

Don't Leave Your Safety Up in the Air: Protect Against Falls from Heights

Safety Talk

What's at Stake?

Working at heights without fall protection is irresponsible and dangerous. You could end up getting yourself killed or injuring or killing someone else. In fact, thousands of workplace injuries and deaths could be prevented each year by wearing fall protection.

What's the Danger?

How many unsafe activities and conditions do you see in this photo? The one that stands out the most is the total lack of fall protection and regard for personal safety this worker is demonstrating

Most workplace deaths and serious fall-related injuries happen because of falls from heights.

How to Protect Yourself

4 Ways to Stop Falls from Heights

1. *Always use fall protection when working at heights.*

Employees working at heights 6 feet/3 meters or more, must use fall protection—guardrails, safety nets, or personal fall arrest system.

You want to choose a harness, lanyard and connectors that will either stop you from falling, such as a positioning device, or arrest your fall, i.e. a shockabsorbing lanyard.

2. *Choose your lanyard wisely.*

Think about the total fall distance when selecting a lanyard and anchor point. Lanyards must limit free fall to no more than 6-feet and 1,800 pounds of force.

To do this, always select the shortest possible lanyard. Using a longer lanyard will lead to a longer fall and more force on your body upon impact. How much force? A 200-pound worker falling 10-feet is subject to 8,000 pounds of force on impact.

3. Use a Solid Anchorage Point.

Anchor points literally anchor you and your protective equipment to the structure you're working from in the event of a fall. You want to choose ones that will support you if you fall, be high enough to prevent you from hitting the ground if your lanyard deploys, and will prevent you from slamming into other structures as you swing and dangle after falling.

Anchor points for vertical lifelines or lanyards must be able to hold 5,000 pounds of force. Guardrails and conduit DO NOT make safe anchor points.

Each worker must be attached to a separate vertical lifeline. The buddy system doesn't apply here.

4. Deal with Damaged Equipment

First, inspect all equipment prior to each use. Look for frays in the webbing, burns, chemical damage, and other signs of wear and tear.

Next, check your connectors. It should take two actions to open a snap hook or carabiner, not just a single click and push. This prevents the lanyard from rolling out of the hook in a fall. Do not use equipment that is damaged.

NEVER use fall protection equipment that has been in a fall. If your harness or lanyard have been in a fall, report the fall to your supervisor and turn in your equipment.

Finally, look to see if guardrails, ladder cages, safety nets and hole covers are in place and secure. Report any issues to your

supervisor right away.

Final Word

Don't leave your safety up in the air! Wear the right fall protection whenever you are working from heights!

Stop, Look, and Listen: Pedestrian Safety at Work

Safety Talk

What's at Stake?

Workplace traffic can be every bit as dangerous as that found on the city streets. In a collision between a 2000-pound industrial vehicle and a 200-pound person, the pedestrian is very likely to come out the loser.

What's the Danger?

Low light and poor visibility, high traffic volume, increased stopping distances and decreased vehicle responsiveness, are just some of the factors that up the danger level for pedestrians in the workplace.

Here's a chilling real-life example of a deadly pedestrian incident at work. An Arizona woman lay dead for three days while her husband frantically searched for her. Truck driver Sheila Ross was struck and accidentally pushed and pinned inside a lettuce truck while it was being loaded. No one witnessed the collision and apparently the forklift operator was unaware of the incident. Sheila's body was discovered three days later by a dock worker. The weight of the material that pinned her down, caused her to

suffocate.

