

Memo to Members

INSIDE:

- 2 Governor's Safety Award Winners
- 3-6 On-the-Job News and Resources
- 7 Rules and Regulations
- 8 Off-the-Job Safety

SD Safety & Health Conference: A Whole Lotta Safety Going On!

More than 500 people were energized by the South Dakota Safety & Health Conference on September 29, taking part in diverse and engaging educational sessions at and learning about valuable safety resources from our fifty-plus exhibitors. Forty-one South Dakota workplaces were recognized for outstanding achievement in safety at the conference's Governor's Safety Awards luncheon, which featured a riveting presentation on distracted driving from Loren Vaillancourt, Miss South Dakota 2010 (pictured at right). See more about the awards and award winners on page 2.



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In conjunction with the conference, twenty people attended the four-day Principles of Occupational Safety & Health course, a steppingstone to the National Safety Council's Advanced Safety Certificate; and ten more completed the four-day OSHA 30-Hour General Industry Training Course.

Thanks to our partners in presenting the conference: Sioux Empire Society for Human Resources Management, Chiropractic Associates of South Dakota, South Dakota Department of Labor and Regulation, Avera, and Sanford Health.

We hope to see you next year at the "20th annual" South Dakota Safety & Health Conference, October 3!



South Dakota Employers Earn Governor's Safety Awards

Forty-one employers recognized for excellence in workplace safety

A select group of South Dakota employers was recognized for excellence in workplace safety and health at the Governor's Safety Awards luncheon in Sioux Falls on September 28. Forty-one employers were honored at the luncheon, part of the 19th annual South Dakota Safety and Health Conference.

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. 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. It is presented for exceptional accomplishment in reducing injuries and illnesses in the workplace and is awarded at the discretion of the judging committee.

"An effective safety program reduces injuries and costs, maximizes productivity and builds morale," said Cary Swenson, executive director of the South Dakota Safety Council. "These employers understand that safety is good business, now more than ever."



Award of Honor winners were: Avera McKennan Hospital & University Health Center, Sioux Falls; BAE Systems, Aberdeen; Berry Plastics Corporation, Sioux Falls; BlueLinx Corporation, Sioux Falls; Lawrence County, Deadwood; Mileage Plus, Inc., Rapid City; Muth Electric, Inc., Mitchell; Sanford USD Medical Center, Sioux Falls; SGT, Inc., Sioux Falls; South Dakota Air National Guard, Sioux Falls.

Awards for Outstanding Achievement went to: ASI, Inc., Rapid City; Avera Behavioral Health Center, Sioux Falls; Avera Sacred Heart Hospital, Yankton; Bethany Lutheran Home, Sioux Falls; Daktronics, Inc., Brookings; Earth Resources Observation & Science Center, Sioux Falls; Link Snacks, Inc., Alpena; Sioux Rural Water System, Inc., Watertown; Syngenta Supply Chain, Brookings.



The following employers received awards for Meritorious Achievement: Aaladin Industries, Inc., Elk Point; Amesbury Door Hardware, Sioux Falls; Applied Engineering, Inc., Yankton; Avera Dells Area Health Center, Dell Rapids; Avera Flandreau Medical Center, Flandreau; Avera Sacred Heart Majestic Bluffs, Yankton; East River Electric Power Cooperative, Inc., Madison; Grimms Pump &

Industrial Supply, Rapid City; Hendrickson Trailer Suspension System, Mitchell; Jebro, Inc., Corson; John Morrell & Company, Sioux Falls; Otter Tail Power - Big Stone Plant, Big Stone City; Our Home, Inc., Huron; Portionables, North Sioux City; Sapa Extrusions, Inc., Yankton; StarMark Cabinetry, Sioux Falls; Tessier's Inc., Mitchell; Tiger Corporation, Sioux Falls; Valero Renewable Fuels Company, LLC, Aurora; Vermillion Distribution Center/Polaris Industries, Vermillion; Xcel Energy Angus Anson, Sioux Falls; Xcel Energy South Dakota Electric, Sioux Falls.



Rate of DAFW Cases Remains Stable in 2010

A new report from the U.S. Bureau of Labor Statistics (BLS) states that the rate of nonfatal occupational injury and illness cases requiring days away from work to recur was statistically unchanged from 2009. The total number of private industry, state government, and local government cases decreased 4 percent to 1,191,100. The median days away from work—a key measure of severity of injuries and illnesses—was 8 days, the same as the previous year.

