MSSC

Montana Safety Services Council

"Let us strengthen your safety culture"

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Reduce Risk with the Montana Safety Services Risk Management Library included in your membership.

The Risk Management Library provides instant access to 2,000 risk management and safety resources for your organization. The documents are available in both English and Spanish, and are available in both Word and PowerPoint formats. The Library includes policies, procedures, training programs, training shorts (perfect for Safety Committees), posters, quizzes, automated online training programs, and checklists that can be used to help reduce risk and ensure your employees are safe at work.

Establish Guidelines and Procedures

Ensure employees stay informed, aware, and engaged with your risk control, loss prevention, and safety management program by providing easy, web-based access to best practice documents. You can also use the library to create an Injury and Illness Prevention Program (IIPP). Many states have requirements or guidelines for IIPP's, and OSHA recommends having one in place regardless of whether your state requires it or not. IIPP's help to inform and engage employees while streamlining the risk management process.

Customizable Content to Promote Your Safety Culture

All documents are printable, downloadable, and customizable. You can use the templates to enhance your safety program by addressing the risk exposures that are specific to your workplace or industry.

Safety officers, risk managers, or your Safety Committee can build out organization-specific materials. After customizing the documents, re-upload for easy access via the My Content application in the Risk Management Center. You can even create a safety manual by using a feature within My Content. You can tailor your content to your industry, business, and values. And you can share this content automatically, over the secure web-based platform.

Reduce Risk with the Risk Management Library

The Risk Management Library includes vital resources that can help you build programs to mitigate health and safety hazards in the workplace. The library and My Content are part of the Risk Management Center, a comprehensive suite of insurance risk management, workplace safety, and compliance software tools.

- Reduce incidents
- Demonstrate and practice compliance
- Lower costs
- Improve efficiencies

This valuable tool is accessed through the 'Members Only' section of our website.

P P E

Gloves are probably the most common type of personal protection used in the workplace and at home. They are so common that many people do not even recognize them as protective equipment, just part of the uniform. The topic of hand protection can be very complex because the user has to balance out several properties of the glove, they have to be able to get the job done and be protected from the right hazard. There is comfort, chemical resistance, durability, dexterity, slip resistance, insulating properties, cut resistance and many others properties including cost to consider. There is no one best glove. Below are a list of different types of glove materials and some of the qualities of each. If you're struggling with glove selection give MSSC a call on the hotline. 406.248.4893

Types of Gloves

- Durable work gloves made of metal mesh, leather or canvas
- Fabric and coated fabric gloves
- Chemical and liquid resistant gloves
- Insulating rubber gloves*

Asbestos gloves and asbestos linings are prohibited.

* Detailed requirements for selection and use of insulating rubber gloves for use against electrical hazards are provided in 29 CFR 1910.137, and are therefore not included in this discussion.

Metal Mesh, Leather, or Canvas Gloves

Sturdy gloves made from metal mesh, leather, or canvas provide protection from cuts, burns, and sustained heat.

Leather Gloves

- Protect against sparks, moderate heat, blows, chips, and rough objects
- Welders in particular need the durability of higher-quality leather gloves

Aluminized Gloves

- Provide reflective and insulating protection against heat
- Usually used for welding, furnace, and foundry work
- Require an insert made of synthetic materials that protect against heat and cold
- Asbestos inserts are prohibited

Aramid Fiber Gloves

- Aramid is a synthetic material that protects against heat and cold
- Many glove manufacturers use aramid fiber to make gloves that are cut- and abrasive-resistant and wear well

Other Synthetic Materials

- Several manufacturers make gloves with other synthetic fabrics that offer protection against heat and cold
- Cut- and abrasive-resistant and may withstand some diluted acids
- Do not stand up well against alkalis and solvents

Fabric and Coated Fabric Gloves

- Gloves made of cotton or other fabric protect against dirt, slivers, chafing, and abrasion but do not provide sufficient protection to be used with rough, sharp or heavy materials
- Cotton flannel gloves coated with plastic transform fabric gloves into general-purpose hand protection offering slip-resistant qualities
- Coated fabric gloves are used for tasks ranging from handling bricks and wire rope to handling chemical containers in laboratory operations
- For protection against chemical exposure hazards, always check with the manufacturer to determine the gloves' effectiveness against the specific chemicals and conditions in the workplace

