



# January 2013

ASSE North East Iowa Chapter

## NEWSLETTER

American Society of Safety Engineers

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**NEWSLETTER SPONSORSHIP:** *If you or your company would like to become a "Friend of the Chapter" please contact the Newsletter Editor at [wendel.reece@uni.edu](mailto:wendel.reece@uni.edu). This mailing will reach over 250 Cedar Valley safety related e-mail addressees*

## January Chapter Meeting

**When:** Friday, January 11, 2013  
**Time:** 11:30 A.M.  
**Where:** Iowa Quality Center  
3375 Armar Drive, Marion, IA  
**Speaker:** Sarah Pavelka, Quality Consultant  
**Topic:** Safety and Quality...Making it work together  
**Menu:** Box Lunch – Charge is \$5.00  
**RSVP:** Julie Johnson [jjohnson@iowaqc.org](mailto:jjohnson@iowaqc.org) by January 9th  
**Details:** Parking in front of building. Meeting in Room 126

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### 2012-2012 CHAPTER MEETING CALENDAR

February 8	<b>Speaker:</b>	Steve Cusher, Allen Hospital Safety Director
	<b>Topic:</b>	Proactive Risk Assessment in Construction
	<b>Location:</b>	Allen Hospital
March 8	<b>Speaker:</b>	Tom Jeys
	<b>Topic:</b>	Tour
	<b>Location:</b>	Con-Agra Pudding Plant - Waterloo
April 12	<b>Speaker:</b>	Matt Mowry, Safety and Environmental Manager
	<b>Topic:</b>	Tour
	<b>Location:</b>	Eagle Window and Door
May 10	<b>Speaker:</b>	Mike Whitmore, IOSHA Consultation
	<b>Topic:</b>	What's new in OSHA
	<b>Location:</b>	Clarion Inn – Cedar Falls

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### [Notes from our Chapter President – Kevan Bakewell](#)

Greetings! Thanks everyone for attending the latest meeting at PMX in Cedar Rapids. Thanks much to Rob and Mark for hosting and organizing the meeting. It was a very interesting operation and tour. Congratulations to Rob and co-workers for your great success recently in reducing HSE incidents and injuries!

The next meeting is January 11th at the Iowa Quality Center in Marion. Sarah Pavelka, Quality Consultant will talk to us about “Safety and Quality....Making it work together”.

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### REMINDER!!

**OSHA mandates employers to post the 300A form beginning February 1st of every year and keep the form posted until April 30th!**

## N.E. IOWA CHAPTER 2012 – 2013 FISCAL YEAR OFFICERS

<b>President:</b>	Kevan Bakewell Rockwell Collins 400 Collins Road Cedar Rapids, IA 52498 <a href="mailto:Kflash33@hotmail.com">Kflash33@hotmail.com</a>	Cedar Rapids, IA 52401
<b>Vice President:</b>	Bob Eft John Deere Engine Works 3801 Ridgeway Waterloo, IA 50702 <a href="mailto:eftrobert@johndeere.com">eftrobert@johndeere.com</a>	
<b>Secretary:</b>	Brad Sayre United Fire Group 118 Second Ave. <a href="mailto:bsayre@unitedfiregroup.com">bsayre@unitedfiregroup.com</a>	
<b>Treasurer:</b>	Wendel Reece University of Northern Iowa 8628 University Ave. H #26 Cedar Falls, IA 50614-0197 <a href="mailto:wendel.reece@uni.edu">wendel.reece@uni.edu</a>	
<b>Past President:</b>	Jim Jegerlehner 17176 Ballymore Lane Dubuque, IA 52001 <a href="mailto:ergoman@mchsi.com">ergoman@mchsi.com</a>	

### Committee Chairs

<b>Gov't Affairs:</b>	Gordon Krueger University of Northern Iowa Physical Plant Building Cedar Falls, IA 50614-0189 <a href="mailto:gordon.krueger@uni.edu">gordon.krueger@uni.edu</a>	<b>CoPS Chair:</b> Marlys Nelson Occupational Health – Allen Hospital <a href="mailto:Nelsonmj@his.org">Nelsonmj@his.org</a>
<b>Membership:</b>	Wendel Reece University of Northern Iowa Physical Plant Building Cedar Falls, IA 50614-0189 <a href="mailto:wendel.reece@uni.edu">wendel.reece@uni.edu</a>	<b>Awards/Honors:</b> Brad Sayre United Fire Group <a href="mailto:bsayre@unitedfiregroup.com">bsayre@unitedfiregroup.com</a>
		<b>Newsletter Editor:</b> Wendel Reece

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## WHAT ELSE IS HAPPENING IN EHS?

