SafetyResources

SAVING LIVES. SAVING COMPANIES.
800.641.5990

January - March 2011

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A Message from the President
Kristin VanSoest

According to the McGraw-Hill Construction forecast for 2011, there will be a rise in the order of 8% for new construction projects starting on year 2011, when compared to the projects started on 2010. In numbers, the total value of projects should be passing the $440 billion, far off the peak of nearly $690 billion on 2006.

McGraw-Hill expects the U.S. economy will grow 2.5% in 2011. Among specific sectors, single-family housing should see the strongest rebound in 2011, with $126.7 billion in construction starts, a 27% boost, according to the forecast. Commercial buildings—which includes offices, stores, hotels and warehouses—will improve with a 16% gain to $44.9 billion.

While this is good news for building construction, highway and public works construction activity is forecasted to have a 1% decrease as stimulus money begins running out.

The question is: Are we ready? As the construction forecast looks upwards for 2011, the rebound could have a significant impact on our economy if we haven't adequately planned ahead. As an advocate for change, I think we can all prepare ourselves. Having a financial plan and strong relationships are the initial building blocks to this success.

News and Events

New Employee Announcement

SRI would like to welcome Jeffery Groce as an integral part of the team. Jeff is joining Safety Resources in the capacity of a Safety Consultant. Jeff is a graduate of Indiana State University with a degree in safety management.

WBE City of Indianapolis Certified

As of January 6, 2011, Safety Resources, Inc. has been certified with the City of Indianapolis in the PROFESSIONAL SERVICES CONTRACTOR category, specializing in SAFETY CONSULTING SERVICES. This certification is pursuant to the City's Minority & Women Business Utilization Plan, Part B.

This certification is valid until January 31, 2014

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OSHA Inspection Procedure
By: Jeff Groce

The thought of having a Compliance Officer with OSHA showing up at your jobsite might be cause for concern or confusion. I would like to use this opportunity over the next several months to break the inspection process into sections and make it easier to understand. For this month, we shall look at how and why you might get a visit from an OSHA compliance officer.

There is several reasons that you might have an inspector show up in your office trailer. Those can be a general schedule inspection, complaint, fatality/catastrophe, or emphasis program inspection.

A general schedule inspection is conducted by building permit. All building permits are submitted and OSHA has copies of all building permits issued. All permits go to a central gathering point in the United States and then are sent back to the individual states that issued them. The general schedule inspection is the last in the order and will only be started if there are not any of the other classifications of inspections to be performed. The general schedule inspection is a complete and thorough inspection of every trade and company on a site.

"There is several reasons that you might have an inspector show up in your office trailer."

Fatality inspections are started immediately upon notification to the OSHA offices. Companies are required to report fatalities to the OSHA offices within 8 hours of the fatality or catastrophe. OSHA will then call the compliance officer that covers that region and assign them the investigation. A catastrophe is when 3 or more individuals are injured in the same accident. This type of inspection is for the contractor who was involved, but may be opened up if serious issues are noticed or witnessed during the investigation.

The emphasis program inspections are inspections concerning the following: trenching and excavation, Lead, Scaffolding, Recordkeeping and Fall Protection. An emphasis program inspection can be initiated from a photograph in the newspaper, a compliance officer driving by a site and seeing an issue with an item or the OSHA office being called and told of problems or perceived problems. The emphasis inspection will deal only with the specific emphasis item that they are on site to inspect, unless they see serious hazards elsewhere on site, only then can they expand their inspection and have an opening conference with everyone and do a complete inspection.

Complaint inspections are initiated through complaints that have been filed with the Department of Labor, IOSHA. There are two types of complaints: formal and informal. Formal complaints are made when the person filing the complaint signs a sworn statement stating their complaints. An informal complaint is when a person swears out the complaint and then does not sign the complaint form. Both types of complaint automatically trigger an inspection. The compliance offices are never told who filed the complaint. They will be told that it is either a formal complaint or an informal complaint, and that is what is told to the contractor. Complaints can be made in person or by phone.

Next quarter we will look at the opening conference and what a contractor should look for and ask.

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Construction Sites are Loud
By: Ryan Clayton

Most of us take our sense of hearing for granted; we assume that *we* hear what everyone *else* hears. Noise is one of the largest across-the-board health risks in construction. Loss of hearing may not be realized until the end of a rock concert and the ringing from your ears doesn't go away for a significant period of time. Noise comes not only from the tasks individual workers are performing, but also from high ambient levels at many sites. In addition to impairing the quality of life on and off the job, hearing loss puts workers at high risk for injuries. Sites become hazardous when any employee is unable to hear.