Chemical and Liquid-Resistant Gloves

- Gloves made of rubber (latex, nitrile, or butyl), plastic, or synthetic rubber-like material such as neoprene protect workers from burns, irritation, and dermatitis caused by contact with oils, greases, solvents, and other chemicals
- Use of rubber gloves also reduces the risk of exposure to blood and other potentially infectious substances

Common Gloves Used for Chemical Protection

Butyl Rubber Gloves

- Protect against nitric acid, sulfuric acid, hydrofluoric acid, red fuming nitric acid, rocket fuels, and peroxide
- Resist oxidation and ozone corrosion.
- Resist abrasion and remain flexible at low temperatures.

Natural Latex or Rubber Gloves

- Comfortable wear and pliability along with their protective qualities make them a popular general purpose glove
- Resist abrasions caused by sandblasting, grinding, and polishing and protect workers' hands from most water solutions of acids, alkalis, salts, and ketones
- Hypoallergenic gloves, glove liners, and powderless gloves possible alternatives for those allergic to latex

Neoprene Gloves

- Good pliability, finger dexterity, high density, and tear resistance
- Provide protection from hydraulic fluids, gasoline, alcohols, organic acids, and alkalis

Nitrile Rubber Gloves

- Provide protection from chlorinated solvents such as trichloroethylene and perchloroethylene
- Intended for jobs requiring dexterity and sensitivity, yet stand up to heavy use even after prolonged exposure that cause other gloves to deteriorate
- Resist abrasion, puncturing, snagging, and tearing

Source: osha.gov

Safe Work Practices

To reduce back injuries at work, it is important to find and avoid risk factors that increase your chance of injury. When any of the following occur in combination your risk of a back injury is increased:

1. Awkward posture
2. Overexertion
3. Repetition
4. Fatigue

1. Awkward Posture

Your body posture determines which joints and muscles are used and the amount of force that is generated. Whether standing or sitting, there is a neutral position for your back. Postures that differ from the neutral position increase stress on the back, especially when combined with other risk factors.

Avoid:

- strenuous activity while the body is in a twisted or bent position.
- repeated bending, twisting and reaching.
- bending forward while lifting.

How To Reduce Awkward Postures:

- Change the work height so you can handle the item with your back in a neutral position.
- Store materials at waist level to avoid bending to lift.
- Use material handling devices, such as dollies, carts, skid loaders and lift trucks.
- Bend the knees, not the back, to lift.
- Move your feet, instead of twisting, to move materials.
- Ask a coworker to assist your lift or divide the load.

Keep your spine in a neutral position. Bending or twisiting for long periods of time can lead to muscle fatigue and back pain. This is why you stretch backwards when you experience back tension. You are trying to adjust your spine back to its neutral position.

2. Overexertion

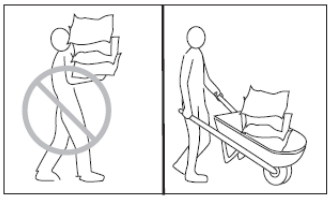
Tasks that require forceful exertions place higher loads on the muscles, discs, ligaments and joints and can lead to fatigue and injury.

Your Risk Depends On:

- Type of grip
- Weight of an object
- Type and duration of the task
- Body posture

How to Reduce Overexertion:

- Use material handling devices, such as dollies, carts, wheel barrows, lift trucks and skid loaders.
- Divide the load for safer transport.
- Push materials rather than lift.
- Ask a coworker to assist your lift.



3. Fatigue

Job tasks that require the same muscles or motions for long durations can increase fatigue. In general, the longer the period of work, the longer the recovery or rest time required.

How To Reduce Fatigue:

- Alternate tasks and postures that use different motions and muscles groups, such as sitting and standing.
- Take time to stretch during scheduled breaks.
- Break standing tasks with seated.

4. Repetition

Repeating the same motions over and over again places stress on muscles and joints. If repetitive motions are frequent or sustained and combined with excessive force or awkward postures, they can cause injury.