Let us know of upcoming EHS events and we'll post it here.

Contact [wendel.reece@uni.edu](mailto:wendel.reece@uni.edu)

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## ASP SAFETY FUNDAMENTALS PREPARATION WORKSHOP

This is a three-day review course for those preparing for the **Safety Fundamentals Examination**, leading to the designation of Associate Safety Professional (ASP). This Fundamentals Exam is the required first step toward Certification unless exempted by: CIH, CHP, PE, GSP (Graduate Safety Professional), COHN-S (Certified Occupational Health Nurse-Safety).

This course is an excellent review for those desiring to:

- \* determine whether the participant is ready to attempt the Safety Fundamentals Examination
- \* identify areas where extra preparation is needed.
- \* become familiar with resources available to prepare for the exam.
- \* learn about certification requirements and scoring procedures.
- \* review content material in an informal environment utilizing a "testing" format including an opportunity for discussion.
- \* minimize "test shock" for those who have not taken an exam of this magnitude and importance for an extended period of time.

The course is sponsored by the Iowa-Illinois Safety Council and will be held April 8, 9, 10 at the Coralville Marriott. David Langlois will be the facilitator for the class. Cost will be \$625 for members, \$725 for not-yet-a-member. Contact the IA-IL Safety Council at 515-276-4724 for more information or reservations .



# SAFETY ROUNDTABLE (Cedar Rapids)

## 2012-13 Schedule

Please RSVP directly to our host, Stacey Bowden at [bowdenss@ihs.org](mailto:bowdenss@ihs.org).

Date	Topic	Host
Tuesday, Jan. 15 <sup>th</sup> , 2013	Haz Comm/ GHS Update	Cindy Baldwin - Terracon
Tuesday, Feb. 19 <sup>th</sup> , 2013	CPR/AED/BBP/First Aid Workplace Programs by Cardio Partner Resources (formerly Code Red)	Scott Groth - Red Star Yeast
Tuesday, Mar. 19 <sup>th</sup> , 2013	Iowa DOT with Officer Chris Boswell	Joe Peska - 7G
Tuesday, April 16 <sup>th</sup> , 2013	Effective Safety Committee Development and Implementation	Derek Krall - Van Meter
Tuesday, May 21 <sup>st</sup> , 2013	Software Solutions for Safety Training from Paula Wickham of ThinkSafe	Adrienne Bricker - Climate Engineers

### Schedule of Local Section Meetings and other Events—Mark Your Calendar

January 10	IA/IL Section meeting	<p><b>AIHA Recorded Webinar - HAZCOM 2012: How Will it Impact You?</b></p> <p>See description below.</p> <p>Location – Vesta, 849 Quarry Road, Suite 100, Coralville, IA</p> <p>Contact Cindy Baldwin at <a href="mailto:cabaldwin@terracon.com">cabaldwin@terracon.com</a> for more information.</p>
January 26	AIHA Book Discussion #	<p><i>The Occupational Environment: Its evaluation, control, and management, 3rd edition</i></p> <p><b>2013 Local Section eLearning Subscription</b> – members attend for free, \$25 for non-members. All LS members will have access to recorded event.</p> <p>The topic is Physical Hazards. The discussion will cover the following chapters:</p> <ul style="list-style-type: none"> <li> Chapter 25 - Nonionizing Radiation</li> <li> Chapter 26 - Ionizing Radiation</li> </ul> <p>Contact Cindy Baldwin at <a href="mailto:cabaldwin@terracon.com">cabaldwin@terracon.com</a> for more information.</p>
March 14 (tentative)	IA/IL Section meeting	<p><i>University of Iowa Graduate Student Presentations</i></p> <p>Location – TBA</p> <p>Contact Cindy Baldwin at <a href="mailto:cabaldwin@terracon.com">cabaldwin@terracon.com</a> for more information.</p>