Decreases in the number of cases with days away from work for construction and extraction workers (down 17 percent) and protective service workers (down 13 percent) contributed heavily to the overall decline. At the same time, significant increases in incidence rate were seen for healthcare support workers (6 percent) food preparation and Serving-related workers (10 percent).

Contact with objects and equipment was the leading event or exposure, but did not change significantly in 2010. The incidence rate for overexertion increased by 3 percent, driven primarily by cases in the private sector health care and social assistance industry.

Sprains, strains, and tears accounted for 40 percent of total injury and illness cases requiring days away from work. Soreness and pain (including the back) accounted for 11 percent of total cases. Forty-three percent of sprains, strains, and tears were the result of overexertion. Falls on the same level accounted for another 11 percent and 8 percent were the result of contact with objects and equipment.

Find full details on the BLS web site at <http://www.bls.gov/news.release/pdf/osh2.pdf>.

Non-fatal workplace injury and illness estimates are not available for South Dakota, because the survey sample sizes are too small. However, detailed information about workplace fatalities in our state can be found at <http://www.bls.gov/iif/oshwc/foi/tgs/2010/iiffi46.htm>. The number of worker deaths increased last year in South Dakota to 36, compared to 24 in 2009. Nineteen of the deaths in 2010 were transportation-related, with ten caused by contact with objects and equipment, and another five resulting from falls.

Need an AED? We Can Help!

- AED selection
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- Training
- \$400 of accessories free with Philips Heartstart AED
- Need replacement pads (check expiration date) or batteries?
- 20% member discount on any accessories



For more information, contact Connie Greguson at
605-361-7785/800-952-5539

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NIOSH Forecasts Shortage of OS&H Professionals

Based on a recent survey, the National Institute for Occupational Safety & Health (NIOSH) predicts an imminent shortage of occupational safety and health professionals. The survey found that although employers plan to hire at least 25, 000 occupational safety and health professionals over the next five years, only about 12,000 new graduates are expected to be available from the academic programs that provide the needed pool of expertise nationally. Hiring estimates include new or replacement positions, some of which may be filled by persons without occupational safety and health training. The survey found that:

- Degree programs in occupational safety and health have experienced declines in funding from university, college, and department sources, especially among programs not provided with funding through NIOSH.
- Obstacles confronted by students who might wish to pursue an occupational safety and health degree include inadequate or limited financial aid, and lack of knowledge about these degree programs.
- While employers generally are satisfied with occupational safety and health professionals' level of training in their specific work areas, they also would like new graduates to have training in additional relevant areas, including leadership and communication.

The report, "National Assessment of the Occupational Safety and Health Workforce," is posted on the NIOSH website at www.cdc.gov/niosh/oshworkforce/. Printed copies will be available later this year.

Workforce Drug Testing Finds Big Increase in Prescription Opiates

Negative effect on safety cited

A recent review of workforce drug testing finds significant increases in findings for prescription opiates (i.e. painkillers). According to the [Drug Testing Index™](#) released in October by Quest Diagnostics, random drug testing and post-accident testing detected dramatically more positives for prescription opiates than pre-employment drug testing for the period from January 2011 through June 2011 in the U.S. general workforce. Specifically:

The pre-employment screening positivity rate was 0.85% for hydrocodone and 0.65% for oxycodones. Random drug test positivity was nearly double: 1.6% and 1.2%, respectively. Post-accident testing was dramatically higher: 3.7% for hydrocodone and 1.8% for oxycodones

The data are consistent with the [2010 National Survey on Drug Use and Health](#) self-reported survey findings recently released by the U.S. Substance Abuse and Mental Health Services Administration, showing mari-

juana as the top drug associated with initiation of illicit drug use and pain relievers as second.

The abuse of prescription painkillers is a major contributor to the skyrocketing number of unintentional poisoning deaths in the U.S. In Minnesota, poisoning is the second leading cause of injury death among people ages 25-34 and the leading cause for those ages 35-44. Quest Diagnostics notes that the findings of the study reinforce the need for businesses to develop and communicate clear policies around both the medical and non-medical use of these drugs, especially for their safety-sensitive workers.



Join us for a free member video conference: [Drug and Alcohol Recognition, January 18](#). Viewing locations in Mitchell, Aberdeen and Sioux Falls.

What's Your Emotional IQ?

A new online tool called "[Managing Emotions](#)" can help managers and supervisors hone their ability to deal with emotions and reactions – their own and others – in the workplace, and communicate more effectively.

