

Memo to Members

Great Places, Safe Places: South Dakota Safety & Health Conference

Wednesday, October 3, 2012, Sioux Falls Arena and Convention Center, 8:00 a.m. – 4:30 p.m.



Mark your calendar for the 20th annual South Dakota Safety & Health Conference presented by the South Dakota Safety Council:

- Twenty-plus sessions focused on reducing worker injury and related costs
- Safety and health vendor exhibit hall
- Governor's Safety Awards Luncheon at 11:45

More details coming soon!

Governor's Safety Awards Application Deadline: August 15

Gain recognition for your organization's strong safety program and performance; [apply for the Governor's Safety Award](#). Since 1993, the annual Governor's Safety Awards program has recognized South Dakota employers with above average safety records. Participants submit workplace injury data which is compared with state and national data, as well as the entrant's past performance (**all information remains confidential**). Ongoing safety programs and activities are also considered. Winners are recognized at three levels: Meritorious Achievement, for better than average performance in incident rates compared to an industry as a whole; Outstanding Achievement, for continuing improvement or a continuing outstanding record; and the Award of Honor, the highest level of award.

The deadline is August 15, with judging on August 17. Download an [application form](#) now or watch for an application coming by regular mail soon.

Upcoming Training Highlights

August 8 10-hour [OSHA General Industry Safety and Health Training](#) This 10-hour course covers specific OSHA standards, including material handling, machine guarding, exit routes, fire protection, electrical, hazard communication and other OSHA compliance regulations. OSHA Training Institute will issue course completion cards to each student. Students wanting to teach others the curriculum must take the OSHA 501 and OSHA 511

August 22 [Introduction to Occupational Health](#) Review basic occupational health and industrial hygiene principles and become familiar with the concepts of health hazard recognition, evaluation and control. One of three courses required for the Workplace Safety Certificate.

August 29 [First Aid/CPR/AED Employee Training, Hands-on](#) Learn the skills to maintain the life of a victim until emergency medical personnel arrive. Upon course completion, participants receive National Safety Council First Aid/CPR/AED certificates.

See our [online course schedule](#) and [list of all courses](#), all of which can be brought to your facility.

INSIDE:

- 2-3 Online Resources
- 4 Rules and Regulations
- 5 Consultant Corner:
Heat-Related Illnesses
- 6-7 On the Job:
Construction Issues
and Resources
Safety Program
Evaluation Checklist
- 8 Off-the-Job Safety:
Summer Safety
Resources

A Click Away: New Online Resources

New Study: Random Inspections Improve Workplace Safety, Reduce Costs

California companies undergoing random inspections saw workplace injuries decline a bit more than 9% in the four years following the date of inspection compared with firms that were not inspected during the same time period, according to new research published recently in *Science* magazine. The cost of the injuries reported (including medical treatment and missed work) fell by 26%. This means that the average employer saved \$355,000 (in 2011 dollars) as a result of an OSHA inspection. The effects were seen among small and large employers. Using information from financial data provider Standard & Poor's, the investigators found that the inspections had no effect on employment, total earnings, sales, or the survival of the company. View an abstract of the study, "[Randomized Government Safety Inspections Reduce Worker Injuries with No Detectable Job Loss.](#)"



Hand, Wrist Injuries Are Most Expensive

A recent nationwide study found that injuries to the hand and wrist were the most expensive. According to the study, published in the *Journal of Bone & Joint Surgery*, hand and wrist injuries annually account for \$740 million and rank first in the order of most expensive injury types, before knee and lower limb fractures (\$562 million), hip fractures (\$532 million), and skull-brain injury (\$355 million). Productivity costs contributed more to the total costs of hand and wrist injuries (56%) than did direct health-care costs.



NFPA Issues Alert on SCBA Facepiece Lenses

The National Fire Protection Association (NFPA) has issued an alert about the potential for damage to Self-Contained Breathing Apparatus (SCBA) facepiece lenses from intense heat. Evidence of this problem was uncovered through investigations conducted by the National Institute for Occupational Safety & Health (NIOSH) into firefighter deaths, and additional research from the U.S. Fire Administration and the National Institute of Standards and Technology. As a result, NFPA is in the process of incorporating new test methods and performance criteria for facepiece lenses into the proposed 2013 edition of NFPA 1981, which is slated for release as early as this fall. Find recommendations and detailed information on the [NFPA website](#).

