

Picture This: Discrimination



In 2015, the photo of a woman wearing a protective helmet and holding a homemade placard went viral.

The sign reads: “I need feminism because ‘who hired a stripper’ shouldn’t be the first thing said when I’m at a welding job.”

Did you know that women make up less than 3% of the workers in construction trades? The ratio has not changed in the last 30 years, even though women make up 40-50% of the workforce in all other industries.

What’s more, each year 38x more men finish their apprenticeships than women, and the dropout rate for women in apprenticeship programs is 300x that of men – why?

- Almost nine in ten female construction workers experienced sexual harassment on the job, according to a U.S. Department of Labor report, compared to around one in three for all women.
- Gender stereotypes start early in life, and young women are less likely to get into shop classes or even hear about construction apprenticeship opportunities as they enter high school.
- Less than 1% of all harassment incidents are reported on the construction site, according to a report by the National Women’s Law Center – with the most cited reason for a lack of reporting being the fear of retaliation.

So what’s wrong with this picture? The fact that it is true!

News You Can Use: Proposed Extension of Some Beryllium Standard Compliance Dates

WASHINGTON, DC – The U.S. Department of Labor's [Occupational Safety and Health Administration](#) (OSHA) announced a proposed rule that would extend the compliance date for certain ancillary requirements of the general industry beryllium standard to Dec. 12, 2018. This extension applies to all processes, operations, or areas where workers may be exposed to materials containing beryllium that fall under the scope of the general industry standard.

The [Notice of Proposed Rulemaking](#) (NPRM) for a Limited Extension to Select Compliance Dates for Occupational Exposure to Beryllium in General Industry was published in the Federal Register on June 1, 2018. The extension allows OSHA to complete a planned NPRM that is designed to clarify the standard and to simplify compliance. This proposal will benefit employers covered under this regulation to avoid potential confusion and ensure employers implement necessary and appropriate requirements to protect workers.

OSHA has also issued a memorandum stating that the ancillary requirements that are affected by this rulemaking will not be enforced until June 25, 2018. Any provisions for which the standard already establishes compliance dates in 2019 (change room and showers) and 2020 (engineering controls) are unaffected by this rulemaking.

The public may participate in this rulemaking by submitting comments during the 30-day comment period. Click [here](#) for information on submitting comments on the proposed rule.

<https://content.govdelivery.com/accounts/USDOL/bulletins/1f40afe>

Asbestos – The Hazards and Health Effects

Safety Talk

What's at Stake?

Asbestos refers to six naturally occurring fibrous minerals that are resistant to heat, fire, and electricity.

Chrysotile asbestos is the most common and widely used type of asbestos and estimates show about 90-95% of all asbestos that remains in buildings in the U.S. and Canada is of this variety.

Since the 1950's, the harmful effects of breathing in asbestos fibers has been known. From its initial mining, through production and installation phases, to when it is disturbed during rebuilding or maintenance work, workers are at risk when inhaling asbestos fibers.

What's the Danger?

Asbestos is made up of microscopic fibers that can easily become airborne and inhaled as dust. Because of their shape, the asbestos particles cling to tissues of the lungs and other areas of the respiratory system.

Over time, these tiny fibers can cause inflammation, causing a number of health problems, including mesothelioma, a form of lung cancer. It is the most common and serious asbestos related illness and often lays dormant for many years before aggressively impacting breathing function and spreading to other areas of the body. It is hard to detect and usually untreatable by the time it is diagnosed.

Shipyard workers, individuals who worked in asbestos mines, auto mechanics and construction workers, such as pipefitters and plumbers, and workers involved in building demo, have a high risk of exposure to asbestos.

Hazards include:

- Asbestos in building floors, walls, roof, insulation, pipes, boilers, fireproofing materials.
- Roads lined with asbestos cement sheeting and piping products.
- Asbestos in motor vehicle brake parts, clutch facings, transmission parts, brake pads and linings.

How to Protect Yourself

4 easy ways to keep yourself safe while working near asbestos

1. Think asbestos

- Has the site been checked for asbestos?
- Know the materials you are working with – is there a chance they might contain asbestos e.g.
 - Roof panels, soundproof panels, heat resistant materials?
- Stop work if you think there might be asbestos present in the material you are working with and report it to the site manager.

2. Levels of protection

- You're at a low risk of asbestos exposure if you are working alongside but not disturbing asbestos sheets or products. In this case,
 - No protection is needed but you should be made aware that asbestos is present.
 - Your employer should have an exposure minimization plan in place.
- You're at a moderate risk of exposure if you're using power tools to cut asbestos product or removing asbestos products that risk breaking. In these situations:

- PPE and a respirator are needed, with dust extraction measures at the site.
- Warning signs must be posted around the area to warn of exposure risk.
- Protective polythene sheeting should be put down.
- Wet methods of sweeping, mopping, or vacuuming dust must be used.
- All asbestos containing material must be disposed of dust per regulatory requirements.
- Asbestos abatement workers have a high level of exposure risk and additional levels of protection and training are required.

3. Clothing and handling considerations are important because asbestos fibers can leave the site on clothing and footwear and be breathed in by family or the public.

- Protective clothing must include the head and feet, such as lace-free footwear or boot covers.
- A coverall designed to prevent asbestos fibers from getting in with a snug fit to the neck, wrists and ankles should be used.
- PPE should be disposable if possible.
- If not:
 - PPE should ONLY be removed on site.
 - Washing must only be done in laundries specifically set up for handling asbestos-contaminated clothing.

4. Breathe clean air.

- DO NOT USE single use, or disposable respirators during work with asbestos.
- Air purifying masks that filter asbestos fibers out of the air may be suitable in some cases. Remember to change and dispose of filters per manufacturer's instructions.
- In many cases a full-face air supplying respirator is required to provide maximum protection.

Final Word

Exposure to asbestos fibers is highly dangerous to people working

with it and those living and working around sites of asbestos production. Stringent rules are in place to reduce worker exposure, but it is vital you look out for yourself. Know the risks of your work and how to protect yourself.

Guidelines for Scaffolding Safety

What's at Stake?

Scaffolds make it possible to work at heights that ladders, and lift equipment can't reach. But, if you aren't following safe work practices the consequences can be life-threatening. Here are three examples.

- Two workers were performing siding installation work at a residence. The pump jack scaffold system they were on failed, and the workers fell about 12 feet.
- A worker accessed a scaffold that had no guardrails in place and was not fully decked. The decking that was in place was not secure and the worker fell about 9 feet, followed by the deck.
- A scaffold system failed during a windstorm. A manufactured scaffold plank (2 by 10 feet) became dislodged and fell about 143 feet, severing a 25 kV overhead power line.

What's the Danger?