<b>Schedule of Local Section Meetings and other Events—Mark Your Calendar</b>		
March TBD	AIHA Book Discussion #8	<p><i>The Occupational Environment: Its evaluation, control, and management, 3rd edition</i></p> <p><b>2013 Local Section eLearning Subscription</b> – members attend for free, \$25 for non-members. All LS members will have access to recorded event.</p> <p>The topic is The Human Environment. The discussion will cover the following chapters:</p> <ul style="list-style-type: none"> <li>✚ Chapter 30 - Ergonomics</li> <li>✚ Chapter 31 - Musculoskeletal Disorders, Job Evaluation, and Design Principles</li> <li>✚ Chapter 32 - Upper Extremities</li> </ul> <p>Contact Cindy Baldwin at <a href="mailto:cabaldwin@terracon.com">cabaldwin@terracon.com</a> for more information.</p>
Friday, March 1	Heartland Center for Occupational Health and Safety	<p><i>15th Annual Occupational Health Symposium, Session I</i></p> <p>Details forthcoming at <a href="http://www.public-health.uiowa.edu/heartland/ce/courses.asp">http://www.public-health.uiowa.edu/heartland/ce/courses.asp</a></p>
Friday, April 5	Heartland Center for Occupational Health and Safety	<p><i>15th Annual Occupational Health Symposium, Session II</i></p> <p>Details forthcoming at <a href="http://www.public-health.uiowa.edu/heartland/ce/courses.asp">http://www.public-health.uiowa.edu/heartland/ce/courses.asp</a></p>
<b>April TBD</b>	<b>IA/IL Section meeting</b>	<p><i>University of Iowa Graduate Student Presentations</i></p> <p>College of Public Health, University of Iowa.</p>
April 10-12	Iowa-Illinois Safety Council	<p><i>60th Annual Professional Development Conference &amp; Expo</i></p> <p>Coralville Marriott Hotel and Conference Center, Coralville, Iowa Download conference brochure at <a href="http://www.iisc.org/PDC">http://www.iisc.org/PDC</a>.</p>
Friday, May 10	Heartland Center for Occupational Health and Safety	<p><i>15th Annual Occupational Health Symposium, Session III</i></p> <p>Details forthcoming at <a href="http://www.public-health.uiowa.edu/heartland/ce/courses.asp">http://www.public-health.uiowa.edu/heartland/ce/courses.asp</a></p>
<b>May 9</b>	<b>IA/IL Section meeting</b>	<b>TBA</b>
May 18-23	AIHce 2013	<p>Montreal, Canada</p> <p>For more information, go to <a href="http://aihce2013.org/">http://aihce2013.org/</a></p>
<b>July 11</b>	<b>IA/IL Section meeting</b>	<b>TBA</b>
<b>September 12</b>	<b>4<sup>th</sup> Annual IAQ Symposium</b>	<b>TBA</b>
September 28-October 2	AIHA Fall Conference	<p>Miami, Florida</p> <p>For more information, go to <a href="http://www.aihafallconference.org/Pages/Default.aspx/">http://www.aihafallconference.org/Pages/Default.aspx/</a></p>
October 24 (tentative)	Governor's Safety Conference	<p><i>42<sup>nd</sup> Annual Governor's Safety Conference and Expo</i></p> <p>TBA</p>
<b>October 24 (tentative)</b>	<b>IA/IL Section meeting</b>	<b>TBA</b>

IISC's 60th Annual Professional Development Conference and Expo  
- AGENDA & REGISTRATION NOW AVAILABLE!



## "Safety at the Crossroads"

**\*\*April 10 - 12, 2013\*\***

Coralville Marriott Hotel and Conference Center  
Coralville, Iowa

### **2013 PDC KEYNOTE SPEAKERS**

**April 11 & 12, 2013**

- **Richard Hawk**, Owner of Make Safety Fun and Professional Speaker
- **Larry Wilson**, VP & Author of SafeStart-SafeTrack™ and Professional Speaker
- **Jeff "Odie" Espenship**, Professional Speaker, Founder of Target Leadership and former Air Force fighter pilot, flight leader, instructor pilot

**Over 35 educational opportunities, with ALL NEW workers'  
compensation and environmental tracks added!**

### **Technical Sessions Day**

**Wednesday, April 10, 2013**

**Download the agenda  
and register online at**

**[www.iisc.org/PDC](http://www.iisc.org/PDC)**

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**If you know of anyone who might want to be on our  
newsletter mailing list, please forward his or her e-mail  
address to the newsletter editor at [wendel.reece@uni.edu](mailto:wendel.reece@uni.edu).**

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# 2013 Kids' Poster Contest

It's that time again! ASSE's 11<sup>th</sup> annual kids' 'Safety on the Job' poster contest kicks off again when the event officially opens on September 19<sup>th</sup>. Children around the world between the ages of five and 14 are encouraged to submit their artwork. Members are urged to help teach kids in their communities about the importance of workplace safety and the occupational safety, health and environmental profession by encouraging them to illustrate workplace safety and submit an entry for consideration.

