



The Safety Frontline

MARCH/APRIL 2007

VOLUME 2, NUMBER 2

If you missed Pam's presentation on the aging workforce for the AIHA Teleweb in February (over 600 people in 80+ sites were signed on!), you have another chance on Wednesday April 11th from 1:00-2:00 PM EST when she will again be speaking on "Minimizing Incidents in an Aging Workforce". This webinar is being coordinated by Progressive Business Conferences (www.pbconferences.com/#safety). The cost is just \$199.00 per site. Webinars are a great way to maximize your training dollars. Try one we think you'll agree.

J&C Safety Consultants
321 South Negley Avenue
Pittsburgh, PA 15232

Phone
412-414-4769

Fax
412-362-5268

E-mail
pam@jcsafety.com

We're on the Web!
www.jcsafety.com

Out of the Mouths of Babes

My six year old daughter said to me the other day "It's so nice to hear the birds singing again!" And boy is she right! Spring always brings the promise of renewal and revival and like everyone, J&C Safety Consultants has a lot of great ideas on how you can renew and revive your safety program. From customized training for your in-house Safety Committee to wall-to-wall audits that help you define your priorities for this year, we can help you take advantage of the morale booster that is spring. Gives us a call at 412.414.4769 or email at info@jcsafety.com. We're looking forward to hearing from you!!

Keeping it Safe!
Pam

Will Recent Election Results Lead to Changes for Worker Safety?

Now that the 110th Congress has settled in (so to speak), what changes can we in the safety field expect from Washington, DC? Some observers of the political process think that the Democrats are more likely to be more worker friendly. That remains to be seen, but here are some early activities.

- Because of the change of the majority party in both the Senate and House of Representatives, the Chairs of the major Committees in both the Senate and House of Representatives switched. Ted Kennedy, D-MA assumed the Chair of the Senate Health, Education, Labor and Pensions Committee (HELP) and Rep. George Miller, D-CA has assumed the Chair of the House Education and Labor Committee. Both Congressmen have served on their respective Committees for a number of years and have lengthy histories of advocating for workplace safety.
- Senator Kennedy outlined his agenda for the HELP Committee shortly after the November elections, indicating that he intends to reintroduce legislation called the Protecting America's Workers Act, which the Republicans has previously blocked. (As of this writing, it has not yet been introduced.) This law would bring more employees under the jurisdiction of Federal agencies, strengthen protections for whistleblowers, and adjust OSHA penalties for the first time since the OSH Act was passed into law in 1970. Senator Kennedy also intends to expand the MINER Act of 2006 (Mine Improvement and New Emergency Response), which was enacted after multiple fatal incidents at mines throughout the east last year.
- Rep. Miller has also taken up the mantle of increasing the outreach of the MINER Act. In early February, staff from his Committee released the first in a series of reports about the slow progress in implementing the MINER Act by the Mine Safety and Health Administration (MSHA).

Both Committees have oversight over the major labor laws including the Davis-Bacon Act, and the Family and Medical Leave Act. So far it's too early to tell what the ramifications of these changes will be, but the *Safety Frontline* will continue to monitor major development and keep you posted.

J&C Safety Consultants is certified by the Commonwealth of Pennsylvania as a Woman Business Enterprise (WBE), as a Woman/Disadvantaged Business Enterprise (W/DBE) through the Pennsylvania Unified Certification Program, and by the United States Small Business Administration as a HUB Zone Small Business

Frontline's Fast Facts

BLS recently released its report on fatalities for 2005 and while there was a small decrease in the pure number of fatalities (5702 - down from 5,764 in 2004), several troubling areas continue to cause concern.

- Motor Vehicle Crashes remain the highest fatality category at 25% (1,428).

- The construction industry continues to experience the highest numbers of deaths of any industry (1,186).

- Workplace homicides increased again to 564 after hitting an all time low in 2004.

- Both older and younger workers experienced an increase in fatalities. Fatalities among younger workers rose by 18% (166) and older workers rose to 1,499, which was a record high for the group.

**J&C Safety
Consultants
321 South Negley
Avenue
Pittsburgh, PA
15232**

**Phone
412-414-4769**

**Fax
412-362-5268**

**E-mail
pam@jcsafety.com**

**We're on the Web!
www.jcsafety.com**

OSHA Continues to Target Amputations

OSHA regularly uses a tool called the National Emphasis Program to target particular workplace safety issues and funnel their resources toward helping employers improve a particular facet of their safety programs. The idea is to focus scarce OSHA resources in areas where the benefits will be highest, rather than spread resources out among all of the potential safety hazards. One of the current NEPs focuses on amputations in the workplace.

The focus of the NEP on amputations is on general industry sites where machinery and equipment that causes or is capable of causing an amputation. The two main problems where safety efforts fail in this regard is in the lack of proper machine guarding and the absence of effective programs controlling hazardous energy.

