

# *NC Industrial Commission*

## *Safety Bulletin*

4339 Mail Service Center  
Raleigh, NC 27699-4339  
919-807-2603

[parnell@ind.commerce.state.nc.us](mailto:parnell@ind.commerce.state.nc.us)

*"While on a ladder, never step back to admire your work." ~Author Unknown*

**February - 2006**

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Greetings Friends in the Name of Safety:

WOW! Our new 30-Hour Accident Prevention Certificate Awareness Program filled up fast! We have a waiting list of over 45 people. Plans are in the works to offer this course again the last week in September in the Clemmons/Winston-Salem area. Stay tuned as details unfold. We also have plans to hold another one August 28-September 1, 2006 at the Atlantic Beach Sheraton in Atlantic Beach, NC. Registrations will be opened up within the next few months for these courses. Thank you for your response to our call.

Don't forget the 76<sup>th</sup> NC Statewide Safety Conference will be held May 9 - 12, 2006 at the Joseph Koury Convention Center. Registrations and our preliminary program will be sent soon. Make plans now to attend! Keynote Speaker will be Jeffrey Mangrum with SST Communications from Chicago, Ill.

Regional Safety Talk Contest are just around the corner! Contact your Regional Safety Council or visit our webpage for details. This is a good format to give a presentation and earn some CASH!

*As always, we continue to update our email list. These mailings are the life-blood for attendance of our Eight Regional Safety Councils and without good contacts; the word will not get out. If you know of someone who might wish to receive these mailings, please send their contact information along to me at [parnell@ind.commerce.state.nc.us](mailto:parnell@ind.commerce.state.nc.us) or to their area Safety Representative as soon as possible. For those of you with SPAM software, you will need to add [brontomail@blast.com](mailto:brontomail@blast.com) to your "ACCEPT ALWAYS" list. Your Internet Provider service can help you with this. If that is not an option, provide us with a personal email address if you have or can create one.*

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**ALVIN SCOTT will soon our newest Defensive Driving Instructor!** Beginning February 20, 2006, Alvin will be certified to teach the National Safety Council Defensive Driving Course along with Mel Harmon. Alvin will be covering from I-95 East and Mel will cover I-95 west. Please give them a call!

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### **Remember to Post Injury Summaries**

OSHA is reminding employers that they must post from February 1 to April 30 a summary of the total number of job-related injuries and illnesses that occurred last year. The agency requires employers to post the Summary (OSHA Form 300A)-- not the OSHA 300 Log--February 1 to April 30.

The summary must list the total numbers of job-related injuries and illnesses that occurred in 2005 and were logged on the OSHA 300 form.

Employment information about annual average number of employees and total hours worked during the calendar year is also required to assist in calculating incidence rates.

Companies with no recordable injuries or illnesses in 2005 must post the form with zeros on the total line. All establishment summaries must be certified by a company executive.

The form is to be displayed in a common area wherever notices to employees are usually posted. Employers must make a copy of the summary available to employees who move from worksite to worksite, such as construction workers, and employees who do not report to any fixed establishment on a regular basis.

Employers with ten or fewer employees and employers in certain industry groups are normally exempt from federal OSHA injury and illness recordkeeping and posting requirements. A complete list of exempt industries in the retail, services, finance and real estate sectors is posted on OSHA's website.

Exempted employers may still be selected by the Labor Department's Bureau of Labor Statistics to participate in an annual statistical survey. All employers covered by OSHA need to comply with safety and health standards and must report verbally within eight hours to the nearest OSHA office all accidents that result in one or more fatalities or in the hospitalization of three or more employees. [Click Here](#) for NC OSHA website.

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### **Insight...**

- Road sense is the offspring of courtesy and the parent of safety. ~Australian Traffic Rule, quoted in Quotations for Special Occasions by Maud van Buren
- The USA Forest Service has built more than 360,000 miles of various kinds of roads in national forests -- or eight (8) times the entire length of the U.S. interstate highway system.
- Each sea urchin spine is made of a single crystal of calcium carbonate. They are quickly regrown after being broken. Sea urchins depend upon their spines for protection as well as locomotion.
- There are over 1 million heart attacks each year in the USA.

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### **From the Desk of Dennis Parnell, Director Safety Education...**

We have a NEW Regional Safety Council forming! In an effort to better serve the citizens of the Northeastern North Carolina, Eastern Carolina Safety Council has agreed to divide their area in order to form the NORTHEASTERN SAFETY COUNCIL (NESC). The new area will include Northampton, Halifax, Martin, Hertford, Beaufort, Bertie, Gates, Washington, Hyde, Tyrell, Dare, Chowan, Perquimans, Pasquotank, Camden and Currituck counties.

Plans are being made to organize and promote this new council with the first daytime meeting being MAY 16, 2006 11 A.M. - 1 P.M at NUCOR Plate Steel Mill in Cofield, NC. NC Industrial Commission Chairman Buck Lattimore will be the featured speaker. The meeting will include lunch. The

companies in these counties who are currently members in Eastern Carolina Safety Council will have the option to either remain in the Eastern Carolina Safety Council, join the new Northeastern Safety Council, or become members of both. For further information, please call Alvin Scott, Anne Hill or myself. *You may also contact NESCC Chairman Mike Furr, [mfurr@nucorhertford.com](mailto:mfurr@nucorhertford.com) Nucor Steel Plate Mill, phone number 252-356-3929.*

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## HAZARDOUS SALAD?

Hazardous Communications training can be boring. Employees know they should read MSDS's but most do not read them or have not read any. Here's an exercise to get employees familiar with the information in the MSDS and how to understand some of it.