DOT Releases New Emergency Response Guidebook

The U.S. Department of Transportation's Pipeline and Hazardous Materials Safety Administration (PHMSA) has released the 2012 version of its [Emergency Response Guidebook](#) (ERG), providing first responders with a newly revised go-to manual to help deal with hazmat accidents during the critical first 30 minutes. The ERG contains an indexed list of dangerous goods and the associated ID number, the general hazards they pose and recommended safety precautions. Find more information about the guide, including a summary of revisions, on the [Emergency Response Guidebook web page](#).

Employer Liability and Employee Cell Phone Crashes

The National Safety Council has released a white paper "[Employer Liability and the Case for Comprehensive Cell Phone Policies](#)," which details the potential liability employers face when employees are involved in crashes where cell phone use is a factor and explains the need for organization-wide bans that include hands-free and handheld devices. The research includes examples of employers who have been held



South Dakota Safety Council

1108 N. West Avenue
Sioux Falls, SD 57104
605-361-7785
800-952-5539
Fax: 605-361-2156
E-mail:
sdsc@southdakotasafetycouncil.org
www.southdakotasafetycouncil.org

Cary Swenson, Executive Director

Diane Hall, Membership Representative

Connie Greguson, Office Administrator and Coordinator, South Dakota Operation Lifesaver

Rick Kiley, Director, Motorcycle Rider Education Program

Tony Drovdal, Occupational Safety and Health Consultant

liable with awards reaching into the tens of millions of dollars, including cases involving employee-owned cell phones and cars and in situations where employees were driving during non-working hours or engaged in personal phone calls. Find distracted driving materials specifically for the workplace on our website's [distracted driving resource page](#).

NIOSH Updates List of Hazardous Drugs in Healthcare Settings

The [NIOSH List of Antineoplastic and Other Hazardous Drugs in Healthcare Settings](#), last updated in 2010, has been revised with the addition of 26 drugs.

Safety Resources for EMS Workers

The National Institute for Occupational Safety & Health (NIOSH) has launched a [resource page for emergency medical services workers](#). It includes data, reports and other publications, and other EMS worker safety and health resources. The potentially hazardous job duties of EMS workers create an inherent risk for EMS worker occupational injuries and illnesses and research has shown that they have high rates of fatal injuries and nonfatal injuries and illnesses.

Protecting Workers Who Use Cleaning Chemicals

[Protecting Workers Who Use Cleaning Chemicals](#), a new publication from federal OSHA and the National Institute for Occupational Safety & Health (NIOSH), provides information on keeping workers safe when using cleaning chemicals, including green cleaning products.

AIHA Examines the Role of OSHA

A recent position paper from the American Industrial Hygiene Association presents 17 points that AIHA believes are critical to ensuring OSHA's long-term effectiveness. "Perspective on the Role of OSHA in Advancing Occupational Safety and Health for the Nation" provides insight into the areas on which AIHA believes OSHA should focus over the next five years. The [complete position paper](#) is available online, with detailed discussion of the following points:

1. There is a continuing need for OSHA.
2. OSHA should have primary authority for all safety and health issues in workplaces that the agency regulates.
3. The OSHA standard-setting process needs to be reformed.
4. OSHA penalties are inadequate and should be modified.
5. OSHA coverage should be provided to all workers.
6. OSHA should emphasize performance-based approaches whenever possible.
7. OSHA should develop and promote occupational safety and health programs for small and medium-sized employers.
8. OSHA should have a mechanism that encourages employers to obtain third-party assistance.
9. OSHA should continue to provide a mechanism for employees to raise issues.
10. OSHA should improve the reliability and efficiency of the occupational injury and illness data collection, interpretation, and dissemination process.
11. OSHA should require and facilitate education, training, and guidance of employers and employee groups.
12. There should continue to be a general duty clause to enforce employer responsibility to provide safe and healthful working conditions.
13. OSHA should strengthen its support and promotion of partnerships and alliances that achieve excellence in occupational safety and health.
14. OSHA should enhance opportunities for employee participation.
15. OSHA should update the Permissible Exposure Limits (PELs)
16. OSHA and NIOSH must be effective partners in the development of occupational and environmental health standards and guidance.
17. OSHA and NIOSH should receive adequate resources to operate effectively.