How to Protect Yourself

Here are 8 reminders about pedestrian safety to take with you as you walk through your day:

1. Wear a reflective vest.
2. Stick to walkways and designated crosswalks. Don't take shortcuts.
3. Stay alert. Don't get so lost in conversation, your phone, or deep thought that you don't notice the hazards around you.
4. Remove your earbuds. Forklift operators often sound horns to warn pedestrians, but if you're wearing earbuds and listening to music, you're not only less likely to hear a horn, you may also be unaware of what's going on around you and walk right into the path of moving machinery.
5. Look ALL ways before crossing a traffic lane, including behind and beside you for any vehicles turning in from alleys or side streets.
6. Avoid approaching a forklift from the side. If the forklift suddenly backs up and turns sharply, someone approaching from the side can easily be struck.
7. Don't rely on traffic control devices. A "walk" sign only means that you may proceed if it's safe to do so.
8. Never assume that vehicle drivers see you and never assume they will stop. Make eye contact with drivers and wait for permission to pass, even if the vehicle has stopped.

Final Word

As a forklift operator, you do everything you can to warn workers on foot of your presence. One of your coworkers, is in a world of her own. She is always looking at her phone as she walks through the warehouse, and has walked in front of your forklift more than once. How should you handle it?

Don't Let Your Safety Go Up in Flames

Safety Talk

What's at Stake?

Flammable and combustible materials, such as gasoline, solvents, and paints, pose real danger to persons and property because they ignite easily and burn rapidly. Keep in mind, it is the vapors from these materials, not the liquids themselves, that ignite and burn. These vapors often can't be seen or detected by smell.

What's the Danger?

When an injury is caused from the impact of being hit by something it is considered a struck-by incident. When an injury happens from being pulled into or crushed between two or more objects it is considered a caughtbetween incident.

- Flammable liquids and gases can ignite at temperatures under 100 °F or 37.8 °C—a temperature close to room temperature and easily reachable on most days during the summer.
- Combustible liquids at temperatures above 100 °F or 37.8 °C, can release enough vapor to form burnable mixtures with air.
- Spray mists of flammable and combustible liquids in air can burn at any temperature if there is an ignition source

How to Protect Yourself

Understanding what you're working with and how to prevent ignition is key to working safely with flammables and combustibles.

Safe Use

- Read the container label and the safety data sheet (SDS) for

each flammable and combustible substance you work with.

- Avoid ignition sources such as open flames, smoking materials, hot surfaces, sparks and static electricity. Don't smoke near flammable and combustible liquids.
- Wear the right personal protective equipment (PPE) and use the right ventilation systems.
- Use grounding and bonding wires to prevent static electricity buildup.
- Know the location of the fire extinguishing equipment and the spill control station before you begin work. Familiarize yourself with the equipment and how to use it.

Safe Storage

Store flammable and combustibles separately in a temperature-controlled area that is well-ventilated and away from sources of heat and electricity.

Use a special storage room or an approved safety container with vaportight caps and flame arrestors.

Examine containers periodically to ensure labels are on and readable and containers are in good condition—no rust, holes, damage or leaks.

Safe Disposal

- Read the SDS to learn the safest way to dispose of flammables and combustibles.
- Never pour either into the drain, sewer, garbage or ground.
 - Dispose of clothing and other materials that have been contaminated according to company policy.

Final Word

Don't let your safety go up in flames. Know the hazards of flammables and combustibles you work with and how to use, transport, and store them safely.

Confined Space Management in Industrial Settings: An Engineer's Perspective

Date: July 19, 2017

Slides [Click here](#)

Speaker: Matthew Allen, M.Eng., P.Eng.

The presentation will review the elements of managing confined spaces in industrial settings and the frequent challenges faced by property and operations managers in changing old worker habits to fit the more rigorous modern regulatory requirements. Commonly debated aspects will be reviewed in terms of spaces that are often miscategorised and not properly managed as a result. The challenges of ensuring proper rescue and response resources will also be discussed along with some common sense solutions for

balancing compliance with day-to-day realities in industrial settings.

Participants can expect to learn:

- What are the frequently misclassified confined spaces;
- How to avoid the need for entry in the first place;
- The tough realities of ensuring safety and emergency response during entries.

About the speaker

Matthew Allen, M.Eng., P.Eng.

