

SAFETY / OSHA UPDATE

A Newsletter from High Safety Consulting Services, Ltd.

Information on Safety & Health in Your Workplace



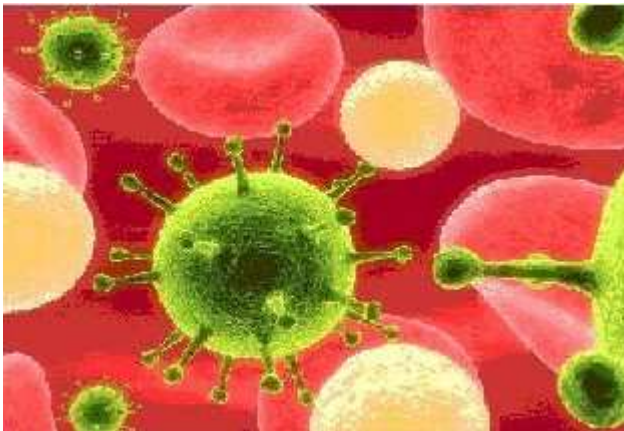
HIGH SAFETY EXPANDS OPERATIONS

We are pleased to announce that we have joined forces with Hofman Safety and Industrial Hygiene Consulting, Inc. located in Lebanon, PA. The combined resources will provide more expertise in diverse areas of Safety and Health and provide a greater geographical reach. The two locations in Lancaster and Lebanon will continue to specialize in safety training, emergency response, OSHA compliance, indoor air quality investigations, chemical exposure assessments, noise exposure control, ergonomics and safety management systems.

Bridget Hofman, MS will take the position of Regional Manager of Safety and Health Services for High Safety in Lebanon. Bridget has over 25 years of Safety, Health and Environmental compliance experience. Prior to starting the consulting firm with her husband in 1991, she was the Director of the Hazardous Sites Clean-up Program for the PA DEP where she supervised a staff of 30 technical experts. She has also held positions with the US EPA dealing with RCRA waste requirements in PA. She also has experience in working with the DOD and NRC. She holds an environmental sciences degree from Wilkes University and an MS in Industrial Hygiene & Environmental Health from Temple.

In addition, Dick Hofman CSP, CIH, CPEA will assist the group on a part-time basis in training and specialized project activities. Joe Vangeli, a safety and health consultant with the Lebanon office has extensive experience in medical research and technical instruction. Joe is an excellent trainer and technical consultant in a wide range of subjects. Sue Smith helps the Lebanon office with administrative support. As part of the acquisition and plans for continued growth, Mr. Christopher Miller will join the Lebanon office as Safety and Health Consultant, focusing on emergency response training and consulting. Mr. Miller is currently the Deputy Fire Commissioner with the City of Lebanon, Bureau of Fire and specializes in code enforcement. He will begin his position with High Safety Consulting Services on September 22.

A VISION OF DISEASE PREVENTION



I am reading a book on the historical perspective of various diseases that have plagued the human race. I am also reading (more casually) a book on the Darwin Awards. -- Yes, the book about really stupid things people do to help keep the gene pool strong. After reading about the plague or "black death" in Disease wherein as many as 100 million people died from flea-borne bacterial infestations which were spread by rats in the mid-14th century, I found a reference to the same topic in the Darwin book. During the black plague some individuals were spared while their family members and neighbors were affected. It turns out that those who were not affected had a specific genetic mutation that prevented the bacterium from causing infection. This same genetic mutation is the same one that today

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determines if individuals infected with HIV are likely to develop AIDS and the speed of this progression. All interesting, but perhaps a difficult ethical discussion on the role disease has in long-term genetic modification! – I'm not going there! – In any case, we need to recognize that there are many factors in determining the incidence of disease in humans. When environmental factors are involved in disease causation, there are also likely genetic factors that may determine if an individual will in fact become sick from an exposure. As the American Conference of Governmental Industrial Hygienists (ACGIH) states in the Threshold Limit Values (TLV): "These are *not* fine lines between safe and dangerous concentrations and should not be used by anyone untrained in the discipline of industrial hygiene." This means that some individuals may be affected at levels below the TLV and others will not be affected at levels above the TLV.

I have run across workers who have worked with specific chemical substances "all their lives" and "never had a problem". This is akin to the 98 year-old grandmother who smokes like a chimney and is healthy as a horse. Nothing has happened...yet...and others with less exposure may have had serious health impacts. While medicine does understand some of the genetic factors which can increase the risk for disease processes, we are far from having a complete ability to assess individual susceptibility to disease processes caused by environmental exposures.

But consider what will be possible...visioning helps us see a future, and it is important for growth and expansion both personally and organizationally. This year our team worked on our mission and vision for our future. Our mission was based on core values that we believe were important to us as a group and our vision is based on what I want High Safety to become. Have you "visioned" your organization's safety and health performance? Where will you be? Where are you going? Where will occupational health go in the future?

Perhaps someday safety and health professionals will be assessing exposure risks against genetic codes to determine individualized exposure limits. In this vision we will have real-time personal gas chromatographs which can be worn by workers. These will be up-loaded with the individual's genetic susceptibility and provide warnings of exposures which reach levels that are presenting a disease risk. Or more likely, internal "bots" operating inside our body systems in sub-micron packages will monitor chemical uptake and biological processes. They will allow for real-time monitoring of an individual's health status. Early impacts will be detected and reported. For now we must rely on traditional sampling, laboratory analyses and in some cases medical monitoring using biological exposure indices as tools to prevent occupational illness.