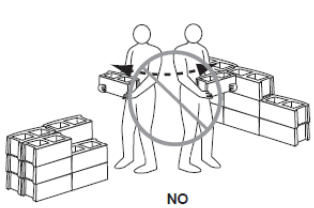
Your Risk Depends On:

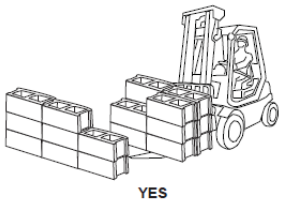
- How often the action is repeated.
- Speed of the movement.
- Number of muscles involved.
- Required force to lift or move the material.
- Body posture.

If motions are repeated frequently, such as every few seconds, and for prolonged periods, such as an 8-hour shift, fatigue and injury can result.

How To Reduce Injury from Repetition:

- Alternate tasks and postures that use different motions and muscle groups.
- Take time to stretch during scheduled breaks.
- Use material handling devices, such as dollies, carts, skid loaders and lift trucks.


NO
Repetitive motions combined with awkward postures, such as twisting and bending, put you at risk for back injury.


YES
Use material handling devices to reduce repetition.

Source: www.osha.gov

Prevent Heat Illness in Outdoor Workers

HEAT ILLNESS CAN BE DEADLY. Every year, thousands of workers become sick from exposure to heat, and some even die. These illnesses and deaths are preventable.

Who is affected? Workers exposed to hot and humid conditions are at risk of heat illness, especially those doing heavy work tasks or using bulky protective clothing and equipment. Some workers might be at greater risk than others if they have not built up a tolerance to hot conditions.

What is heat illness? The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke requires **immediate medical attention** and can result in **death**.

Drink water often

Rest in the shade

Report heat symptoms early

Know what to do in an emergency

How can heat illness be prevented? Remember three simple words: **water, rest, shade.** Employers should educate their workers on how drinking water often, taking breaks, and limiting time in the heat can help prevent heat illness. They should include these prevention steps in worksite training and plans. Employers should also teach employees to gradually build up to heavy work in hot conditions because this helps you build tolerance to the heat - or become acclimated. They should take steps that help workers become acclimated, especially workers who are new to working outdoors in the heat or have been away from work for a week or more. Lastly, during the first week of work, employers should gradually increase workloads and allow more frequent breaks. You should plan for an emergency and know what to do - **acting quickly can save lives!**

Source: www.osha.gov

Two primary sources of heat for workers: Workers become overheated from two primary sources: (1) the environmental conditions in which they work and (2) the internal heat generated by physical labor. Heat-related illnesses occur when the body is not able to lose enough heat to balance the heat generated by physical work and external heat sources. Weather conditions are the primary external heat sources for outdoor workers.

Heat Stroke

A condition that occurs when the body becomes unable to control its temperature, and can cause death or permanent disability.

Symptoms

- High body temperature
- Confusion
- Loss of coordination
- Hot, dry skin or profuse sweating
- Throbbing headache
- Seizures, coma

First Aid

- Request immediate medical assistance.
- Move the worker to a cool, shaded area.
- Remove excess clothing and apply cool water to their body.

Heat Exhaustion

The body's response to an excessive loss of water and salt, usually through sweating.

Symptoms

- Rapid heart beat
- Heavy sweating
- Extreme weakness or fatigue
- Dizziness
- Nausea, vomiting
- Irritability
- Fast, shallow breathing
- Slightly elevated body temperature

First Aid

- Rest in a cool area.
- Drink plenty of water or other cool beverages.
- Take a cool shower, bath, or sponge bath.

Heat Cramps

Affect workers who sweat a lot during strenuous activity. Sweating depletes the body's salt and moisture levels.

Symptoms

- Muscle cramps, pain, or spasms in the abdomen, arms or legs

First Aid

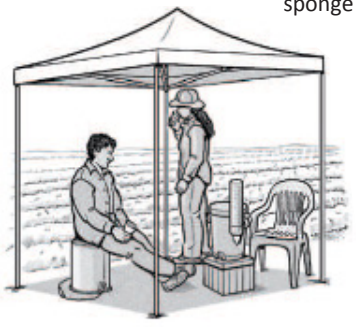
- Stop all activity, and sit in a cool place.
- Drink clear juice or a sports beverage, or drink water with food.
  - Avoid salt tablets.
- Do not return to strenuous work for a few hours after the cramps subside.
- Seek medical attention if you have the following: heart problems, are on a low-sodium diet, or if the cramps do not subside within one hour.

