

Focus On: Six Ways You Can Die in a Confined Space

Confined spaces are notorious for hazards, often hidden that you can't see or smell. Too many times when a hazard in a confined space is recognized it is too late for the entrants in the space to save themselves. Here are six hazardous and deadly confined space situations.

Tool: Confined Space Hazard Assessment Worksheet

Use/modify this form to identify hazards associated with a confined space and to determine procedures and safety precautions required for entry into the space. This form is to be completed by a trained and competent Confined Space Entry Supervisor.

By the Numbers: Confined Space Injuries and Deaths

Permit required confined spaces have long been – and still are – the leading cause of multiple fatalities in the workplace.

Tool: Confined Space Classification Decision Tree

Use this Decision Tree to help you determine if a confined space is a permit-required confined space or a non-permit confined space.

Workplan: 10 Steps to Creating a Confined Space Entry Program

Working in a confined space is one of the most dangerous of all workplace hazards. In fact, it's been calculated that working in a confined space is 150 times more dangerous than doing the same job outside of the space. While this Workplan is geared toward compliance remember, compliance is often only the minimum set of requirements for safety.

Tool: Confined Space Reclassification Form

A Permit-Required Confined Space may be reclassified as a non-permit confined space under certain conditions. Use this form to document reclassification.

Tool: High Risk Jobs for Eye and Face Injuries

High risk Jobs for eye and face injury and Recommended protective eyewear.

Multiple-Fatality Confined Space Incident

Multiple-fatality confined space incidents are far too common as untrained and unprotected would-be rescuers attempt to save their co-workers and others who have fallen victim to the dangers of confined spaces.

Tool: Confined Space Entry Procedure and Permit

One of the core elements that a confined spaces entry program must include is a safe entry procedure. And one of the things required for entry into a confined space is an entry permit.

By the Numbers: Eye Injuries

Do you know how many workplace eye injuries could be prevented if eye protection had been worn? Read on to find out.

Focus On: How to Do a PPE Hazard Assessment

Are your workers in danger of becoming a statistic? Thousands of people are blinded each year from work-related eye injuries that could have been prevented with the proper selection and use of eye and face protection. Personal protective equipment (PPE) for the eyes and face is designed to prevent or lessen the severity of injuries to workers. But, to be effective you must first know what hazards your workers are exposed to by doing a hazard assessment.

Tool: PPE Hazard Assessment Form

Use and modify this sample form to help you determine what hazards workers are exposed to and what PPE must be worn to protect them.

Focus On: Confined Spaces

Let's get serious about confined space safety. Confined spaces can be seriously dangerous and are the leading cause of multiple fatalities in the workplace. Here's why... A confined space has limited openings for entry or exit, is large enough for entering and working, but is not designed for continuous worker occupancy.

Protect Your Eyes and Face

Safety eyewear and face shields can save you from injuries which can lead to blindness and facial disfigurement. Prompt treatment of eye and facial injuries reduces the risk of permanent damage.

Confined Spaces: Racing to The Rescue Is Deadly

Two employees from a local construction company were assigned to repair a sewer line leak. One employee was responsible for entering the sewer—a confined space—to repair the leak. The other stayed topside as a standby person.

Workplan: How to Implement an Eye and Face PPE Program

The use of proper eye and face protection, such as safety glasses, goggles, face shields and helmets can prevent countless eye injuries. This Workplan focuses on implementing an Eye and Face PPE program but can easily be modified to include all PPE.

Picture This: Confined Space Whack-a-Mole

Permit-required confined space entry procedures must be part of your employers confined space entry program. Following these procedures will save your life and the lives of bystanders who may attempt rescue (unprepared and unprotected).

Picture This: Someone is About to Get Schooled with Sparks to the Eyes and Face

Using an angle grinder can be extremely dangerous for several reasons. If the wheel isn't the right size or type, or is defective, it could break apart and become a dangerous projectile. One that can take off a finger, put out an eye, or do serious and sometimes fatal damage.

