



October—December 2019

Working for ADOSH for the past 14 years, I have had the opportunity to visit with employers and their Environmental Health and Safety professionals who continuously look for ways to improve their workplace safety. Recently, I visited with one of ADOSH's Partnership Program participants about implementing a higher level of safety at his workplace. Jeff Eschilman is the Vice President of Construction Operations for Maracay Homes. Jeff is an experienced safety and health professional who is working to improve safety in his company as well as the safety of the subcontractors who work on his sites.

Jeff is committed to talking about safety at all phases of a project. His company requires all subcontractors who show up to work on a Maracay jobsite to wear hardhats, safety toed shoes/boots, safety glasses, and any other form of personal protective equipment (PPE) required to do their job safely. This requirement for PPE is communicated during a pre-construction talk with trade owners and Superintendents. Jeff also requires all employees in the field to conduct a pre-task plan or job safety analysis (JSA). The need to understand the hazards associated with a task and how to control them through engineering, administrative controls, or PPE is basic but necessary to all Maracay jobsites. These pre-task plans are required to be completed daily, unless the work activity stays the same, and turned into the Maracay jobsite Superintendent or Project Manager for review. Finally, Jeff requires all subcontractor employees to submit a site specific safety plan. The plan spells out exactly what the employees will be using in terms of safety and the programs associated with their work. All together these elements of a safety program will help prevent most incidents that result in an injury or lost workday.

Recently, Jeff came up with a great idea for his employees and trade contractors on his sites. His idea was to provide all employees with a small plastic piece of chain. The chain represented each company in a link and the concept that “a chain can only be as strong as its weakest link” . Maracay and all their subcontractors represent the piece of the chain.



Jessie Atencio

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@IndCommAZ



Industrial Commission of Arizona



- Florence Visit
- Suicide Prevention
- ICA Claims Seminar
- Training Calendar
- Fatality Update



Preventing Backovers

Backover incidents occur when a backing vehicle strikes a worker who is standing, walking, or kneeling behind the vehicle. These types of incidents can be prevented in a variety of ways, but first let's talk about how they occur. Backover accidents can happen for a variety of reasons - drivers may not see a worker in their blind spot, workers may not hear a backup alarm due to other jobsite noises, drivers may assume that an area is clear and not look in the direction of travel, or workers in the area may be helping another vehicle or equipment maneuver around the jobsite and be struck by another vehicle.

While there are many ways to be struck by a vehicle or piece of equipment that is backing up, there are just as many solutions to prevent backovers from happening. Many employers on larger construction projects utilize a spotter to help them back up their vehicles into position for work or to exit a jobsite. Another is implementing a traffic control plan. This type of system was observed by an ADOSH Voluntary Protection team auditing McCarthy Building Companies. The jobsite had a small footprint compared to the size of the building erected. Therefore, a plan had to be enacted to allow for zero congestion between delivery trucks, trade contractor vehicles and equipment, third-party vendors, and jobsite superintendents that frequented the workplace to monitor work activities by employees.

Many vehicles and equipment are purchased with back-up cameras and video screens in the cab. These devices allow the drivers to see behind them prior to starting in the reverse direction. Other devices that have emerged are proximity detection devices which can alert the driver when objects are directly behind them or on the sides of the cab. Of course all these solutions would not be worth their cost if the proper training is not provided to employees on a jobsite or workplace. Training employees on backover prevention allows them to understand that vehicles and equipment have blind spots and how to check them. The National Institute of Occupational Safety and Health (NIOSH) provides employers and employees with blind spot diagrams. This information can be useful when instructing employees on the importance of looking out for vehicles and equipment that are backing up.



Dental Office Safety

When you think of a dental office do you think of safety and health? Most people do not associate safety and health risk to these types of settings, but to the contrary there are many hazards that may exist in a dental office.

For example, the most obvious is the staff and their interaction with Bloodborne material or in OSHA's terms "Other Potential Infectious Materials" (OPIM). As a dental employee, the risk of being exposed to blood or OPIM is relatively high, therefore an employer in this industry is required to implement a written Bloodborne Pathogen Program. This program is a living program that requires routine training for all exposed employees as well as offering the hepatitis vaccination pre or post exposure. Naturally employers must provide personal protective equipment (PPE) to employees working with blood or OPIM.

Another potential hazard is exposure to hazardous chemicals. ADOSH and OSHA require an employer to develop and implement a Hazard Communication program for the disinfectants, anesthetic agents, and sterilants used in the workplace. PPE is also required when working with hazardous chemicals.

These are just a couple hazards within a dental office and it takes management and employee involvement to understand all hazards associated with the workplace.