Matthew Allen is a Consulting Engineer bringing over 18 years of experience in chemical, materials and environmental engineering. He's Vice President of Strategic Development for Health, Environmental & Regulatory Services at Intertek. His strengths include chemicals and hazardous materials management; health & safety; environmental emergency planning; spills response and remediation. Matthew has spoken and written on various topics ranging from the management of hazardous material, to risk and liability management of spills and pollution prevention (P2) in industry. Matthew is also a national instructor with the Canadian Society of Safety Engineering (CSSE).

Machine Guarding: Show Your Work Crews

Safety Talk

Instructions: Here's a Handout explaining machine guarding that you can distribute to your workers as part of the general machine safety training you provide to your work crews. Although the Handout deals with a particular type of machine—namely, mechanical

power presses— it deals with machine guarding in a general way so that you can use it even if you don't have presses at your own workplace

Is This Machine Safely Guarded?



Do you think it's a good idea for the worker in this picture to be sticking his hand into that machine?

Sticking your hands into a machine is an excellent way to lose your fingers and maybe your whole hand.

The good news is that the machine in this picture, a mechanical power press, has a guard to prevent workers from reaching inside.

The bad news is that the guard obviously isn't narrow enough to keep a worker from reaching in.

So the story of why this photo exists should come as no surprise. A government safety inspector took the photo. And why was he at the worksite? Answer: He was responding to an actual incident in which a worker reached through the guard and into the machine and got his hand chopped off. The sad thing is that the accident wouldn't have happened if the guard had been narrow enough.

What's at Stake?

How Power Press Injuries Happen

Power presses are machines that shear, punch, stamp, form, or assemble metal or other material by means of tools or dies attached to slides. Of course, what works on metal works equally well on human flesh. That's why power presses cause so many workplace amputations and crushing injuries each year. 4 ways you can get mutilated by a power press:

1. You can get caught by the tool and die.
2. You can get trapped by other moving parts of the machine.
3. You can get hit by a metal object launched by the machine

after the tool breaks down.

4. Your limbs, clothes, hair, or jewelry can get entangled in the rotating parts of the machine.

How Injuries are Prevented

4 Most Common Machine Guards

The principal method of preventing power press and other machine injuries is to use machine guards, or barriers that block workers' access to the danger areas. There are 4 basic kinds of machine guard:

Guards are physical barriers that block workers' access to the danger area. There are 4 basic kinds of guards:

1. **Fixed guards** that are a permanent part of the machine.



(**Note:** The machine guard in our "Spot the OSHA Violation" quiz above is also a fixed guard; but its openings are too wide to keep a worker from reaching into the guard and making contact with the point of operation).

2. **Adjustable guards** that allow for flexibility in accommodating different sizes of stock fed into the machine.



3. **Interlocked guards** that automatically shut off or stop the machine when a tripping mechanism is activated and keeping it stopped until the guard is put back in place.



4. **Self-adjusting guards** in which the size of the opening in the barrier adjusts to accommodate the stock, e.g., enlarges to allow larger stock to enter.



Marijuana in the Workplace: A Balancing Act

This webinar will help you understand and manage the many workplace legal risks associated with marijuana and other substances, legal and otherwise.

April Showers Bring May Flowers and Weather Mayhem – Spanish

¿QUE ESTÁ EN RIESGO?

Ah, la belleza de la primavera, las flores floreciendo y los árboles brotando. Sin embargo, esta belleza a menudo viene a expensas de fuertes tormentas, tornados, lluvias torrenciales e inundaciones. Si no tiene un plan y no usa su cabeza, podría terminar muerto. Es así de simple.

¿CUÁL ES EL PELIGRO?

Más de 1.000 tornados ocurren cada año, con un número de muertes que varía dependiendo de cuán activa y seria sea la temporada de tornados. Puede ser menos de 20 en algunos años o más de 500. Esa fue la trágica realidad en 2011, cuando 553 personas perdieron la vida.