Hearing loss is usually a chronic affect, although at high levels loud noise can cause acute affects, noise levels are often not thought about as hazardous. It doesn't annoy us like smelling ammonia. In fact, many of use turn to loud noise to drown out other noise pollution.

According to Mark Stephenson, audiologist with NIOSH, the typical construction worker already has, or is acquiring, a debilitating, and permanent hearing loss. "The average carpenter, by the time he's 25, has 50-year-old ears. The sad thing is, no construction worker needs to lose his hearing. Noise-induced hearing loss is 100 percent preventable," Stephenson said.

> "the typical construction worker already has, or is acquiring, a debilitating, and permanent hearing loss"

Our ability to hear when we want to is taken for granted at work and at home. Employers often reduce the amount of noise in the workplace by enclosing or muffling loud machinery, but it's almost impossible to eliminate it completely. Another option to reduce exposure is for employers to rotate employees in and out of certain jobs.

Whatever the length of time you work in an area with high noise levels, you are likely required to wear a type of hearing protection. Most people consider this an inconvenience. However the more one understands the risks of damaging one's hearing, the more likely one is to take the steps needed to prevent it.

The critical sound level when hearing protection should be worn is 85 *decibels* (dBA), established for an 8-hour time weighted average. The louder and longer your exposure, whether at work, at home, or during recreation, the more likely your hearing will be damaged. If you want to have a sense of "how loud is loud," the following examples, along with their decibel rating, will give you an idea:

20	a faint whisper
30-40	quiet pleasant sounds, a bird chirping
40-50	quiet to normal office sounds
50-60	normal conversation
70-90	heavy machinery, electric motors, garbage disposal, city traffic
100-120	jack hammer, power saw, motorcycle, lawn mower, rock music
140+	nearly jet engine, gun shot (this level causes pain)

Many disposable or reusable plugs are available and most reduce noise by about 20 to 30 decibels. The noise reduction rating (NRR) is usually marked on the package, or on the box if in bulk. *However,* since the NRR is established in a laboratory with perfectly fitted plugs, experts recommend that the true rating is generally about seven decibels less than indicated. Hearing protectors of the ear muff type are usually closer to the actual NRR.

Wear your hearing protection!

Safety Saves
By: Matt McCreery

Improving your company's safety culture should be an integral part in growing or sustaining a successful business. Your safety culture's credo should be to bring each and every employee home safely every day. As you all know this can be accomplished by a variety of different programs, policies, and involvement. There isn't a simple answer to accomplish this goal, but continually striving towards it will improve not just your injuries, but your bottom line. Here a four ways that safety can save, beyond saving lives.

Absence

The most costly type of absence for a business is sick leave due to illness, or accidents caused by work.

Here are some ways where less employee absence can save money:

- Save money spent on the direct costs of absence. These include paying the salary of the absent employee, any overtime incurred by other employees covering for the absent employee, any loss of output incurred by the absent employee and the costs of hiring temporary cover
- Keep valued staff and avoid unnecessary recruitment and training costs
- Keep your business productive, maintaining your client-base with uninterrupted employee-client relations
- Save money on the indirect costs of absence. These include the time taken for a replacement to learn the new role and become productive; possible diminished services and product quality; loss of business, continuity and reputation
- Save money due to less time spent arranging and providing cover, training and providing support to other staff.

"Your safety culture's credo should be to bring each and every employee home safely every day."

Improving health and safety measures at the workplace reduces the likelihood that people will need sick leave in the fist place, and bringing them back to work quicker means less disruption in the long run.

Insurance and Compensation

As the employer you are responsible for the health and safety of your employees while they are at work. With very few exceptions, employers must have Worker Compensation Insurance to cover for injuries and ill health experienced by their employees while at work.

Employers may also have insurance for accidents involving vehicles, and possibly third-party and buildings insurance. However, insurance policies only cover a small proportion of the costs of accidents. Costs that are not covered by insurance may include:

- Sick pay
- Lost time
- Damage or loss of product and raw materials
- Repairs to equipment
- Overtime working and temporary labor
- Production delays
- Insurance investigation time
- Fines
- Loss of contracts
- Legal costs
- Loss of business reputation

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The 2010 Top 10 List of Most Commonly Cited OSHA Safety Violations
By: Aaron Wissen

David Letterman has his Top 1- list and so does OSHA! OSHA just released the top 10 most frequently cited violations of OSHA standards for all companies and industries in 2010. OSHA made approximately 94,000 citations in 2010. This list of top 10 accounts for almost half of all violations issued by OSHA. Here it is with the regulation, a link to the exact language of the regulation and citation, a general description and the total of penalties assessed (the number of assessments is from 2009, 2010's details are not out yet, just the ranking: (sources OSHA.gov, : National Safety Council) The NSC notes that the number of top 10 violations has increased almost 30 percent over the same time period of the prior year .