Copy an MSDS for vinegar. Blank out or change every reference to vinegar with the words "unknown chemical." Pass out copies to the employees. Have them read the MSDS and then call out suggestions for what they think the chemical could be. Write those suggestions on the board. After the group is finished, you can use the information in the MSDS to help eliminate chemicals that do not match the information in the MSDS.

Then ask questions, such as: What is the physical state of this chemical? (crossing off those chemicals that do not match) What is the color? What is the odor? What are the decomposition products? By this time, there is usually only one chemical left and it is vinegar.

You may need to give the employees some hints. Here are the hints that we've used:

To start them off, tell the employees that this is a common chemical that most people have in their home. If they are still having problems guessing, tell them that some people eat this chemical. Some will eat this at lunch, some will eat this at dinner and some will eat this chemical both at lunch and dinner. If they still have problems, tell them that some people will mix this chemical with oil and eat it.

After they've guessed the chemical, ask them what PPE is required when they use this chemical. We have fun thinking about using goggles and a respirator, trying to eat a salad.

## LIFESAVING AWARD

Did you know that the NC Industrial Commission Regional Safety Councils sponsor a LIFESAVING AWARD? This award is for an individual who has performed an act requiring unusual skill and/or courage above and beyond the call of duty. Applications can be requested from any of the officers or board members of our Regional Safety Councils or by visiting our webpage, [www.comp.state.nc.us](http://www.comp.state.nc.us) and clicking on SAFETY then clicking on Lifesaving Award. Also, see form below.

<p><b>Another <u>NEW</u> program is just around the corner for the NC Industrial Commission! Be on the lookout for more information...</b></p>
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**NOMINATION FOR LIFE SAVING AWARD**

Name of Nominee: \_\_\_\_\_

Age: \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ Home Address: \_\_\_\_\_

Home Telephone: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Company: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Business Telephone: \_\_\_\_\_ Date Submitted: \_\_\_\_\_

Other Awards or recognitions for this or other acts: \_\_\_\_\_

Description of Act: \_\_\_\_\_

Date of Act: \_\_\_\_\_ Time of Act: \_\_\_\_\_ am/pm

Specific Location of Act: \_\_\_\_\_

Name of Person Rescued: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Age: \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Witnesses:

Name: \_\_\_\_\_ Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_ Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_ Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Attach relevant newspaper or other published articles. If not available, show date of publication and name and location of publisher.

Your Name: \_\_\_\_\_ Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Request: \_\_\_\_\_ Signature: \_\_\_\_\_

For further information, contact:

Director of Safety Education  
NC Industrial Commission

4339 Mail Service Center  
Raleigh, NC 27699-4339  
Phone: 919-807-2603

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The *NC Industrial Commission Safety Education Section* stands ready to assist you with your Safety training needs. We offer a variety of courses, designed to suit your needs. Please give one of our Industrial Safety Representatives a call...

- [Mel Harmon](#) - Mid-State Area and Defensive Driving Instructor - 919-218-3374 - Cell 919-545-0641 - Office
- [Alvin Scott](#) - Eastern, Northeastern, and Southeastern Carolina Areas - 919-218-2792 - Cell 252-291-1370 - Office
- [Eric Johnson](#) - Western Carolina, Blue Ridge & Southern Piedmont Areas - 919-218-3567 - Cell 704-933-2414 - Office
- [Randy Cranfill](#) - Western and Central Piedmont Areas - 919-218-2986 - Cell 336-679-8493 - Office
- [Anne Hill](#) - Program Assistant - 919-807-2603
- [Dennis Parnell](#) - Director Safety Education - 919-218-3000 - Cell 919-807-2602 - Office



*We Are Working For You!*

**NC INDUSTRIAL COMMISSION**

**[CLIP AND SAVE]**

***Upcoming Events...***

- **February 8, 2005 - Eastern Carolina Construction Safety Workshop** - Wilson County Agriculture Center 1806 South Goldsboro St. Wilson, NC Contact **William Babb 252-537-5326** 7:30 Registration & Exhibits Open 8:30 a.m. - 3:30 p.m. Program
- **February 23, 2006 - Competent Person & Safety Attitudes-NC Rural Water** - Nags Head, NC 8 a.m. - 12 p.m. For further information, call 336-731-6963.
- **March 2, 2006 - Safety Topics for the Water & Wastewater Industry-NC Rural Water** - NC Telecenter 415 East Blvd. Williamston, NC 8 a.m. - 4 p.m. For further information, call 336-731-6963.
- **March 6, 2006 - Safety Competent Person & Safety Attitudes-NC Rural Water** - Sanford, NC 8 a.m. - 12 p.m. For further information, call 336-731-6963.
- **March 8-10, 2006 - CCOSH Annual Safety School** - Jane McKimmon Center, Raleigh, NC Contact
- **March 14, 2006 - Western Piedmont Safety Council Safety Talk Contest** - The Hub, Hudson, NC 6 p.m. Contact [Darlene Moretz](#)
- **March 16, 2006 - Central Piedmont Safety Council Safety Talk Contest** - NC A & T State University, Greensboro, NC. Contact [Tom Thompson](#)
- **March 16, 2006 - Eastern Carolina Safety Council Safety Talk Contest** - Wilson County Agriculture Center 1806 South Goldsboro St. Wilson, NC Contact **William Babb 252-537-5326**
- **March 21, 2006 - Mid-State Safety Council Safety Talk Contest** - Contact [Mac McKimmon](#)
- **March 23-24, 2006 - Eastern Carolina Safety School** - Atlantic Beach Sheraton-Atlantic Beach, NC Contact
- **March 30, 2006 - NCIC 30-Hour Accident Prevention Awareness Certificate Program** - [The Village Inn Golf & Convention Center](#) Clemmons, NC - Contact [Anne Hill](#)
- **May 9-12, 2006 NC Statewide Safety Conference**, Joseph Koury Convention Center, Greensboro, NC.