OSHA Issues Direct Final Rule Affecting Head Protection

Federal OSHA is updating requirements for head protection to be consistent with the 2009 edition of the American National Standard for Industrial Head Protection. The agency has issued a direct final rule to revise the personal protective equipment (PPE) sections of its general industry, construction, shipyard employment, longshoring, and marine terminals standards. Among the changes are provisions permitting optional testing for helmets worn in the backwards position, optional testing for helmets at colder temperatures than provided in previous editions, and optional testing for the high-visibility coloring of helmets. This direct final rule will become effective on September 20, 2012 unless OSHA receives a significant adverse comment by July 23, 2012. See details in the [June 22 Federal Register](#).



Proposed Rule Would Prevent Truck/Bus Rollover Crashes

The U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) has proposed a [new federal motor vehicle safety standard](#) to require electronic stability control (ESC) systems on large commercial trucks, motorcoaches, and other large buses for the first time ever. Agency research shows the technology could prevent up to 56 percent of rollover crashes each year—the deadliest among all crash types—and another 14 percent of loss-of-control crashes.

Bloodborne Pathogens: OSHA Urges Use of Blunt-tip Suture Needles

Federal OSHA, NIOSH and the FDA have issued a [joint safety communication](#) strongly encouraging health care professionals to use blunt-tip suture needles for muscles and fascia as an alternative to standard suture needles to decrease the risk of needlestick injury.

Reduce Heat Stress with *Chill-Its!*

Wear for hours, or wipe off for quick relief. Simply re-wet to reactivate. Evaporative cooling process keeps you cool all day, reduces the effects of heat stress and fights fatigue. Lightweight material and low profile designs make these ideal for many environments. Use them for work, in the yard, at the game . . . any time heat illness can rear its ugly head.

Cooling Vest \$34.95

Available in M - 3XL, hi-vis lime. V-neck with zipper closure.

Cooling Towel \$9.95

13" x 29", blue. Wear for hours, or wipe off for quick relief.

Cooling Bandana \$3.50

Available in blue or hi-vis lime. Lightweight and low profile.



For more information, contact Diane at 605-361-7785/800-952-5539 or dhall@southdakotasafetycouncil.org

Consultant Corner: Heat-Related Illnesses

We're getting a lot of calls from members about heat stress and how to deal with it. Here's some background and recommendations:

The human body tries to maintain its normal temperature of 98.6 degrees Fahrenheit. Heat-related illnesses can include mild to life threatening degrees of illness when the body is exposed to more heat than it can handle. When internal temperature rises, our bodies attempt to get rid of excess heat by increasing blood flow to the skin surface and releasing sweat. The result: reduced blood flow to the brain and active muscles, which diminishes mental alertness and comprehension, and causes fatigue and loss of strength.

Heat disorders occur when there is high air temperature, high humidity, excess loss of salt, and dehydration. The following illnesses range from the least to most severe disorders:

- **Heat fatigue:** Symptoms include headaches, irritability, confusion, and being tired. Treat victims by removing them from the heat, having them drink lots of cool liquids, and elevating their legs.
- **Heat swelling:** Symptoms include mild swelling of the hands, feet, or ankles. Treat by having victims drink cool liquids and elevate their legs or wear support stockings.
- **Heat rash:** Also known as "prickly heat," this develops on skin which is moist from sweating. Treat the inflamed skin by keeping it clean and dry, and apply lotion.
- **Heat cramps:** These are sudden, painful muscle spasms in legs or abdominal muscles. They usually occur because of loss of salt after hard physical activities. Treat heat cramps by moving victims to a cool place, massaging the affected muscles and providing cool, lightly salted water or an electrolyte drink.
- **Heat exhaustion:** Symptoms include dizziness, nausea, headache, weakness, sweating and vomiting. Move victims to a cool place, elevate legs, loosen clothing, sponge with cool water and fan them. Provide cool, lightly salted water or an electrolyte replacement drink if the victim is conscious. Seek medical help if the victim does not improve within 30 minutes.



- **Heat stroke:** This is the most serious heat illness. It is the total breakdown of the body's cooling system. Symptoms include high body temperature (greater than 103 degrees), but the person feels chilled. Sweating stops and the skin is hot, red, and dry. The person may have headaches, dizziness, weakness, rapid pulse, chills, and difficulty breathing. If untreated, unconsciousness or death could occur.

This should be treated as a medical emergency – call 911. Move the person to a cool area, elevate the legs, loosen and/or remove clothing, cool with water or massage with ice, and fan vigorously.

What can you do to avoid heat stress? Know work-related factors that may increase the potential for heat problems, including:

- **Workload:** level of physical activity
- **Clothing:** weight (heavy versus breathable); dark versus light
- **Use of personal protective equipment:** safety glasses, vests, hard hats, boots, etc.