Prizes are awarded for winner in the first, second, third and fourth place in the 5 to 6, 7 to 8, 9 to 10, 11 to 12 and 13 to 14 age categories. Winners are chosen based on which posters best illustrate the importance of staying safe at work.

The 'Safety on the Job' poster contest is part of ASSE's commemoration of North American Occupational Safety and Health (NAOSH) Week, which takes place every year during the first week of May. NAOSH Week 2013 will take place on May 5<sup>th</sup>-11<sup>th</sup>, 2013.

For additional information on ASSE's 'Safety on the Job' poster contest visit <http://www.asse.org/newsroom/naosh/poster-contest.php>.

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## JOB POSTINGS

Should you know of a job opening in the area, feel free to submit the job opening to Newsletter Editor at [wendel.reece@uni.edu](mailto:wendel.reece@uni.edu). We will post the opening here in the newsletter free of charge. Chapter members will be notified immediately. Listings will be limited to Iowa and the surrounding states.

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## LOSS CONTROL REPRESENTATIVE – IOWA

**ACUITY**, the best mid-sized employer in the nation, is seeking an experienced risk management professional in central and southeastern Iowa!

**ACUITY** Loss Control Representatives partner with the Commercial Underwriting department to ultimately evaluate the insurability of prospective and current policyholders. They inspect and report on commercial accounts offering recommendations for improvement when necessary, create and implement safety programs, perform accident investigations, and provides assistance to agents and policyholders in their geographic territory.

**ACUITY** field employees enjoy a rewarding career, numerous professional growth and development opportunities, a generous education reimbursement program, easy savings for the future with an 8% company 401(k) contribution, outstanding health benefits, work from home flexibility, a company car, health club reimbursement program, and much more!

Our next Loss Control Representative has:

- Ten years or more of loss control experience with a multi-line insurance company.
- A Bachelor's Degree in Engineering, Science or other acceptable curriculum or equivalent.
- Holds their CSP, ALCM, or similar professional designations are preferred.
- Excellent communication skills, both oral and written.
- The ability to effectively partner with prospective and current policyholders, agents, and **ACUITY** employees.

If this sounds like you, apply today and find out why **ACUITY** is a great place to work!

2800 South Taylor Drive, Sheboygan, WI 53081

Email: [careers@acuity.com](mailto:careers@acuity.com)

Phone: 800.242.7666

Fax: 920.458.7299

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# Safety, Health and Environmental (SHE) Manager

USA, Iowa, Nevada

If you are an experienced safety expert with an operations background, join our team!

**We are looking for** an exceptional SHE Manager to manage and coordinate all aspects of Safety, Health and Environmental Affairs programs. The role will transition from Construction Safety during plant construction to an Operations focus and ultimately lead into leadership and direction of the site SHE program via the High Performance Work Teams.

This person must be able to support the RC Star Point team with their understanding and compliance of applicable local, state, and federal regulations and meet internal DuPont SHE policies and standards. This requires developing adequate regulatory networks to stay abreast of applicable standards and regulations. The SHE Manager is responsible for the completeness and accuracy of regulatory reporting.

This position requires travel to other sites for training before being based out of Nevada, Iowa.  
Andrea Erickson, Human Resources Manager, **DuPont Industrial Biosciences**

**Andrea.Erickson@dupont.com**  
59219 Lincolnway Highway  
Nevada, Iowa 50201  
Cell: [\(262\) 442-2320](tel:2624422320)  
[www.dupont.com](http://www.dupont.com)

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**Tom Harrell**

510 West Main St.  
Clayton, NC 27520

Phone: 919-550-6444  
Fax: 919-553-9555

Environmental Coordinator– Iowa

December 14, 2012 – 2:17 pm

Food Manufacturing facility in Eastern Iowa is searching for an Environmental Coordinator. This person will report to the Site EHS Director. Ideal candidate will have a minimum 2 years experience. Strong preference for industry background. Relocation is provided. Please send to [tharrell@selectsearchllc.com](mailto:tharrell@selectsearchllc.com)