If you would like more information on this and other safety and health related topics, contact our **free** Consultation departments at: 1-855-268-5251.



Bloodborne Pathogens

Photos Received by ADOSH

We at ADOSH receive many photos of non-compliance with the OSHA standards. They are not sent in for reporting a complaint or referral, rather they are submitted to help educate everyone on hazards in plain sight.



Suicide Prevention in Construction: A New Focus for Worker Safety

Over the past 25 years, a focus on improved safety practices and attention to training and prevention have reduced the rate of construction workplace fatalities by one third from 15/100,000 in 2014 to 9.5/100,000 in 2017. These statistics show that a cultural shift in attitude toward safety guided by leadership support and investment can turn the tide on preventable deaths. It is this same mindset that is necessary to move the needle on another danger construction workers face – suicide. According to a CDC Report released in 2018, more construction workers die by suicide each year than any other industry – a rate of 53.2/100,000. This rate is not only over 5x greater than the workplace fatality rate, but 4x greater than the suicide rate of the general population.

As an industry which has a large part of its workforce made up of white, middle age males without a college education (the demographic population most at risk of suicide) and combined with a large number of veterans (whose suicide rate is 1.5 times greater than the non-veteran population) we are at increased risk for suicide before you even begin to consider the industry specific factors. When you add in the elements of a “tough guy” mentality where talking about feelings or struggles may be looked down upon; a transient workforce where peer relationships may not be encouraged; erratic work hours and location – requiring travel and time away from families and physical pain resulting from work related injuries or wear and tear (and resulting drug use/self medicating) it might not be as surprising as first thought why construction is so at risk for suicide.



Just as risk of death by falls, struck by incidents, or electrocutions are addressed by contractors implementing fall protection, back up alarms, spotter training, and assured grounding programs and training – risk of death by suicide can be addressed by implementing protective factors including training and awareness. Making mental health a priority can also reduce the likelihood of accidents, disability claims and absenteeism.

An employer's role in suicide prevention is simple: create a caring culture where employees feel safe to ask for help for themselves or their co-workers. Steps to integrating suicide prevention into the workplace can be looked at from an upstream, mid-stream and downstream model – building awareness upstream, creating safeguards midstream, and managing crisis downstream. Fundamental to any program is vocal leadership support and an expectation of acceptance by all members of the team.

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The Industrial Commission on the Road!

Florence, Arizona

In 2016 the Industrial Commission of Arizona started a tradition of holding a Commission meeting outside of Maricopa County once a quarter. The Commissioners and the Director of the ICA, James Ashley, believe wholeheartedly that meeting stakeholders face-to-face and answering their questions or addressing their concerns is not only good for the stakeholders but also for the Commission which continuously works to reduce workplace injuries and improve collaboration between the ICA and businesses.

This quarter the Commissioners traveled to Florence, Arizona.

On the morning of September 12th, the Commission toured the Pinal County Adult Detention Center. The Commission was shown the different moving parts that all work together to make the detention center a safe environment for both the Officers and the Inmates. During the tour, the Commission was also given the opportunity to visit a special housing block where veterans are held. Sheriff Lamb emphasized the importance of taking care of Arizona's veterans including when they are in the detention center. Working off an idea from a detention center in Massachusetts, Sheriff Lamb has improved on the concept and raised the benchmark for the Housing Unit for Military Veterans (HUMV) program.

After the tour of the Pinal County Sheriff's Office, the Industrial Commission of Arizona met with the Florence Town Manager, Brent Billingsley, and Town Council member Judy Hughes. The discussion touched



on how the Industrial Commission and the Town of Florence can continue to work cooperatively. The ICA and the Town of Florence are currently finalizing a partnership agreement. These partnership agreements include ongoing consultation and constant communication with ADOSH to make the employer (in this case Florence) a leading example in workplace safety.

The Industrial Commission of Arizona held their Commission meeting in the Florence City Council Chambers.

ADOSH Fatality Update

Last quarter ADOSH investigated multiple accidents that resulted in a workplace fatality. We would like all employers and employees to understand that these accidents are preventable. We provide this information to the public for general knowledge:

- An employee working in a man-hole leading to an underground electrical vault was electrocuted.
- An employee moving trusses, stepped across a pile of wood and fell 14 to 15 feet and struck his head.
- An employee working on a flat roof fell through a skylight that was 30 feet above the ground level.
- The owner of an A/C repair company was working in an attic where he was found unresponsive.
- An employee was crushed by a crane jib.
- An employee was driving a golf cart and hit a tree branch which made impact with her face.
- An employee fell through a skylight.