Prevention includes drinking 5-7 ounces of fluids every 20 minutes. Do not rely on your thirst! The body needs an adjustment period of 3-5 days to get used to the heat. Eating properly and getting enough sleep and rest also helps in preventing heat-related illnesses. Being aware of these illnesses and treatments can enable you to prepare for the heat and possibly save a life!

For more information about heat stress in the workplace, see federal OSHA resources [online](#).

Spotlight on Construction: Issues and Resources

In 2010, there were 774 deaths in the construction industry – the most of any industry sector and accounting for 17% of all work-related deaths in the U.S. that year. There are a couple stories behind those numbers. Construction fatalities have declined significantly over the past several years (down from 1,204 in 2007), but OSHA officials attribute that decline to a drop in construction activity during the recession. And while the numbers have dropped, the death rate has remained constant: 9.7 per 100,000 workers in 2007, 9.9 the following year and 9.8 in 2009. With construction activity on the rise, OSHA is concerned that the numbers will follow.

Construction worksites are organizationally complex multi-employer sites and present numerous health and safety challenges. Here are a few online resources that can help address them:

Construction fall prevention campaign. In 2010, more than 10,000 construction workers were injured as a result of falling while working from heights, and another 255 workers were killed. In late April, federal OSHA launched an awareness campaign that provides employers and workers with information and educational materials about working safely from ladders, scaffolds and roofs. It includes a new [fall prevention web page](#) with detailed information in English and Spanish. The National Institute for Occupational Safety and Health (NIOSH) has also created a [construction fall prevention page](#)

on the Centers for Disease Control website, as well as a joint website on fall prevention at <http://www.stopconstructionfalls.com>, with information from industry, nonprofit and academic sources.

The [NIOSH construction web page](#) provides links to numerous resources on 39 topics, from abrasive blasting, asbestos and asphalt fumes to trenching, take-home toxins and vermiculite.

The Construction Coalition for a Drug- and Alcohol-Free Workplace [website](#) provides the resources necessary to successfully implement an effective substance abuse policy.

Upcoming federal OSHA activity:

- OSHA’s confined space in construction rule – it’s close to being issued, but no date has been set
- a cranes and derricks directive to accompany the August 2010 regulation
- a directive on highway work zones for OSHA enforcement staff, aimed at creating more consistency in how citations are issued

Lifesaving Philips AEDs: Now is the Time

HeartStart Onsite Price Reduction



This is a great time to add an automated external defibrillator (AED) to your preparedness strategies – the cost of the Philips HeartStart

Onsite package has been **reduced to \$1,350!** Purchase a Philips HeartStart package from us and receive more than \$400 of AED accessories for free. Looking for replacement pads or batteries? Members get a 20% discount on accessories when ordered through us.

For more information, contact Connie Greguson at 605-361-7785/800-952-5539 or connie@southdakotacouncil.org. And learn more about our First Aid programs, including First Aid/CPR/AED training on our [website](#).



From Our Website: Safety Program Evaluation Checklist

Our website contains numerous sample safety checklists, available for you to download and use. See a partial safety program evaluation checklist from OSHA below. Link to the [complete checklist](#) and find additional checklists and workplace safety fact sheets in our [online fact sheet library](#).

Safety Program Evaluation

This evaluation is designed for self-assessment and internal review. It incorporates principles common to successful safety and health programs, but does not address the specific program or compliance needs of every organization.

Management Leadership

- There is a safety policy statement, posted and signed by top management, that articulates the organization's stand on safety issues.
- Senior management regularly and visibly participates in safety activities such as training, safety meetings or inspections.
- There is accountability for safety performance at all levels of the organization – rules are consistently enforced and positive safety performance is recognized and rewarded.
- Adequate resources are provided to carry out safety objectives, including staff training and development, materials and equipment, and professional resources.
- Managers and supervisors personally follow safety rules and intervene to correct at-risk behaviors and/or recognize safe behaviors in others.

Employee Involvement

- Employees have regular, meaningful opportunities to participate in safety program activities, such as hazard assessment and policy/goal development.
- Employees involved in safety program activities (e.g., safety committees) have training, resources recognition/reward for performance.
- There is regular communication to and from employees on safety issues and the organization's safety performance.
- Regular training on accident prevention and workplace hazards is provided.
- Employees have the opportunity to report hazards and receive feedback on action taken.