The main causes of injuries and deaths related to scaffolds are:

- Poor planning when it comes to assembly and disassembly.
 - 15 to 20% of scaffold-related injuries involve erecting and dismantling and the failure to provide an

adequate working platform for a worker to use when installing the next lift of scaffold. Working from one or two planks is not recommended.

- Missing tie-ins or bracing.
- Loads that are too heavy for the scaffold to support; and
- Being too close to power lines.

How to Protect Yourself

1. Competency

1. Check that the scaffold has been designed and constructed by a qualified person or team of scaffold erectors.
2. Know who the competent person at your site is and don't get on the scaffold until you know they have inspected it.
3. They should inspect the scaffold before each work shift and after anything that could affect the structure and stability of the scaffold.

2. Electricity

1. As a rule, scaffolds should be at least 10 feet from energized power lines.
2. If that's not the case, talk to your supervisor or competent person and don't get on the scaffold until it is safe.

3. PPE

1. Wear your hard hat, non-skid work shoes, and other required PPE to protect yourself against falling objects, swinging loads, and slippery surfaces.
2. Fall protection such as a harness and lanyard may also be required on certain types of scaffold and when guardrails aren't in place.

4. Capacity

- Scaffolds should be designed to support (carry) four times any load (weight) that could be or will be placed on it.
- When you're calculating the load, you must look at the live load and the dead load.

- The live load is the maximum combined weight of all workers, tools and materials placed on the scaffold platform at any given time.
 - To estimate the live load, assume a weight of 200 pounds (91 kilograms) for each worker and 50 pounds (22.7 kilograms) for the worker's tools and accessories, resulting in a combined weight of 250 pounds (113.7 kilograms) per worker on the scaffold.
 - Multiply the number of workers on the platform by this value, adding to the result the estimated weight of any material placed on the scaffold.
- The dead load is the weight of the scaffold itself and includes the weight of all bases, frames, posts, tubes, clamps, guardrails, toe boards, ladders or stairs, platforms or planks, and any accessories.
 - The dead load is estimated by multiplying the total number of scaffold parts by the weight of each part and taking the sum of the resulting values.
 - You may not know the details of the dead load – so you can either ask the competent what the capacity is, or check scaffold tags – which should be at the entry point of the scaffold.
- Tags and Colors
 - It is common practice and required in many jurisdictions in Canada and the United States, to use color-coded tags to convey important information.
 - Tags should be placed at the entry point to a scaffold and have at least the following information:
 - Date erected/tagged
 - Date of last inspection and who

inspected it

- The capacity of the scaffold

1. A green tag means the scaffold has been inspected and is safe for use.
2. A yellow tag tells you the scaffolding is safe under certain conditions – i.e. you must wear fall protection, or it may list specific hazards to watch for.
3. A red tag means the scaffold is not safe to use – either because it is still being built, the scaffold is damaged, or the weather or other factors, have made it unsafe for use.

Final Word

Scaffolds are designed to provide you with a safe elevated working surface. You must do your part to ensure your safety – assess the hazards, read the tags, wear the right PPE, and follow safe work procedures.

Look Out for New Workers

What's at Stake?

You've likely heard the sports metaphors... "There is no I in team" ... Sports has showed us that success is often generated by players working together for a common goal. And much like a team, you have veteran workers and rookies – either because of their age, their experience, in many cases, both. Veterans help the rookies learn the ropes in both sports and at work and the rookies will be watching you – what lessons are they learning?

What's the Danger?

The workplace can be scary and full of unknown hazards for our rookie workers; full of strange equipment, unfamiliar chemicals, and complicated tasks. It's likely they are trying to do as much as they can without asking for help – and this can often lead to mistakes, risky behavior, and injuries. Consider these real-life stories...

An 18-year-old worker died after becoming entangled in a portable mortar mixer at a residential construction site. The victim was cleaning the mixer at the end of his shift to prepare it for the following day. A painter working near the victim heard yells for help and saw the victim's arm stuck in the machine and his body being pulled into the rotating mixer paddles. He ran to the mixer and attempted to turn it off but could not disengage the gears. EMS was called and responded within minutes, but he was pronounced dead at the scene.

A 17-year-old assistant pool manager was electrocuted when she contacted an ungrounded electric motor. She was adding soda ash to the water while standing barefoot on the wet concrete floor of the pump room. She filled the plastic drum with water, plugged in the mixing motor and placed the motor switch in the on position. In the process of adding soda ash to the drum, she accidentally contacted the energized mixing motor with her left hand and created a path to ground for the electrical current. She was electrocuted and died.

A 20-year-old carpenter was working for a construction company that was building an apartment building. While he was trying to install temporary supports for the roof trusses, he fell through the second story stairway opening and landed on the first-floor concrete walkway. He suffered a skull fracture with serious brain injuries.

How to Protect Yourself

Here are 9 ways you can help new and younger workers settle in

safely with their new environment:

1. Set a good example by following the safety rules and procedures you've been trained on.
2. Show them where to obtain safety materials and instructions.
3. If they aren't wearing the right PPE or wearing PPE in the right way, let them know and help them make it right.
4. Remind them where the emergency eyewash and safety shower are in your work area.
5. Help them find and read the Safety Data Sheets (SDS). It may be the first time they've ever had to work with them outside of their new hire training.
6. Point out the location of fire extinguishers, alarm boxes and other emergency equipment and first aid supplies.
7. They were likely told about injury reporting during their new hire training but may be fearful or embarrassed to report an injury. If you see a rookie worker get injured, or they tell you about a near miss or injury, encourage them to report it.
8. Lead by example and show them the importance of leaving machine guards in place to prevent accidental contact with moving equipment and stock.
9. Finally, if you see a new worker making a "rookie mistake" or any worker doing something unsafe, speak up.

Final Word

Your advice to a new co-worker is not a replacement for proper safety orientation, training and supervision. However, you can help make sure he or she picks up the information necessary to work safely, because working together safely is a team effort.

Stay Safe Working in the Heat

What's at Stake?

Every year, dozens of workers die and thousands more become ill while working in extreme heat or humid conditions. More than 40 percent of heat-related worker deaths occur in the construction industry, but workers in every field are susceptible. There are a range of heat illnesses and they can affect anyone, regardless of age or physical condition.

What's the Danger?

The Heat

The combination of heat and humidity can be a serious health threat during the summer months. If you work outside (for example, at a beach resort, on a farm, at a construction site) or in a kitchen, laundry, or bakery you may be at increased risk for heat-related illness.

Heat-related Illnesses

There are three kinds of major heat-related disorders—heat cramps, heat exhaustion and heat stroke. You need to know how to recognize each one and what first aid treatment is necessary.

Heat Cramps are muscle pains usually caused by the loss of body salts and fluid during sweating.

Heat Exhaustion is the next most serious heat-related health problem. The signs and symptoms of heat exhaustion are:

- Headache
- Nausea
- Dizziness
- Weakness
- Irritability

- Confusion
- Thirst
- Heavy sweating; and
- A body temperature greater than 100.4°F.