Lagging vs Leading Indicators

When developing your safety and health management system (SHMS), many employers start with lagging indicators. Lagging indicators for safety are relatively easy to spot and develop. Lagging indicators are reactive in nature. They measure the effectiveness of a safety program after it is implemented. Typical lagging indicators include the number of incidents, injuries, days away from work, etc.

In contrast, leading indicators are proactive. They consist of safety initiatives or reported activities, with the aim of preventing events before they happen. Leading indicators contribute to 1) improving safety through insight and prevention and 2) demonstrating to stakeholders that the company or business is committed to attaining safety excellence.

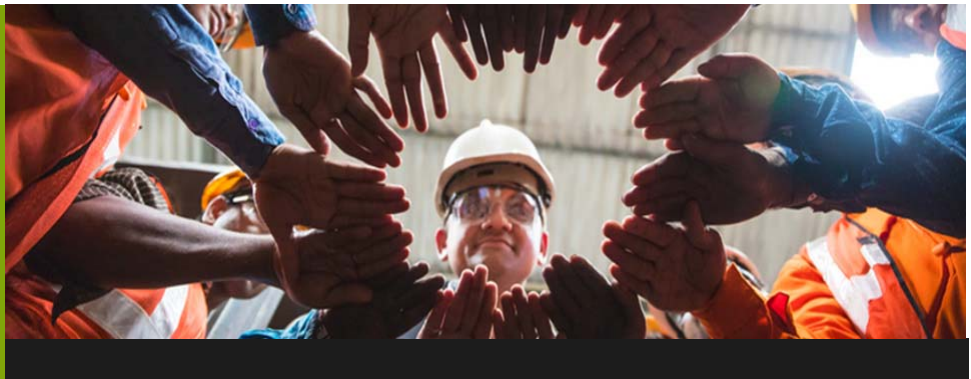
When talking about leading indicators there are many items an employer can track. It can be industry specific or something that adds value to the overall safety culture. Here are a few of the top indicators that ADOSH personnel have seen:

- 1) Employee Engagement Participation
- 2) Housekeeping
- 3) Equipment/Machinery Preventative Maintenance
- 4) Near Misses
- 5) Safety Observations
- 6) New Hire Safety Orientation
- 7) Safety Committees
- 8) Routine Training

Employers who implement leading indicators into their SHMS program experience lower injuries and illnesses when compared to similar industries. ADOSH's Compliance Assistance and Consultation Program can help an employer implement these types of proactive measures. If your company, business, or organization would like more information, contact ADOSH at:

(602) 542-1769 — Phoenix Office

(520) 628-5478 — Tucson Office



Continued from page 3.

Upstream activities center around education and awareness – building mental health literacy and eliminating the stigma around suicide, making conversations possible. Upstream steps may include hanging up posters; distributing wallet cards, hard hat stickers, or key tags; including informational articles in company newsletters and discussions at company meetings. Also, be sure to build into existing safety practices such as daily hazard analysis meetings and toolbox talks.

The goal of midstream activities is to build protective factors. Midstream action steps include suicide prevention training, a referral process for at risk employees, information on accessing the company's EAP and/or behavioral health benefits. Employees need to be trained on how to recognize warning signs and what to do if they suspect a co-worker is at risk of suicide. The National Suicide Prevention Lifeline, 1-800-273-8255, and Crisis Text Line, 741741, can be broadly promoted to all employees for easy reference whenever needed.

Downstream activities center around crisis response. This may involve emergency intervention for an employee who is in a suicidal crisis, but may also involve the proper handling of an employee's suicide attempt or death. Postvention activities following a suicide are crucial to address the emotions of survivors and prevent suicide contagion. Crisis management for any workplace trauma such as a jobsite accident/fatality or other upsetting events is critical to help minimize the emotional trauma to affected employees.

The benefit that the construction industry has in tackling this issue is that the culture is already focused on safety and many of these activities can be integrated into existing safety practices and don't need to be standalone activities. Toolbox talks and safety meetings are great places to build awareness and share information. Suicide prevention training can be included in safety training. Accident response/investigation practices can be expanded to include postvention. Hardhat stickers are a great way to draw attention to the topic of suicide prevention, and jobsite posters provide a convenient reminder of warning signs and resources.

The time to act on this is now, as suicide is an issue that continues to grow. By visiting www.preventconstruction suicide.com, employers can find additional information and articles to gain a deeper understanding, in addition to resources to help with implementation including a Needs Analysis/Integration Checklist, posters, templates and more. Don't wait to protect your employees!

