

MSSC



Montana Safety Services Council

“Let us strengthen your safety culture”

June 2013

www.mssc.org

VOLUME XX NO. 6

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MSSC LAUNCHES NEW WEBSITE



Check us out at www.mssc.com. We've given our website a massive makeover. You'll find postings on what's happening in safety, upcoming training opportunities, Safety Conference information and much more.

For our members we're adding a new feature. The Risk Management Center, a unique web-based software suite of safety and risk management tools designed to empower your organization's risk prevention efforts. The Risk Management Center is right for any organization that wants to:

- Proactively manage risk exposures
- Develop effective workplace safety programs
- Reduce claims, losses, and associated costs

The Risk Management Center Includes:



Online Training Library

Multitude of bilingual PowerPoints, Policies, and Training Shorts



Employee Training Management

Automate scheduling and reporting using our online training system

Organizations that use the web based "Risk Management Center" as a solution to implement employee safety training programs, increase efficiencies, and lower the frequency and severity of claims and associated costs.

If you have any questions regarding the Risk Management Center contact Aaron at 406-248-4893.



<p>Week 1: Preventing Slips, Trips and Falls</p> <div data-bbox="121 472 224 688"> </div> <p>FALLS FROM LADDERS CAN BE PREVENTED!</p> <ul style="list-style-type: none"> <input type="checkbox"/> Choose the right ladder for the job <input type="checkbox"/> Maintain three points of contact <input type="checkbox"/> Secure the ladder <input type="checkbox"/> Always face the ladder <input type="checkbox"/> Guard or cover all holes, openings, and skylights <p style="text-align: right;">Source: OSHA.gov</p> <hr/> <p>It's easy to slip on wet, painted, waxed, or smooth surfaces, and down you go. To avoid slip hazards, be sure to remember these important tips.</p> <ul style="list-style-type: none"> • Clean up spills, drips, and leaks immediately anywhere you find them. If you can't do it yourself, report the problem to maintenance and ask them to take care of it right away. • Put up signs or barriers to warn people when floors are wet, slippery, or otherwise hazardous. • Also, put down mats near entryways on wet days to help keep floors dry. • Wear sensible shoes with nonskid soles, and wipe your feet when you come inside if they're wet from outside. • On wet or slippery surfaces, walk slowly and slide your feet. • Finally, be sure to report icy spots outside right away so that they can be sanded. <p style="text-align: right;">Source: hr.blr.com</p>	<p>Week 2: Employee Wellness</p> <p>Workplace wellness programs benefit employee retention and productivity</p> <p>The latest "Principal Financial Well-Being Index: American Workers" found that 45% of employees agree that an employer-sponsored wellness program would encourage them to stay in their current job—compared to 40% in 2011. In addition, 62% of surveyed workers believe that such programs improve health and reduce health risks—compared to 55% in 2011, according to the survey released by the Principal Financial Group® and conducted by Harris Interactive®.</p> <p>But there are also direct, work-related advantages for employees and employers. More than half of program participants reported that wellness benefits encourage them to work harder and perform better. In addition, 59% credited their participation in a wellness program with giving them more energy to be productive at work. The survey also found that 43% of employees reported missing fewer days of work because of their participation.</p> <p style="text-align: right;">Source: hr.blr.com</p>
<p>Week 3: Emergency Preparedness</p> <p>OSHA Requirements Related to Emergencies</p> <p>Emergency responder health and safety is currently regulated primarily under the following Occupational Safety and Health Administration (OSHA) standards.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Exit routes, emergency action plans, and fire prevention plans (29 CFR 1910.33-1910.39) <input type="checkbox"/> Fire brigades (29 CFR 1910.156) <input type="checkbox"/> Hazardous waste operations and emergency response (29 CFR 1910.120) <input type="checkbox"/> Respiratory protection (29 CFR 1910.134) <input type="checkbox"/> Permit-required confined spaces (29 CFR 1910.146) <input type="checkbox"/> Bloodborne pathogens (29 CFR 1910.1030) <p>Some of these standards were promulgated decades ago and none were designed as comprehensive emergency response standards. Consequently, they do not address the full range of hazards or concerns currently facing emergency responders. Also, this list of OSHA requirements does not address every emergency-related issue that may affect your workplace.</p> <ul style="list-style-type: none"> ■ Many do not reflect major changes in performance specifications for protective clothing and equipment. ■ Current OSHA standards also do not reflect all the major developments in safety and health practices that have already been accepted by the emergency response community and incorporated into National Fire Protection Association (NFPA) and American National Standards Institute (ANSI) consensus standards. <p style="text-align: right;">Source: National Safety Council</p>	<p>Week 4: Ergonomics</p> <p>Ergonomics is the science of fitting workplace conditions and job demands to the capabilities of the working population. Effective and successful "fits" assure high productivity, avoidance of illness and injury risks, and increased satisfaction among the workforce. Although the scope of ergonomics is much broader, the term here refers to assessing those work-related factors that may pose a risk of musculoskeletal disorders and recommendations to alleviate them. Common examples of ergonomic risk factors are found in jobs requiring repetitive, forceful, or prolonged exertions of the hands; frequent or heavy lifting, pushing, pulling, or carrying of heavy objects; and prolonged awkward postures. Vibration and cold may add risk to these work conditions. Jobs or working conditions presenting multiple risk factors will have a higher probability of causing a musculoskeletal problem. The level of risk depends on the intensity, frequency, and duration of the exposure to these conditions. Environmental work conditions that affect risk include intensity, frequency and duration of activities.</p> <div data-bbox="1295 1220 1515 1352"> </div> <p style="text-align: right;">Source: OSHA.gov</p>

