



Special Points of Interest

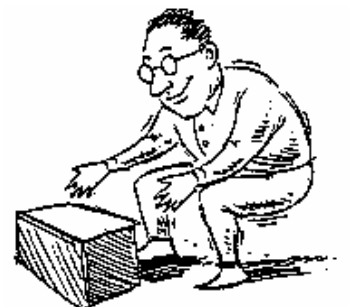
- **Take Care of Your Back, and it Will Take Care of You**
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Take Care of Your Back, and it Will Take Care of You

By: Marc Brewer, Safety Specialist

Why do so many people have back problems? Most back problems are related to your spine. Your spine is made up of many small bones called vertebrae. These vertebrae are "spaced" by spinal disks that act as shock absorbers to cushion and separate your vertebrae. Your spine serves not only to help you sit or stand upright, but also to protect your spinal cord. Your spinal cord is the main information highway for your entire body, and is composed of millions of nerves. Because your spine is a delicate structure, you will experience pain whenever you strain, sprain, or in some way injure your back.

One cause of back pain is poor posture. Standing, sitting, or lying down incorrectly will put strain on your spine. Your spine is designed to operate best when it is in a "natural S" shape. Bending this natural S out of shape for long periods of time can often lead to muscle fatigue and back pain. This is why you stretch backwards when you experience back tension. Without thinking, you are trying to adjust your spine back to its natural S shape. Another cause of back pain is simply being physically out of shape. Your overall physical condition can affect your back. If your back muscles are weak, or if you have put on a few pounds, your back must work harder to maintain its shape. Also, Tight and knotted muscles which are caused by tension and stress can cause muscle spasms and back pain. As we age, the muscles in our back lose their strength and ability to function. One of the disks in your spine can slip out of place, and press on the nerves in your back. Osteoarthritis, a form of arthritis, can cause back pain, as well as kidney and prostate problems. Yet another cause of back pain is from an impact trauma. Being in an accident, where your spine is injured, will produce serious back pain. Examples of impact trauma include but are not limited to, falls, slips, being struck by materials or equipment, or being involved in an auto accident. The last cause of back pain is repetitive trauma. Working in an awkward position or lifting incorrectly over a period of time can cause what are known as cumulative trauma disorders (CTD's). As you repeat an unhealthy position or movement, small injuries begin to add up. If you do not change how or what you are doing, more serious injuries can occur.



In most work situations, objects that are very heavy are lifted and carried by machines such as forklifts. However, there are times when you may have to lift, adjust, or carry a heavy object. It is at these times that you run the risk of injuring your back. Before lifting and carrying a heavy object, take a few moments to assess the situation and ask yourself these questions: How far will I have to carry the load, Is the way clear of clutter, cords, slippery areas, overhangs, stairs, curbs, or uneven surfaces, Will there be doors that are closed, Will the load block your view, Can the load be disassembled and carried in pieces? If you can answer those questions with a safe answer then you are off to a good start. After assessing the situation, take a few moments to "size up the load". Test the weight by lifting a corner of the object. If it is too heavy or if the object is an odd shape, stop and ask for help or use a hand truck or dolly. Never lift anything unless you are sure you can do so safely.

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Take Care of Your Back, and it Will Take Care of You (cont)

The key to lifting safely is keeping your back straight or slightly arched, never use your back to lift. Start the lift by putting your feet close to the object about shoulder width apart. Center your body over your feet and squat down like a professional weightlifter, bending your knees, you want your legs doing the lifting, not your back. Keep the load as close to your body as possible and never twist your body while lifting. As you carry the load keep your back straight and walk slowly and surely. Use your feet to change directions, never twist because it is extremely hard on your back. Also, avoid leaning over while carrying a load or lifting over your head and if you become tired, set the load down and rest for a few moments. Setting the load down is the reverse of lifting, position yourself where you want to set the load, Squat down, letting your legs do the work, not your back, and remember to keep your head up.