Los tornados son feroces, rápidos y aterradores, pero ¿le sorprendería saber que las inundaciones repentinas son sistemáticamente una de las principales causas de muertes relacionadas con el clima en los EE.UU. Aproximadamente 200 personas mueren cada año por inundaciones repentinas y más del 50 por ciento de los ahogamientos relacionados con las inundaciones están relacionados con los vehículos.

El rayo es otro subproducto mortal del clima primaveral. Al igual que los tornados y las inundaciones, los relámpagos pueden ocurrir en cualquier mes, pero la primavera es una época especialmente activa. Los relámpagos matan a un promedio de 30 personas al año.

COMO PROTEGERSE

El primer paso para protegerse de las tormentas de primavera es estar preparado y alerta. Preste atención al cielo, a las condiciones meteorológicas y a las advertencias y alertas meteorológicas.

Prepare un kit de suministros de emergencia con al menos 72 horas de comida y agua. No es raro quedarse varado o sin agua y electricidad durante tres o más días después de una emergencia climática.

Si el meteorólogo le aconseja que se ponga a cubierto, hágalo inmediatamente. Sepa dónde buscar refugio en el trabajo y en casa. En caso de tormentas eléctricas, protéjase del viento, los relámpagos y el posible granizo. Refúgiase dentro de un edificio o área cubierta. Manténgase alejado de las ventanas. Recuerde, aunque no esté lloviendo, puede ser alcanzado por un rayo; por lo tanto, vaya rápidamente a un lugar seguro si ve un rayo.

En caso de un tornado, se quiere ir al piso más bajo posible. Si hay un sótano, vaya a él y agáchese debajo de las escaleras si es posible. Si no hay un sótano, o no tienes tiempo de llegar a uno, ve a la habitación interior más cercana, como un armario o un baño. Aléjese de las ventanas. Use una manta o un colchón para protegerse de los escombros que vuelan. Si es posible, trate de evitar estar en un edificio con un techo de gran amplitud, como un

auditorio, una iglesia o un salón. Estos techos son vulnerables a derrumbarse en un tornado.

Si está conduciendo, parquee su vehículo de forma segura y llegue a un edificio. Si no puede llegar a un edificio, aléjese del auto, acuéstese en un lugar plano y boca abajo en un terreno bajo y manténgase alejado de otros autos o árboles.

Debido al deshielo de la nieve y a las fuertes lluvias de las tormentas, las inundaciones son comunes en la primavera. Sólo seis pulgadas de agua de inundación rápida pueden derribar a un adulto. La gente subestima la fuerza y el poder del agua. Sólo se necesitan 12 pulgadas de agua corriente para arrastrar un auto pequeño y dos pies de agua corriente pueden arrastrar la mayoría de los vehículos. NUNCA es seguro conducir o caminar sobre las aguas de la inundación. El mejor consejo cuando se encuentre con agua estancada en el camino es “¡De la vuelta, no se ahogue!”

CONCLUSIÓN

Tómese su tiempo para aprender sobre los peligros del clima primaveral que son comunes en su área. Con un poco de previsión, planificación y conciencia puede reducir el caos del tiempo impredecible y a menudo mortal de la primavera.

How to Make Online Training Stick

Learn how you make online training stick so workers really understand and retain the training material enough to apply it and truly be safe on the job.

Bullying and Harassment in the Workplace

This webinar provides an overview of employer obligations in relation to workplace bullying and harassment, with an emphasis on BC's laws.

Using Technology to Train Millennials

Millennials are thought to be hard to engage and even harder to keep interested. It may surprise you to learn most millennials WANT training.

Patient Lifting Techniques in Healthcare

Therapists from rehabilitation provider Tx:Team demonstrate appropriate techniques for moving and lifting patients in the hospital. Use these techniques to reduce the strain on your back when you need to help a patient move.

Are you Listening? Preventing Noise Induced Hearing Loss

Many of the machines you operate, tasks you perform, and areas where you work generate too much noise.