Trenching and Excavation Safety

Two workers are killed every month in trench collapses. The employer must provide a workplace free of recognized hazards that may cause serious injury or death. The employer must comply with the trenching and excavation requirements of 29 CFR 1926.651 and 1926.652 or comparable OSHA-approved state plan requirements.

An excavation is any man-made cut, cavity, trench, or depression in an earth surface formed by earth removal.

Trench (Trench excavation) means a narrow excavation (in relation to its length) made below the surface of the ground. In general, the depth is greater than the width, but the width of a trench (measured at the bottom) is not greater than 15 feet (4.6 meters).

Dangers of Trenching and Excavation

Cave-ins pose the greatest risk and are much more likely than other excavation-related accidents to result in worker fatalities. Other potential hazards include falls, falling loads, hazardous atmospheres, and incidents involving mobile equipment. One cubic yard of soil can weigh as much as a car. An unprotected trench is an early grave. Do not enter an unprotected trench.

Trench Safety Measures

Trenches 5 feet (1.5 meters) deep or greater require a protective system unless the excavation is made entirely in stable rock. If less than 5 feet deep, a competent person may determine that a protective system is not required. Trenches 20 feet (6.1 meters) deep or greater require that the protective system be designed by a registered professional engineer or be based on tabulated data prepared and/or approved by a registered professional engineer in accordance with 1926.652(b) and (c).

Competent Person

OSHA standards require that employers inspect trenches daily and as conditions change by a competent person before worker entry to ensure elimination of excavation hazards. A competent person is an individual who is capable of identifying existing and predictable hazards or working conditions that are hazardous, unsanitary, or dangerous to workers, soil types and protective systems required, and who is authorized to take prompt corrective measures to eliminate these hazards and conditions.

Access and Egress

OSHA standards require safe access and egress to all excavations, including ladders, steps, ramps, or other safe means of exit for employees working in trench excavations 4 feet (1.22 meters) or deeper. These devices must be located within 25 feet (7.6 meters) of all workers.



General Trenching and Excavation Rules

- Keep heavy equipment away from trench edges.
- Identify other sources that might affect trench stability.
- Keep excavated soil (spoils) and other materials at least 2 feet (0.6 meters) from trench edges.
- Know where underground utilities are located before digging.
- Test for atmospheric hazards such as low oxygen, hazardous fumes and toxic gases when > 4 feet deep.
- Inspect trenches at the start of each shift.
- Inspect trenches following a rainstorm or other water intrusion.
- Do not work under suspended or raised loads and materials.
- Inspect trenches after any occurrence that could have changed conditions in the trench.
- Ensure that personnel wear high visibility or other suitable clothing when exposed to vehicular traffic.

Protective Systems

There are different types of protective systems.

Benching means a method of protecting workers from cave-ins by excavating the sides of an excavation to form one or a series of horizontal levels or steps, usually with vertical or nearvertical surfaces between levels. Benching cannot be done in Type C soil.

Sloping involves cutting back the trench wall at an angle inclined away from the excavation.

