

SAFETY / OSHA UPDATE

A Newsletter from High Safety Consulting Services, Ltd.

Information on Safety & Health in Your Workplace



APRIL, 2006

IT'S LATE AND WE'RE STILL HERE!

It has been a good long while since I've had time to sit down and write a Safety Update. We have been extremely busy! This is great for business, but bad for newsletters! We are in the process of trying to hire some additional staff to support our operation. It is 3 AM in the morning as I compose this issue -- I am conducting third shift training. It seems to me that many of the third shift workers exhibit more stress and fatigue (tiredness) than the 2nd and 1st shift folks. This got me thinking about the incident rates of third shift workers compared to 2nd or 1st shifts. Are 3rd shift workers more susceptible to injury because of their internal clocks have been reworked? I found few hard research articles that would definitively point to increased accident rates for this group. Some studies show problems, while others don't. There IS a general recognition that third shift work, can disrupt sleep patterns and that this could be one of many factors in accident causation. Information is available to show how sleep is affected including the amount and quality of sleep. The National Institute of Occupational Safety & Health (NIOSH) has a published [document](#) on shift-work that discusses the problem, shift rotation and related tips to reduce shift risks. Do you have an increased incident rate on third shift? In any case, I made it home without injury.

NIOSH also conducted a study in 2004 wherein they reviewed 52 studies which investigated overtime work schedule impacts. The conclusion: Extended hours appear to increase some health risks and can increase accident risk (no surprise there). Read the 49 page [publication](#) here.

CHROMIUM VI STANDARD

The new chromium standard is now in play. If you haven't already, you need to assess the impact of this regulation to your company's operation. Cr VI can cause lung cancer and this rule is estimated to reduce 40 to 145 lung cancer deaths per year. Cr VI is used in electroplating, glass and plastics, dyes and paints, anti-corrosive coatings and is often found in other metals. Stainless steel can contain Cr VI. It is unlikely that you have "chromium" sitting around in a drum. You will need to review your MSDSs and determine if you have any Cr VI compounds present. Search your MSDS's for chemicals with the words: chromate, dichromate, or chromic. If your employees are working with these materials you need to make an exposure determination. The action limit is 2.5 micrograms per cubic meter of air and the revised PEL is 5 ug/m³. This is higher than what OSHA had initially proposed. Full shift samples are required to make the exposure determination. Don't forget that Chromium III is also a health concern, but at a much higher exposure level. The levels for Cr-VI are 10 times lower (more dangerous) than the levels for lead and silica! Companies have until May 30, 2006 to comply with this [new standard](#) which applies to construction and general industry. If you need help complying or need air sampling conducted, call us.

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WATCH OUT FOR THESE OTHER EXPOSURES

It is estimated that there are ten times more occupational illness fatalities each year than occupational injuries. Many of these illnesses are not tracked because clear work causation is not always established and some of these deaths occur after an individual is no longer employed. The safety and health profession in general has not done enough to focus on the potential for occupational disease. This is because:

- 1) Injuries are more exciting – the blood, the guts, the gore
- 2) Individuals / companies are evaluated based on control of immediate problems (Accident rates)
- 3) Many occupational illnesses don't occur for ten to twenty years - So why worry about them today?
- 4) There are limited cost-impacts to a business as workers' compensation claims.
- 5) There is a general lack of knowledge about which chemicals can cause long-term problems.
- 6) It costs money to evaluate exposures.

Here are some exposures I am finding that are serious health concerns to workers:

Silica (Stone, Sand, Concrete Products, Filter materials); Isocyanates – HDI, MDI, TDI (paints – epoxy, foamed packing processes, insulating materials); Methylene Chloride (cleaners, chemical strippers, glues); Wood dusts (especially hardwood); There is a rather long list of chemicals that could create concerns, but these are some that I've run into recently. If you have any of these products and don't have clue as to the exposures, you should. Most of these have rather low exposure levels. Companies have an obligation to provide workers with a safe environment in which to perform their jobs. HSCSL offers a chemical review service, in which we evaluate the chemicals used in your facility and identify any substances which may create a potential heightened exposure concern or have regulatory requirements for employee use that must be met. Some substances (methylene chloride, lead, asbestos, cadmium, chromium VI, and others) may require regular air monitoring be performed and that comprehensive programs be in place.