Heat stroke occurs when the body's temperature regulating system fails and body temperature rises to critical levels (greater than 104°F). This is a medical emergency that may result in death! The signs of heat stroke are:

- Confusion
- Red, hot, dry skin – lack of sweating
- Loss of consciousness
- Seizures

How to Protect Yourself

When working in the heat take these general precautions:

- Drink small amounts of water frequently and take frequent short breaks in the shade.
- Wear light-colored, loose-fitting, breathable clothing—cotton is good.
- Eat smaller meals before work activity and avoid caffeine and alcohol or large amounts of sugar.
- Work in the shade if possible and realize that equipment such as respirators or protective coveralls can increase heat stress.
- Find out from your health care provider if your medications and heat don't mix.

Heat Cramps

If you experience heat cramps start replacing fluid loss by drinking water and/or carbohydrate-electrolyte replacement liquids (e.g., sports drinks) every 15 to 20 minutes.

Heat Exhaustion

Treatment and response for heat exhaustion:

- Get the person out of the heat or hot area and have them begin drinking liquids.
- Use a cold compress on their head, neck, and face to cool them, or have the worker wash his or her head, face and neck with cold water.
- Encourage frequent sips of cool water.
- Make sure that someone stays with them until help arrives. If symptoms worsen, call 911 and get help immediately.
- Otherwise, get the person to a clinic or emergency room for medical evaluation and treatment.

Heat Stroke

Workers experiencing heat stroke have a very high body temperature and may stop sweating. They may also not be aware of what is happening to them or be able to take care of themselves. This is a life-threatening emergency and you must get medical help immediately.

- Call 911.
- Until medical help arrives, move the worker to a shady, cool area and remove as much clothing as possible.
- Wet the worker with cool water and use a fan or fan the victim to move the air to speed cooling.
- Place cold wet cloths, wet towels or ice all over the body or soak the worker's clothing with cold water.

Final Word

Working in the heat can be dangerous and deadly if you don't take time to get used to it, drink plenty of water, and take frequent, shady rest breaks.

Heart Attack and Stroke in the Work Place: Do you know the Warning Signs?

Heart Attack and Stroke in the Work Place: Do you know the Warning Signs?

RECOGNIZING THE EARLY WARNING SIGNS OF HEART ATTACK AND STROKE COULD SAVE SOMEONE'S LIFE.

Every 7 minutes, someone in Canada dies from heart disease or stroke (Statistics Canada, 2011). About 2,300 Americans die of cardiovascular disease each day, an average of 1 death every 38 seconds.

If a co-worker was experiencing symptoms of a stroke or heart attack at a job site, would you be able to recognize the signs and act?

In this post, you will learn what to look for when someone in the work place is experiencing a stroke or a heart attack.

What is a Heart Attack?

A heart attack happens when sections of the heart muscle is blocked from receiving blood often by way of a clogged artery. Blood restriction causes portion of the heart muscle dies.

WARNING SIGNS OF A HEART ATTACK

Recognizing the warning signs of a heart attack could save someone's life. Be aware of the following symptoms among your co-

workers.

- **Chest discomfort**(uncomfortable chest pressure, squeezing, fullness or pain, burning or heaviness)
- Confusion or trouble understanding other people
- **Discomfort in other areas of the upper body**(neck, jaw, shoulder, arms, back)
- Shortness of breath
- Sweating
- Nausea
- Light-headedness

WHAT SHOULD I DO IF SOMEONE IS HAVING A HEART ATTACK?

- If someone is experiencing symptoms of a heart attack, be sure to take the appropriate steps to mitigate the effects of blood loss to the brain.
- **Call 9-1-1**(or have someone call for you).
- Stop all activity, have the person sit or lay down.
- If the sufferer takes nitroglycerin regularly, they should take the normal dosage.
- With the advice of a 9-1-1 operator, chew and swallow two 80mg tablets of ASA – Aspirin (do not take acetaminophen or ibuprofen instead).

What is a Stroke?

A stroke is a blood clot preventing your brain from getting the blood it requires. The important thing is what you do if stroke symptoms happen; the sooner the treatment, the less chance of serious damage to the brain and less chance of permanent disability.

WARNING SIGNS OF A STROKE

Recognizing the warning signs of a stroke could prevent serious damage. Be aware of the following signs among your co-workers.

- Numbness or weakness in your face, arm, or leg, especially on one side
- Confusion or trouble understanding other people
- Trouble speaking
- Difficulty seeing with one or both eyes
- Trouble walking or staying balanced or coordinated
- Dizziness

Severe headache that comes on for no known reason

WHAT SHOULD I DO IF SOMEONE IS HAVING A STROKE?

If someone is experiencing symptoms of a stroke, be sure to take the appropriate steps to mitigate the effects of blood loss to the brain.

- **Don't ignore stroke warning signs**– even if you have just one warning sign or if symptoms are mild or go away.
- **Don't wait!** Every minute counts.
- **Call 911** or emergency medical services (EMS) if you have one or more symptoms for more than a few minutes. An ambulance can get you to a hospital without delay.
- **Check the time** when symptoms begin. This is important information to share when you arrive at the hospital.

Even if you're not 100% sure if someone is experiencing a stroke, be sure to act as soon as possible. It's better to have a wasted trip to the hospital rather than risk permanent damage.

Conclusion

Having some basic knowledge to recognize the symptoms of a stroke or heart attack could save your own or a co-worker's life and prevent any long-term damage. Not ignoring the signs and making a quick response is your best bet to insure a positive outcome to an emergency.



Ask the Expert: Fall Protection and Scaffolds

Question: Is fall protection required for workers who are using scaffolding as a work platform – not erecting or dismantling scaffolds – just working from them?

Answer: Yes, fall protection of some sort is required for anyone who will be working from a scaffold. The fall protection can be the guardrail system of the scaffolding itself, or a personal fall arrest system – and in some cases both are required, it just depends on the type of scaffold. See the chart below for specific guidance.

In addition, though not part of your question, fall protection is required for those erecting and dismantling scaffolds.

Type of Scaffold	Type of Fall Protection Required
Aerial lifts	Personal fall arrest system
Boatswains’ chair	Personal fall arrest system
Catenary scaffold	Personal fall arrest system
Float scaffold	Personal fall arrest system
Ladder jack scaffold	Personal fall arrest system
Needle beam scaffold	Personal fall arrest system
Self-contained scaffold	Both a personal adjustable scaffold arrest system and a guardrail system
Single-point and two-point suspension scaffolds	Both a personal fall arrest system and a guardrail system

Supported scaffold	Personal fall arrest system or guardrail system
All other scaffolds not specified above	Personal fall arrest system or guardrail systems that meet the required criteria
Crawling board (chicken ladder)	Personal fall arrest system, or a guardrail system, or by a 3/4-inch (1.9 cm) diameter grab-line or equivalent handhold securely fastened beside each crawling board

Fall Protection Training Verification Form: Documenting Fall Protection Training

HOW TO USE THE TOOL

Adapt this form for your OHS program and the requirements of applicable OHS laws on PPE. Use it to document that you've provided fall protection training to workers, what that training covered and that the workers understood their training and demonstrated how to use the equipment on which they were trained. Retain these completed forms in the event your fall protection training is questioned.