Shoring requires installing aluminum hydraulic or other types of supports to prevent soil movement and cave-ins.

Shielding protects workers by using trench boxes or other types of supports to prevent soil cave-ins. Designing a protective system can be complex because you must consider many factors: soil classification, depth of cut, water content of soil, changes caused by weather or climate, surcharge loads (e.g., spoil, other materials to be used in the trench) and other operations in the vicinity.



Source: osha.gov

JUNE 1 – JULY 4 IS NATIONAL FIREWORK SAFETY MONTH



Retail Fireworks Sales

1. Keep exits clear and accessible.
2. Know all exit routes.
3. Maintain view of fireworks.
4. Know alarm procedures.
5. Know fire extinguisher location and operation.
6. Remove and dispose of damaged fireworks.
7. Remove loose pyrotechnic powder promptly.
8. Use only non-sparking tools; do not use vacuum cleaners.
9. Do not allow smoking within 50 feet of sales area.
10. Keep facilities secure.

Display Operators

1. Make sure personnel are trained and competent.
2. Obtain required licenses, permits and inspections.
3. Maintain display site security and communications.
4. Wear protective gear and proper clothing.
5. Prohibit accidental ignition sources.
6. Properly install mortar boxes, racks and drums.
7. Keep fireworks cartons closed.
8. Keep fireworks dry and in good condition.
9. Always handle fireworks carefully.
10. Stay away from loaded mortars.

For more complete information:
OSHA Occupational Safety and Health Administration
U.S. Department of Labor
www.osha.gov (800) 321-OSHA

OSHA appreciates the assistance of Alliance Program participant American Pyrotechnics Association in preparation of this material.

OSHA 3248 (04/14/05)



Fireworks and celebrations go together, especially during the Fourth of July and year end celebrations. Remember, fireworks can be dangerous, causing serious burn and eye injuries. You can help us prevent fireworks-related injuries and deaths. How? By working with a national, state or local organization where you live to promote fireworks safety in your community. Here are some ideas on what you can do.

- Never allow young children to play with or ignite fireworks.
- Avoid buying fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and that they could pose a danger to consumers.
- Always have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Light fireworks one at a time, then move back quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.
- Make sure fireworks are legal in your area before buying or using them.



Source: <http://www.cpsc.gov>



FIRE in the GRILL

Fire in the grill, under hot dogs and burgers, is a welcome sight at the family cookout. But fire anywhere else can make your summer kick-off barbecue memorable for all the wrong reasons.

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.

Source: www.nfpa.org

FUN IN THE SUN - Safety

It's key to get outside and get active — just make sure you're protected! For outdoor activity, you may need a helmet, a ball, a club... You always need sun protection — it's just another part of your gear!

Protecting yourself against the sun is the smart choice that kids like you are making these days.

Ultraviolet (UV) Light

Ultraviolet (UV) rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can penetrate and change skin cells.

The three types of UV rays are ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC)—

- UVA is the most common kind of sunlight at the earth's surface, and reaches beyond the top layer of human skin. Scientists believe that UVA rays can damage connective tissue and increase a person's risk of skin cancer.
- Most UVB rays are absorbed by the ozone layer, so they are less common at the earth's surface than UVA rays. UVB rays don't reach as far into the skin as UVA rays, but they can still be damaging.
- UVC rays are very dangerous, but they are absorbed by the ozone layer and do not reach the ground.

Too much exposure to UV rays can change skin texture, cause the skin to age prematurely, and can lead to skin cancer. UV rays also have been linked to eye conditions such as cataracts.

Rub it on

Sunscreen with SPF 15 or higher, that is. You've gotta have the right stuff!

SPF stands for "sun protection factor" — how well a sunscreen works at keeping the sun's burning rays from roasting your skin. (FYI: SPF 45 and higher protects only a bit more than 30 does...) Make sure your sunscreen blocks both UVA and UVB rays (types of light).

You'll need to get a bottle, shake it, fill up a handful, and slather it all over your body. (Yes, we said "handful." You need that much for good coverage.) Put it on 30 minutes before you go out in the sun...and remember to cover your face, lips, hands, forearms, shoulders, ears, back of your neck, under your chin, and the top of your head. Watch your eyes — it could sting! If you're worried about breaking out, try a gel sunscreen. And if your skin reacts badly to one brand, try another. Not all sunscreens have the same ingredients.