Hazard Identification and Control

- There are processes in place to assess and analyze the workplace for hazards on a regular basis, including both conditions and behavior.
- A hazard analysis is conducted prior to changes in facilities, processes, equipment or materials.
- Exposures to health hazards such as noise, chemicals and temperature have been evaluated and adequately controlled.
- Ergonomic evaluation has been conducted and work demands are within acceptable limits; repetition and awkward postures are minimized through good design.



NOTE: The complete list contains additional items under "Hazard Identification and Control" as well as sections on Compliance/Life Safety, Loss Control and Risk Management.

U.S. DOT Issues *Blueprint for Ending Distracted Driving*

The U.S. Department of Transportation (DOT) has released a [Blueprint for Ending Distracted Driving](#) that offers a comprehensive strategy to address the dangerous practice of using cell phones behind the wheel. The plan outlines concrete steps stakeholders around the country – including lawmakers, safety organizations, auto manufacturers, families and younger drivers – can take to reduce the risk posed by distracted driving.

New Publication: **Engineered Nanomaterials in Research Laboratories**

The National Institute for Occupational Safety & Health (NIOSH) has published [recommendations](#) on engineering controls and safe practices for handling engineered nanomaterials in laboratories and some pilot scale operations. The guidance was designed to be used in tandem with well-established practices and the laboratory's chemical hygiene plan.

The information in the Memo to Members is compiled from sources believed to be reliable. We've exercised reasonable care to assure its accuracy, but make no guarantees. The South Dakota Safety Council makes no representation or guarantees of results and assumes no liability in connection with the information contained in the Memo, including whether such information or suggestions are appropriate in all circumstances. Statements attributed to other sources do not necessarily reflect the opinion or position of the South Dakota Safety Council.

Memo to Members is a publication of the South Dakota Safety Council.

Editor: Ann Kulenkamp

Editorial Assistant: Kristy Zack

Designer: Barbara Campbell

605-361-7785

800-952-5539

www.southdakotasafetycouncil.org

Resources to Keep Your People Safe Away from Work

The good old summertime is high season for injuries. Make use of our free [“At Play” fact sheets](#) and brochures (including a bike helmet flyer in multiple languages). Also see [safety products](#) such as weather radios, first aid kits, bike helmets and inline skating/scooter helmets (available individually and for [employee group purchase](#)).

Pull Weeds, Not Muscles, When Tending Your Garden

Planting, weeding, pruning and landscaping involves tools and equipment that, if not used carefully, could result in serious injuries. According to the U.S. Consumer Product Safety Commission (CPSC), in 2010 more than 41,200 people in the United States were injured as a result of working in their gardens. Whether you're an expert gardener or first-timer, the American Academy of Orthopaedic Surgeons (AAOS) recommends the following:



- Plan what you want to do in advance. Don't be in a hurry.
- Keep gardening equipment in good working order. Wear protective gloves, sturdy shoes and long pants when working in the garden to protect against insect bites and injuries such as stepping on sharp objects or cuts from handling sharp tools.
- If you identify poisonous plants or trees with poisonous berries, remove them or keep young children away and educate them about the potential risks. If you can't identify a plant or tree, take a sample to a garden center for identification.
- Don't allow children to play in or near areas where sharp tools, chemicals or gardening equipment are being used or stored.
- Use proper lifting techniques to protect your back – get a firm footing, separate your feet shoulder-width apart, keep your back straight, bend at the knees, lift with your leg muscles as you stand up and hold the object close to your body. If an object is too heavy or is an awkward shape, don't try to lift it by yourself. Get help.
- To avoid back and knee injuries caused by repetitive bending and kneeling in the garden, consider using a garden stool to help relieve pressure on your spine and knees.
- Avoid the heat by gardening in the early morning or late afternoon. A wide-brimmed hat, sunscreen of at least SPF 15, and sunglasses are recommended regardless of time of day.
- Drink fluids, especially if you're working up a sweat. Don't drink alcoholic beverages before gardening – it's not a good mix with sharp tools and power equipment.

Source: American Academy of Orthopaedic Surgeons

Take Action to Prevent Child Heatstroke Death

Even on a mild day, the inside of a car can quickly become very hot. That's especially dangerous for kids (and hazardous for animals, too), as a child's body heats up 3-5 times faster than an adult body. Always take action if you see an unattended child in a vehicle. Dial 911 immediately and follow the instructions that emergency personnel provide – they are trained to determine if a child is in danger. Learn more about the dangers of heatstroke and other risks for children in and around vehicles on the [National Highway Traffic Safety Administration's website](#).