If an object proves too heavy to lift by you or even to team lift then an alternative to lifting is using hand trucks and Pushcarts. When using a hand truck or pushcart, remember, it is easier and safer for your back to push than to pull. If an object is too heavy to lift or carry with a hand truck or load onto a pushcart then you might want to use a forklift. Never attempt to operate a forklift or other piece of lifting equipment unless you have been trained and authorized by your organization to do so.

Even if you have never had a problem with your back you are still susceptible to back injury and if you have had an injury before then you are even more susceptible. Don't wait until you have a pain in your back to do something about back safety there are ways to maintain a healthy back and keeping good posture, doing back stretches before and after work and regular exercise are just three ways. As susceptible as our backs are to injury it is extremely important to do everything we can to protect them. That is why it is important to know and understand the causes of back pain and correct lifting procedures which will help us to live and work safely.

Clearing the Fog HAZWOPER Training

By: Gary Gagliardi CFPS, Senior Safety Specialist

In conducting Hazwoper classes in Indiana and around the country, I have found one commonality that is consistent regardless of the industry involved. That common factor is that there is a lot of confusion over what Hazwoper classes are required or needed. That confusion is understandable, as there are ten different Hazwoper courses to choose from not counting Refresher training. Determining which Hazwoper courses are required in your company can save you significant time and costs while ensuring your employees are properly trained and ready to respond if needed. This step by step guide should assist you in recognizing your needs and thus your training requirements.

First let's clarify what Hazwoper is. Hazwoper stands for Hazardous Waste Operations and Emergency Response. There is a distinction between "Hazardous Waste Operations" and "Emergency Response." As you determine if your employees require Hazwoper training, the selection of the required training should fall into place.

HAZARDOUS WASTE OPERATIONS

Hazardous waste operations include landfills, hazardous waste sites, clean up operations covered by the Resource Conservation and Recovery Act (RCRA), operations involving hazardous waste conducted at treatment, storage and disposal (TSD) facilities, and DOT Hazmat. Hazardous Waste Operation is broken into two main areas, hazardous waste cleanup activities, and activities at Treatment Storage and Disposal Facilities (TSDF).

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Clearing the Fog HAZWOPER Training (cont)

Hazardous waste Cleanup Activities:

If your employees work in an area which has exposures to hazardous waste materials and has been classified as a hazardous waste site by a governmental body or if your employees are working on a project where a requirement for working at the site would be to have Hazwoper certification, then your employees would need a Waste Worker course. There are two Waste Worker courses, a **40 hour Hazwoper course** and a **24 hour Hazwoper course**.

If at the hazardous waste site where your employees work, they will be exposed to levels of chemicals above the 8 hour Permissible Exposure Limit (PEL) established by OSHA, or will be expected to wear levels of personal protective equipment (PPE) or some type of respirator to protect them from the chemical hazards, they will need the 40 hour Hazwoper course plus three days of actual field experience under direct supervision of a trained experienced supervisor. This is called the **General Site Worker course**.

If at the hazardous waste site where your employees work, they will **NOT** be exposed to levels of chemicals above the 8 hour Permissible Exposure Limit (PEL) established by OSHA, or will **NOT** be expected to wear levels of personal protective equipment (PPE) or some type of respirator to protect them from the chemical hazards, then the 24 hour Hazwoper course is needed plus one day of actual field experience under direct supervision of a trained experienced supervisor. The 24 hour course is called the **Occasional Site Worker course**.

On-site supervisors and managers of employees working with Hazwoper certified workers should attend either the 40 hour or the 24 hour Hazwoper course (dependent on the exposure), **plus** an additional 8 hours of specialized training. This is called the **Hazardous Waste Supervisors course**.

Activities at Storage and Disposal Facilities (TSDF):

If your employees work at a designated TSDF as defined by a governmental body, then you are required to have the 24 hour TSDF worker training program. This is called the **TSDF course**.