Apply, reapply, and then do it again! Even if the bottle says it's waterproof, sweat proof, or any other "proof," you should reapply. Put more sunscreen on every couple of hours or right after swimming, working up a sweat, or rubbing on your skin with a towel or clothes.

And one more thing... Wearing sunscreen protects you but it doesn't make it okay to stay in the sun longer. Try to stay out of the sun when you can.

Hang in the Shade

Get out and work your body — there are a million things to do! But hang out in the shade whenever you can. The sun is the strongest between 10 in the morning and 4 in the afternoon. So, during those times, play hard in the shade, chill out under an umbrella, have lunch inside, or try some indoor activities for a change of pace.

Whether you are in the water, walking on the beach, conquering the slopes, or cruising the concrete, beware of the extra sun you get from rays bouncing off the surfaces around you. Remember: The sun can affect your skin any time — not just in the summer, in warm places, or on sunny days. Use your head and get the right gear to protect yourself from the rays.



Cover up

Obviously, when you put clothes between you and the sun's rays, they can't touch you! It's best to cover up as much as you can, but if it's too hot outside for long sleeves and pants, a beach cover-up or T-shirt and long shorts will do. Wearing a hat with a wide brim is great, but if you wear a baseball cap, just make sure you slap some sunscreen on your face, neck, and ears. Of course, lightweight, see-through, or mesh clothing provides less protection...

Slip on Sunglasses



Gotta shield your eyes from the sun, too, right? Yep. Slip on some shades because the sun's rays can hurt your eyes. Choose some cool wraparound shades that block 100 percent of UVA and UVB.



In The News

Lawmakers reintroduce bills to limit large truck weight, size

Washington – Sen. Frank R. Lautenberg (D-NJ) on May 7 reintroduced legislation that would extend existing federal truck size and weight limits to the National Highway System, including state-controlled smaller highways.



According to a press release from Lautenberg's office, 100,000-pound trucks with unadjusted brakes have longer stopping distances and are more likely than 80,000-pound trucks to roll over and have trailers that sway into other lanes.

The bill, which is supported by multiple transportation safety organizations, would limit large truck weights to 80,000 pounds and lengths to 53 feet on all highways. States are allowed to raise these limits on smaller highways, which make up about 220,000 miles of road throughout the country.

At NSC press time, the bill had been referred to the Senate Environment and Public Works Committee. A House version of the bill, sponsored by Rep. Jim McGovern (D-MA), was announced the same day.

A previous version of the legislation introduced in 2011 was never enacted.

Study suggests link between sleep apnea and cancer

Darien, IL – Sleep apnea may be associated with colon cancer, according to a new study from Harvard Medical School and Brigham and Women's Hospital.

Using data from two prospective cohort studies, researchers analyzed the sleep habits and disease outcomes of 76,368 women and 30,121 men; the median age for both groups was in the 50s. In 22 years, a total of 1,973 cases of colon cancer were reported.

The risk of cancer was higher among people who slept 9 hours or more per day rather than 7 hours, and who were overweight or regular snorers, according to a press release from the American Academy of Sleep Medicine, which published the study. Excess weight and snoring often are associated with sleep apnea, leading researchers to suggest sleep apnea may contribute to cancer risk. They noted that people with obstructive sleep apnea may sleep poorly and be more tired, causing them to sleep longer – which could explain the connection to sleeping 9 hours or more.

The study was published in the May issue of the journal SLEEP.

USDA inspectors describe hazards in poultry plants

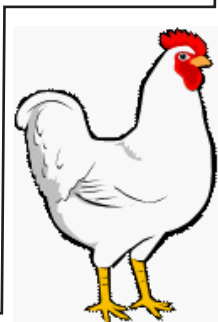
Washington - Chemicals used in poultry processing plants may pose a risk to inspectors and plant workers, according to affidavits from two U.S. Department of Agriculture employees.

The affidavits were released April 25 by the Government Accountability Project, a whistleblower advocacy organization that took the inspectors' statements. GAP is one of several groups opposing a proposed rule from USDA that would allow plants to increase poultry line speeds.

Chemical use in poultry plants has increased since facilities switched from taking contaminated birds off the line to leaving them on and treating the birds with disinfecting chemicals such as chlorine, according to the affidavits.

