



# The Safety Frontline

NOVEMBER/DECEMBER 2006

VOLUME 1, NUMBER 6

*J&C Safety Consultants Owner Pam Ferrante continues to talk about the impact of our aging American workforce. Join her on Tuesday February 13<sup>th</sup> from 2:00-4:30 EST for an AIHA-sponsored TeleWeb. There are two great reasons why you should participate in this event – first, an unlimited number of your staff can participate for one low price – just gather everyone in the same room!! Second, you can earn CM, COC, or CEU points for this session. Registration will open shortly – just go to [www.aiha.org/TeleWeb.htm](http://www.aiha.org/TeleWeb.htm)*

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

Phone  
412-414-4769

Fax  
412-362-5268

E-mail  
[pam@jcsafety.com](mailto:pam@jcsafety.com)

We're on the Web!  
[www.jcsafety.com](http://www.jcsafety.com)

## Racing To the End of 2006

It happens every year – as soon as Halloween is over, it's a mad dash to the end of the year. All of a sudden, there's a long list of things to do from your boss at work *and* your boss at home!!! We're busy trying to help our clients spend that last little bit of their training and IH budgets and making sure that we save some time to take stock of how we have done this year as a company. We're looking forward to next year already and have some great ideas for how you can continue to keep safety out in front in your workplaces. If you have any specific needs or ideas, just drop us a line at [info@jcsafety.com](mailto:info@jcsafety.com). We look forward to working with you in 2007!!

Keeping it Safe!  
Pam

## Your Employee's Health and Lost Work Days

If you think that the personal health status of your workforce doesn't affect your bottom line, think again. A recently released study published by MetLife found that 60% of all lost work days that also involved short-term disability resulted from just five conditions – heart conditions, pulmonary diseases, cancer, trauma, and mental disorders.

A key point made in this study is that it doesn't matter *why* your employees are not at work; when they are not there, you lose. You lose big on productivity and in finding ways to cover shifts with mandatory overtime, the use of temporary labor, or some other solution that impacts your bottom line.

The take away message from the study is clear – employees who are better informed about their health and have more opportunities to learn about and practice preventative health care are less likely to be diagnosed. And if they do end up with one of the five diagnoses above or join your workforce with one, anything you can do as an employer to help them learn the effectively manage their health assures that they are better able to perform their job.

It's also important to note that employees also benefit from health care education. They are able to make more informed decisions about the delivery of their healthcare and their lives are fuller. There are also financial incentives for employees as well - short term disability payments do not fully replace earnings, and if they are suffering from a chronic condition, out of pocket expenses are likely to be higher.

We at J&C Safety Consultants have long advocated the benefits of off-the-job wellness programs. They are often simple and inexpensive (or free) to implement and can be as effortless as organizing a Brown Bag luncheon series or combining your annual Safety Days picnic or vendor show with some health-related topics. Establishing a working partnership with your HR Department also helps to determine which types of health conditions are affecting your workforce so your initiatives can be targeted to those conditions.

To read the full report, go to [www.metlife.com](http://www.metlife.com).

*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

*The word from Mt. Sinai Medical Center's study of workers and volunteers who participated in the efforts in the aftermath of September 11<sup>th</sup> is not good. Medical examinations conducted on 9,500 responders between July 2002 and April 2004 found that:*

*-40,000 responders were exposed to caustic dust and airborne toxics;*

*- 70% had new or worsened respiratory symptoms during or after their time at the site;*

*-1/3 had abnormal pulmonary function tests in post-response testing; and*

*-Severe respiratory conditions were more common in the six months after Sept. 11 than in the six months before.*

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](http://www.jcsafety.com)

## Drum Roll Please – OSHA Unveils Its New Top Ten

Every year at the National Safety Council Congress and Expo, OSHA unveils its Top 10 list of citations. Although highly anticipated by some, it has of late become a rehash of previous years, with little changes in the regulations involved in the Top 10 and sometimes nothing more than the same areas changing positions. This year was no exception.

Total citations were down this year, from 40,463 to 36,885, but most feel that was a result of OSHA's temporary halt to compliance inspections during Hurricane Katrina along with the agency's staff being so heavily involved in recovery efforts in that part of the Country.