DOT Hazmat Employee:

If your employees are involved in any way in the handling, packaging, or preparation of hazardous materials that are transported, the U. S. Department of Transportation requires that specific training and certification be maintained. This includes employees who work in shipping departments, mail rooms, drive trucks, handle packages with DOT labels, fill out shipping papers, or transport shipments which contain hazardous materials. Training is required which includes:

- General Awareness training
- Function-Specific training
- Safety Training
- Security Awareness training (if a security plan is required)

This training is required within the first 90 days of employment and every three years thereafter.



EMERGENCY RESPONSE:

Emergency Response applies to all Hazardous Waste Operations, but this portion also applies to facilities that utilize hazardous chemicals, toxics and reactive materials above the threshold quantities such that they present a potential for a catastrophic event (appendix A to 29CFR 1910.119 specifies hazardous chemicals and the threshold quantities). An example of a need for Emergency Response to a hazardous substance release would be a food processing site utilizing over 10,000 pounds of Anhydrous Ammonia as a refrigerate.

"Employees that are expected to respond to an emergency release of chemicals, toxics or reactive materials are required to have one of the five levels of emergency response training..."

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Clearing the Fog HAZWOPER Training (cont)

There are five levels of emergency response training. Employees that are expected to respond to an emergency release of chemicals, toxics or reactive materials are required to have one of the five levels of emergency response training in accordance with section (q) of the Hazwoper regulation.

OSHA leaves it up to the employer to determine which level is needed based on what you expect the employee to do. The five levels are as follows:

- First Responder Awareness level
- First Responder Operational level
- Hazardous Materials Technician
- Hazardous Materials Specialist
- Hazardous Materials Command (Incident Commander)



Based on what you expect the employee's role to be in the event of an emergency release, the following information will help you to determine the training required:

First Responder Awareness level

If you have workers who are likely to witness or discover a hazardous substance release and whose only responsibility will be to initiate an emergency response sequence by notifying the proper authorities of the release, and you do not want them to take any further action beyond notifying the authorities of the release and evacuating the area, then First Responder Awareness Level training is appropriate. No set minimum hours are assigned to this training.

First Responder Operational level

If you have workers that are expected to respond to releases or potential releases of hazardous substances as part of the initial response for the purpose of initiating actions to limit the release without becoming contaminated with it, containing the release from a safe distance, keep it from spreading, and prevent exposures in order to protect nearby persons, property, or the environment from the effects of the release without actually trying to stop the release, then First Responder Operations Level training is appropriate. An example of this action would be: if an employee would be able to minimize the release by containing the material to keep it from getting into storm drains, and turning off valves to stop the flow of materials without exposing themselves to any of the material at any time. This requires 8 hours of training and demonstrate Awareness level competency.

First Responder Materials Technician level

If you expect your workers to respond when a release or potential release is discovered, for the purpose of stopping the release by approaching the point of release in order to plug, patch or otherwise stop the release, and cleanup of the spill, then First Responder Materials Technician level training is appropriate. These workers must be provided with the required personal protective equipment (respirators and clothing) to safely work with the materials, and to approach the point of release to control it without becoming contaminated by it. Maintenance workers typically fall into this category. This level requires Operations Level training plus 24 hours of training.

First Responder Specialist level

If you have workers that would support the hazardous materials technicians due to specific knowledge of the various substances they may be called upon to contain and whose duties parallel those of the hazardous materials technician then First Responder Specialist level training is appropriate. The hazardous materials specialist may also act as the site liaison with Federal, state, local and other government authorities in regards to site activities. This level requires Materials Technician Level training plus 24 hours of training.

"Did you know that slips, trips, and falls are only second to automobile accidents in causing personal injury? On stairways alone, falls result in almost two million disabling injuries yearly."

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Clearing the Fog HAZWOPER Training (cont)

First Responder On-Scene Incident Commander

If you have personnel that are expected to assume control of the incident scene by overseeing the operation and the handling of the release through its cleanup, then First Responder On-Scene Incident Commander level training is appropriate. This level requires Operations Level training plus 24 hours of training.