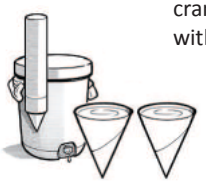
Protect Yourself

Avoid heavy exertion, extreme heat, sun exposure, and high humidity when possible. When these cannot be avoided, take the following preventative steps:

- Monitor your physical condition and that of your coworkers for signs or symptoms of heat illnesses.
- Wear light-colored, loose-fitting, breathable clothing such as cotton.
  - Avoid non-breathable synthetic clothing.
- Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of day.
- Take more breaks when doing heavier work, and in high heat and humidity.
  - Take breaks in the shade or a cool area.
- Drink water frequently. Drink enough water that you never become thirsty.
- Be aware that protective clothing or personal protective equipment may increase the risk of heat-related illnesses.

Source cdc.gov





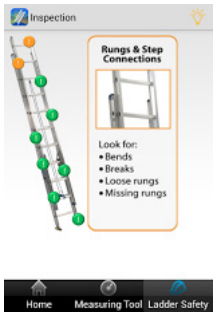
New NIOSH Smart Phone App Addresses Ladder Safety

The National Institute for Occupational Safety and Health (NIOSH) announces the availability of a new Ladder Safety smart phone application (app). This new app uses visual and audio signals to make it easier for workers using extension ladders to check the angle the ladder is positioned at, as well as access useful tips for using extension ladders safely. The app is available for free download for both iPhone and Android devices.

Falls from ladders are a common source of preventable construction injuries. Misjudging the ladder angle is a significant risk factor for a fall. If the ladder is set too steep it is more likely to fall back or away during use, and if it is set too shallow then the bottom can slide out.

"The ladder safety app is an innovative way to help keep workers safe and a tool to reduce these preventable injuries," said NIOSH Director John Howard, M.D. "The development of this smart phone app also demonstrates how we are constantly working to make science-based practical information accessible to workers and employers in a way they need and can easily use."

The app provides feedback to the user on positioning the extension ladder at the optimal angle. It also provides references and a safety guide for extension ladder selection, inspection, accessorizing, and use. It was developed with input from the ANSI A14 committee on Ladder Safety, the American Ladder Institute, and other stakeholders.



NIOSH collaborated with DSFederal on the final development and testing of the app before release. The app is based on a multimodal inclination indicator for ladder positioning that has been recently awarded a US patent.

Source: www.cdc.gov/niosh

Recent analysis indicates cell phone distracted driving crashes vastly under-reported

National Safety Council and Nationwide Insurance release new report on cell phone distracted driving crashes

Itasca, IL – Today, the National Safety Council released findings from a recent analysis of national statistics on fatal motor vehicle crashes, in a report entitled, "Crashes Involving Cell Phones: Challenges of Collecting and Reporting Reliable Crash Data," funded in part by Nationwide Mutual Insurance Company. The report reviewed 180 fatal crashes from 2009 to 2011, where evidence indicated driver cell phone use. Of these fatal crashes, in 2011 only 52% were coded in the national data as involving cell phone use.

"We believe the number of crashes involving cell phone use is much greater than what is being reported," said Janet Froetscher president and CEO of the National Safety Council. "Many factors, from drivers not admitting cell phone use, to a lack of consistency in crash reports being used to collect data at the scene, make it very challenging to determine an accurate number."

Even when drivers admitted cell phone use during a fatal crash, the Council's analysis found that in about one-half of these cases, the crash was not coded in Federal data (the National Highway Traffic Safety Administration's Fatal Analysis Reporting System). In addition, there are an unknown number of cases in which cell phone use involvement in crashes is impossible to determine. One example would be a driver reading an email or text message on a phone who dies in a crash without any witnesses.

The report also brings up large differences in cell phone distraction fatal crashes reported by states. For instance, in 2011, Tennessee reported 93 fatal crashes that involved cell phone use, but New York, a state with a much larger population, reported only one. Texas reported 40, but its neighboring state Louisiana reported none.