Infographic: Types of Safety Lenses

Types of Safety Lenses

OSHA News Brief

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Last 30 Days

- February 10 – [Region 4](#) – U.S. Department of Labor Cites Georgia Farm for Exposing Employees to Safety Hazards Following Fatality
- February 10 – [Federal Register 85:7606-7610](#) – Nationally Recognized Testing Laboratories; Proposed Policy for Transitioning to Satellite Notification and Acceptance Program (SNAP) Termination
- February 10 – [Federal Register 85:7606](#) – Senior Executive Service; Appointment of Members to the Performance Review Board
- February 06 – [Trade Release](#) – U.S. Department of Labor Launches New Webpage to Observe 50th Anniversary of the Occupational Safety and Health Act of 1970
- February 06 – [Federal Register 85:6979-6980](#) – Asbestos in General Industry; Extension of the Office of Management and Budget's (OMB) Approval of Collection of Information
- February 05 – [Region 8](#) – Federal Court Orders Railway to Pay \$696,173 for Lost Wages After U.S. Department of Labor Finds

Railway Retaliated Against Whistleblower

- February 05 – [Trade Release](#) – U.S. Department of Labor Revises National Emphasis Program to Reduce or Eliminate Worker Exposure to Silica
- February 05 – [Federal Register 85:6580-6582](#) – Access to Employee Exposure and Medical Records; Extension of the Office of Management and Budget's (OMB) Approval of Information Collection (Paperwork) Requirements
- February 04 – [Region 3](#) – U.S. Department of Labor Fines Pennsylvania Company \$280,874 For Overexposing Employees to Toxic Hexavalent Chromium Fumes
- February 03 – [Region 4](#) – Former Owner of Florida-Based SB Framing Services Sentenced For Willfully Violating Federal Fall Protection Standards
- February 03 – [Federal Register 85:5996-5998](#) – Beryllium Standards for General Industry, Construction and Maritime; Extension for the Office of Management and Budget's (OMB) Approval of the Information Collection (Paperwork) Requirements
- January 31 – [Region 1](#) – U.S. Department of Labor Cites New Hampshire Stone Products Manufacturer for Hazards Following Employee Fatality
- January 31 – [Federal Register 85:5724-5725](#) – Agency Information Collection Activities; Submission for OMB Review; Comment Request; Respirable Crystalline Silica Standards for General Industry, Maritime and Construction
- January 31 – [Federal Register 85:5723-5724](#) – Agency Information Collection Activities; Submission for OMB Review; Comment Request; Cadmium in Construction Standard
- January 31 – [Federal Register 85:5722-5723](#) – Agency Information Collection Activities; Submission for OMB Review; Comment Request; Benzene Standard
- January 31 – [Federal Register 85:5721-5722](#) – Agency Information Collection Activities; Submission for OMB Review; Comment Request; Lead in General Industry Standard
- January 30 – [Region 5](#) – U.S. Department of Labor Orders Michigan School District to Reinstate, Pay \$102,905 to Second Employee Terminated for Warning of Unsafe Conditions

- January 30 – [Region 4](#) – U.S. Department of Labor Cites Two Alabama Contractors For Exposing Employees to Hazards After Fatal Trench Collapse
- January 30 – [Region 1](#) – U.S. Department of Labor, Maine Department of Labor and Maine School of Masonry Partner to Promote Worker Safety
- January 29 – [Federal Register 85:5255-5256](#) – Agency Information Collection Activities; Submission for OMB Review; Comment Request; Special Dipping and Coating Operations
- January 29 – [Federal Register 85:5252-5253](#) – Agency Information Collection Activities; Submission for OMB Review; Comment Request; Welding, Cutting, and Brazing Standard
- January 29 – [Federal Register 85: 5250-5251](#) – Agency Information Collection Activities; Submission for OMB Review; Comment Request; Derricks Standard
- January 28 – [Region 3](#) – U.S. Department of Labor Fines Roofing Contractor \$605,371 For Exposing Employees to Fall Hazards at 3 Pennsylvania Worksites
- January 27 – [Region 3](#) – U.S. Department of Labor Cites Pennsylvania Excavation Contractor For Exposing Employees to Trenching Hazards
- January 27 – [Region 2](#) – U.S. Department of Labor Again Cites New Jersey Aluminum Manufacturer for Safety Failures after Employee Hospitalized
- January 27 – [Region 4](#) – Florida Shooting Range Agrees to Pay Terminated Employee \$30,000 To Settle U.S. Department of Labor Whistleblower Allegations
- January 21 – [National Release](#) – U.S. Department of Labor Commemorates 50 Years of the Occupational Safety and Health Act of 1970 with “Protecting the American Workforce” Campaign
- January 17 – [Region 3](#) – U.S. Department of Labor Cites Philadelphia Refinery For Process Safety Management Hazards after Fire and Explosions
- January 16 – [Region 1](#) – U.S. Department of Labor Cites Target Corp. For Blocked Emergency Exit Access at Two

