

SAFETY / OSHA UPDATE

A Newsletter from High Safety Consulting Services, Ltd.

Information on Safety & Health in Your Workplace



AUGUST, 2006

THE ROCKETS' RED GLARE

-- I started this newsletter on July 6th – Then I got busy! --

I hope that you had an enjoyable Independence Day. Each year our family has attended the Lititz, Pennsylvania celebration which was established in the early 1800's in the Lititz Springs Park. If you are from our region and have never attended this event you should try it! If you are out of the area, [Lititz](#) is a great town to visit during this time of year. It was a wonderful event as usual but the skies opened up and just as the fireworks started and drenched the crowd. I quickly grabbed four fold-up chairs and our other belongings and began the trek back to our car. The rain was so heavy that I couldn't see clearly and nearly fell on the steps leading out of the park. We were soaked through to the bone (or at least our undergarments). In the early park celebrations, the Moravian conservatism of the area did not approve of firework celebrations. Eventually a candle lighting ceremony was accepted which now includes the lighting of 1000's of candles in the park! So after 189 years the celebration remains.

Here comes the safety hat....When was the last time you lit a candle and celebrated the success of your safety performance? It is important for companies to take a time to reflect, recognize and celebrate accomplishments in safety. These celebrations will not create performance success alone, but they do help reinforce the value an organization places on safe performance. Recognitions can occur at the company level through participation in various safety awards contests. Third-party recognition of performance can help validate a company's achievements. Consider: In Pennsylvania Only: [Governor's Award for Safety Excellence](#), [OSHA's VPP or Merit Programs](#), [National Safety Council Awards](#). Many trade organizations, like the [Associated Builders and Contractors](#) also have award programs for members.

Celebrations should recognize achievements of the past, while focusing on the future. Some companies have a "safety day" in which staff personnel participate in various workshops, contests and good interactions. Some companies recognize group performance with recognition items or free lunches. Recognition can be a tricky process. Companies need to be careful not to recognize individuals or groups solely for accident avoidance, as often this becomes injury-reporting avoidance. Properly designed recognitions can help support a safety program, just as a 4th of July celebration can help support patriotism. Safety excellence is not about celebrations and encouragements alone -- It is about good management systems with a good dose of technical expertise to assure that the management systems are supporting the right initiatives. We can help your organization develop a safety awards program, develop recognition systems or organize a "safety day".

In the dark without a lit candle, how does one know if he/she is on the right path? – Or what wet, slippery steps might lie ahead? Lead the way with light...Show the steps with knowledge. (It also helps if you don't carry four fold-up chairs at once too).

HIGH SAFETY CONSULTING SERVICES, LTD.

1853 WILLIAM PENN WAY ☐ P.O. BOX 10008 ☐ LANCASTER, PA 17605-0008 ☐ 1-877-285-1129

NEW FACE IN THE PLACE

I'm happy to announce that High Safety is expanding with the addition of a new staff member, Dominick DiMichael, MS, CIH, ARM. Dominick has over 20 years of experience in Industrial Hygiene and Indoor Air Quality. He is a Certified Industrial Hygienist and holds a MS degree in Environmental Health, with an undergraduate degree in Safety & Hygiene Management. Dominick will be working with Lisa Krug and other staff members to support our customers in resolving their air quality and chemical exposure concerns. Prior to joining HSCSL, Dominick worked in a similar capacity for another consulting firm focusing on microbial contaminations in indoor environments. Dominick is also licensed as an Asbestos Inspector in the state of Pennsylvania and has many years of experience in dealing with asbestos exposure issues as well. If you have chemical and biological exposure concerns in your workplace, our staff members can assist! By the way, if you have mandatory respirator use in any area of your facility, you must have an assessment of chemical exposure levels in accordance with OSHA's rules. If you have mandatory respirator use, you must also do annual training and fit-testing for all users.

PUMP UP THE VOLUME

High Safety Consulting Services' instructors have just completed the American Heart Association Instructor updates for the new and improved CPR skills. There are some significant changes in the way CPR is performed and taught. There are also some changes in the AED protocols that are important as well. Most significant is that compression counts have moved from 15 to 30! So CPR will be a bit more demanding than before. The emphasis of the training will be on effective, strong, deep compressions (1.5 to 2 inches as before) on the chest with a reduced emphasis on airway management. This is a 180-degree turn for most of us, who have been trained that airway is the number one priority! As instructors we are now required to more closely monitor students' compressions and skill test them (without prompts). Ventilations are less important than perfusion of blood which has been found as often inadequate. Internal vascular pressure takes some time to build-up and the 15 compression cycle was not adequately building this pressure, while the "breaths" then reduced the pressure. The new technique is expected to help improve the amount of blood flow to critical organs.

In addition, AED's will now deliver a single shock followed by CPR. The previous protocol, included up to three shocks prior to CPR initiation. It is now believed that blood perfusion is more important and helpful than additional shocks which delay perfusion. With the advent of AED's, the new research helps to understand how CPR and AEDs can be used together to provide the most effective response and recovery.