"The public should be aware that cell phone-involved fatal crashes are not accurately being reported," said Bill Windsor, associate vice president of consumer safety at Nationwide. "These statistics influence national prevention priorities, funding decisions, media attention, legislation and policy, even vehicle and roadway engineering. There are wide-ranging, negative ramifications to safety if a fatal crash factor is substantially under-reported, as appears to be the case of cell phone use in crashes."

In 2012, highway fatalities increased for the first time in seven years. Based on risk and prevalence of cell phone use, as reported by research and NHTSA, the National Safety Council estimates 25% of all crashes involve cell phone use.

Source: nsc.org

HEAT SAFETY TOOL By U.S. Department of Labor (DOL), Occupational Safety and Health Administration (OSHA)

When you're working in the heat, safety comes first. With the OSHA Heat Safety Tool, you have vital safety information available whenever and wherever you need it - right on your mobile phone.

The App allows workers and supervisors to calculate the heat index for their worksite, and, based on the heat index, displays a risk level to outdoor workers. Then, with a simple "click," you can get reminders about the protective measures that should be taken at that risk level to protect workers from heat-related illness-reminders about drinking enough fluids, scheduling rest breaks, planning for and knowing what to do in an emergency, adjusting work operations, gradually building up the workload for new workers, training on heat illness signs and symptoms, and monitoring each other for signs and symptoms of heat-related illness.

Stay informed and safe in the heat, check your risk level.

OSHA

Source: osha.gov

Aging workforce a 'safety tsunami' for workers' comp: report

Kansas City, MO – The baby boomer generation now comprises a large portion of the U.S. workforce, and this aging workforce will become a driving factor in increased employee injury costs in the next two decades, according to a new report from risk management company Lockton.

Released in May, A Safety Tsunami: The Baby Boomer Effect on Workers' Compensation *(http://goo.gl/KWG0c)* reviewed trends among older workers, noting that the number of workers estimated to retire before age 65 has declined by half since 1991, and one-quarter of all workers will be 55 or older by 2030.

Workers' compensation costs increase as the workforce ages, according to the report, and older workers experience a higher number of strains and sprains.

The report offers several suggestions for employers with older workers, including introducing a wellness program and, if possible, reassigning older workers to tasks better suited to their physical capabilities.

Source: NSC News Alerts

Senators propose incentives for fire sprinkler installation

Washington – A bipartisan bill seeks to improve building fire safety by providing incentives to owners who install fire sprinkler systems in older buildings.

The Fire Sprinkler Incentive Act (S. 1163) reclassifies fire sprinkler retrofits as a 15-year depreciable property, which would allow businesses to more quickly receive tax benefits. Currently, fire sprinkler retrofits depreciate during a 39-year period. The bill also would allow small businesses to qualify to receive an immediate tax benefit on fire sprinkler upgrades.

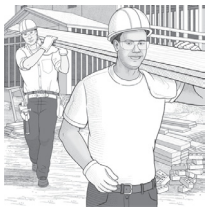
The death rate per fire in most types of buildings with a sprinkler system is at least 57 percent lower than properties without a system, and the average loss per fire is as much as 68 percent lower, according to the National Fire Protection Association.

The bill was introduced June 14 by Sens. Thomas Carper (D-DE) and Susan Collins (R-ME), and at press time had been referred to the Senate Finance Committee.

Source: NSC News Alerts

NIOSH offers safety tips for residential construction workers

Washington – A new booklet *(www.mssc/about/news)* from NIOSH describes safe work practices to help residential construction workers avoid manual material handling injuries.



Residential construction workers often lift, hold or carry heavy objects, putting them at risk for strains, sprains and soft tissue injuries. To help prevent such injuries, NIOSH recommends the following:

- Avoid jerky movements or twisting your back when picking up objects.
- Use mechanical lifting equipment to eliminate unnecessary manual lifting.
- Place materials close to where they are needed.
- Take short breaks to rest your body.
- Perform muscle-strengthening exercises before work or during breaks.

Source: NSC News Alerts

You can reduce your chance of serious injury by using safe work practices and following the recommendations below:

Staging materials far from where they will be used and close to the ground increases injury risks.