Massachusetts Stores

- January 16 – [Region 4](#) – U.S. Department of Labor Cites Plumbing Contractor for Exposing Employees to Hazards After Fatal Trench Collapse in Mississippi
- January 15 – [Federal Register 85: 2292-2303](#) – Department of Labor Federal Civil Penalties Inflation Adjustment Act Annual Adjustments for 2020
- January 14 – [Region 4](#) – U.S. Department of Labor Proposes \$1,007,717 in Fines Against North Florida Roofing Contractor for Egregious Fall Hazards
- January 13 – [Region 1](#) – U.S. Department of Labor and Avalon Bay Communities Partner To Promote Worker Safety on Massachusetts Construction Project
- January 10 – [Region 10](#) – U.S. Department of Labor Forms Alliance with Boise School District To Promote Workplace Safety and Health
- January 10 – [Region 4](#) – Florida Roofing Contractor Found in Contempt after Failing to Pay \$2,202,049 in Penalties for Safety and Health Violations
- January 10 – [Region 5](#) – U.S. Department of Labor Cites Valve Manufacturer for Exposing Employees to Lead, Copper and Other Hazards at Wisconsin Facility

Source: <https://www.osha.gov/whatsnew.html>

Infographic: Seven Confined Space Entry Do's and Don'ts

Seven Confined Space Entry Do's and Don'ts

Workplace Hazards: What They Are and How to Spot Them Infographic

Infographic

News You Can Use: OSHA Crane Operator Qualification

On November 9, 2018 OSHA published a Final Rule amending the requirements for crane and derrick operator training, certification, and employer evaluation (29 CFR 1926 Subpart CC).

The evaluation and documentation requirements become effective on February 7, 2019. Here's what you need to know.

Fundamentals of First Aid: CPR

Safety Talk

What's at Stake?

If a person suffers from a heart attack, sudden cardiac arrest, or other medical condition where they are no longer breathing or their heart stops working, quick action is a must.

What's the Danger?

The blood carries oxygen and the heart pumps the blood and oxygen throughout the body. The lack of oxygen can cause brain damage in only a few minutes and a person may die within eight to 10 minutes. Carrying out cardiopulmonary resuscitation (CPR) manually pumps the heart, keeping the blood flowing around the body and to the brain. Doing rescue breaths raises the oxygen levels, which is vital for reducing brain damage.

It can take many minutes for emergency medical support (EMS) to arrive and CPR must be carried on until the paramedics arrive.

How to Protect Yourself

1. Know the safety basics

- Call 911 immediately you notice someone has collapsed.
- Assess the scene.
- Proceed with care only if it's safe to do so.

2. Know the signs

- Unconscious – they will not be responding to you talking to them or touching them.
- They have no pulse.
- You cannot feel their breath when you put your cheek near their mouth.

3. Not trained, but in the know

- Lay the person on his or her back.
- Carry out hands-only CPR.
 - Uninterrupted chest compressions of about 100 a minute until paramedics arrive.
 - Compressions are repeatedly pressing hard down on the lower middle of the person's rib cage (the sternum or breastbone) and releasing.
 - This presses down on the heart to keep it pumping and also causes suction, so the person 'breathes' and gets some oxygen to the lungs and blood

- Sing 'Stayin' Alive' by the Bee Gees in your head to get the rhythm.

4. Trained and ready to go

- Start CPR with 30 chest compressions.
- Check airway for obstructions.
- If airway clear, start doing rescue breathing.
- If airway blocked, carry out mouth to nose rescue breathing.
- Now continue with 30 compressions to 1 rescue breath until the paramedics arrive.

5. Trained but rusty

- If you've previously received CPR training but you're not confident in your abilities, then just do chest compressions at a rate of about 100 a minute.
- Continue until EMS personnel arrive.

6. Do not use this approach on newborns.

Final Word

Carrying out CPR correctly can make a huge difference to the outcome for a person suffering from a cardiac arrest. Even if you are not trained, knowing how to do chest compressions until help arrives, is essential.

A Million Excuses – (10 min)

This all new video, although humorous, delivers hard-hitting impact for all employees. The program examines the ???million???

excuses offered by employees for not following established safety policies and procedures, not wearing Personal Protective Equipment and for not using common sense on the job. When employee??s see the excuses in this program, it may cause them to examine some of their own attitudes which may be unsafe.