Chemicals in the Workplace – Don't Leave Yourself Exposed

Most of us don't give much thought to the chemicals we are at risk for exposure to at work. But did you know that workers in North America are exposed to 650,000 chemicals and chemical exposure causes 50,000 deaths and 200,000 injuries every year?

Working from Heights – Don't Fall for these Seven Deadly Mistakes

Safety Talk

What's At Stake ?

Falls from heights injure or kill at least one worker every day in

North America. In the construction industry, falls are the leading cause of worker fatalities in both the United States and Canada. If you are lucky enough to survive a fall, you are often left disabled, paralyzed, or unable to work or enjoy activities outside of work with your family and friends.

What's The Danger ?

Falls can occur from ladders, scaffolds, roofs or other elevations. They are a risk faced daily by construction workers, painters, window washers, firefighters, and anyone else who works at heights.

You don't have to be very high off the ground to die from a fall. In fact, more than 50 percent of fall deaths in the construction industry occur from falls of 20 feet (6 metres) or less. That's about the height of a common job site extension ladder.

Seven Deadly Mistakes:

1. Improper ladder selection, setup and use.
2. Using defective ladders and protective equipment.
3. Not wearing proper fall protection equipment.
4. Forgetting to inspect ladders and equipment before use.
5. Working in areas where protective devices such as warning lines, guardrails and covers on floor and wall openings and around skylights and at roof edges, are missing.
6. Using scaffolds that have not been constructed by trained scaffold erectors and inspected regularly by a competent person.
7. Not following the safe work practices and training provided to you by your employer.

How to Protect Yourself

1. Choose the right type, length, and rating of ladder for the job and set up the ladder correctly each time.
2. Look for loose or missing hardware and rungs on ladders, as well as rust, corrosion or other damage to the rungs, side rails and other parts of the ladder.
3. Report missing guardrails, floor covers or warning lines and

don't work in that area until it's safe to do so.

4. Wear fall protection equipment when it is required. Wear it consistently and wear it properly. If you have questions about when or how to wear it, ask your supervisor.
5. Inspect harnesses and lanyards for damage to the webbing and stitching. Look for frayed edges, broken fibres, pulled stitches, cuts, burns, or chemical damage. Broken webbing strands generally appear as tufts on the webbing surface.
6. Remember to inspect the metal parts of fall protection equipment for distortion and sharp edges. Check for pitting or cracks that show signs of chemical corrosion.
7. Finally, never use fall protection equipment that has already saved a worker. Any equipment, including ropes, involved in a fall must be replaced.

FINAL WORD

By not falling for the seven deadly mistakes, using the right equipment for the task, and following safe work practices, you can work safely from heights.

Take Heat Stress Seriously

Download this special report and protect workers from heat related illness and heat stress.

Best Practice: Shift Workers

Download this special report, and learn why shift work is

dangerous and what you can do to make the experience safe for employees.

Housekeeping is Safekeeping

Download special report, and learn effective ways to improve workplace cleanliness and drastically reduce accidents rates related to slips, trips and falls.

2015: TOP 15 SAFETY ARTICLES

In this special report, you'll learn what issues safety professionals like you are facing and find the most important to address in the workplace.

New Enforcement Deadline Curtails OSHA's Ability to Crack Down on Recordkeeping Violations

January 1 to June 30, 2016: Determined to cut recordables, the new foreman of Hyde N. Seek Construction deliberately fails to keep OSHA logs or submit OSHA 301 reports for 3 injuries that meet OSHA recordability and reportability criteria.

SCENARIO

- January 1 to June 30, 2016: Determined to cut recordables, the new foreman of Hyde N. Seek Construction deliberately fails to keep OSHA logs or submit OSHA 301 reports for 3 injuries that meet OSHA recordability and reportability criteria.
- June 1, 2017: An OSHA inspector discovers the violations.