Safety Specialist Iowa

December 14, 2012 – 2:15 pm

Fortune 500 Company is seeking a Safety Specialist for a single site in the Eastern IA. There are no direct reports. This person will provide guidance to the site for all matters relating to Safety, IH and Security. Ideal candidate will have industry experience. Bachelors Degree is required and a minimum 2 years experience. Strong communication and leadership skills are a must. Base, Annual Bonus and Relocation is provided. Very stable company with strong EHS Career track and room for growth. Please send resume to [tharrell@selectsearchllc.com](mailto:tharrell@selectsearchllc.com)

Safety Manager Iowa

December 14, 2012 – 2:14 pm

Fortune 500 Company is seeking a Safety Manager for multiple sites in the upper Midwest. There are no direct reports. This person will provide guidance to the site for all matters relating to Safety, IH and PSM. Ideal candidate will have industry experience. Bachelors Degree is required and a minimum 4 years experience. Strong communication and leadership skills are a must. Base, Annual Bonus and Relocation is provided. Very stable company with strong EHS Career track and room for growth. Please send resume to [tharrell@selectsearchllc.com](mailto:tharrell@selectsearchllc.com)

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# SAFETY PICTURES OF THE MONTH

Trust me, I'm an Engineer



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## **Notice of Workers' Compensation Experience Modification Rating Changes Effective 1-1-2013**

The National Council on Compensation Insurance (NCCI) has filed a change in their workers' compensation experience rating plan that could have a significant impact on your business. The change in the rating formula is centered on the loss split point of the calculation. This rating change could increase or decrease your Work Comp experience rating modification factor as it is implemented over the next 3 years. The split point is the portion of the modification formula that separates how your losses are calculated between frequency charges and severity charges in your final Workers' Compensation Modification factor.

The split point of your losses is changing over a 3 year transition period from the current value of \$5,000. The new split levels will be:

- \$10,000 for the first year starting with Work Comp Modification factors effective January 1, 2013
- \$13,500 for the second year starting January 1, 2014
- \$15,000 "indexed" for the third year starting January 1, 2015
- The split point will be automatically indexed for claim inflation in the future years.

The major reasoning behind this is that the average claim costs have increased over 250% since the last split change in 1993. The average cost of a workers' compensation claim was \$3,400 in 1993 and the average cost in 2011 was almost \$8,800. Medical costs continue to increase and now make up 58% of the total Work Comp claim paid. In recent years past, the indemnity portion of the claim was the greater amount.

### **WHAT DOES THIS MEAN FOR ME AS AN EMPLOYER?**

Both Illinois and Iowa have approved this new rating plan. This means all employers in Illinois and Iowa with a Work Comp policy and who are experience rated will see a change. Other States have made very similar changes too. In the past, a claim \$5,000 and less was considered a "frequency" loss. The increase in the experience modifier is greater than for that first \$5,000 level of the claim and is less for the amount of loss greater than the \$5,000. As an example, you are penalized more for having two, \$5,000 losses vs. having one \$10,000 loss. Next year it won't matter; losses up to \$10,000 are weighted more heavily. So, as a business, if you have had very few losses, you could actually see your experience modifier decrease. However, if there is some claim activity, the modifier will be increased using the new rating formula.

Some businesses, such as contractors or the service industry, if your experience modifier is greater than 1.25; it prohibits you from bidding or working for some businesses. So this change can have not only a negative effect on the Work Comp premiums you pay but the inability to bid/work on some projects.

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# 10 Rules for Machine Safety

Do your employees understand the fundamental machine safety rules? Here are 10 rules supervisors can present at their next machine safety meeting.

1. Never remove or try to defeat machine safeguards.
2. Don't create new hazards, such as allowing objects to fall into the moving parts or by creating a new pinch point.
3. Report problems with machine safeguards to your supervisor immediately.
4. Never leave machines unattended with parts still moving. Remember that parts may still be moving after the machine has been turned off.
5. Remove guards only when the machine has been locked out and tagged out.
6. If possible, lubricate machine parts without removing the safeguard; otherwise, turn the machine off and lock it out before lubricating.
7. Operate equipment only when guards are in place and properly adjusted.
8. Do not use unauthorized or damaged guards.
9. Do not wear loose clothing, jewelry, or long hair around machines—these increase the risk of being caught in the machinery.
10. Ask your supervisor if you have any questions about a machine safety or how to work with machine guards safely.