OSHA continues its heavy focus on compliance inspections in the construction industry and that is evident in the number of overall citations in the Top 10 that are for Construction Industry Standards. Scaffolding's first place finish for four years in a row, lends further credence to the argument.

Here's the list:

1. Scaffolding (7895 citations; 8,130 in 2005) – Holding first place for the fourth year in a row and beating out second place by nearly 25%.
2. Fall Protection (5,746 citations; 5504 in 2005) – Moving up from third place which it held for three years running, fall protection was also the only Top 10 to have more citations than last year.
3. Hazard Communication (5,586 citations; 6,641 in 2005) – Switching places with fall protection but in the top three for the past three years.
4. Respiratory Protection (3,410 citations; 3,904 in 2005) – Same place as last year with only slightly fewer citations.
5. Lockout/Tagout (3,068 citations; 3,711 in 2005) – Same place as last year, but a 17% drop in the number of citations.
6. Powered Industrial Trucks (2,582 citations; 2,871 in 2005) – A relative newcomer in the list, it's only been on since 2004, but it stayed in the same place as last year.
7. Electrical Wiring Methods, Components and Equipment for General Use – (2,396 citations; 2,785 in 2005) – This is the General Industry Standard for electrical safety.
8. Machine Guarding, General Requirements – (2,396 citations; 2,743 in 2005) – A long-term member of the Top 10, but it usually stays close to the bottom.
9. Ladders (2,115 citations; 2,054 in 2005) – Another standard with more citations than last year and a recent addition to the Top 10.
10. Electrical, General Requirements – (1,791 citations; 2,120 in 2005) – Also from the General Industry Standards; brought up the rear last year too.

If you know that your company is at risk because your safety programs in these areas need some work, we're more than able to help you out. It's our business to know these regulations and help you comply with them. We're happy to do a walkthrough of your workplace and a thorough review of your written policies to get you started in the right direction so you can be sure to stay off of this Top 10.

*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.*

## Tips for Improving Fleet Safety

In the November 2006 issue of *Professional Safety*, author Phil Moser gives his top ten tips for establishing a winning fleet safety program:

1. Understand the Problem – MVAs continue to be the number one cause of work-related fatalities in this country.
2. Set Achievable Goals – They should be reviewed at least quarterly and be both achievable and challenging.
3. Enlist Help – HR staff can deal with the issue at the front end; Fleet Management staff sees the results of the problem; and Risk Management staff has the overall picture. Don't forget to check with the Legal Department to make sure your initiatives pass muster.
4. Secure Management Buy-In – This is true for any safety initiative and numbers often can get your foot in the door – \$16,000 is the current estimate of the cost of an employee crash.
5. Develop Policies – They must be comprehensive, fair *and* enforced.
6. Run Records Checks – Know the standardized risk levels for your drivers based upon their history and be prepared to take swift action when you discover a problem driver.
7. Educate Drivers – This starts at the time of hire and is ongoing.
8. Begin at the Beginning – The crash rate is highest in the first 12 months of employment. Get your drivers started right and set the tone for the duration of their employment.
9. Address Field Managers – These folks are the ones who make or break a program; help them understand the importance of their role.
10. Sustain What You Achieve – Don't start it if you can't keep it up. Make sure you have a plan for ongoing management of the program.

## 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. OSHA has two relatively new publications worth downloading to help keep you on top of their current initiatives. The agency has published a small business guide to the revised Hexavalent Chromium Standard at this link - [http://www.osha.gov/Publications/OSHA\\_small\\_entity\\_comp.pdf](http://www.osha.gov/Publications/OSHA_small_entity_comp.pdf). In addition, a section of the OSHA site is devoted to the upcoming implementation of the Global Harmonization Standard. Helpful information as well as the full text of the United Nations Standard is at - <http://www.osha.gov/dsg/hazcom/ghs.html>.
2. The US Chemical Safety and Hazard Investigation Board is an independent Federal agency tasked with the investigation of chemical accidents. The agency's website includes a video room where a variety of videos are available to download and watch for free. Two of our current favorites include a reenactment of the devastating accident at BP's Texas City refinery in March 2005 killed 15 workers and injured 170 and a general video on the dangers of oxygen deficient atmospheres. They are all at [www.csb.gov](http://www.csb.gov) and make great additions to your safety training or meetings.

*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*