REFRESHER COURSES:

If you have taken either the General Site Worker, Occasional Site Worker, or TSDF worker courses previously, you are required to have an eight-hour refresher course each year. Your certification is good for only 365 days. Site specific training is always encouraged by OSHA to ensure that personnel are adequately trained to the specific issues at the site. An annual 8 hour **Hazwoper Refresher** course is required prior to the expiration date of the current certification for everyone who has taken the 24 or 40 hour OSHA Hazwoper course to maintain their certification.

Emergency response refresher training is required but does not have a set number of hours assigned. Generally, personnel certified to either the Awareness or Operation levels can satisfy their refresher training program by repeating some or all of their original class. For those with higher levels of training, hands-on practice is necessary.

If your company has a requirement for Hazardous Waste Training, either Hazardous Waste Operations or Emergency Response, feel free to contact us and we will assist you in obtaining not just training to fill a square, but training that makes a difference.

Slips, Trips, and Falls

By: Kristi, VanSoest Safety Specialist

Did you know that slips, trips, and falls are only second to automobile accidents in causing personal injury? On stairways alone, falls result in almost two million disabling injuries yearly. There are thousands more minor injuries caused by slips, trips, and falls each year. Most alarming of all is the fact that industrial falls cause over 1000 deaths each year.

Statistics show that the majority (60 percent) of falls happen as a result of slips and trips. The remaining 40 percent are falls from heights.

Slips occur when there is too little friction between a person's feet and the walking surface. Many factors can cause a slip. Ice, oil, water, cleaning fluids, and other slippery substances are probably the most obvious causes. However, the cause may be the flooring or not wearing the proper shoes. To prevent slips, avoid walking in areas which pose slipping hazards if at all possible. Always clean up spills immediately, and try preventing the spills in the first place. If an area is a chronic problem, try to re-route walking paths. Keep floors in good shape and always follow your company's safety shoe policy.

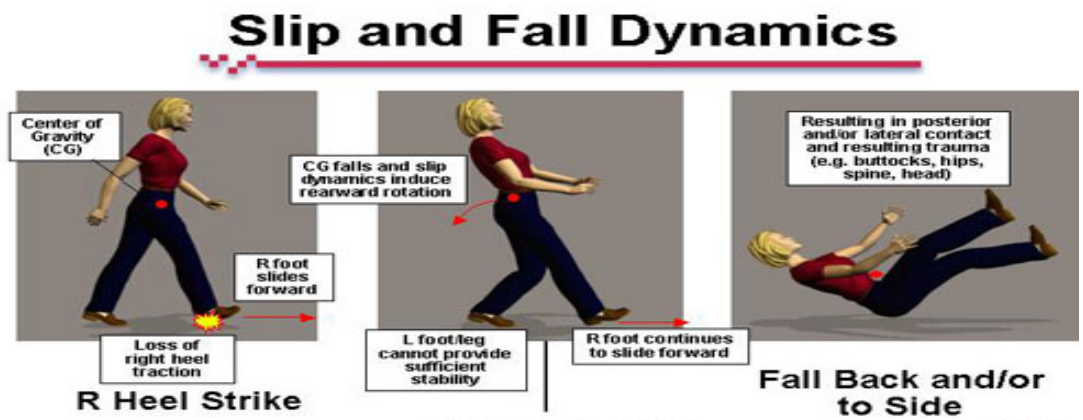
Trips occur when a person's foot contacts an object and they are thrown off balance. The main cause of tripping is obviously when something is in a walkway and it causes someone to trip. Material or objects stored low on shelving, sticking out into an aisle way, is another precursor to trips. Poor lighting and uneven walking surfaces will also cause tripping. To prevent trips, keep objects out of the way of walking, and make sure floors are in good shape and lighting is adequate.

"One of the most valuable safety tools to use is the daily job-site safety inspection. The daily job-site safety inspection will help you discover safety violations and potential hazards that could endanger employees."