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## OSHA's Top 10 List and How to Stay Off It

The top 10 violations for 2012 are:

- Fall protection—general requirements
- Hazard communication
- Scaffolding
- Respiratory protection
- Ladders
- Machine guarding
- Powered industrial trucks
- Electrical—wiring methods
- Lockout/tagout
- Electrical—general requirements.

In 2011 the top three violations were, in order, scaffolding, fall protection, and hazard communication.

What can you do to make sure your facility doesn't run afoul of top 10 violations and end up dealing with citations and paying dollars for penalties that could better be spent elsewhere? Here are some tips.

### **Fall Protection (29 CFR 1926 Subpart M)**

Tips for being in compliance with this standard include:

- Determine if walking/working surfaces have the strength and structural integrity to support employees safely.
- Protect employees on walking/working surfaces (horizontal and vertical) with an unprotected side or edge that is 6 feet or more above a lower level. The use of guardrail systems, safety net systems, or personal fall arrest systems is

required.

- Protect employees constructing a leading edge 6 feet or more above a lower level from falling with guardrail systems, safety net systems, or personal fall arrest systems.
- Protect workers from tripping in or stepping into or through holes (including skylights) with covers, guardrails, or personal fall arrest systems.

#### **Hazard Communication (29 CFR 1910.1200)**

Tips for being in compliance with this standard include:

- Have a written hazard communication program that identifies all hazardous substances in the workplace.
- Make sure all hazardous chemicals are properly labeled.
- Provide an SDS for each hazardous chemical in the workplace.
- Train employees about chemical hazards and precautions.
- Provide appropriate PPE, and make sure employees use it.
- Retrain employees whenever new chemical hazards are introduced into the workplace and following any incidents involving hazardous substances.

#### **Scaffolding (29 CFR 1926 Subpart L)**

The key to staying in compliance with this standard is a "competent person." The standard requires a competent person to perform the following duties:

- Select and direct employees who erect, dismantle, move, or alter scaffolds.
- Determine if it is safe for employees to work on or from a scaffold during storms or high winds and to ensure that a personal fall arrest system or windscreens protect these employees.
- Train employees involved in erecting, disassembling, moving, operating, repairing, maintaining, or inspecting scaffolds to recognize associated work hazards.
- Inspect scaffolds and scaffold components for visible defects before each work shift and after any occurrence that could affect the structural integrity and to authorize prompt corrective actions.
- Inspect ropes on suspended scaffolds prior to each work shift and after every occurrence that could affect the structural integrity, and to authorize prompt corrective actions.
- Inspect manila or plastic (or other synthetic) rope being used for top rails or midrails.
- Determine if a scaffold will be structurally sound when inter-mixing components from different manufacturers or when components of dissimilar metals are used.

#### **Respiratory Protection (29 CFR 1910.134)**

An estimated 5 million workers are required to wear respirators in 1.3 million workplaces throughout the United States. Respirators protect workers against insufficient oxygen environments and harmful dusts, fogs, smokes, mists, gases, vapors, and sprays.

Tips for staying in compliance with this standard include:

- Provide respirators, training, and medical evaluations at no cost to employees.
- Make sure all respirators are fit-tested before use.
- Provide employees with respirators whenever this PPE is necessary to protect against respiratory hazards.
- Provide respirators suitable to protect against the specific hazard employees face.

#### **Lockout/Tagout (29 CFR 1910.147)**

Tips for staying in compliance with the lockout/tagout standard include:

- Develop a written energy control program that includes specific procedures for lockout/tagout.
- Train authorized, affected, and other employees commensurate with their level of involvement with lockout/tagout, as required by the standard.
- Make sure appropriate lockout devices and tags are available.
- Inspect lockout/tagout procedures at least annually to ensure that the requirements of the standard are being met.
- Account for special situations in your energy control program, such as transfer of lockout during shift changes, contractors performing lockouts, and group lockouts.

#### **Machine Guarding (29 CFR 1910 Subpart O)**

Tips for staying in compliance with OSHA's machine guarding requirements include:

- Make sure safeguards are provided on all machines with hazards created by point of operation, ingoing nip points, rotating parts, and flying chips or sparks.