Suspended Work Platform/Boatswain's Chair Training Verification Form

BENEFITS

You must ensure workers required and permitted to use a suspended work platform or boatswain's chair successfully complete a training program. Training must be done before a worker is permitted to use the suspended work platform or boatswain's chair for the first time, and as often as necessary after that but no later than at least every three years.

HOW TO USE THE TOOL

Adapt this form for your OHS program and the requirements of applicable OHS laws. Use it to document that you've provided training to workers, what that training covered and that the workers understood their training and demonstrated how to use the equipment on which they were trained. Retain these completed forms in the event your training is questioned

Train the Trainer – Incident Investigations: 10 Incident Investigation Pitfalls to Avoid

Train the Trainer – Incident Investigations

10 Incident Investigation Pitfalls to Avoid

Investigating near misses and incidents resulting in injuries,

property damage, or fatalities is a key part of a successful safety program. Having a team in place to conduct these investigations is key to the usefulness of the investigation and in the prevention of future incidents. Here are 10 investigation pitfalls your investigation team should avoid.

1. Starting Too Late

A common mistake is not beginning the investigation until you find out how seriously a worker is hurt. But waiting even a couple of hours can compromise the integrity of the accident scene and the evidence it contains. So, have at least one member of your incident investigation team on the scene to begin documenting the events of the incident, securing evidence, and identifying possible witnesses as soon as possible.

2. Starting Too Soon

For serious accidents involving fatalities, seriously injured or multiple injured victims, law enforcement and government agencies will likely be on site to conduct their own inspections and carry out any necessary legal and regulatory procedures. You don't want to hinder their investigation or required procedures. It's a good idea to check with your company's lawyer in these cases.

3. Not Securing the Incident Scene

Secure the scene immediately after the accident. Cordon off the area and don't let people walk through it. If necessary, use tarps or other coverings to protect the physical evidence against weather or the elements.

4. Disturbing the Incident Scene

When an incident occurs, there may be pressure on you to clean up and restore operations to normal as soon as possible. In addition to compromising the investigation, caving to this pressure can make you liable for destroying evidence and obstructing a government or police investigation. So, preserve the accident scene in its pristine state until a proper investigation is carried out.

Exception: Disturbing the scene is okay if:

1. It's necessary to prevent further injuries or serious property damage;
2. It's necessary to prevent disruption of a vital public service, e.g., a water main or power line; or
3. A government or law enforcement official orders you to.
4. Relying on Someone Else's Investigation

Government safety officers, police, and other agencies will conduct their own investigation if an accident is serious. But remember, they're not doing the investigation for you; they're doing it to you.

So, while you should participate and shadow the government's investigators (if allowed), you should also do your own investigation to ensure that it accomplishes your company's goals, e.g., identifying and correcting problems to prevent a recurrence.

6. Not Having Right Person Investigate

The person or persons who investigates an incident needs to be knowledgeable and competent to conduct investigation but impartial and capable of investigating objectively. These are two reasons why it's a good idea to have a team of employees and supervisors trained in incident investigation and participating in investigations.

7. Not Getting List of Witnesses

A witness list is a critical piece of information and one you have precious little time to capture. So immediately make a list of people present at the scene, including contact information of individuals you don't know, who might serve as witnesses before they vanish.

8. Not Interviewing Right People

Interview not only the eyewitnesses but also individuals who weren't present at the incident but might still have critical insight into causal factors such as, who used the machinery involved in the event during the previous shift or repaired it

before the incident occurred.

9. Not Capturing Right Information

In addition to physical evidence and witness testimony, make sure your investigation draws on key materials such as:

- a) Manuals, maintenance and inspection records of machinery, equipment or tools involved in accident;
- b) Training and disciplinary records of victims and other workers involved; and
- c) Reports of previous incidents involving the same machinery, equipment, tools, personnel, operation, work area, etc.

10. Not Properly Documenting Investigation

For documentation and possible future legal purposes, it is critical to prepare a signed and dated report listing at least the following information:

- a) The date of the accident;
- b) The date(s) of the investigation;
- c) A description of the event;
- d) The factors that contributed to it; and
- e) Recommended actions to correct the problems identified.

News You Can Use: Beryllium Standard Delay Update

OSHA Issues Direct Final Rule Revising Beryllium Standard for General Industry; Delays Enforcement of Certain Provisions



On May 4, OSHA issued a [direct final rule](#) clarifying aspects of

the beryllium standard for general industry as it applies to processes, operations, and areas where workers may be exposed to materials containing less than 0.1% beryllium by weight. The direct final rule will go into effect on July 4 unless OSHA receives significant adverse comments by June 4. For details, see the [news release](#).

OSHA also [announced](#) that it will begin enforcing certain requirements of the beryllium final rule, including the permissible exposure limits in the general industry, construction, and shipyard standards; and the exposure assessment, respiratory protection, medical surveillance, and medical removal provisions in the general industry standard.

The agency will delay enforcement of other ancillary provisions for general industry until June 25, 2018. The Agency plans to issue a proposal to further extend this compliance date for the ancillary provisions to Dec. 12, 2018.

Ask the Expert: Exposure Limits on Vibrating Equipment

Question: Are there exposure limits or time guidelines for using high vibrating tools such as impact wrenches, chainsaws, jackhammers, and riveting hammers?

Answer: Generally, when using these types of vibrating tools, it is recommended to limit exposure to 30 minutes a day.

These exposure guidelines however, don't come in the form of a specific regulatory standard but are based on consensus standards.

The International Organization for Standardization (ISO), the American Conference of Governmental Industrial Hygienists (ACGIH®), and the European Committee for Standardization (CEN)

have developed standards and threshold limit values (TLVs®), which are health-based recommended maximum exposure levels.

The ISO standard deals with whole body vibration only, while ACGIH® and CEN provide limits for both hand/arm and whole-body vibration.

So, while OSHA and most Canadian jurisdictions may not have a specific standard dealing with this issue and the ACGIH isn't an enforcement agency – an employer could still be cited under the General Duty Clause or for lack of due diligence.

The ABCD's of PFAS: Help Workers Remember How to Stay Safe Working at Heights

Passive and Active Fall Protection

The best fall protection is a passive system that doesn't rely or require a worker to do anything – they don't have to select or wear fall protection. Passive systems include guardrail systems and safety nets. Passive systems aren't always possible to install and use however, and that's when active fall protection is needed.