Slips, Trips, and Falls (cont)

Falls are usually the result of slips and trips. Falls also occur without slipping and/or tripping. Falls can occur due to improper use of ladders and scaffolding. Falls happen when people don't use proper fall protection equipment. Falls are the most serious in terms of slips, trips, and falls. Don't take shortcuts when climbing, and always use fall protection when required.

Slips, trips, and falls cause numerous injuries each day. They are, however, among the easiest hazards to correct. Always inspect your work area daily for possible hazards and ways to prevent them. Always remember these eight things: don't be in a hurry, pay attention to your step, clean up spills, practice walking safely, use safety shoes, maintain proper lighting, exercise stair safety, and inspect your ladder. When you remember these simple things, you tremendously reduce your chances of slips, trips, and falls.



Daily Job Safety Inspections; Making Zero Accidents a Reality

By: John Webb, Safety Specialist

Although zero injuries on a construction job-site are difficult to accomplish, it is not impossible. With use of the right safety tools zero accidents can be a reality.

One of the most valuable safety tools to use is the daily job-site safety inspection. The daily job-site safety inspection will help you discover safety violations and potential hazards that could endanger employees.

The first thing to remember when conducting daily safety inspections is to be impartial. Don't overlook small violations or violations that will take too long to fix. Just remember the smallest of violations can cost you more in the long run with OSHA citations, lost production time, and insurance premiums.

The next thing to remember is to do a complete inspection. This includes all of your employees and any subcontractors that you might have. Be sure to document and inform your subcontractors of any violations that you have noticed.

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Daily Job Safety Inspections (cont)

Always inspect the area that you are working in, and the equipment that is being used. For Instance: If you are using a stairway to get to and from your working area and the stairway has a violation (i.e. a missing handrail), then your company as well as any other company that uses the stairway can all be cited by OSHA even though it wasn't your responsibility to install or maintain the stairway.



The next thing is the follow-up inspection. The reason why a follow-up inspection is necessary is to ensure that all of the violations are being corrected. If the violations are not being corrected then you need to decide on what action is necessary in order to ensure the violations are corrected.

The daily job-site safety inspections reports can also be used as a good training source. If you are noticing a trend in improper fall protection, then you know that maybe fall protection training is necessary. Training your employees on the necessary subjects can help reduce the number of accidents that are occurring.

By conducting daily job-site safety inspections and training your dreams of zero accidents, and saving time and money can come true.

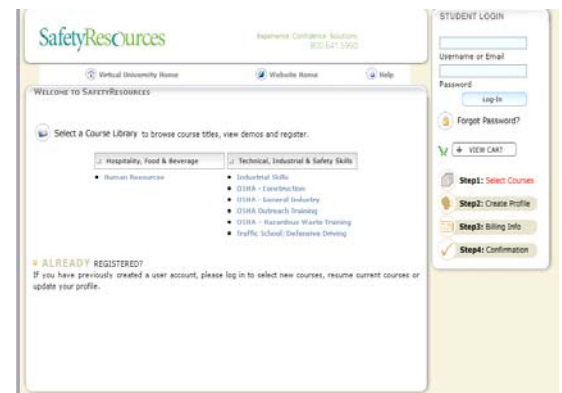
News and Events

On-Line Training NOW AVAILABLE

Safety Resources, Inc. has provided another avenue for individuals to ensure OSHA training compliance.

SRI is now offering a wide variety of on-line courses. Including the OSHA 10 Hour Construction/General Industry Courses. The OSHA 30 courses will be available soon.

Visit our on-line training page to begin [Safety Resources, Inc. On-Line Training](#)



Job Opportunities

Staff level position available for practicing Safety Professional. Position expectations will require that the successful candidate have 5 years of practical experience as a Safety Director/Risk Manager in a fast paced self directed environment. Career advancement in this position will depend heavily upon both technical communication and training skills. Technical degree, transcripts, references, and sample of technical writing will be required.

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