

SAFETY / OSHA UPDATE

A Newsletter from High Safety Consulting Services, Ltd.

Information on Safety & Health in Your Workplace



AS FAR AS THE EYE CAN SEA

This summer I had the opportunity to take a cruise for the first time. The first order of business was an emergency drill where we were all shuffled out onto the perimeter of the boat decks to our muster locations in over-sized floatation devices that were more like cervical immobilization devices. Even an owl wouldn't be able to look to the side without rotating his whole body! This process was hot and annoying, but being a committed safety professional, I understood the importance of such pre-planning.

Safety is sometimes like that – inconvenient. The best safety processes are easy and convenient...Unfortunately sometimes we are not smart enough or the cost-benefit isn't great enough to achieve convenience AND safety. The drill helped to assure that we knew how to wear the vests, where they were located and what areas we needed to go to in the event of an emergency. When is the last time you've tested your emergency plan to standardize the response you receive from your "crew"?

After an initiation period allowed me to get comfortable with new "sea legs" we were off to the open sea. It is amazing how really blue the ocean can be when separated from human contributions. We had the opportunity to taste several ports of call in the Caribbean. In this realm, the concept of Gilligan's Island started to seem more like an ideal opportunity rather than a disaster. Building a shelter, catching fish and living off the land without a computer, phone or electric...I could handle that! (If one leaves out the hurricane season). The food was great with anti-microbial wipes preceding every meal. The staff was attentive to frequent environmental surface cleaning. With the incidence of such public health risks on vessels, the efforts were appreciated.

It would be interesting to take a similar approach to the workplace. I suspect that there would be a reduction in workplace illnesses and improved productivity. Do your cleaning people effectively sanitize environmental surfaces? Sure the toilets get cleaned, but what about the handrails, door handles, elevator buttons, phones, vending machine controls, etc.? – Seems like a potential business opportunity for a cleaning company. Offer an environmental surface cleaning over and above standard cleaning during the cold and flu season. If this could be matched with a demonstrated reduction in illness incidence, it would be a slam dunk! (I want 10% if anyone does this!).

Two other staff members sought out bears (cold polar and warm grizzly) on their summer breaks! Makes one wonder if safety folk need to get their requisite dose of risk all at once -- to make up for the risk-avoidance during the rest of the year! I hope you are enjoying your summer and finding time to take a break. If the gas prices are slowing you down, consider a trip to Washington, DC. Most of the museums are free and offer a wonderful experience and education.

CLEANER AIR IN PA

Every year in the U.S. over 438,000 people die from tobacco-caused disease, making it the leading cause of preventable death. By comparison only 1/10th of this number die from motor vehicle accidents (the number one cause of accidental death) each year. My father-in-law and mother-in-law both died at relatively young ages (58

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and 63) from smoking-related diseases. When my son is in the presence of smoke -- his asthma starts up and we have to be concerned about a severe reaction. As of September 11, 2008, PA will have new regulations that go into effect which address smoking in public places and workplaces. For the most part, smoking will no longer be permitted in the workplace and most eating establishments, unless the areas are separate, isolated, sell a limited amount of food, have separate ventilation systems and entrance ways wherein they can be determined to be "drinking establishments". In addition, "No Smoking" signs are required to be posted using the international symbol and "Smoking Permitted" signs are required where such activity is permitted by the owner and under the law. For most workplaces, you will need to add some "no smoking" signage. No longer will we need to say to the hostess: "Non-smoking AND as far away from smoking as possible". It was laughable that smoking sections were right beside non-smoking sections with virtually no barrier between the two! We added a provision in our training contracts that smoking is not permitted during our on-site programs for the health and well-being of our instructors. The number one cause of lung cancer is smoking...and why my mother-in-law never met many of her grandchildren.

TRAINING OPPORTUNITIES

Below are upcoming programs that we are offering. I would like to highlight again two programs of importance for anyone who is interested in expanding his / her knowledge in safety. Our OSHA 30 hour courses in construction and general industry will provide attendees with a good understanding of the workings of OSHA and the requirements which apply to these specific workplaces.

These programs are a must for safety managers, coordinators or administrators. New graduates in safety can benefit from the detailed understanding of regulatory compliance that these programs offer. Plant managers, HR managers, Safety Committee members and Supervisors must understand the basics of safety compliance to have an effective safety and health program.

In the past, participants often comment, "I wish the people in the office had this course". If you manage people you have an obligation to assure that OSHA compliance and their safety is addressed. Too many business curriculums (mine included) never address the requirements for safety management. Business schools teach quality and productivity management methods...but most completely omit SAFETY-HEALTH-ENVIRONMENT. – The third part of the triad – which can make or break a business. Ben Franklin said, "A penny saved is a penny earned". Peter Drucker, a famous management consultant stole this concept and rephrased it to: "The first duty of business is to survive and the guiding principle of business economics is not the maximization of profit but the avoidance of loss." If you are a manager missing this important leg of a complete business education, consider these programs to expand and bolster your effectiveness as a "complete" manager.

American Heart Association CPR & First Aid

August 7, 2008: This program meets OSHA requirements for having a first-aid trained person at every workplace (29 CFR 1910.151). This program covers adult CPR, AEDs and the basics of what to do in a medical emergency. Course cards are good for 2 years. Wear comfortable clothing – we will be working on the floor! [Click here to register online](#) or call us toll-free at (877) 285-1129.

Noise: Measurement, Controls and Programs

August 26, 2008: This program will discuss effects of noise and how to evaluate and measure sound levels. We will review the requirements for compliance of a hearing conservation program and how to evaluate audiograms. Participants will learn about workers' compensation implications from hearing loss, as well as OSHA recordability issues. Many hearing conservation programs are not meeting the requirements of the OSHA rules. If you are in construction, OSHA still requires (although indirectly) that companies maintain an effective hearing conservation program. OSHA has this issue on their regulatory agenda for future review. Why not get ahead of the game? If you are protecting to the OSHA standards, it may not be enough to prevent some workers from suffering hearing loss. This program will also cover control methods for over-exposures to noise. [Click here to register online](#) or call us toll-free at (877) 285-1129 for this information-packed program.

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OSHA 30-hour General Industry Course

September 22-25, 2008: This class is our most in-depth OSHA industry education program. The program provides attendees a comprehensive education on the OSHA rules and requirements that apply to fixed workplaces. Topics such as bloodborne disease, machine guarding, safety program management, handling OSHA inspections, OSHA records and MANY other topics are covered in this program. [Click here to register online](#) or call us toll-free at (877) 285-1129.

OSHA 30-Hour Construction Course

October 7, 14, 28 & 30, 2008: This class is our most in-depth OSHA construction education program. The program provides attendees a comprehensive education on the OSHA rules and requirements that apply to construction work. This program is ideal for safety coordinators, project managers, site supervisors and safety committee members. This program will be held at the ABC facility in Manheim, PA. [Click here to register online](#) or call us toll-free at (877) 285-1129.

OSHA 30-Hour INSTRUCTOR'S UPDATE Course for Construction (OSHA 502)

October 22, 23, & 24, 2008. Authorized-OSHA instructors must update their authorization to instruct every four years. This program is offered via the Mid-Atlantic OTI Education Center. It is the only program that will be conducted in the Lancaster, PA area. High Safety Consulting Services Ltd. will be the provider for this update class. Check your card to see if you are due for an update! Registration is available on-line at: <http://www.oshamidatlantic.org/Courses/Locations/Default.aspx>

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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