The assessment and training module from the Canadian Great-West Life Centre for Mental Health is designed to “provide effective, evidence-based strategies that can help you reduce your own stress while positively impacting the stress levels and well-being of workers.”

The assessment takes about 15 minutes to complete and results are returned to the user immediately. No identifying data are collected or stored in the tool.

Interactive learning resources such as key strategies, exercises and video-based training options are provided for those who wish to improve their results.

Strategies and exercises are structured around the following skill areas:

- Dealing with other people's negative emotions and reactions
- Communicating effectively
- Understanding your reactions
- Managing your reactions



Safety 101: Seven Tips for Creating a Safer Workplace

The Australian safety site, Safe to Work, recently published seven basics for creating a safer, injury-free workplace and a healthier, more productive workforce:

1. Understand your responsibilities. Write a policy and support it with an action plan.
2. Consult your workers.
3. Identify, assess and control risks, starting with the most dangerous.
4. Inform, train and supervise.
5. Manage incidents and injuries. Develop an emergency plan, including requirements for reporting and investigation.
6. Keep records, including hazard identification, risk assessment and control processes, maintenance of plant and equipment, a register of accidents and injuries, hazardous substances, training records and personnel records.
7. Monitor, review and improve.

See the complete article at

<http://www.safetowork.com.au/news/tips-on-creating-a-safer-injury-free-work-place>.



Managing Safety Effectively

Organizations with excellent safety records can be surprised by incidents and serious injuries. A recent article in EHS Today recommends that to avoid being surprised by results, positive or negative, be sure you are paying attention to the indicators and managing performance, not results.

“Consider finding yourself in the middle of the ocean and you receive a message that you are halfway to your destination, yet you can see no visible navigation points. This is similar to our often-used lagging indicators. Your frequency rate does little to

prescribe the path to continuous improvement once you reach a certain point. . .

What is the goal of measurement, metrics, programs, observations, audits, etc.? It’s not to gather data, but to help focus and align individuals in a direction to achieve safety excellence at work and away. The true purpose of any form of effective measurement is to motivate people, create and reinforce clear expectations, direct both mandatory and discretionary effort and, most importantly, inspire people towards a goal!”

– EHS Today

New Online Resources: Hearing, Desk Stretches, Lab Safety, Silicosis

Reducing noise hazards for call and dispatch center workers. The National Institute for Occupational Safety (NIOSH) has developed recommendations for workers at call and dispatch centers, who may suffer health risks associated with high noise levels from their headsets. [Reducing Noise Hazards for Call and Dispatch Center Operators](#) provides a description of the exposure workers may experience, a summary of previous NIOSH health hazard evaluations, and other studies and recommendations.

Desk stretches: A “how-to” video collection. The Mayo Clinic has produced several videos that



demonstrate stretches for workers who sit at their desks much of the day. The [five brief videos](#) include stretches for the neck, forearm and upper body, as well as sitting and standing stretches.

New materials on lab safety. Federal OSHA has published [new educational](#) materials for laboratory managers on protecting their workers from exposure to chemical, biological and physical hazards.

NIOSH Blog: [Persistence of Silicosis](#). NIOSH examines the long history of knowledge about silicosis and its continuing prevalence, as well as regulatory action (and lack thereof).

Have You Checked Your Alarms Yet?



Now is the best time to check carbon monoxide and smoke alarms to make sure they are working properly. Is it time to replace yours? Recommended replacement time for carbon monoxide alarms is seven years and ten years for smoke alarms. Through our partnership with Kidde, we’re able to offer you and your employees **rock-bottom prices on two of the best units on the market.**

	Member	Nonmember
CO Alarm	\$34.95	\$38.95
Smoke Alarm	\$ 9.95	\$12.95

Together let’s help your employees make their homes safer, comply with state laws, and get the best alarms at the best price. For more on how to pass this along to your employees, contact Diane Hall at 605-361-7785/800-952-5539 or e-mail her at dhall@southdakotasafetycouncil.org.

OSHA Issues Guidance on Fall Protection Directive

Effective until March 15, 2012, federal OSHA has issued a [policy guidance](#) for enforcement of the new residential fall protection directive (Compliance Guidance for Residential Construction, STD 03-11-002) and for compliance assistance related to that directive. The guidance states that residential fall protection requests are to be the highest priority for Compliance Assistance Specialists (other than imminent danger situations). During inspections, employers who are still following the old directive will receive a penalty reduction of up to 10 percent. These employers will be allowed at least 30 days to correct fall protection violations identified under the new directive. During that time, no additional citations or repeat citations will be issued if these employers are not in compliance at the original site or another site – *unless* there is a case of a death, “catastrophe” or serious injury resulting from a fall during residential construction activities.