1. 1926.451 – Scaffolding - (same rank as 2009) - 9,093 violations - Scaffold accidents most often result from the planking or support giving way, or from the employee slipping or being struck by a falling object.
2. *1926.501 – Fall Protection* - (same rank as 2009) - 6,771 violations - Any time a worker is at a height of four feet or more, the worker is at risk and needs to be protected. Fall protection must be provided at four feet in general industry, five feet in maritime and six feet in construction.
3. *1910.1200 – Hazard Communication* -(same rank as 2009) - 6,378 violations - Chemical manufacturers and importers are required to evaluate the hazards of the chemicals they produce or import, and prepare labels and safety data sheets to convey the hazard information to their downstream customers.
4. *1910.134 – Respiratory Protection* - (same rank as 2009) - 3,803 violations - Respirators protect workers against insufficient oxygen environments, harmful dusts, fogs, smokes, mists, gases, vapors and sprays. These hazards may cause cancer, lung impairment, other diseases or death.
5. *1926.1053 – Ladders* - (was #7 in 2009) - 3,072 violations - Occupational fatalities caused by falls remain a serious public health problem. The US Department of Labor (DOL) lists falls as one of the leading causes of traumatic occupational death, accounting for eight percent of all occupational fatalities from trauma.
6. *1910.147 – Lockout/Tagout*- *(was #5 in 2009)* - 3,321 violations - "Lockout-Tag out" refers to specific practices and procedures to safeguard employees from the unexpected startup of machinery and equipment, or the release of hazardous energy during service or maintenance activities.
7. *1910.305 – Electrical, Wiring Methods* - (was #6 in 2009) - 3,079 violations - Working with electricity can be dangerous. Engineers, electricians and other professionals work with electricity directly, including working on overhead lines, cable harnesses, and circuit assemblies. Others, such as office workers and sales people, work with electricity indirectly and may also be exposed to electrical hazards.
8. *1910.178 – Powered Industrial Trucks* - (was #8 in 2009) - 2,993 violations - Each year, tens of thousands of injuries related to powered industrial trucks (PIT), or forklifts, occur in US workplaces. Many employees are injured when lift trucks are inadvertently driven off loading docks, lifts fall between docks and an unsecured trailer, they are struck by a lift truck, or when they fall while on elevated pallets and tines.
9. *1910.303 – Electrical, General Requirements* - (was #9 in 2009) - 2,556 violations - Working with electricity can be dangerous. Engineers, electricians, and other professionals work with electricity directly, including working on overhead lines, cable harnesses, and circuit assemblies. Others, such as office workers and sales people, work with electricity indirectly and may also be exposed to electrical hazards.
10. 1910.212 – Machine Guarding - (was #10 in 2009) - 2,364 violations - Any machine part, function, or process that may cause injury must be safeguarded. When the operation of a machine or accidental contact injures the operator or others in the vicinity, the hazards must be eliminated or controlled.

"This list of top 10 accounts for almost half of all violations issued by OSHA."

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The Qualified Signalperson
By: Chris Hall

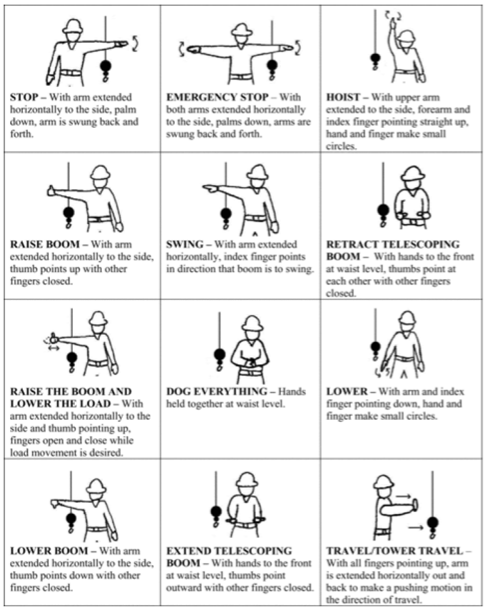
For years, the crane industry has been plagued by one of the most complex construction issues: Communication. Communication between crane operators and signal persons have lead to a significant number of incidents and personal injuries. Crane operators have long ranked poor signaling as one of their top concerns and when OSHA introduced their new crane standard, they specifically addressed it.