NEW CPR / AED PROTOCOLS

Every five years the American Heart Association reviews available studies related to emergency cardiac care. This review results in changes in the way that cardiac patients are treated in a pre-hospital setting. The most recent round of changes released on December, 2005, will change how CPR is performed as well as how automatic external defibrillators (AED's) will operate. What does this mean to you? The American Heart Association and the American Red Cross have not yet issued new course materials in compliance with the new protocols. When these materials are developed and rolled-out to instructors, your company will have the opportunity to obtain updated training. The old CPR still works, so don't worry too much about having received the "old" CPR. Contact Barb Rutt in our office to schedule CPR / First Aid training.

Another change is how the AED delivers the shocks. None of the manufacturers have developed retro-fit programs or replacements yet for the new protocols. I can tell you that Cardiac Science will NOT be providing an upgrade for the FirstSave units. They will provide upgrades for the G-3 and the Powerheart Units. Philips units will also have upgrade options available. If you purchased an AED from us, you will receive notification as soon as it is available regarding the upgrade of your unit. If you are thinking about purchasing an AED, you may want to either wait until new units are available or assure that any new purchases can be upgraded when upgrades are available. If you have any questions about these upgrades, give us a call.

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What if the AED we have doesn't have an upgrade available? You are not required to obtain a new protocol AED. In fact, you are not required to have an AED (unless you are an ambulance or on an airline). The liability exposure would be if an "old" unit is used on a patient who does not recover and the survivors initiate suit based on the fact that the "old" protocol was the current "state of the art" for care. An "old" AED can still save a life. If you intend to keep an older version in operation, you may want to have this discussion with both your attorney and medical oversight contact to understand the implications and risks.

2006 OSHA STANDARDS ARE AVAILABLE

We've received the most current print of the OSHA 2006 standards for general industry. They are flying out the door. If you want a copy we still offer them at the same low price: \$ 45 – General Industry and \$28 – Construction. Order them on-line from our [website](#).

WHAT'S UP IN FALLING DOWN

In the world of slip-resistance, OSHA removed the provisions in the Steel Erection standard (Subpart R) requiring paints to be slip-resistant. This was the last chance we had to legally protect workers from fall. Steel workers can work at heights of up to 15 feet and in some cases 30 feet before fall protection is mandated. This is crazy! Now we have removed the requirements for the paint's slip-resistance. Triple-coat paint systems can be extremely slick and dangerous!

Recently, I've added the MARK II (ASTM 1677) testing equipment to our inventory of tools and equipment. This allows us to test with two of the most advanced methods in the realm of slip-resistance. Both of the most current standards (ASTM 1677 and ASTM 1679) will be closed up by ASTM as proprietary standards soon. The F-13 committee has balloted a generic standard which would cover these two testing methods in a non-proprietary standard. I suspect this will pass easily. I voted in the affirmative for this standard to protect the two devices that offer the best science we have in tribometry (English XL, Mark II). This would also open the market to new devices. (I might have an idea!)

UPCOMING PROGRAMS OFFERED BY HSCSL

MAY 22, 2006 – OSHA RECORDKEEPING. This class will cover in-detail how to complete the OSHA 300 Log and Summary. We will also look at tracking and reporting of accident rates. In nearly every OSHA compliance review I do, I find problems with the logs. This program is ideal for safety directors and local administrators that are tasked with tracking OSHA cases. Even if you think you are doing it right, you will learn something from this class. (1/2 day)

MAY 26, 2006 – CPR, FIRST AID & AED. This class meets OSHA's requirements for first aid training. American Heart Association Program. (Full Day)

JUNE 2, 2006 – OXYGEN ADMINISTRATION. This is a Red Cross program that provides a course completion card for the administration of emergency oxygen. (2 hrs)

JUNE 9, 2006 – BLOOD BORNE PATHOGENS. This class meets OSHA's requirement for blood borne pathogens, excepting specific policy review required by your site. (2 hrs)

**REGISTER FOR THESE AND OTHER PROGRAM ON OUR WEBSITE
WE DO CUSTOMIZED TRAINING AT YOUR SITE OR OURS**

NOTE: All of our prior newsletters are archived on our website under the "Contact Us" Tab



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