New Fact Sheets: Falls in Construction

Federal OSHA has published several new fact sheets focused on reducing falls in residential construction:

[Installing Roof Trusses](#),
[Installing Tile Roofs](#) and
[Roof Repair](#)

Revised: Small Business Guide for Respiratory Protection Standard

OSHA has revised its [Small Entity Compliance Guide for Respiratory Protection Standard](#) which provides small businesses with a comprehensive step-by-step guide to increase understanding of OSHA’s respiratory protection standard. Written in plain English instead of the traditional OSHA regulatory format, the guidance is intended to help program administrators, employers who need to develop a program, employees who may be required to wear respirators, and licensed medical professionals who must evaluate an employee’s ability to wear respirators, among others.



Study: Inspections Good for Safety and Bottom Line

A recent study from the Washington state Department of Labor & Industries found that safety inspections and consultations were good not just for a company’s workplace safety, but also its bottom line. The department’s research unit looked at a decade of inspection data and found significant reductions in claims and claim costs following a safety inspection or safety consultation, with the greatest impact when an inspection

resulted in at least one citation. In those cases, the research found a reduction in worker injury claims of as much as 20 percent over similar worksites that were not inspected. The study bears out what other researchers around the country have found. Read the executive summary at <http://www.lni.wa.gov/Safety/Research/OccHealth/DoshEval/DoshEffect19992008.asp>.

Upcoming Training

- November 30 [First Aid/CPR/AED Employee Training, Hands-on](#)
- December 5 [Defensive Driving Training](#)
- December 8 [Introduction to Occupational Health](#) Covers basic occupational health and industrial hygiene principles and concepts of health hazard recognition, evaluation and control
- December 9 [Introduction to Loss Control](#) Fundamentals of recognizing, evaluating and controlling situations that initiate unintentional and unplanned losses
- January 18 [Free Member Video Conference: Drug and Alcohol Recognition](#)

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.

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CO Poisoning Prevention Tips

Carbon monoxide is a tasteless, colorless, odorless gas that decreases the blood's ability to carry oxygen throughout the body. At lower levels, carbon monoxide can cause flu-like symptoms: headaches, dizziness, weakness and fatigue. At higher levels, or with prolonged exposure, it can cause confusion, disorientation, impaired vision and coordination, brain damage, coma and death. To reduce your risk:

- Install a UL-listed [CO alarm](#) within 10 feet of each bedroom.
- Have a trained professional inspect, clean and tune up your central heating system (furnaces, flues and chimneys) annually. Repair any leaks promptly. Place CO alarms at least 15 feet away from every fuel-burning appliance.
- Choose properly sized woodstoves that are certified to meet EPA emission standards. Make certain that doors on all woodstoves fit tightly.
- Be sure flues are open when fireplaces are in use.
- Never use a stove for heating. Above gas stoves, install and use an exhaust fan that is vented to outdoors.
- Do not use a grill, generator or camping stove inside your home, garage or near a window.
- Never leave a car, SUV, or motorcycle engine running inside a garage, even if the garage door is open.

[Learn more](#) about CO, alarms and ways to reduce risk.

Help Protect Your Employees this Holiday Season

Traffic crashes: An issue for *all* employers

Traffic crashes are a leading cause of hospitalization and emergency department treatment for working age adults in South Dakota, and *the* leading cause of work-related death. Even if your employees do not drive as part of their jobs, they are still at risk just driving to and from work each day. Use the proven power of the workplace to raise awareness and influence behavior – it's good for your employees and it's good for your business. Traffic crashes can result in absenteeism, lost productivity and administrative burdens. Even violations that don't cause injury can result in ticketing and court appearances that lead to worker distraction.

Join with statewide and national efforts

Link your efforts with upcoming enforcement campaigns; effective prevention programs require support from many segments of the community. We can help you with free resources and consultation.

*November 27 - December 11 and December 16 - January 2:
Holiday Season Impaired Driving Prevention*

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

**Help your employees refresh their skills!
Defensive Driving Training, December 5
South Dakota Safety Council Training Center, Sioux Falls**