One type of active fall protection is a personal fall arrest system or **PFAS**. When used correctly a PFAS can stop (arrest) a falling worker from hitting the surface or ground below. A PFAS consists of a full-body harness, a shock-absorbing lanyard or retractable lifeline, and a secure anchor/s point. If any part of the system fails, the worker is put at a high risk for injury or death.

Training

Considering the importance of a PFAS as a life-saving device, it

makes sense that it to be used correctly and be in good condition.

Of course, this involves training. Before performing work at height that requires the use of a PSAF, your workers must be trained on:

- the safe way to wear a PSAF;
- how to safely use a PSAF, including which anchor points are suitable – and which are not;
- the rescue plan; and
- inspecting and caring for the PSAF.

Training Fails

Even after training, how often do you see these PFAS blunders?

- A worker wrapping their lanyard around a beam or pipe and then tying the lanyard back on itself.
- A 6-foot shock-absorbing lanyard tied off to a waist-level anchor point on a worker who is working 6 feet off the ground.
- A narrow piece of PVC piping or other structure that you know can't stand up to the force of a fall.

The ABCD's of PFAS

Here's an easy way to reinforce your training and help your workers remember some of the more pertinent points.

A – Anchor Point

In technical terms, an anchor point is a secure point of attachment for your fall arrest system's lanyard or lifeline. In other words, it'll be supporting your weight and fighting gravity's forces if you fall. You want to tie-off to something sturdy!

- Anchor point locations should be planned out before work begins. If not, or you're ever not sure what to tie-off too, ASK before you tie-off.
- The anchor point should be attached to a substantial structural member, such as a beam, girder, roof truss or

rafter.

- And here's why. An anchor point must support either 5,000 pounds per worker (the weight of two small cars) or twice the intended load.

How Not to Die

❌ Don't use a roof pipe or vent as an anchor point. They are not designed to support the required 5,000 pounds per worker. Instead, use an anchor point that has been engineered and installed for the job, or another approved anchor point.



❌ Never use sheetrock screws to install an anchor point either – they are great for sheetrock – but are NOT designed for fall arrest.

B – Body Harness

A full-body harness is required for a PFAS. The body harness distributes the force of a fall to reduce the chance of bodily injury. It includes shoulder and thigh straps, and a D-ring.

How Not to Die

❌ Body belts should never be part of a PFAS. Body belts have been banned for use with personal fall arrest systems for years. Why's that you ask? Take a look at these stats from a study OSHA and engineers at Wright Patterson Airforce Base did in the mid-80's.

- An average-sized woman, they calculated, could live two and a half minutes before dying of asphyxiation or internal injuries caused by the belt.
- A man would survive for about 32 seconds. In a harness, however, a worker could survive between 19 and 29 minutes.
<https://www.ishn.com/articles/82312-banning-body-belts>

❌ Make sure that D-rings are larger than the snap hook.

✖ The connecting D-ring in a properly fitted harness should be in the center of the upper back.



C – Connecting Device

A retractable lifeline or shock-absorbing lanyard and its connectors are used to link a full-body harness to the anchor system. Different types of connectors include carabiners, snap hooks, D-rings, and rope grabs. Connectors must have a minimum tensile strength of 5,000 pounds.

How Not to Die

- ✖ Never hook lanyards together unless manufacturer approved.
- ✖ Don't ever tie a knot in a lanyard or lifeline – doing so reduces the strength by at least 50%.
- ✖ Shock-absorbing lanyards and retractable lifelines are rarely compatible—so DON'T connect them.

D – Descent & Rescue

Your employer is required to have a rescue plan for rescuing a worker whose fall has been arrested. Prompt rescue is important to your safety after an arrested fall.

How Not to Die

- ✖ If you're not sure what the rescue plan is – ASK! Suspension trauma can set in quickly once your PFAS stops your fall. You will literally be left hanging there until someone rescues you or you are somehow able to perform self-rescue.

<http://stopconstructionfalls.com/wp-content/uploads/2013/03/Personal-Fall-Arrest-Systems-Brochure.pdf>

Spot the Safety Violation: Watch Your Step!

It's not clear from the picture how this gentleman arrived at his precarious perch. What is clear, is that he's got a fast way to get down – straight through the unprotected openings behind and to the side of him.

Let's break this down:

1. All it would take for our wayward roofer to meet his demise would be losing his balance from a slight wobble or sway caused by standing up after being bent over.
2. Or maybe he'd be so focused on his current task that he'd forget the sketchy platform he was standing on was not much wider than him. He really is one step away from falling – the makeshift platform is as deep as two of his shoes put end-to-end.
3. There is also no proper anchor point to connect his fall protection to – which really isn't an issue because he's not wearing any fall protection.
4. Finally, if you look down by his heel you can see tape covering the electrical cord of the tool he's using. Very likely covering up some damaged wires. In which case, electrocution is possible, as is getting shocked, startled, losing his balance, and falling into the unprotected roof opening behind him or falling forward and rolling down the roof.

Roof work is not exempt from fall protection requirements. A fall protection system and/or the use of fall protection equipment should be in use to make this job safe. The damaged electrical equipment should also be placed out of service, repaired, or properly disposed of.

Share this with your crews and see what other hazards and fixes they can come up with.



https://www.reddit.com/r/OSHA/comments/8edlcu/is_this_safe/

News You Can Use: OSHA Announces State Plans Must Submit Injury and Illness Data

U.S. Department of Labor Fixes Error Dating to 2016 Implementation of “Improve Tracking of Workplace Injuries and Illnesses” Regulation

Following a review of the requirements put in place in 2016 regarding the “Improve Tracking of Workplace Injuries and Illnesses” regulation, OSHA has taken action to correct an error that was made with regard to implementing the final rule.

OSHA determined that Section 18(c)(7) of the Occupational Safety and Health Act, and relevant OSHA regulations pertaining to State Plans, require all affected employers to submit injury and illness data in the Injury Tracking Application (ITA) online portal, **even if the employer is covered by a State Plan that has not completed adoption of their own state rule.**

OSHA immediately notified State Plans and informed them that for Calendar Year 2017 all employers covered by State Plans will be expected to comply. An employer covered by a State Plan that has

not completed adoption of a state rule must provide Form 300A data for Calendar Year 2017. **Employers are required to submit their data by July 1, 2018.** There will be no retroactive requirement for employers covered by State Plans that have not adopted a state rule to submit data for Calendar Year 2016.

A notice has been posted on the [ITA website](#) and related OSHA webpages informing stakeholders of the corrective action.

Preventing Electrocution

What's at Stake?

Consider the following story...