ADOSH would like to thank Michelle Walker, Chairman for the Construction Industry Alliance for Suicide Prevention, for this valuable article.





ICA Claims Seminar a Success!

The Industrial Commission of Arizona held its long-standing Claims Seminar. This event, like last year's, was a huge success. The Claims Seminar had multiple breakout sessions led by the ADOSH Director, Jessie Atencio. These breakout sessions included how to correctly fill out an OSHA 300 log and an overview of Safety and Health Management Systems. The breakout sessions were extremely insightful and provided a chance to explain, sometimes confusing, OSHA standards in an easy to understand way.

This year's Claims Seminar had more than 400 attendees from Arizona and across the country.



The Keynote Speaker for the two-day event was State Senator Kate Brophy McGee who spoke about her personal experiences with workplace safety. The Senator had sat on the Arizona School Facilities Board where she worked to emphasize workplace safety across the state. The Senator also spoke about the great work the Industrial Commission of Arizona and their Arizona Division of Occupational Safety and Health (ADOSH) department are doing to improve workplace safety and collaboration between businesses and ADOSH to prevent injuries before they happen.

ADOSH plans on holding breakout sessions at future Claims Seminars held by the ICA. "We don't want to miss any opportunities to educate stakeholders further" ADOSH Director, Jessie Atencio, said when asked about the breakout sessions at the event.



State Senator Kate Brophy McGee delivers the keynote speech at the 2019 ICA Claims Seminar.



From left to right: ICA Chairman Dale Schultz, State Senator Kate Brophy McGee, and ICA Director James Ashley.



After Years of Preparation, SRP Agua Fria obtains VPP Star Status!

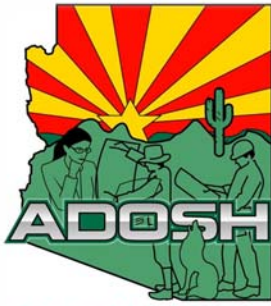
Salt River Project's (SRP) Agua Fria Generating Plant has become one of 49 VPP Star sites in Arizona. The goal to achieve VPP Star status at Agua Fria started back in 2013 when the Assistant Director in charge of Co-operative State Programs visited with then-Plant Manager Chris Janick and his leadership team to learn more about Arizona's VPP program. From that meeting the employees on-site and management agreed to set out for VPP Star status. Over the next six years, several Plant Managers cycled in and out of the plant, but one thing remained the same - everyone was on board to accomplish VPP.

After a successful ADOSH VPP audit the plant celebrated their accomplishment. This took place on October 3, 2019. SRP Corporate leaders assembled at the plant to recognize the site's accomplishment. The Industrial Commission of Arizona was also present with the ICA Chairman, Dale Schultz, ICA Agency Director, James Ashley, and ADOSH Director, Jessie Atencio. Chairman Schultz spoke on the importance of these types of programs offered by the ICA and ADOSH. He stated that SRP employees do not start potentially risky procedures without discussing it before hand. Director Ashley spoke about the importance of these types of positive relationships in the community. He explained, they too were embarking on their own journey to accomplish VPP Star status and understood the value of a great Safety Committee.



We at ADOSH understand the tremendous amount of commitment it takes to accomplish VPP. We appreciate workplaces like SRP Agua Fria which continued to march toward VPP Star status over the past six years!





ADOSH Education and Training Calendar

October 2019

10/2/2019	9:00am - 12pm	General Industry Hazard Recognition	100 S Colonia de Salud	Sierra Vista	Javier	520-628-5478
10/3/2019	8:30am - 11:30am	Respiratory Protection	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
10/8/2019	9:00am - 12pm	General Industry Hazard Recognition	800 W Washington St	Phoenix	Jeff	602-542-1769
10/8/2019	10:00am - 12pm	Lockout/Tagout Awareness (Spanish)	1090 E Union St	San Luis	Javier	520-628-5478
10/8/2019	12:30pm - 3pm	Hazard Communication (Spanish)	1090 E Union St	San Luis	Javier	520-628-5478
10/9/2019	9:00am - 12pm	Ergonomic Awareness	4343 S Ave 5 1/2 E	Yuma	Javier	520-628-5478
10/9/2019	12:30pm - 3:30pm	Confined Space Safety	4343 S Ave 5 1/2 E	Yuma	Javier	520-628-5478
10/10/2019	9:00am - 12pm	Gral. Ind. Hazard Recognition	1090 E Union St	San Luis	Javier	520-628-5478
10/10/2019	9:00am - 12pm	Forklift Train-the-Trainer	1500 E Cedar Ave Ste 86	Flagstaff	Jeff	602-542-1769
10/10/2019	12:30pm - 3:30pm	Gral. Ind. Hazard Recognition (Spanish)	1090 E Union St	San Luis	Javier	520-628-5478
10/15/2019	9:00am - 12pm	OSHA Recordkeeping	800 W Washington St	Phoenix	Jeff	602-542-1769
10/16/2019	8:30am - 11:30am	Hearing Conservation	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
10/17/2019	9:00am - 12pm	Manging OSHA Written Programs	800 W Washington St	Phoenix	Jeff	602-542-1769
10/22/2019	9:00am - 12pm	Silica in General Industry and Construction	800 W Washington St	Phoenix	Jeff	602-542-1769