- Plan ahead to save time and effort.
- Decide in advance where YOU want the materials placed when they're delivered.
- Keep materials off the ground to reduce stressful bending and lifting.

Bending and twisting your body when lifting heavy materials increases the risk of muscle and other soft tissue injuries.

- Don't lift and carry more than 50 lbs. alone. Get help from coworkers.
- Bend your knees and push up with your legs.
- Hold materials close to your body.
- Lift heavier lumber at one end – not the center – and walk to the center to lift it.
- Use tools and equipment to transport heavy materials when possible.

Raising and lowering heavy materials to different work levels increases the risk of soft tissue and other serious injuries.

- Lift, hold, and carry materials close to your body.
- Use supports and equipment to hold materials overhead.
- Use platforms for raising materials to different work heights.
- NEVER carry materials in your hands on ladders.
- NEVER lift or position heavy materials standing on a ladder.
- Use mechanical equipment to raise and lower heavier materials.
- Use fall protection as required when working at heights and raising or lowering materials.

Holding unsupported materials above the shoulders fatigues the shoulders and neck and can result in serious injury.

- Use tools and equipment to support materials.
- NEVER support heavy materials on your head.
- Take short breaks to give muscles and joints time to 'recover' from the strain.
- Use tools & equipment to support heavy loads and reduce your strain.

Repeatedly lifting and positioning heavy materials – like concrete blocks – increases the physical stress on the same muscles and soft tissues.

- Use boards or scaffolds to keep blocks, mortar, and other materials around knee high.
- Don't twist the body when lifting or placing materials.

Source: cdc.gov - excerpt from booklet

OSHA Initiates Isocyanates NEP

Washington – OSHA's latest National Emphasis Program focuses on isocyanate, a chemical used in a wide range of materials, including paints, varnishes and building insulation.

The NEP, which went into effect June 20, includes enforcement and outreach efforts to raise awareness of the chemical's exposure hazards, which include occupational asthma, skin irritation and chest tightness.

Inspections will focus on a variety of general industry, construction and maritime industry sectors in which isocyanate exposures are known or likely to occur.

OSHA's June 25 announcement of the NEP comes shortly after the Canadian scientific research organization IRSST released the second edition of its guide on the safe use of isocyanates.

Source: NSC News Alerts

ISOCYANATES

Isocyanates are a family of highly reactive, low molecular weight chemicals. They are widely used in the manufacture of flexible and rigid foams, fibers, coatings such as paints and varnishes, and elastomers, and are increasingly used in the automobile industry, autobody repair, and building insulation materials. Spray-on polyurethane products containing isocyanates have been developed for a wide range of retail, commercial, and industrial uses to protect cement, wood, fiberglass, steel and aluminum, including protective coatings for truck beds, trailers, boats, foundations, and decks.

Isocyanates are powerful irritants to the mucous membranes of the eyes and gastrointestinal and respiratory tracts. Direct skin contact can also cause marked inflammation. Isocyanates can also sensitize workers, making them subject to severe asthma attacks if they are exposed again. Death from severe asthma in some sensitized subjects has been reported. Workers potentially exposed to isocyanates who experience persistent or recurring eye irritation, nasal congestion, dry or sore throat, cold-like symptoms, cough, shortness of breath, wheezing, or chest tightness should see a physician knowledgeable in work-related health problems.

Preventing exposure to isocyanates is a critical step in eliminating the health hazard. Engineering controls such as closed systems and ventilation should be the principal method for minimizing isocyanate exposure in the workplace. Other controls, such as worker isolation and personal protective clothing and equipment may also be necessary. Early recognition of sensitization and prompt and strict elimination of exposures is essential to reduce the risk of long-term or permanent respiratory problems for workers who have become sensitized.

The most widely used compounds are diisocyanates, which contain two isocyanate groups, and polyisocyanates, which are usually derived from diisocyanates and may contain several isocyanate groups. The most commonly used diisocyanates include methylenebis(phenyl isocyanate) (MDI), toluene diisocyanate (TDI), and hexamethylene diisocyanate (HDI). Other common diisocyanates include naphthalene diisocyanate (NDI), methylene bis-cyclohexylisocyanate (HMDI)(hydrogenated MDI), and isophorone diisocyanate (IPDI). Examples of widely used polyisocyanates include HDI biuret and HDI isocyanurate.