A worker noticed condensation on the high voltage power supply while doing electrical maintenance in a hospital laboratory. With the power still on, he wiped the moisture with a tissue and made contact with the exposed terminal.

He received a severe electrical shock and second degree burns to his right thumb and abdomen. Witnesses stated they heard a loud "snap" and then heard the worker scream and stagger out to the hallway. He had no pulse and was not breathing. Medical personnel were nearby and able to restore his heartbeat using a defibrillator.

What's the Danger?

Electrocution results when a person is exposed to a lethal amount of electrical energy. An electrical hazard can be defined as a serious workplace hazard that exposes workers to the following:

Burns	Electrocution	Shock	Arc Flash/Arc Blast
Fire	Explosions		

Therefore, you can remember to BE SAFE by recognizing, avoiding

and protecting against these electrical hazards.

1. Contact with Power Lines – Overhead and buried power lines are especially hazardous because they carry extremely high voltage.

- Fatalities are possible as electrocution is the main risk; however, burns and falls from elevations are also hazards workers are exposed to while working near high voltage power lines.
- Workers may not realize that cranes are not the only equipment that reaches overhead power lines. Working on a ladder or in a man-basket suspended near power lines also poses a risk of electrocution.
- **IMPORTANT!** The covering on an overhead power line is primarily for weather protection; therefore, workers need to know that if they touch a power line, covered or bare, death is likely.

2. Contact with Energized Sources – The major hazards regarding contact with energized sources are electrical shock and burns.

- Electrical shock occurs when the body becomes part of the electric circuit.
- The severity and effects of an electrical shock depend on many factors, such as the pathway through the body, the amount of current, the length of time of the exposure, and whether the skin is wet or dry.
- Water is a great conductor of electricity, allowing current to flow more easily in wet conditions and through wet skin.
- If the power supply to electrical equipment is not grounded or the path has been broken, a fault current may travel through a worker's body.
- Even when the power system is properly grounded, electrical equipment can instantly change from safe to hazardous because of extreme conditions and rough treatment.

3. Improper use of Electrical/Flexible Cords – The normal wear and tear on extension and flexible cords can loosen or expose wires, creating a hazardous condition.

- Cords that are not 3-wire type, not designed for hard-usage, or have been modified, increase the risk of shock.
- Because they are exposed, flexible, and unsecured, they are more susceptible to damage than fixed wiring. Hazards are created when cords and their components are improperly used and maintained.
- When a cord connector is wet, electric current can leak to the equipment grounding conductor, and to anyone who picks up that connector if they provide a path to ground. Such leakage can occur not just on the face of the connector, but at any wetted portion.

How to Protect Yourself

1. Maintain a safe distance from overhead power lines. Before work begins, be sure the:

- Equipment/activity is located within a safe working distance from power lines.
- Utility company has de-energized and visibly grounded the power lines or installed insulated sleeves on power lines.
- Flagged warning lines have been installed to mark horizontal and vertical power line clearance distances.
- Tools and materials used are nonconductive.

2. Use ground-fault circuit interrupters (GFCI). GFCIs detect ground faults and interrupt the flow of electric current and are designed to protect the worker by limiting the duration of an electrical shock.

3. Inspect portable tools and extension cords. Workers need to inspect extension cords prior to their use for any cuts or abrasions.

- Extension cords may have damaged insulation. When the insulation is damaged, exposed metal parts can become

energized if a live wire inside touches them.

- Flexible cords used with temporary and portable lights must be designed for hard or extra-hard usage and be marked with usage type, size and number of conductors.

4. Follow lockout/tagout procedures. Lockout/tagout is an essential safety procedure that protects workers from injury while working on or near electrical circuits and equipment.

- In addition, lockout/tagout prevents contact with operating equipment parts such as, blades, gears, shafts, etc.
- Also, lockout/tagout prevents the unexpected release of hazardous gases, fluids, or solid matter in areas where workers are present.

Final Word

Recognizing electrical hazards and then taking appropriate measures to prevent and protect workers will help to avoid electrocution and electricity-related injuries.

Protecting Against Fall Hazards in Construction

What's at Stake?

Workplace falls cause a significant number of lost workdays, injury, suffering and even death. In Canada, an average of 100 workers suffer fall injuries each day, leading to 60 deaths and over 40,000 work days lost each year. In the US, falls are consistently at or near the top of causes of worker deaths in the construction industry.

What's the Danger?

A “vertical fall” is typically something that occurs between two different levels (i.e. falling from a roof to the ground) compared to a “horizontal fall” which occurs on the level upon which a person is standing or moving (i.e. running and tripping). Vertical falls cause most of the significant injuries and fatalities. Falling only a relatively short distance can lead to significant, long-term illness, disability or death. The way a person lands, or the surface they land on, can be the difference between walking away uninjured or permanent paralysis.

On construction sites, hazards include:

- Sloping, slippery roof.
- Overreaching to carry out work.
- Uncovered floor or wall openings.
- Falling from, or onto machinery.
- Falling into deep water – physical injury hitting the water, drowning.
- Being inadequately trained to use specialist fall prevention equipment.

How to Protect Yourself

7 easy ways to protect against falls from heights

1. Know the safety regulations about when fall protection is required, based on:
 - How high up you will be working – typically 3 meters/6 feet (or higher);
 - The surface or platform you are working on (e.g., vehicles, scaffolds, sloped roofs);
 - What you are at risk of falling through, on or into (e.g., machinery, hard surfaces, water).
2. Check if a site-specific fall protection plan is required and in place.

- If there is a plan, know it and follow it.

3. Notice physical barriers:

- Guardrails – strict guidelines are in place including the minimum heights, gap between rails and materials used.
- Protective coverings over openings.
- Safety nets.

4. Take notice of warning signs.

5. Use appropriate active fall protection systems correctly.

- Fall restraint system.
 - Preferred system as they prevent falling.
- Fall arrest systems:
 - Limit the distance of the fall.
 - Risk of injury from system when worker comes to an abrupt stop.
 - Risk of suspension trauma after the fall.
 - Emergency rescue plan for suspended workers must be in place.

6. Use PPE to reduce the injury risk if a fall happens.

- Hard hats.
- Knee/elbow pads.
- Lifejackets if working over deep water.

7. Complete any required courses to keep you safe when working at heights and attend regular training.

Final Word

Vertical falls on construction sites are a common cause of injury and worker deaths. Procedures, processes and equipment must be in place on all construction sites to prevent falls. And, workers must wear and use fall protection equipment consistently and correctly to protect themselves if they do fall.

Fall Hazards and Falls from Heights

What's at Stake?

New York Post – Two construction workers fell, one fatally, at an under-construction building development in Manhattan's Hudson Yards, only hours after another worker plunged to his death in a separate incident in lower Manhattan.