- Train employees to work safely with guards, and make sure they understand that they may never remove or disable a guard, nor should they use a machine with a missing or inoperative guard.
- Guards should be affixed to the machine or otherwise secured if it is impossible to affix the guard to the machine itself.
- Guards may not be so constructed or affixed as to cause additional hazards.

OSHA recommends that machine guards:

- Prevent workers' hands, arms, and other body parts from making contact with dangerous moving parts.
- Ensure that no object will fall into the moving parts.
- Permit safe, comfortable, and relatively easy operation of the machine.
- Allow the machine to be oiled without removing the guard.
- Provide a system for shutting down the machinery before guards are removed.

**Powered Industrial Trucks (29 CFR 1910.178)**

Tips for staying in compliance with the powered industrial truck standard include:

- New trucks must meet the design requirements of ANSI B56.1.
- Only trained and authorized employees may operate powered industrial trucks.
- Operators must be fully trained and evaluated as competent in safe operation according to the requirements in paragraph 178(l)
- You must certify in writing that operators have been trained and evaluated.
- Operator performance must be reevaluated at least once every 3 years.
- Operators must be retrained if performance is deficient.
- Operators must follow the safe operating requirements in paragraph 178(m) of the standard.

## Working in Cold Conditions Training Exercise

Winter winds are beginning to blow, so for organizations with outside operations, it's time for training on how to work safely in cold weather.

First, review with trainees the jobs that are likely to be done in cold conditions, the hazards of working in cold conditions, and methods for mitigating these hazards, including engineering and administrative controls and PPE. After review of all relevant information, check the understanding of trainees by asking them to answer the following questions:

1. What jobs at this workplace may include work in cold conditions?  
\_\_\_\_\_
2. What factors associated with your workplace or job may increase the risks of working in the cold? (Exposure to high winds, proximity to open water, etc.)  
\_\_\_\_\_
3. What medical conditions are associated with cold conditions?  
\_\_\_\_\_
4. What are the symptoms of frostbite? \_\_\_\_\_
5. What can you do to help a coworker who may be suffering from mild hypothermia?  
\_\_\_\_\_
6. How can you prevent conditions such as frostbite and hypothermia from occurring?  
\_\_\_\_\_
7. \_\_\_\_\_
8. What protective clothing and equipment are used on the job to guard against the cold?  
\_\_\_\_\_
9. What else can you do to protect yourself from the cold?  
\_\_\_\_\_
10. What advice would you give a new coworker about working in the cold?

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## Guidance

Use this training exercise to ensure that employees understand the hazards posed by cold conditions and are ready to take preventive actions. Responses to the questions can be made by either individuals or small groups. After allowing individuals or groups time to compose answers to the questions, convene all trainees for a discussion.

**Questions 1 and 2** are specific to the workplace and potentially to individual jobs. However, for question 2, certain answers are likely, such as exposure to winds, slick footing caused by snow or ice, or exposure to cold in refrigerated environments.

**Questions 3, 4, and 5** ask trainees about recognizing and responding to medical conditions associated with cold. Keep in mind that the current session is awareness-level training; training in first aid by a certified provider is recommended. Use the questions to gauge trainees' basic understanding of conditions such as hypothermia and frostbite, and, especially, when they should get help if a condition arises. Ensure trainees know who to call in case a medical professional is needed.

**Questions 6, 7, and 8** ask about preventive measures. Ensure that the discussion includes engineering and administrative controls, as well as PPE. Talk about company policies regarding scheduling of breaks or rotation of workers if the trainees do not bring it up on their own. Make sure the discussion is thorough and covers all relevant information and related issues. For instance, this is a good opportunity to remind trainees that being physically fit will help them withstand cold.

**Question 9** asks for advice for new workers: What are the most important things to keep in mind about working in cold conditions? This is a good chance to see what information the trainees are taking with them from this session.

Keep in mind that these questions have more than one right answer. Allow ample time for discussion and do not cut it short.

Make sure that each trainee provides an answer to at least one question. Call on those who seem hesitant. Everyone needs to be involved in this exercise.

Optionally, you may collect written answers for review before or after the discussion.