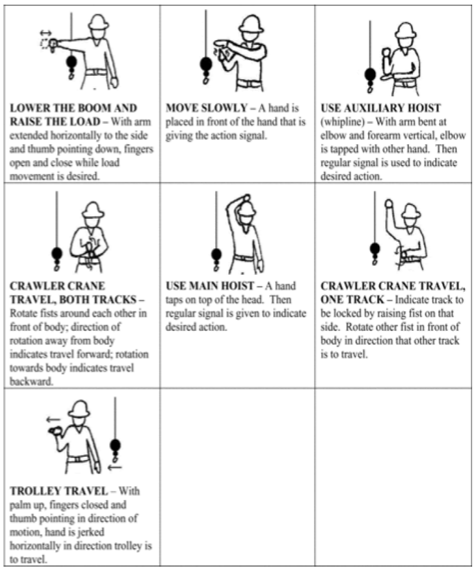
"Crane operators have long ranked poor signaling as one of their top concerns and when OSHA introduced their new crane standard, they specifically addressed it."

OSHA's new standard now requires that all persons communicating operational instructions to a crane operator must be "qualified" either by the employer or a third party evaluator. This applies regardless of the means of communication that is used, whether it is hand signals, radio, voice, or any other means. In each case, the requirements for qualification are specifically outline in the rule. For a signal person to be considered qualified they must:

1. Know and understand the type of signal being used
2. Be competent in the application of the type of signal used
3. Have a basic understanding of equipment operation and limitations, including swinging loads and boom deflection
4. Know and understand the relevant requirements of the general signaling requirements rules
5. Demonstrate they meet the above requirements through a written (or oral) test and a practical evaluation
6. All qualified signal persons must provide documentation on the jobsite which lists the types of signaling they are qualified for, and if necessary, the language (if it is other than English)

Because there are so many variations of hand signals used for crane operation, OSHA has also listed in the new standard the specific hand signals that must be known by all qualified signal persons. By doing this, they have eliminated the variations of signals that were so common on jobsites. Below are the signals as provided by OSHA.





With enforcement of the new rules, OSHA will be checking documentation of qualified persons and verifying their knowledge. It is important that this aspect of your operations is not overlooked, since it will be an area of focus for years to come.

Safety Saves

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Uninsured costs can outweigh the insured costs – and these uninsured costs come straight off the company's 'bottom-line' profits.

Saving on the cost of employee accidents and ill health is an investment in the future of your business. Poor health and safety procedures could mean increased insurance premiums or difficulty in obtaining future insurance coverage.

For these reasons, maintaining a good standard of health and safety in the workplace can mean lower insurance premiums and more money in the bank.

Reputation Damage

You have worked hard to establish a positive and respectable image for your business and your business thrives on good public relations – increasing sales and generating more leads. But when bad things happen to your good name, it can be a costly experience, resulting in a loss of revenue and depressed profits. Whether your business is large or small, a bad reputation puts people off. It's vital that your business maintains a good name.

However, it's easy to prevent damage to your health and safety reputation by implementing a simple and effective safety program. Preventing accidents and ill health at work saves you time and money and contributes to your good reputation with your workers, their friends and associates.

Productivity and Efficiency

The health and wellbeing of your employees can make a significant difference to your company's productivity and efficiency

Improved health and safety can lead to better productivity if employees are able to carry out their work with less difficulty and less danger. Good levels of health and safety standards within the workplace will help maximize the amount of uptime your business enjoys. Working days lost due to injury or illness can be reduced, while at the same time morale and productivity are increased. Your employees will appreciate improvements made to their working environment so not only could it save you money, but it could add to your profitability in the long run.

The 2010 Top 10 List of Most Commonly Cited OSHA Safety Violations

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Trends

For a 5 year comparison of trends, here is the 2004 list. Each item is prefaced with the regulation that was violated. Not a great deal of change.

1. 29CFR1926.451 – Scaffolding; 8,654 total violations; $3,566,107 in penalties;
2. 29CFR1910.1200 -- Hazard communication; 7,320 total violations; $745,810 in penalties;
3. 29CFR1926.501 – Fall protection; 5,666 total violations; $3,255,974 in penalties;
4. 29CFR1910.134 – Respiratory protection; 4,312 total violations; $562,372 in penalties;
5. 29CFR1910.147 – Lockout/tagout; 4,307 total violations; $1,950,134 in penalties;
6. 29CFR1910.305 – Electrical, wiring methods, components and equipment machine guarding; 3,337 total violations; $813,462 in penalties;
7. 29CFR1910.212 – Machine guarding; 3,249 total violations; $2,277,629 in penalties;
8. 29CFR1910.178 – Powered industrial trucks; 3,149 total violations; $1,084,870 in penalties;
9. 29CFR1910.303 – Electrical systems design; 2,412 total violations; $757,568 in penalties;
10. 29CFR1910.219 -- Mechanical power-transmission apparatus; 2,333 total violations; $878,982 in penalties.