According to authorities, the workers at the Hudson Yards site fell about 35 feet while operating a forklift cage that collapsed. A 45-year-old worker was found with severe body trauma and pronounced dead at the scene. His co-worker, a second 45-year-old worker, suffered trauma to his head and body, and was rushed to Bellevue Hospital but in stable condition, police stated.

About five hours earlier, worker Juan Chonillo, 43, of Queens, fell from the 29th story of an under-construction high-rise in the Financial District, to the top of a 1st floor scaffolding, authorities said. The father of five apparently missed the clipping to a security hook and plunged from the shaking platform he was on while erecting building materials, workers at the site said.

The news reports above indicate that falls can happen anytime, at any worksite, and should be among the top safety concerns for workers on the job.

What's the Danger?

Fall hazards are present at most worksites and workers are exposed to these hazards daily. A fall hazard is anything at your worksite that could cause you to lose your balance or support, and result in a fall – specifically a fall from heights. Some of the major

working conditions that contribute to fall hazards include unprotected edges of raised work surfaces (ex: roofs), unsafe scaffolds, working over water, and ladder risks.

Unprotected Edges

- One of the most common hazards of roofing is unprotected sides and edges.
- Falls to a lower level are also a major cause of fatalities in construction in general.
- Improperly covered or protected floor holes and openings are another common fall hazard. It is easy to step into one if you're carrying something that blocks your view; or is partially hidden by a shoddy cover; or to step back and fall because you forgot or didn't know there was an unprotected edge behind you.

Inadequate Scaffolds

- Working with heavy equipment and building materials on the limited space of a scaffold is difficult. Without fall protection or safe access, it becomes hazardous.
- Most workers injured in scaffold accidents blame the accident on factors like planking or support giving way, or to lack of guardrails or another type of fall protection.
- The most frequent hazards include lack of fall protection, scaffold access, use of aerial lifts without a harness and lanyard, platform construction and improper worker training.

Unsafe Ladders

- Factors that contribute to falls from ladders are ladder slip (top or bottom), overreaching, slipping on rungs/steps, defective equipment and improper ladder selection.
- Risky ladder misuse includes not having a portable ladder extend 3 feet above the landing, no worker training, and improper use of the top of stepladders.

How to Protect Yourself

As a rule, fall protection is required for heights of six feet (3 meters) or more for construction work. However, regardless of the fall distance, protection must be provided when working over dangerous equipment and machinery. Ensure your fall protection is right for the work you are doing, in good condition, and you're using it properly.

- The three main methods of fall protection are guardrails, safety nets, and personal fall arrest systems.
- Of course, it's better to prevent a fall using guardrail systems and the like, versus stopping or arresting a fall using fall protection and nets.
 - Safety nets are designed to catch you and break your fall. They must be placed as close as possible under the working surface, but never more than 30 feet below.
 - A personal fall arrest system consists of an anchorage, connectors, and a full-body harness that work together to break your fall.
- Remember, your employer must provide protection to prevent falls. Here are some things they should do to prevent fall hazards and falls:
 - Develop a written fall protection plan.
 - ID fall hazards before each project and during daily walk-arounds.
 - Eliminate the need for fall protection by rescheduling the task, isolating the task, or changing the task.
 - Confirm fall protection equipment is appropriate to the task, in good condition and used properly.
 - Regularly conduct fall prevention training and cover the specific fall hazards and PPE required to work safely.
 - Conduct regular inspections of fall protection

equipment as set by manufacturer recommendations and federal, state, or provincial requirements.

- Emphasize fall hazards unique to the site, such as open floor holes or shafts, riser penetrations and skylights, or water hazards.

Final Word

Fall hazards are extremely common, but with proper training, active fall controls like guardrails, and general fall prevention awareness, falls can be avoided.

Your Fall Protection Equipment – Your Lifeline

What's at Stake?

Falls are one of the oldest causes of injuries and death. A worker is most at risk if working at heights of four feet or more; above running machinery, water and hazardous liquids, or exposed to an opening in a work surface. Fall protection equipment can mean the difference between life and death.

What's the Danger?

The risk of falling and exposure to fall hazards is typically higher on construction sites, but fall deaths occur in most industries. Fall hazards include working on sloping rooftops or roofs and floors with deteriorating materials, unprotected edges and unfavorable weather conditions. Even more dangerous, is lack of awareness which can lead to using inadequate or damaged fall protection equipment. For example, borrowing and using a, possibly defective, body harness without inspecting it.

How to Protect Yourself

Fall protection comes in many forms, including scaffolds, guardrails, safety nets, and personal fall arrest systems. However, the fall protection you wear is your direct lifeline when it comes to stopping you in the event of a fall. All equipment shares similar safety components for the protection they give. To detect damages and prevent equipment failure while working at heights, a familiarity of these components is necessary.

- **Hardware** is any metal part like a D-ring, used for connecting parts of fall protection equipment.
 - Attachments should overlap and move freely, ensure locks are working.
 - Inspect for damage, cracks, rust, bends, dents, sharp edges, corrosion and distortions.
- **Webbing** is the woven fabric used for producing straps and belts like in a harness.
 - Inspect for cuts, holes, loosening, burns, tears, scraping, wearing, stretching, dirt, chemical damage and discoloration.
- **Stitching (impact indicator)**: This is a section of the webbing with a special stitch pattern designed to release when the harness receives impact.
 - Inspect for ruptured stitches, pulled or cut fibers and discard if noticed.
- **Ropes** are specially blended synthetics or wires built for strength and stress resistance, normally used for descent control.
 - Inspect for cuts, burns, abrasion, knots, excess dirt, discoloration, broken wires, corrosion, twists and separated strands.
- **Shock absorber** is a unit of the lanyard with a built-in woven inner core that expands during a fall to reduce the force.
 - Inspect for elongation, tears and excess dirt.
- **Label** is a small piece of paper, fabric or plastic attached to equipment that carries important information.
 - Ensure labels are in place, clean and readable.

Equipment built from the above components include:

- **Full body harness** is secured around the body to distribute fall arrest forces over the thighs, pelvis, waist, chest, and shoulders.
 - Inspect hardware, webbing, stitching and label.
- **Lanyards:** Lanyard is a flexible line of webbing or rope, used to attach a body belt or full body harness to a lifeline or anchor.
 - Inspect hardware, webbing, rope, stitching and shock absorbers.
- **Descent control device** is used to safely lower a worker down.
 - Inspect hardware, pulleys, and ropes.
- **Self-retracting device**, like a car's seatbelt, releases when pulled gently and locks when speed or force is applied. This stops the downward motion of somebody falling.
 - Inspect hardware: (screws, fasteners, housing, anchors, hooks), labels, webbing and stitching.
 - Locking action and retraction by pulling out the lifeline and allowing it to retract.

Finally, keep your equipment working well and lasting long by following these guidelines.

