

SAFETY / OSHA UPDATE

A Newsletter from High Safety Consulting Services, Ltd.

Information on Safety & Health in Your Workplace



April – 2003

CARDIAC SCIENCE CONTINUES TO GROW MARKET SHARE

As an EMT, I carefully selected the Automatic External Defibrillator unit that we offer to our customers. We are confident in our selection of the PowerHeart® and FirstSave® units by Cardiac Science as these units continue to grow market share. The simplicity, the maintenance aspects, and the patented technology place these units well above any others on the market. We'd love to show you why! If you don't have an AED in your facility – What are you waiting for? Cardiac arrest survival without immediate defibrillation is less than 5%. Cardiac arrest survival with immediate defibrillation exceeds 90%! It just makes good sense! OSHA, the American Heart Association, and just about everyone else recommends they be immediately available. Visit www.highaed.com for more information on these units, or call for a no-obligation demonstration.

NEW ASSOCIATES AT HIGH SAFETY

High Safety continues to grow! We have recently added Kevin Keith as our new Business Development Coordinator. Kevin has worked in medical sales and holds a BS in Exercise and Sports Science from PennState. In addition to performing ergonomic surveys, Kevin will assist customers in matching their needs to the services we provide. In addition, Barb Rutt has taken the position of Administrative Assistant. Barb will help keep us all organized! She is completing a BS degree in Management & Organizational Development.

AIR QUALITY CONTINUES TO RAISE CONCERN BY FACILITY MANAGERS

Employee complaints continue to be the number one reason why companies contract an indoor air quality (IAQ) investigation according to a recent study by FMI. This study also indicated that the preferred provider for indoor air quality investigations is a Certified Industrial Hygienist (CIH). Don't forget that an indoor air quality survey consists of more than just "mold testing". A true IAQ professional (CIH) should be evaluating signs and symptoms of the occupants, the possibility of fungal, bacterial, toxin, and allergen exposures. While all of these can cause serious health issues, there is also a psychological aspect involved in many of these situations as well. The "air" can become a topic of discussion throughout the office. This aspect of the indoor air quality problem can spread faster than mold spores! In the worst cases, mass psychogenic illness (MPI) can be brought on by a growing emotional concern coupled with some facility problems.

"I'm so glad they finally called someone in"; "It's about time someone tested this air"; "This place is so unhealthy" These are common comments by the staff as we go about conducting an air quality review. Often employee complaints continue without relief, until they reach emotional levels that require attention. High Safety assists organizations in three ways: 1) Conducting a technically sound indoor air quality investigation with highly qualified staff. 2) Developing remediation and control plans for correcting the sources of the IAQ problem, and 3) Assisting with the risk communication process to reduce the concern by staff regarding the situation.

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Here are some basic pointers in risk communication:

- 1) Communication from an outside expert in simple terms will have more credibility than someone internal to the organization;
- 2) Incomplete or inaccurate information will increase concern levels; 3) Differing opinions between experts will create more fear;
- 4) The better a hazard is understood; the more fear will be reduced.
- 5) Recognize the emotion involved with the individuals before confronting them with data. When emotion is involved, the emotional aspect must be dealt with, before any resolution can be sought.
- 6) Lay out a plan. People want to know what you are doing about it!
- 7) Put them in control of their own destiny. In as much as possible, allow the occupants to participate in the planning and decision making processes. Allow for alternate work scenarios. If working from home or working in another area is an option, make it available to employees. 8) Remember to communicate to all of the audiences involved with a properly constructed message.

SLIP RESISTANCE

If you are interested in Slip-Resistance, I have recently completed my thesis in this area. As part of my research, I constructed the world's fastest operating drag-sled tribometer. The result of all this effort (besides graduating) was that a 16 millisecond activation time was not able to overcome the results of sticktion. Sticktion results when a drag-sled testing device is placed onto a wet surface, resulting in artificially high readings when it is pulled across a surface to determine slip-resistance. I believe that sticktion may be a function of using drag-sled technology versus residence time. When testing wet surfaces the only acceptable methods are the use of the English XL or the Mark II tribometers.

LOCKOUT REMINDER

Note that OSHA requires companies to conduct annual lockout-tagout inspections of EACH written lockout-tagout procedure. These inspections must assure that the specific written procedure is followed. Re-training is required for those individuals not following the procedure. In addition, EACH authorized person must be monitored or included in a lockout review audit annually. This requirement assures that all the procedures are being followed and that all individuals involved are following the proper procedure. This task can be performed by an authorized employee not involved in the lockout and must be documented. This is a significant requirement as we find many companies struggling to keep their lockout procedures up-to-date, let alone performing these inspections. One good method for getting these inspections completed is to incorporate the inspection into the preventive maintenance system.

NEW OSHA STANDARDS ARE AVAILABLE

If you need a new OSHA general industry standard or construction standard we have them available. In fact, we have already exhausted our construction standards supply – more are on the way. The 1910 Standard book is only \$45 plus shipping and tax. Compare this to the GPO price of \$97. The 1926 (Construction) book is just \$28 plus shipping and tax. These are dated February, 2003...so they are completely up-to-date!

UPCOMING TRAINING PROGRAMS:

OSHA 10 Hour General Industry (Sept 29, 30) – At High Industries, Inc. Call us 717-293-4483 for information. On register on-line.

OSHA 30 Hour General Industry (Nov 3-7) – At High Industries, Inc. Call for information or register on-line.

How to Handle an Indoor Air Quality Problem – Facilities Show in Baltimore, MD. Free tickets available. May 6-7, 2003. Call us if you are interested in attending.

I have had several inquiries for the Advanced Safety Management Program. This program will be held on December 2, 3, 4 and 5. A complete agenda is available on our website.

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CONSTRUCTION SAFETY:

Falls continue to be construction's NUMBER ONE FATAL PROBLEM! This will continue until we adopt new rules that exclude "Safety Monitoring" and similar ridiculous ideas of fall protection. A fall of just 4.2 feet will fracture a skull! Recently OSHA cited two contractors for failing to protect workers from fall hazards. The agency issued citations, with proposed penalties totaling \$158,500, to Continental Painting, Waterproofing & Restoration, Inc., and one citation, with a proposed penalty of \$2,500, to Safway Steel Products, Inc.

Continental employees were replacing balconies and restoring the exterior stucco of two ten-story condominium buildings in Jensen Beach, when the fatal accident occurred. Safway Steel provided the scaffolding systems for the project. On Oct. 17, in preparation for the installation of balcony rails, a Continental employee was drilling holes in the new concrete floor of a balcony when he fell *seven stories* to the ground. He died later that day at a trauma center. Fall prevention could have made the difference. When planning to protect from falls use the APARA sequence HSCSL developed: 1) AVOID THE HAZARD IF POSSIBLE (Stay on the Ground!) 2) PREVENT THE FALL (Covers, guard rails) 3) ARREST THE FALL (Retractors, Fall Protection Harnesses), 4) REDUCE THE FALL (Catch Platforms, nets), and IF ALL ELSE FAILS: 5) AWARENESS OF THE HAZARD (Control Lines, Warning Lines, etc.). There are four other choices before you get to Number 5 – the LEAST effective way to prevent a fall - but the most commonly used in construction! – Go figure – falls account for 33% of the fatalities in construction.



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