

SAFETY / OSHA UPDATE

A Newsletter from High Safety Consulting Services, Ltd.

Information on Safety & Health in Your Workplace



IT'S ABOUT TIME!

Yes it is....Our newsletter comes out when I have time to write! This means I have a big enough break in my project backlog to be able to put one together! We have been moving forward and after a record year in sales, we continue to seek opportunities to grow and I hope to share more information about this in a future update.

BE STILL MY BEATING HEART

Where did this saying come from? Isn't this called cardiac arrest! Cardiac arrest is the most common cause of death for those 45 years of age and older. We saw the recent loss of a famous news personality Tim Russet who collapsed at work at age 58. The news reports indicated that resuscitation efforts at a local hospital failed. Will you lose a valuable co-worker if this happens at your workplace? The answer may be "YES", if you haven't heart-proofed your workplace yet. Calling 911 and expecting someone to survive a heart attack is wishful thinking at best. If heart fibrillation occurs, there is a greater probability of death than not...unless your workplace has an AED, individuals trained to use it AND a procedure in place to respond.

HIGH MAINTENANCE

My wife recently purchased a key chain with this little saying, playing off our family name. (It's quite accurate). Maintenance is a cornerstone to an effective safety and health program. Maintenance is also needed for your AED program. Has your emergency response team PRACTICED responding? Do they know WHAT to DO in an emergency? Does your AED have a current BATTERY and unexpired PADS? I often find companies invest in an AED, but then let the battery run out or the pads expire. I sure hope I'm not on the other end of the pads when the machine grinds to a halt or fails to attempt a shock because the pads are dried out! You have to maintain these things people! If you purchased from us, we track the expiration dates for these items and will let you know when they are due for replacement.

JUST PUSH IT!

The American Heart has released guidelines on compression-only CPR. In other words, CPR can still be effective without delivering rescue breaths. The purpose of compression-only CPR is to encourage would-be rescuers to take action when they might otherwise be reluctant due to concerns regarding disease transmission. While properly performed CPR WITH rescue breaths is still preferred, research has demonstrated that compression-only CPR is still very helpful to someone in cardiac arrest.

HOUSEKEEPING AT HIGH YIELDS A DEAL

Recently our company held a Round-TU-IT day. This is when we get "around to it". We tackled our supply closet. As a result we have a few items we'd like to offer our customers so that we can create some more storage room! The first is a Cardiac Science AED unit. This unit lists for \$2400. I only have one, so the first qualified buyer will be eligible to obtain it. This unit is updated with the very latest software for the AED protocols established by the

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American Heart Association. We are including the unit, a set of pads and an emergency response bag (valued at \$95) for just \$985, more than 50% off the list price! This is a one-time offer and limited to the unit we currently have in stock. If you are interested in this, call soon. Barb will be happy to provide a demonstration and answer any questions you have on AED units. We distribute Cardiac Science and Philips models as well as provide CPR / AED and First Aid training.

Additionally we have the most recent CONSTRUCTION STANDARDS available (date Jan, 2008). Many of our construction customers purchase these for their field personnel. The standard pricing for these texts is \$39.95 plus shipping charges. Our price is \$35.00 plus shipping. For a limited time, we will offer these at the following pricing:

1- 5 standards \$32 ea
6- 10 standards \$30 ea
11-20 standards \$25 ea
>20 standards \$21 ea

Prices exclude applicable taxes and shipping. Prices are valid between June 22, 2008 to July 20, 2008. Call to obtain this pricing. Limited to inventoried quantity and only valid between the specified dates.