To register for a class please feel free to call the number associated with the class or register at www.ezregister.com/promoters/1607



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



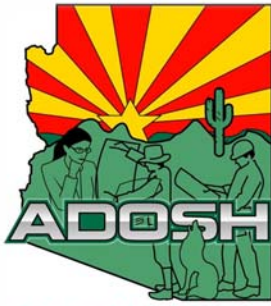
ADOSH Education and Training Calendar

10/24/2019	8:30am - 11:30am	OSHA 300 Recordkeeping	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
10/24/2019	9:00am - 12pm	Electrical Safety	WEBINAR	Phoenix	Jeff	602-542-1769
10/31/2019	8:30am - 11:30am	Ergonomic Awareness	2675 E Broadway Blvd	Tucson	Javier	520-628-5478

November 2019

11/4/2019	1:00pm - 2pm	Safety Hazard Recognition	8401 W Monroe St	Peoria	Jeff	602-542-1769
11/5/2019	9:00am - 12pm	Work Zone Safety	1450 N Hohokam Rd	Nogales	Javier	520-628-5478
11/7/2019	9:00am - 12pm	Gral. Ind. Hazard Recognition	135 W Pinal St	Florence	Javier	520-628-5478
11/7/2019	9:00am - 4pm	NABA Construction 30 Hr Class	1500 E Cedar Ave Ste 86	Flagstaff	Jeff	602-542-1769
11/12/2018	9:00am - 12pm	Forklift Train the Trainer	800 W Washington	Phoenix	Jeff	602-542-1769
11/13/2019	8:30am - 11:30am	Excavation Safety Awareness	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
11/14/2019	8:30am - 11:30am	Electrical Safety Awareness	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
11/20/2019	9:00am - 12pm	Office Safety	4343 S Ave 5 1/2 E	Yuma	Javier	520-628-5478
11/21/2019	9:00am - 12pm	Electrical Safety Awareness	1090 E Union St	San Luis	Javier	520-628-5478
11/26/2019	8:30am - 11:30am	Hazard Communication GHS	2675 E Broadway Blvd	Tucson	Javier	520-628-5478

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ADOSH Education and Training Calendar

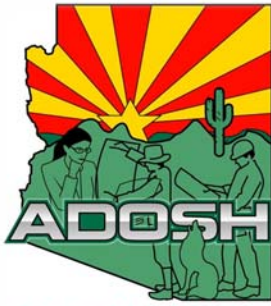
December 2019

12/10/2019	8:30am - 11:30am	Silica in Construction	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
12/11/2019	9:00am - 12pm	Goodyear OSHA 10 Hr Training	1933 S Ballpark Way	Goodyear	Jeff	602-542-1769
12/12/2019	8:30am - 11:30am	Scaffold Safety Awareness	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
12/17/2019	8:30am - 11:30am	PPE Required by OSHA	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
12/17/2019	9:00am - 12pm	Forklift Train the Trainer	800 W Washington St	Phoenix	Jeff	602-542-1769
12/19/2019	8:30am - 11:30am	Electrical Safety Awareness	1450 N Hohokam Dr	Nogales	Javier	520-628-5478
12/19/2019	9:00am - 12pm	Managing OSHA Written Programs	800 W Washington St	Phoenix	Jeff	602-542-1769

January 2020

1/14/2020	8:30am - 11:30am	Managing OSHA Written Programs	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
1/14/2020	9:00am - 12pm	Forklift Train the Trainer	800 W Washington St	Phoenix	Jeff	602-542-1769
1/16/2020	9:00am - 12pm	Machine Guarding	WEBINAR	Phoenix	Jeff	602-542-1769
1/16/2020	8:30am - 11:30am	Aerial Lifts and Ladders	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
1/21/2020	8:30am - 11:30am	Accident Investigation	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
1/21/2020	9:00am - 12pm	OSHA 300 Recordkeeping	WEBINAR	Phoenix	Jeff	602-542-1769