As a result, one affidavit states, inspectors experienced respiratory problems such as tightness in the chest; difficulty breathing; burning in the eyes, nose and throat; asthma; and bronchitis.

In the second affidavit, the other inspector claimed temperature extremes in plants made chemical scents stronger, which made it hard to breathe, and may have caused joint pain. The inspector noted that workers must deal with the same conditions but fear retaliation if they speak up.



CDC: Food poisonings related to poultry, shellfish increased in 2012

Atlanta - Food poisoning cases tied to bacteria in poultry, raw milk and shellfish rose sharply in 2012, according to a new report from the Centers for Disease Control and Prevention.

CDC analyzed data from FoodNet, a surveillance system covering 15 percent of the country. Although infections from pathogens such as E. coli remained stable, Campylobacter infections increased 14 percent and Vibrio infections increased 43 percent compared to 2006-2008 rates. Campylobacter is associated with raw or undercooked poultry, raw milk and produce; Vibrio lives in seawater and most often is linked to oysters.

How can you avoid hitting underground utility lines and pipes during excavation work?

Before starting work, the OSHA standard requires you to do the following:

- Determine the approximate location of utility installations—sewer, telephone, fuel, electric, and water lines; or any other underground installations;
- Contact the utility companies or owners involved to inform them of the proposed work within established or customary local response times; and
- Ask the utility companies or owners to find the exact location of underground installations. If they cannot respond within 24 hours (unless the period required by state or local law is longer) or cannot find the exact location of the utility installations, you may proceed with caution.

If your excavation work exposes underground installations, OSHA regulations require you to protect, properly support, or remove them.



Source: osha.gov

OSHA launches initiative to protect temporary workers — FEDERAL NEWS



During a program at OSHA headquarters on April 29 marking Workers' Memorial Day, OSHA announced an initiative to further protect temporary employees from workplace hazards. A memorandum was sent to the agency's regional administrators directing field inspectors to assess whether employers that use temporary workers are complying with their responsibilities under the OSH Act.

Inspectors were directed to use a newly created code in their information system to denote when temporary workers are exposed to safety and health violations. Additionally, they will assess whether temporary workers received required training in a language and vocabulary they could understand. The memo underscores the duty of employers to protect all workers from hazards.

In recent months, OSHA has received a series of reports about temporary workers suffering fatal injuries—many during their first days on a job, according to the agency.

Observed nationally on Sunday, April 28, Workers' Memorial Day was commemorated by the agency on Monday, April 29.

"On Workers' Memorial Day, we mourn the loss of the thousands of workers who die each year on the job from preventable hazards," said Dr. David Michaels, assistant secretary of labor for occupational safety and health. "Many of those killed and injured are temporary workers who often perform the most dangerous jobs have limited English proficiency and are not receiving the training and protective measures required. Workers must be safe, whether they've been on the job for one day or for 25 years."

Source: cch.com

Voice-to-text not safer than manual texting while driving: study

College Station, TX – Using voice-to-text technology is not safer than manually texting while driving, according to a new study from the Texas A&M Transportation Institute.

Researchers evaluated the safety performance of 43 participants driving a vehicle on a controlled course – once without a cell phone, once each while using two types of voice-to-text technology and once while texting manually. Drivers were measured on how long it took to complete the course, as well as how long it took to respond to a light that came on randomly.

Compared to driving without a phone, texting drivers took about twice as long to react to the light and spent significantly less time looking at the road, with little difference in results for each texting method. Participants were compelled to check the accuracy of texts created by voice-to-text technology, which helps explain the similar results for looking away from the road, researchers noted. They called for more research on differences between using voice-to-text technology and manual texting while driving.



Source: NSC news alerts

***Thank You to the companies
who renewed their MSSC
membership:***

Aligned Medical Services (AMS)
Cross Petroleum
Lockwood Water & Sewer District
M & C Beverage Inc.
Ronan Telephone Company
TAL H2O
Yellowstone Energy Limited Partnership

Welcome New Members:

Blue Rock Products Co. DBA Pepsi-Cola
Bottling Co.
KC Transport LLC
Native American Development
Corporation
Tri-County Network

19th Annual
LEPC/ASSE/ MSSC
Safety Conference



Save the Dates

March 12 & 13, 2014
at the Crowne Plaza

Montana Safety Conference



COMING SOON



GHS
The
Globally Harmonized System
of Classification and Labeling of Chemicals

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, June 26, 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