A SICK OPINION

I believe strongly that most American businesses are not addressing the exposure issues of workforces with an appropriate level of commitment of concern for worker health. This is driven by several factors. 1) Most businesses (business people) don't have a real appreciation for the chemical or biological hazards that may be present in their operations. 2) Often exposures are not recognized because the effects of the exposures are not seen until years following the activity. 3) A clear cause-effect connection is not made between occupational exposures and disease processes. This can occur because physicians don't have a clear understanding of the chemical exposures present in prior work exposures, the levels to which individuals were exposed and lack an understanding (in some cases) of the exposure-disease connection. Further, unless a disease process is uniquely associated with an environmental agent (e.g.; mesothelioma and asbestos), it is difficult to point to an exposure as a sole causative agent. Although in some cases this may be possible.

The final component which is perhaps the most significant is that the economics for addressing these exposures is not favorable to business and so often times it doesn't get done. Very few workers' compensation claims are filed for illness case events because they aren't associated with work or because they occur later in life when an individual is no longer employed or covered by workers' compensation. It is not inexpensive to assess chemical exposures in a workplace. So in a cost-risk analysis a business manager might trade a future unknown risk for a known savings by not assessing an exposure.

I run into folks who state "well we had an air test done". This is often times where their understanding stops. An "air test" is certainly a broad statement. We see this often in the emergency services arena wherein a fire department is using a confined space meter to declare the "air is safe". In reality thermal decomposition products that may be present are completely unaccounted for in this assessment. An "air test" should be specific to chemical or a hazard being assessed. One can sample for welding fume (in general) and demonstrate that the air

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is “safe”. But testing for specific metal components might reveal that exposures to copper or chromium exceed recognized limits. It is similar to stating, I’m healthy “I had a blood test”. If the test was for diabetes you may know you don’t have hyperglycemia, but this test did nothing to assess your white blood cell count, cholesterol levels or even your blood lead level.

It is not sensible to test for everything in our blood or in the air. But there are certain things that we know can be very bad for human health and that have very low exposure limits. Operations that use these materials are ethically and in some cases legally obligated to assess and control the exposures of these substances. Most managers would probably believe, we don’t use any of those very nasty chemicals...but in reality we find these types of substances being used in schools and in workplaces everywhere. Unless your organization has made a concerted effort to manage what you are using, I can assure you that somewhere in the organization there are likely chemical exposures which may be of notable concern. Companies need a reasoned approach to determining what should be assessed. In the long run, these types of cases have the potential to present huge liabilities if they are not properly managed.

WHAT ARE YOU DOING?

As I noted above, we tried to more fully define not only our vision, but our mission as a group. “Our mission is to deliver premier safety, health and environmental consulting services and products. High Safety is a team composed of responsive, customer-focused professionals committed to managing risk by developing individualized and innovative solutions. We provide high-quality, high-value results with a business perspective to meet and often exceed our customer’s expectations.” Your organization probably has an overall mission. How about the safety group? What is your mission?

IT’S ALL IN THE FAMILY

I am also pleased to share with you that High Transit LLC, an affiliate of High Industries Inc., recently received two transportation safety awards for outstanding achievement in highway safety, presented by the Pennsylvania Motor Truck Association. High Transit received second place in the overall category and first place in the heavy hauler category. High Transit completes approximately 2,400 trips per year, approximately 950 of which are super loads (oversize and overweight) requiring exceptional levels of driving skill and vigilant application of safety procedures. High Transit’s workforce has traveled more than one million miles since 2007 with no DOT-recordable accidents. High’s drivers average 10 to 30+ years of experience. When hired, drivers participate in a two-year training program before progressing to a driver status that designates them as qualified for transporting super loads.

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.

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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>

Fall Protection & Scaffold Users' Class

November 4, 2008: This program will focus on user training for fall protection and scaffold use. Individuals who use fall protection or scaffolds are required to be trained in the use of such equipment under OSHA rule. This program will address maintenance and construction applications. 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.

Winning Over Employees who Don't Take Safety Seriously

November 5, 2008: It is probably one of the toughest jobs in the company! -- Convincing workers to work safely! -- Project managers, safety managers and site supervision have all faced this challenge. This session will explore what approaches can be used to "get through to these individuals". At the core we are challenging individuals' belief systems and perceptions of risk -- aspects that may be nearly impossible to change. Yet organizations have been successful in creating positive safety cultures and reigning in these "cowboy" renegade workers who get thrill by working without fall protection or playing with energized conductors. We will explore why people do what they do and more importantly how we can get them to CHANGE behavior. Changing behavior is the basis for improving safety performance in any organization. Behavior change comes as a result of cultural change. This program will provide an overview of approaches various ABC members have used to win over employees from the "dark side" This is a brief safety forum presented at ABC at 7:30 AM. Call us toll-free at (877) 285-1129 for more information.

OSHA 10-hour Construction Course

November 10 & 11, 2008: This program provides the attendee with an understanding of the most important OSHA requirements in construction. Topics such as scaffolding, fall protection, hazardous materials, electrical hazards and many others are addressed. This course will be held at the ABC facility in Manheim, PA. [Click here to register online](#) or call us toll-free at (877) 285-1129.

Rough Terrain Forklift Operators Course

November 11, 2008: Operators of forklifts must be trained in their use in accordance with the OSHA rule. This program addresses the classroom portion of the required training. The operator's company will provide hands-on training and observation documentation to complete the training requirements. Certification forms and certification cards are available for operators that successfully complete all requirements for certification. This program will be held at the ABC building. [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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