Source: cdc.gov/niosh

CORRECTION

The new members listed in our June 2013 newsletter were incorrect. We did not have any new members for June.

Montana Safety

Services Council

The Montana Safety Services Council is a non-profit educational association established in 1993 to provide safety and health related services. These services include safety training, consulting, technical assistance, seminars and program development to our membership and the public at large. We currently serve over 140 business in all areas of service, manufacturing, construction, mining, medical, retail, wholesale, transportation, and refining throughout Montana, Idaho, Washington and the Dakotas.

Our Mission Statement
The Council is dedicated to the enhancement of safety through education and training programs.

Our goal is to serve and assist owners, contractors, labor, as well as the general public to advance and improve safety awareness throughout the region.

The Council recognizes that if improvement in safety performance and awareness is to be achieved, a unified effort involving business owners, contractors and our labor force must be realized.

Our commitment is to focus on developing this unified effort in ortder to enhance the safety and welfare of workers throughout our region.

Thank You to the companies who renewed their MSSC membership:

Bison Engineering, Inc.

Hardrives Construction

McDantim Inc.

Westfeeds Inc.

Welcome New Members:

Intermountain Distributing Co.

Sign Products Inc.

WorleyParsons

ZRKR Consulting, Inc.

19th Annual
LEPC/ASSE/ MSSC
Safety Conference

Save the Dates

March 12 & 13, 2014
at the Crowne Plaza

Montana Safety Conference

First Aid / CPR

JULY TRAINING

Tuesday, July 23, 2013
8:30 AM-12:30 PM.

MSSC Training Rooms
2727 Central Ave.
Billings

MSSC Member	$ 95
Non-Member	$120

The goal of this program is to help you gain the knowledge, skills, and confidence necessary to manage a medical emergency until more advanced help arrives.

This training will focus on your essential responsibilities as a first aid provider:

- Recognizing a medical emergency
- Making a decision to help
- Identifying hazards and ensuring personal safety
- Activating the Emergency Medical Services (EMS) system
- Providing supportive, basic First Aid care.

Register by: Email: reg@mssc.org
Web: www.mssc.org
Fax: 406-248-6228
Phone: 406-248-4893

Forklift Train-the-Trainer

Wednesday, July 24, 2013
8:30 AM-12:30 PM.

MSSC Training Rooms
2727 Central Ave.
Billings

MSSC Member	$145
Non-Member	$195

Forklift Train-the-Trainer Certification Course, three-year certification, provides formal classroom training presented with lecture, video and power point presentations, which focuses on OSHA's final rule 29CFR1910.178 for forklift operator training.

The site-specific and equipment specific requirements for training in the workplace, tips on how to develop training addressing adult learning styles and generational differences, and all guidelines required by OSHA are emphasized in the Forklift Train-the-Trainer Guide Manual and course support on DVD.

Throughout the summer, Montana Safety Services Council will offer training on the new ***Globally Harmonized System*** of classification.

The 2-hour class will include what employees must know by December 1, 2013.

- MSDS format change to the SDS format.
- How to read GHS container labels.
- How to recognize and interpret the new GHS pictograms.

Cost: Members - $55.00 / Non-Members - $75.00

Wednesday, July 31, 2013—8:30 am—10:30 am

To Register:

Call us at 406.248.4893

or email reg@mssc.org

www.mssc.org

MSSC Training Rooms

2727 Central Ave, Ste 2

Billings, MT

The 4-hour course will provide employers with the tools to become GHS compliant.

- A complete overview of 1910.1200 with an emphasis on employer responsibilities.
- A review of the changes to 1910.1200 and how they apply to your employees; including target dates and requirements after December 1st, 2013.
- The knowledge to train your employees about the new GHS based hazard communication standard and prepare for future target date requirements.

Cost: Members - $95.00 / Non-Members - $125.00

Tuesday, July 9, 2013—8:30 am—12:30 am

Tuesday, September 3, 2013—8:30 am—12:30 am