## Why It Matters

- Hypothermia is a serious medical condition that is potentially fatal to workers. While most cases of hypothermia occur in air temperatures between 30°F and 50°F, significant hypothermia can occur in air temperatures as high as 65°F or water as warm as 72°F.
- If a worker's body temperature falls below 95°F it is considered an emergency that requires immediate medical attention.
- Frostbite may lead to tissue death, amputation, or permanent inability to use an appendage.
- A worker may not be aware he or she is suffering from frostbite due to numbness in the affected area. Not seeking medical care and remaining in the cold environment can lead to more serious injuries.
- Similarly, low body temperature can impair a worker's judgment so that he or she does not realize they are suffering symptoms of a cold-related disorder.
- Dehydration is fairly common for workers in cold conditions because workers tend to feel less thirsty and not drink enough.
- Workers can be more susceptible to cold-related illnesses and injuries depending on their age, health, and medical conditions.

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## Appliance Safety Tips

An appliance which repeatedly blows a fuse or trips a circuit breaker could indicate a defect that may cause a fire or electrical shock. Unplug the appliance immediately and have it repaired or replaced.



- Make certain all small appliances and tools are approved by an independent testing laboratory, such as Underwriters Laboratories (UL), ETL-SEMKO (ETL) or Canadian Standards Association (CSA).
- Use small appliances and power tools according to the manufacturer's instructions.
- Unplug all small electrical appliances, such as hair dryers, shavers, curling irons, clothes irons, and toasters, when not in use.
- Be sure you have ground fault circuit interrupter (GFCI) protection anywhere electricity and water are within six feet of each other, such as in your kitchen, bathroom and outdoors, to protect against electric shock.
- Take any damaged electrical appliance or tool to an authorized repair center, or cut the cord, safely dispose of the item, and purchase a new one.
- Never reach into water to get an appliance that has fallen in without being sure the appliance is unplugged or the circuit is shut off.
- To make sure appliances are in good condition, look for breaks in power cords, plugs or connectors.
- Remember, electricity and water don't mix. Keep all electrical cords and products such as radios, TVs, hairdryers and curling irons away from water in a sink or tub.
- Keep appliance cords as short as possible to avoid accidents such as tripping or knocking the appliance over.

Resource: [Electrical Safety Foundation International \(ESFi\)](#)

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## OSHA proposes to cover flight attendants

The Federal Aviation Administration (FAA), in cooperation with OSHA, has proposed a new policy for addressing flight attendant workplace safety. The agency is proposing that OSHA be able to enforce certain standards currently not covered by the FAA.

Flight attendant workplace issues could include exposure to noise and bloodborne pathogens and access to information on hazardous chemicals. The FAA and OSHA say they will continue to identify additional conditions where OSHA requirements could apply.

Labor Secretary Hilda L. Solis noted that the policy “will not only enhance the health and safety of flight attendants by connecting them directly with OSHA but will, by extension, improve the flying experience of millions of airline passengers.” A 30-day comment period extends through the end of December.

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# On the Enjoyable Side:

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## **Punny Stuff**

Shotgun wedding – A case of wife or death.

The man who fell into an upholstery machine is fully recovered.

Those who jump off a bridge in Paris are in Seine.

Time flies like an arrow. Fruit flies like a banana.

What's the definition of a will? (It's a dead give away.)

When two egotists meet, it's an I for an I.

You feel stuck with your debt if you can't budge it.

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A man came home and was greeted by his wife dressed in a very sexy nightie. 'Tie me up,' she purred, 'and you can do anything you want.'

So he tied her up and went golfing.

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*If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?*

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## Differences Between Cats & Dogs:

Dogs come when you call them. Cats take a message and get back to you when they are good and ready.

Dogs will let you give them a bath without taking out a contract on your life.

Dogs will bark to wake you up if the house is on fire. Cats will quietly sneak out the back door.

Dogs will bring you your slippers or the evening newspaper. Cats might bring you a dead mouse.

Dogs will play Frisbee with you all afternoon. Cats will take a three-hour nap.

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## **PUN OF THE MONTH**

Captain Kidd and his crew were on the high seas when they were attacked by Blackbeard, their arch enemy.

The first shot by Blackbeard's gunners took off Kidd's forward mast. The second shot splintered the center mast, and the third desintegrated the rear mast.

Panic stricken, one of Kidd's men asked what they should do.

"We have no choice but to surrender", replied the pirate, "He's using weapons of mast destruction!"

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## FINAL THOUGHT

Behind every successful person there's  
a lot of unsuccessful years