CRANE SAFETY ISSUES

The news media descended onto the tower cranes in New York City as a result of collapses that occurred. This has brought renewed interest in crane safety on many fronts. The New York crane tragedies involved many factors. The OSHA regulations are clearly out-of-date for crane safety aspects based on today's worksites and expectations for safety. Crane operators are not required to be certified in any specific manner under OSHA. The OSHA rules focus mainly on the equipment requirements, failing to recognize the most important risk factor – the operator! Several states and cities recognizing the serious gap in operator education have enacted requirements that specify operators must complete CCO classes (Certified Crane Operator). These programs are typically multiple day programs that include a combination of hands-on and intense class room education. OSHA is in the process of updating the crane standard and the recent events might put more pressure on the agency to move faster on this rule. Pennsylvania has considered licensing crane operators and these bills are still floating between the house and senate. It is interesting to note that the failures in New York probably had little to do with the qualification of the crane operator. In one case the crane was being moved (jacked) and in another a failure in the rotating super-structure occurred. Licensing the operators (which IS required in NY) would have little impact on preventing these mishaps.

The operations in New York involved tower cranes. OSHA has five short sentences in their regulations addressing tower cranes. The last, perhaps is the most important: "...cranes in use shall meet the applicable requirements for design, construction, installation, testing, maintenance, inspection and operation as prescribed by the manufacturer..."

Crane operators need to COMPLETELY understand the operating instructions, load charts, range charts and other tabulated data provided by manufacturers and follow it! Some companies own cranes and don't have a current operator's manual available for the equipment.

Once we have operators on-board and trained, we need to focus on the site crew that is rigging up equipment. They need to be able to determine load weights, select proper rigging, inspect rigging and properly rig a load. Guessing load weights, using rigging that is damaged, or rigging without understanding the principles and hazards involved is a recipe for disaster. The operator and the ground crew must work hand-in-hand and both need to have an understanding of the risks and hazards involved for successful lifts. If folks who are throwing slings on a hook, lack this education....my best advice is to stand back! As load sizes increase and larger pieces of equipment are used, the complexity of the operation often also increases as does the risk level associated with a failure.

The New York operation involved critical lifts which are defined as lifts approaching the capacity of the crane, lifts that involve hazardous locations or lifts that could result in loss of irreplaceable objects. (Not sure about you, but I like to think I am irreplaceable!).

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HORRAY FOR CHRIS!

Chris Bittner of our group recently tested for and passed the CHST exam. The Construction Health and Safety Technician[®] exam is sponsored by the Board of Certified Safety Professionals and requires that individuals have specific experience in construction, safety education and successfully complete the 200 question examination. Currently only 39 individuals hold this certification in Pennsylvania and just over 1050 hold the certification in the US. Chris is currently working at the Sands Casino project in Bethlehem, PA where he is monitoring construction safety for a contractor on this project.

CHROMIUM VI

I discussed this several times before in our newsletters, but it is worth mentioning again. Cr(VI) compounds are widely used in the chemical industry in pigments, metal plating, and chemical synthesis as ingredients and catalysts. Chromates are used as high quality pigments for textile dyes, paints, inks, glass, and plastics. Cr(VI) can be produced during welding operations even if the chromium was originally present in another valence state.

There are about thirty major industries and processes where Cr(VI) is used. These include producers of chromates and related chemicals from chromite ore, electroplating, welding, painting, chromate pigment production and use, steel mills, and iron and steel foundries.

We have been asked by several firms to conduct Hexavalent Chromium monitoring as a result of receiving an OSHA citation for failure to perform an exposure assessment. OSHA is out and citing this in our area. Even if you only "occasionally" weld on stainless steel materials, OSHA is citing for failure to conduct an exposure assessment. Chrome VI is a known human carcinogen and has an exposure level of 5 ug/m³. That's 10 times lower than the limit for lead exposure. With such an extremely low allowable exposure level, it is appropriate and required to determine if your workforce is being over-exposed.

OSHA 10-hour General Industry Course

July 29 & 30, 2008: This program provides the attendee with an understanding of most important OSHA requirements in industry applications. Topics such as walking surfaces, machine guarding, confined spaces, lockout-tagout, hazardous materials and many others are addressed. [Click here to register online](#) or call us toll-free at (877) 285-1129.

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. We will also cover control methods for over-exposures to noise. [Click here to register online](#) or call us toll-free at (877) 285-1129.

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

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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.

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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