Although this particular NEP has been in effect since 2002, OSHA has adjusted its methodology for targeting specific industries so that the NEP encompasses more potential employers.

Is your company at risk for a targeted inspection from OSHA? One way to find out is to look at your SIC Code and see if it falls under those being targeted. The list is too long for this publication but it includes most meat and poultry processing; food product production and processing; wood production and processing; and metal products and processing. To see the full list go to - www.osha.gov/OshDoc/directive_ppt/slide1_cpl_03-00-003.html.

Companies who have experienced an amputation in the past five years have been referred to their local OSHA office and are likely to be scheduled for a programmed inspection. The inspection will focus on the particular piece of equipment or machinery that caused the amputation as well as others that have the potential to do so. A heavy focus of the inspection will include compliance with OSHA Standards on Lockout/Tagout (1910.147) and Machine Guarding (Subpart O).

If you think your company may be in line for this action or you have already received a letter from OSHA notifying you of a programmed inspection, we can help and we're only a phone call away.

New Study on Prevention of Lifting Injuries

According to a study conducted by William Marras, Professor of Industrial Systems and Welding at Ohio State University, workers who lift need more frequent breaks than are typically afforded by most employers, especially at the end of the shift. And those workers who are new to lifting need even more time to rest.

The study, funded by NIOSH, focused on the amount of oxygen getting to lower back muscles, the lack of which is a reliable indicator of muscle fatigue, a prime factor in lower back injuries. For workers participating in the study, as the shift wore on, the amount of oxygen reaching the lower back muscles decreased. A morning 15-minute break and a 30-minute lunch break appeared to help reduce the level of fatigue, but most workers in the study needed a longer break in the afternoon than the traditional 15-minute one afforded by most employers.

Another finding of the study attributed a higher risk of injury to less experienced workers because they tended to tense their muscles when lifting and did not always practice proper lifting techniques.

To read more about the findings of this study and other conducted in recent years go to <http://researchnews.osu.edu/archive/muscleox.htm>.

J&C Safety Consultants is certified by the Commonwealth of Pennsylvania as a Woman Business Enterprise (WBE), as a Woman/Disadvantaged Business Enterprise (W/DBE) through the Pennsylvania Unified Certification Program, and by the United States Small Business Administration as a HUB Zone Small Business.

Do Your Crane Operators Certification?

As of this writing, 14 states have begun requiring crane operators to be formally certified. The most recent additions were Nevada, Minnesota and Utah. Pennsylvania, Florida and Washington are currently considering such a move.

Each state has taken a varying stance with regard to who needs to be certified. Most requirements focus on both the boom length and/or the rated load capacity. For instance, Nevada's rule says that a boom length of 25 feet or greater and/or rated load capacity of greater than 15,000 pounds trigger the certification process. Each State has also detailed a variety of refresher requirements following initial certification. Minnesota has established a 5-year refresher process. Different activities are also treated differently by each state, although all require certification for construction work with some exceptions for residential projects.

The certification process for each state lists those agencies that provide acceptable certification programs and most states include those accredited by the National Commission for Certifying Agencies (NCCA).

Although OSHA requires an annual certification for the crane itself by an accredited organization, it currently only requires training for operators. The training must be specific to the workplace and the cranes used in the workplace. As long as there are no changes in either, training need not be repeated. However, OSHA has been promising a proposed crane rule in the fall. It has been widely reported that the draft standard will include some type of certification requirements.

FRONTLINE'S FAST FREEBIES



Who says you can't get something for nothing? In every issue we will bring you two freebies. Go get 'em!

1. Liberty Mutual's Research Institute for Safety, around since 1954, has long been recognized for its cutting edge information and studies as well as its impact on workplace safety. Each year the Institute releases an annual report detailing significant findings through the year. To access these reports, go to their website at www.libertymutual.com and click on the link in the lower right of the home page. You can also get one vial email – send a message to researchinstitute@libertymutual.com along with your contact information (name and address) and a hard copy will be mailed to you.
2. One of our favorite places to download (or request by mail) copies of various reported on safety issues is through NIOSH. In the past we have talked about nanotechnology and its rising impact in our lives both at home and at work. NIOSH has just released a comprehensive report on the progress toward working safely with this new technology. The report is a little long and quite technical in some places, but it is good overall reading and will help you stay on top of this issue. To get your copy, go to <http://www.cdc.gov/niosh/docs/2007-123/>

J&C Safety Consultants is certified by the Commonwealth of Pennsylvania as a Woman Business Enterprise (WBE), as a Woman/Disadvantaged Business Enterprise (W/DBE) through the Pennsylvania Unified Certification Program, and by the United States Small Business Administration as a HUB Zone Small Business