) within the hour, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.
	Drink about 1/2 bottle of water (1/4 liter) right now, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.
	Drink 2 bottles of water right now (1 liter). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See a doctor.

For more information visit [www.urinecolors.com](http://www.urinecolors.com)

### 10 Leading Causes of Injury Deaths by Age Group Highlighting Violence-Related Injury Deaths, United States - 2014

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Unintentional Suffocation 991	Unintentional Drowning 388	Unintentional MV Traffic 345	Unintentional MV Traffic 384	Unintentional MV Traffic 6,531	Unintentional MV Traffic 9,334	Unintentional MV Traffic 9,116	Unintentional Poisoning 11,909	Unintentional Poisoning 7,013	Unintentional Fall 27,044	Unintentional Poisoning 42,032
2	Homicide Unspecified 119	Unintentional MV Traffic 293	Unintentional Drowning 125	Suicide Suffocation 225	Homicide Firearm 3,587	Unintentional MV Traffic 5,856	Unintentional MV Traffic 4,308	Unintentional MV Traffic 5,024	Unintentional MV Traffic 4,554	Unintentional MV Traffic 6,373	Unintentional MV Traffic 33,736
3	Homicide Other Spec., Classifiable 83	Homicide Unspecified 149	Unintentional Fire/Burn 68	Suicide Firearm 174	Unintentional Poisoning 3,492	Homicide Firearm 3,260	Suicide Firearm 2,830	Suicide Firearm 3,953	Suicide Firearm 3,910	Suicide Firearm 5,367	Unintentional Fall 31,959
4	Unintentional MV Traffic 61	Unintentional Suffocation 120	Homicide Firearm 58	Homicide Firearm 115	Suicide Firearm 2,270	Suicide Firearm 2,829	Suicide Suffocation 2,057	Suicide Suffocation 2,321	Unintentional Fall 2,558	Unintentional Unspecified 4,590	Suicide Firearm 21,334
5	Undetermined Suffocation 40	Unintentional Fire/Burn 117	Unintentional Other Land Transport 36	Unintentional Drowning 105	Suicide Suffocation 2,010	Suicide Suffocation 2,402	Homicide Firearm 1,835	Suicide Poisoning 1,795	Suicide Poisoning 1,529	Unintentional Suffocation 3,692	Suicide Suffocation 11,407
6	Unintentional Drowning 29	Unintentional Pedestrian, Other 107	Unintentional Suffocation 34	Unintentional Fire/Burn 49	Unintentional Drowning 507	Suicide Poisoning 800	Suicide Poisoning 1,274	Unintentional Fall 1,340	Suicide Suffocation 1,509	Unintentional Poisoning 1,993	Homicide Firearm 10,945
7	Homicide Suffocation 26	Homicide Other Spec., Classifiable 73	Unintentional Natural/Environment 22	Unintentional Other Land Transport 49	Suicide Poisoning 363	Undetermined Poisoning 575	Undetermined Poisoning 637	Homicide Firearm 1,132	Unintentional Suffocation 698	Adverse Effects 1,554	Suicide Poisoning 6,806
8	Unintentional Natural/Environment 17	Homicide Firearm 47	Unintentional Pedestrian, Other 18	Unintentional Suffocation 33	Homicide Cut/Pierce 314	Homicide Cut/Pierce 430	Unintentional Fall 504	Undetermined Poisoning 820	Undetermined Poisoning 539	Unintentional Fire/Burn 1,151	Unintentional Suffocation 6,580
9	Undetermined Unspecified 16	Unintentional Struck by or Against 38	Unintentional Struck by or Against 16	Unintentional Poisoning 22	Undetermined Poisoning 229	Unintentional Drowning 399	Unintentional Drowning 363	Unintentional Suffocation 452	Homicide Unspecified 538	Suicide Poisoning 1,028	Unintentional Unspecified 5,848
10	Unintentional Fire/Burn 15	Unintentional Natural/Environment 35	Homicide Unspecified (Tied) 14	Homicide Cut/Pierce 19	Unintentional Other Land Transport 177	Unintentional Fall 285	Homicide Cut/Pierce 313	Unintentional Drowning 442	Unintentional Unspecified 530	Suicide Suffocation 880	Unintentional Drowning 3,406

data Source: National Center for Health Statistics (NCHS), National Vital Statistics System.  
reduced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

### Arizona Division of Occupational Safety & Health



800 W Washington St, Ste 200  
Phoenix, AZ 85007

2675 East Broadway Road  
Tucson, AZ 85716

602-542-5795 Reception

520-628-5478 Reception

602-542-1614 Fax

520-322-8008 Fax

**Bill Warren, ADOSH Director**

Fax: 602-542-1614

520-322-8008

Toll Free: 855-268-5251

We're on the WEB!

<http://www.azdosh.gov>

### 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.*