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ADOSH Education and Training Calendar

1/23/2020	8:30am - 11:30am	Workplace Violence	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
1/23/2020	9:00am - 12pm	Shop Safety and Power Tools	800 W Washington St	Phoenix	Jeff	602-542-1769
1/28/2020	8:30am - 11:30am	Bloodborne Pathogens	WEBINAR	Tucson	Javier	520-628-5478
1/28/2020	9:00am - 12pm	Crane Safety Awareness	WEBINAR	Phoenix	Jeff	602-542-1769
1/30/2020	8:30am - 11:30am	Forklift Train the Trainer	2675 E Broadway Blvd	Tucson	Javier	520-628-5478

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ADOSH and the City of Goodyear Collaborate on the next Safety Summit

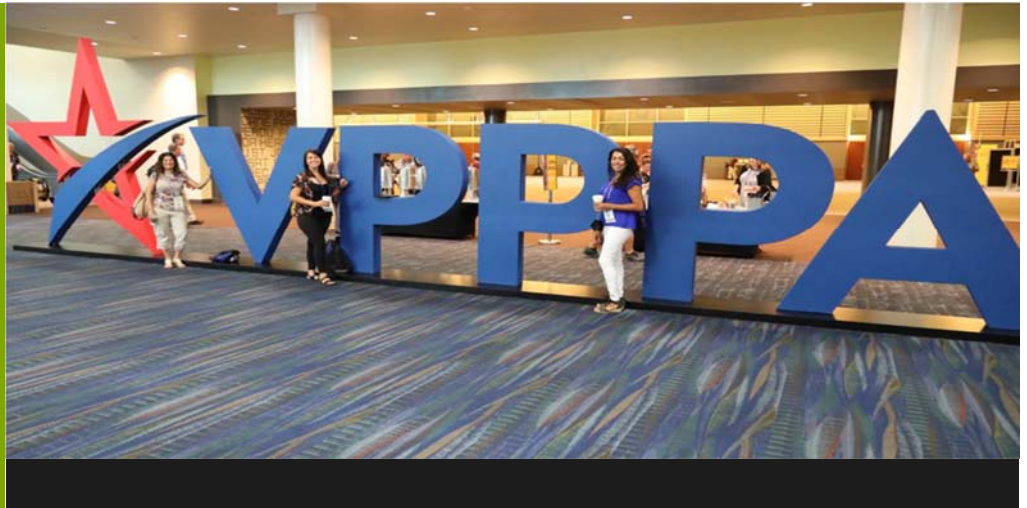
The Arizona Division of Occupational Outreach and Training department has scheduled a Safety Summit in the City of Goodyear. We have been working with the Goodyear Risk Management and Safety Training Department to hold a one-day summit for the many employers and employees in the city. This summit will take place at the Goodyear Ballpark located at 1933 S Ballpark Way, Goodyear, Arizona. The summit is scheduled for December 4, 2019. At this time we will be offering two OSHA 10 hour classes - one for General Industry and the other for Construction. All OSHA 10 hour classes are first come, first served and require a payment of \$8 to the instructor of the class. All money received is used to purchase the employee cards through a third-party vendor.

Additionally, we will have other classes that address silica, forklift training, recognizing hazards in the workplace, and more.

For more information on the upcoming safety summit please contact ADOSH:

Phoenix: 602-542-1769

Class Schedule			
Day 2	Topic	Instructor	Room
8:00 - 9:00	Industrial Hygiene - Protecting Sprinkles and Spray Systems Traffic Control Emergency Evacuation and Planning	Dr. Tony Hall Leticia Ramirez Sharon Howell	Room #101 Room #104 Room #103
9:00 - 9:15	Break		
9:15 - 10:15	Safety Committees Excavation/Pile-driving Competing in Hazard Assessment	Walt Wilson Dylan Roper Shane Shaffer	Room #102 Room #104 Room #103
10:15 - 10:30	Break		
10:30 - 11:30	Biodynamics/Polymer Assessment Industrial Hygiene OSHA 100 Day "Roundup"	Lisa Lopez Shane Roper Diane Shaffer	Room #102 Room #104 Room #103
12:00	Lunch Break		



VPPPA Annual Symposium held in New Orleans

The Annual VPPPA Symposium was held at the end of August 2019 in New Orleans, Louisiana. The event attracted more than 2,500 participants from across the United States. Some international companies looking to start a similar program in their respective countries also attended. As always there was plenty of representation from Arizona VPP Star sites and companies looking to become the next VPP Star site in our state!