HSCSL provides updated CPR / First Aid and AED training. We are also authorized distributors of Cardiac Science and Philips Medical AEDs. If you have purchased a Philips AED from us, you should have received notification from Philips directly regarding upgrading of the unit to match the new protocols. If you purchased a Cardiac Science unit from us, they plan to roll-out an upgrade option later this year. If you have a Cardiac Science First-Save Model, these will NOT be upgraded. We had three of these units in stock, which we are now using as paperweights! If you would like to use the new protocols (recommended) and have this model, you will need to replace your unit. While there is no secondary market available for these devices, we will consider a limited trade-in value for your unit (purchased from us) against an upgraded unit. The old units still work, but will not be as effective, per the new protocols. Smart AED manufacturers will assure that new units are completely programmable to avoid future obsolescence, as this change has affected many producers. If you need an AED or training, call Barb Rutt at 717-209-4045.

HOME MOLD CLEAN-UP

As a result of success selling selected microbial products on our web-site (Sporcidin, Foster's) and fielding questions by home owners that have had their homes tested by home inspectors whom provide a list of mold species with no direction as to what to do about it...we decided to create a home mold clean-up kit which is available on our website. Many small fungal messes can be cleaned up easily. As a general rule, if the affected area is less than 10 square-feet, it is acceptable for a property-owner to clean the area. Cleaning often involves removal and disposal of affected areas, use of HEPA vacuums and disinfectants. Most importantly controlling moisture is critical to preventing re-growth. Infants, elderly and those who may be immuno-compromised or have allergenic responses to mold are most at risk and should not be in areas where cleaning is occurring. In these

HIGH SAFETY CONSULTING SERVICES, LTD.

1853 WILLIAM PENN WAY ☐ P.O. BOX 10008 ☐ LANCASTER, PA 17605-0008 ☐ 1-877-285-1129

cases, professional remediation may be a better choice to avoid the potential for wider contamination. If a little mold is getting you down, [check out our home mold clean-up kit](#). If you need professional assistance, call Lisa or Dominick.

DWANG IT'S HOT!

Okay so you think 100°F is bad? In the middle of July, I decided to vacation in Phoenix, Arizona. Maybe not the best idea in the world! I have a photograph of the "outside thermometer" reading 130F! Okay, yes it was in the sun....so the real air temp was closer to a cool 118-120 degrees. I know what you're saying – "but it's a dry heat". I can tell you that at 120F, it really don't matter how dry it is! – IT'S DWANG HOT! Now try sitting on a vinyl car seat in that weather! – Did you hear about the \$2 million payout to the woman who spilled hot coffee from McDonald's on her legs? - Her coffee temp. was only 120F! Try 130F! -- I'm just not sure who to sue! – Oh that's right, we can sue the van manufacturer, the rental car company, the hotel, the tourist bureau, the airline that flew us there, the governor, the weatherman, expedia.com, the chemical company that made the vinyl, the car dealer, the window glass manufacturer, the parking lot attendant and the city of Phoenix, the state of Arizona and the US government. I'm sure I left someone out, but our attorney will figure out who it is! What do you do when it's this hot besides sweat? Remember, heat acclimation takes at least 3 days and up to 2 weeks. ACGIH has guidelines on acclimation to heat. Replace the electrolytes with sports drinks and drink water! Salt tablets are very yesterday, in case you are working in a closet with no windows! Give workers opportunities to get out of the heat. More breaks may be needed. If you follow the guidelines with ACGIH's Wet-Bulb-Globe-Temperature (WBGT), in some scenarios workers should only be working for 25% of the day with 75% of the time spent in breaks. This always gets a good laugh by both workers and management!

Recognize Heat Stroke – Red flushed skin, increase in body temperatures, reduced or slowed sweating, dizziness, fainting, nausea. This is a life and death medical emergency! Cool the person down quickly with cool water, ice packs under the arms and between the legs. Call 911. Heat Exhaustion is not as critical and usually presents with pale to normal skin and normal body temperatures. Sweating is present. Have this person "take it easy". Provide a cool drink if conscious and move them out of the heat. Call 911 if confused, fainting or if they don't recover quickly.

OTHER UPCOMMING PROGRAMS OFFERED BY HSCSL

OSHA 10 and 30 Hour classes for General Industry. The OSHA 10 and 30 hour classes for construction are now often required education for site personnel on construction projects as specified in contract documents. These programs are the General Industry version of these popular programs. If you are new to the safety and health field, if you want to brush up on the OSHA rules, or if you are responsible as a manager or supervisor to assure safety in your work-group this is for you. Eighteen years ago I took my first OSHA 30 hour class at the OSHA training institute in Chicago. At the time, I was in the safety field for two years...I was disappointed that I hadn't taken this program on day one! It was very helpful to my education at the time. I have been instructing these classes since 1989...I estimate that I've trained over 2400 individuals in these programs alone!

OSHA Roundtable The Pennsylvania Chamber is offering an OSHA roundtable discussion on September 14th in Grantville, PA. Steve High will be presenting information on Walking-Working Surface Safety, OSHA will provide an update of activities and the OSHA Recordkeeping requirements will be reviewed. The program runs from 8:30 to 12 Noon. Sign-up at: www.pachamber.org

To see our complete list of courses offered at our facility see our website.

**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



HIGH SAFETY CONSULTING SERVICES, LTD.

1853 WILLIAM PENN WAY ☐ P.O. BOX 10008 ☐ LANCASTER, PA 17605-0008 ☐ 1-877-285-1129