QUESTION

Can OSHA cite Hyde N. Seek for recordkeeping violations?

ANSWER

No. Until very recently, the answer would have been yes. But on April 3, 2017, the rules changed.

EXPLANATION

OSHA Recordkeeping Regulations ([Section 1904.33](#)) require employers to keep accurate illness and injury records (that is, Form 300 Logs, Form 300A Summaries and Form 301 Reports) over a 5-year retention period. OSHA has a 6-month window to cite employers for recordkeeping violations.

KEY QUESTION

What the Regulations (at least in their original version) didn't explain is exactly when the 6-month window begins to run.

THE PREVIOUS RULE

In 2012, a federal court ruled that the 6-month window starts running when the violation actually occurs. OSHA responded by changing the rule to provide that OSHA recordkeeping violations are "ongoing" and that the window period begins when OSHA first discovers the violation.

THE NEW RULE

On April 3, 2017, the new President signed a congressional action (H.J. Res. 83) nullifying the OSHA modification and restoring the

2012 court ruling that the 6-month window begins when the employer commits the violation.

PRACTICAL IMPACT

The new rule doesn't change the substance of OSHA recordkeeping requirements. But in giving OSHA only 6 months to uncover violations, it makes the rules much harder to enforce (as illustrated by the scenario above).

And that's not just speculation. After the 2012 court ruling establishing the 6-month window as starting with the violation date, OSHA recordkeeping citations fell a precipitous 75%! Citations quickly regained their normal levels after OSHA changed the window to 6 months from the date of discovery by an inspector.

New resources available for Safe + Sound Week

To help employers participate and plan events for Safe + Sound Week, June 12-18, OSHA has updated its webpage with sample activities, social media resources, and tools. The page also features an interactive map of events occurring across the country. Employers are encouraged to host events and activities that showcase the core elements of an effective safety and health program – management leadership, worker participation, and finding and fixing workplace hazards. Visit the [Safe + Sound Week page](#) for more information and to register events.

OSHA to delay enforcement of crystalline silica standard in the construction industry

OSHA announced it will delay in the enforcement of the [crystalline silica standard](#) in construction from June 23 to Sept. 23. The three-month delay will allow for more outreach to be conducted and guidance provided to employers. The compliance deadlines for general industry and maritime, set for June 2018, remain unchanged. For more information, read the [news release](#).

NIOSH online network helps healthcare facilities address bloodborne pathogens and other hazards

The National Institute for Occupational Safety and Health has established a web-based injury and exposure monitoring system

available at no cost to healthcare facilities. This secure system enables participating facilities to analyze worker injury and exposure data that they already collect. Trends for traumatic injury and hazardous exposures are visualized using a chart function. The system allows facilities to track five common work-related injuries and exposures in healthcare: sharps injuries; blood and body fluid exposure; slips, trips, and falls; patient handling injuries; and workplace violence. Visit the [OHSN webpage](#) for more information and to begin the enrollment process.

Top 5 Workplace Stress Safety Talks

Read our Special Report and discover the top 5 stress safety talks you can use to manage stress in your organization and prevent problems down the road.

Building A Safety Training Plan

Safety training is a fundamental requirement of occupational health and safety laws. Providing safety training isn't always enough to ensure compliance. Employers are required to provide training to their workers and verify its effectiveness. Download our latest special report and find out more.

Cold Stress Special Report

Download our latest Special Report and learn how to deal with a cold snap or heavy snowfall at your workplace.

Safe Moving and Handling For Caregivers

Brand names mentioned or seen in the training materials do not constitute endorsement of the device, equipment, or product.

GHS: The Third Deadline

The next GHS implementation deadline is December 1, after this time distributors should not be shipping containers labeled by the chemical manufacturer or importer without GHS labels and recommendations. Download full GHS report.

The Hazards of Working in the Snow

Winter poses some serious challenges to workers across much of North America. Download our latest special report and learn how to protect workers in winter conditions.