During the Region IX State Plan OSHA breakout session, ADOSH representatives explained upcoming events and ways to participate in an ADOSH VPP audit through the Special Government Employee (SGE) program. This year SGEs from Arizona VPP Star sites helped ADOSH accomplish 80% of their total VPP audits for the year.

If your business is looking to improve and you want to learn more about the VPP program from a source other than ADOSH, we encourage you to visit with the folks within the VPP-PA. They have a mentorship program that is filled with VPP Star site volunteers who can help assess your current safety and health management system and offer suggestions for programs necessary to attain VPP Star status.

VPPPA hosts an annual Safety Symposium and all regions within OSHA have a local VPP-PA conference. ADOSH is a continuous supporter of our local and national conferences. For more information on the regional and national VPPPA events please see the following information:

National VPPPA: www.vpppa.org

Region IX VPPPA: www.regionixvpppa.org



Did you know? Cintas has reached 100 VPP Star sites across America. The first Star site for the company was accomplished in Chandler, Arizona!



Javier De Echavarri guest speaking at the U of A

Outreach Training

ADOSH provides **free** safety and health related courses to employers, associations, organizations, and individual employees. Our classes are centered around the OSHA standards and Safety



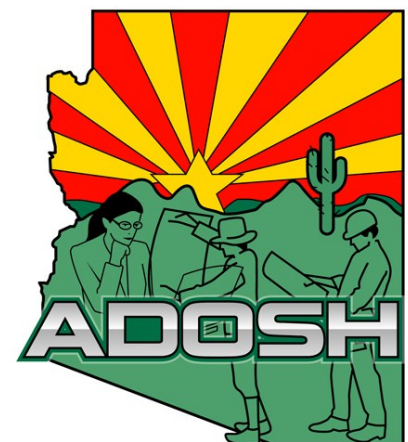
and Health Management Systems (SHMS). Over the past year ADOSH has accomplished many individual classes in the communities we serve. One of those classes was held at the University of Arizona for a Construction Engineering class. Students in the program had the opportunity to interact with one of our trainers from the Tucson office, Javier De Echavarri. He gave the students a deeper understanding of the OSHA regulations and how they will impact them when they graduate from school.

ADOSH is always willing to travel and provide outreach training when requested!



ADOSH & the Mexican Consulate

Annually, ADOSH works with the Mexican Consulate during their Labor Rights Week. ADOSH provides Subject Matter Experts (SMEs) to present on an OSHA topic in Spanish. This year we visited several Consulate Offices around the state and interacted with more than 200 attendees. Attendees learned about our complaint process as well as how to become involved with our proactive measures for safety.



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



2020 Region IX VPPPA Safety Summit

M Resort Spa Casino • Henderson, Nevada

Save the Dates!

April 21-23, 2020

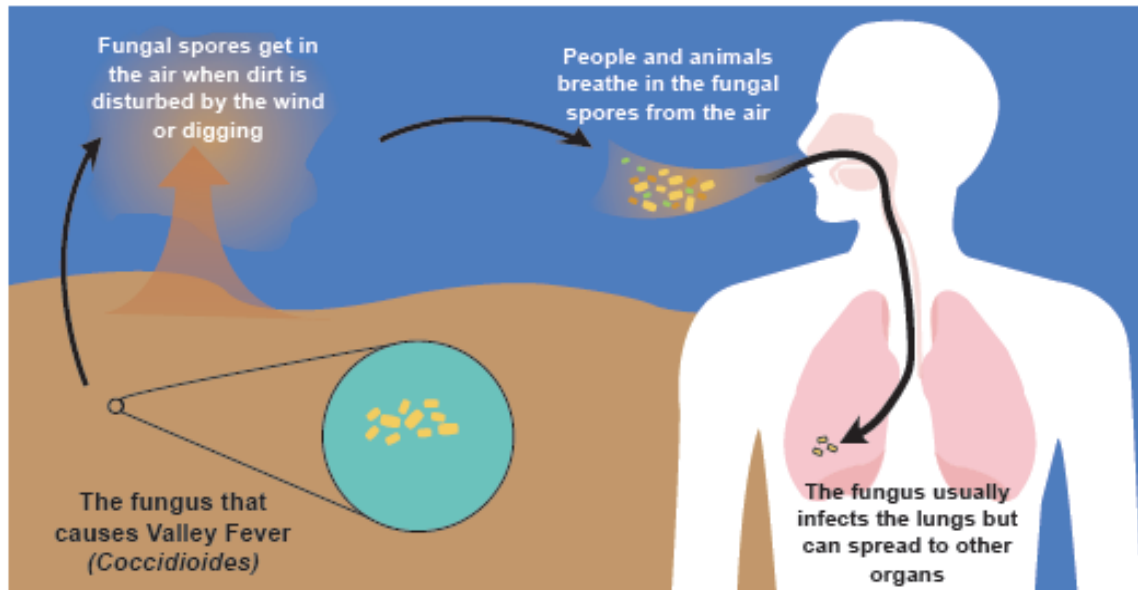
SGE Training - April 18th thru 20th



Visit us at www.regionixvpppa.org

Valley Fever Awareness

Have you had a cough, fever, or painful breathing for more than 2 weeks?