- Follow manufacturer's instructions for care, storage, and use.
- Wipe off dirt with clean, wet sponge and repeat cleaning with water and detergent.
- Rinse webbing in clean water, wipe with a clean cloth and hang to dry.
- Store equipment away from dirt, direct heat, prolonged sunlight, fumes, corrosion and sharp edges.
- Always inspect equipment before use, replace defective equipment immediately, and do not use if in doubt.
- Ensure equipment is inspected at least annually by an authorized person.

Final Word

Your fall protection equipment is your lifeline. Inspecting it before use is a must. For quality inspection, an understanding of

fall protection equipment, their uses and components to be inspected is essential. The Canadian Standards Association (CSA Z259) guide and ANSI Z 359.2 2007 are two guides to reference for more detailed information.

Road Construction Worker Dies After Being Hit: Fatality Files



A driver is likely to face charges after hitting and killing a construction worker in a road construction work zone. The victim was a 42-year-old construction worker, who was removing barrels from the end of a road closure as it was about to reopen. The driver entered the closed lane with the intent to exit when he hit the worker. Police said the victim was wearing a reflective jacket and helmet at the time.

The victim was transported to a local hospital with serious injuries. He died the following day.

The driver told police he realized he was in the construction zone and was in the process of merging back into traffic when the accident happened. He will likely face charges of vehicular homicide.

<http://www.11alive.com/article/traffic/construction-worker-dies-after-being-hit-on-i-85-nb-at-i-985/85-516450077>

Final Word

Imagine if your “office” was smack in the middle of multiple lanes of traffic, or a narrow two-lane road with no shoulder. You are just feet, sometimes inches away, from speeding vehicles, semi-trucks, and heavy equipment. Even with your required reflective clothing and other PPE, you know who will likely win if some

driver isn't paying attention.

Traffic work zones are dangerous. Hundreds of workers die each year in work zones because of:

- Driver inattention
- Worker inattention
- Improperly placed warning signs; and other factors, including speeding, abusive drivers experiencing road rage, and driver impairment from drugs and alcohol.

Share this story and this month's Safety Talk – [Traffic Control During Road Work](#) to help your crew stay safe when they are in the zone.

Disaster Response: Keeping Responders Safe

In the panic and shock-filled aftermath of a natural disaster such as a hurricane, tornado, earthquake, fire or flood, disaster response teams rush in to help clear roads, rescue people, and get utilities and other services back up and running. But, are you doing enough to ensure their safety?

Help Responders Cope with Disaster Response

1. Talk about the emotional and physical strain of disaster response work and how it makes them more vulnerable to stress-induced illnesses.
2. Talk about the signs of emotional exhaustion and stress so crews can keep an eye out on each other.
3. Help them set priorities and pace work to avoid exhaustion. Remind them, they can't help others if they don't take care of themselves.
4. Stress the importance of sleep and resuming their normal

sleep schedule as quickly as possible.

5. Set and enforce frequent breaks to help fend off exhaustion.

How Does Disaster Response Differ from Regular Work?

Disaster response work has several differences from a normal day on the job – go over these with workers before they get on site:

1. New command structure of an Incident Command System (ICS) with the Incident Site Commander in charge.
2. Exposure to new hazards and new requirements for protective equipment.
3. Unplanned or unscheduled extended work hours.
4. Shortages in supplies, materials, and personnel.
5. Unpredictable response or reaction from the public, motorists, and victims.
6. Stress.

Special Health and Safety Issues

Disasters can create unique health and safety challenges.

Health

1. Contamination of water and/or the environment.
2. Disruption of the food supply.
3. Disruption of power and energy.
4. Hygiene.
5. Immunizations.

Safety

1. Pressure to bypass normal safety protocols.
2. Difficulty getting safety gear or materials.
3. Communication and language barriers.
4. An unpredictable or panicked public or motorists.
5. Equipment staging and use.

Source:

https://www.workzonesafety.org/files/documents/training/courses_pr

Working Safely On Or Near Water Infographic

Would you know what to do to keep your crews safe working over or near water? Use this infographic as a quick reference to ensure they stay safe.

Carpenter Dies After Falling from Extension Ladder

A 49-year-old male carpenter (victim) employed by a residential contractor was fatally injured after falling from an extension ladder. The victim and a co-worker were on site to perform gutter work on a house. The victim was climbing an extension ladder that was set up on stone pavers to access the roof.

While climbing the ladder, the victim fell to the ground below when the base of the ladder slipped out and the ladder fell to the left. The co-worker went to assist the victim, and both the co-worker and the homeowner called emergency medical services (EMS).

EMS and local police arrived within minutes. The victim was transported to a local hospital where he died 16 days later. At the time of the incident, the company the victim worked for did not have a safety and health program.

Contributing factors identified in the accident investigation

included:

- Lack of a safety and health program.
- An incorrect ladder type/duty rating was being used.
- The ladder was overloaded and was set up on a surface that was not flat.

Final Word

Take the following steps to protect your workers from meeting a similar fate:

- Ensure the correct equipment, both types and ratings, are provided and used for the tasks being performed.
- Ensure ladders are set up properly before use and equipped with accessories that will help stabilize the ladder.
- Provide all employees with training on ladders, and other equipment such as scaffolding and aerial lifts, when they will be used to complete tasks.
- Develop, implement, and enforce a safety and health program that addresses hazard recognition and avoidance of unsafe conditions.

<http://www.safetyandhealthmagazine.com/articles/16566-facevalue-carpenter-dies-after-fall-from-ladder>

Prepare for Impact

Choosing and using the right ladder for the job is the basis for all other ladder safety concepts. If you don't start out with the right ladder you are setting yourself and your ladder, up for failure.

Looking at this picture, a few obvious unsafe work practices probably jump out for you.

First off, the worker appears to be working on a unit powered by electricity. And he's doing it while on a metal ladder. Another basic tenant of ladder safety – NEVER use a metal ladder when working with or around electricity. A safer choice would be a wooden or fiberglass ladder.

Next, look at the ladder placement and setup. This worker is leaning his stepladder up against a soda dispenser. A stepladder is not designed to be safely used this way (I'm guessing neither is the soda dispenser). A better choice for our leaning laborer, may be an extension ladder or mobile ladder with a platform.

Additionally, the ladder feet (or the parts of the feet making contact with the floor) are precariously placed on a highly waxed, smooth floor, around a beverage station where spills and puddles of melting ice are a common occurrence. A perfect storm of slip and fall hazards all right under the ladder's feet.

Finally, while there is a lot going on at the base of the ladder, check out the worker's feet. Looks like he is standing on the second step from the top of the ladder; a most dangerous place to be!

The safe way is to avoid working from, or standing on, the top two rungs, steps or cleats or bucket shelf of a portable ladder.

There's at least one more hazard in this picture. I'll leave you to find it. Happy hunting!