Did you know there were 7,487 reported cases of Valley Fever in Arizona in 2018? 7,042 of those cases were reported in Maricopa, Pima, and Pinal county.

WHAT IS VALLEY FEVER?

Here in Arizona, and much of the southwestern United States there is a fungus (think mold) that lives in the desert soil. This fungus is called *Coccidioides*, and many people call it Cocci for short. People can inhale the fungus when dirt with Cocci in it is disturbed by construction, farming or recreational activities. This can lead to an infection, called Valley Fever. Most cases are respiratory infections however some people get infections in their brain, joints or other organs.

WHAT ARE THE SYMPTOMS?

Valley Fever may seem like any other respiratory infection. Your symptoms could include; cough, fever, fatigue or night sweats. Some people experience rashes, achy joints or chest pain. The good news is that your doctor can test you for Valley Fever and there

are antifungal drugs to help you heal. **The bad news is the longer you wait to see a doctor the more serious the disease can be.** In fact, it can travel all the way to your brain if not properly treated. Sometimes people are given antibiotics (antibiotics typically treat bacterial infections) to treat a respiratory infection, but these won't work for Valley Fever, so it is important to get tested.

WHO IS AT RISK FOR VALLEY FEVER?

Anyone can get Valley Fever but some people are more at risk. **For example, individuals who regularly perform dust disturbing activities such as farming or construction.** Other risks groups include; African Americans, Filipinos, people with HIV/AIDS, diabetes or pregnant women.

HOW DO YOU PREVENT VALLEY FEVER?

Preventing Valley Fever is very difficult. Some individuals can live in the area their whole life and never show symptoms while others can get very ill. Wearing a mask when performing dust disturbing activities may help lower the risk. You shouldn't be afraid to go outside, but it is important to know the signs of Valley Fever.

While we all love the beautiful outdoors in Arizona it is important to remember, if you have a cough or any other symptoms mentioned, ask your doctor to test you for Valley Fever!

Written by: Heather Mead PhD
Candidate Northern Arizona University for ,more information ask your health care provider or email us at dvalleyfever@gmail.com





Small Business? Consider Joining the SHARP Program!

SHARP stands for Safety and Health Achievement Recognition Program and was established by OSHA to recognize small to mid-sized employers who demonstrate an exemplary safety and health program in the workplace. Employers with 250 or less employees state wide and no more than 500 employees corporate wide can elect to have our Consultation staff visit to evaluate the company's culture and safety and health management systems. Injury/illness rates are also important, the company must be at or below the national average for the most current Bureau of Labor Statistics (BLS) findings. If successful, your site will be recognized both locally and nationally. To learn more about the SHARP program and whether or not your workplace qualifies, contact Steve Morgan at (602) 542-1693.

SHARP members include:

Abseilon USA	Arcpoint Labs
Concrete Designs, Inc.	Mapei Corporation
Fondomonte Arizona, LLC	Vicksburg Ranch
Forest Canyon Endoscopy and Surgery Center	
Hill Brothers Chemical Company	
L & H Industrial, —Tempe and Tucson	
Schnipke Southwest	Scottsdale Eye Surgery
STO CORP	Troche Fertility Centers
Sulphur Springs Electric Cooperative	
Vantage West Credit Union	National Gypsum Company
Alliance Beverage Distribution Company, LLC	NUCOR dba U-Pull & Pay, LLC
Performance Contracting, Inc.	JM Eagle
Ryan Companies Inc.	Archer Western Contractor, LLC

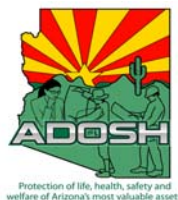


Vantage West Credit Union Leadership pose for a photo with ADOSH Assistant Director Steve Morgan, Tucson Consultation Supervisor Francisco Mendoza, and Consultant Alberto Moreno.



Schnipke Southwest, LLC leadership pose for a photo with ADOSH Tucson Consultation Supervisor Francisco Mendoza, and Consultant Alberto Moreno.

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