SAFETY BULLETIN January 2007 – March 2007



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OSHA's Top 10 most Cited Violations for 2006

By: Matt McCreery, Safety Specialist

Listed below is a summary of the top 10 OSHA cited standards by federal OSHA for fiscal year 2006. This list should be used to ask the question "Do we have any problems in these areas?" If so then ask yourself "How can we correct the deficiencies?" Once these questions are answered employers need to address the problems found, and discuss with their crews what needs to be done to be compliant.

1. Scaffolding: 1926.451

Total Violations: 9,012
1926.451 (g)(1) — Lack of fall protection: 1,492
1926.451 (e)(1) — Failure to provide proper access: 1,234
1926.451 (b)(1) — Inadequate platform construction: 1,121
1926.451 (c)(2) — Failure to properly support scaffolding: 539
1926.451 (g)(1)(vii) — Lack of personal fall arrest/guardrail system: 538

2. Hazard Communication: 1910.1200

Total Violations: 6,704
1910.1200 (e)(1) — Failure to develop a written program: 2,286
1910.1200 (h)(1) — Failure to train employees: 1,057
1910.1200 (g)(1) — Failure to have an MSDS for each hazardous chemical: 687
1910.1200 (h) — [per 1926.59] Hazard Communication training for construction: 534
1910.1200 (f)(5)(i) — Failure to properly label each container of hazardous chemicals: 496

3. Fall Protection: 1926.501

Total Violations: 6,378
1926.501 (b)(13) — Lack of fall protection during residential construction: 2,147
1926.501 (b)(1) — Failure to provide fall protection: 1,989
1926.501 (b)(10) — Fall protection on low-slope roofs: 614
1926.501 (b)(11) — Fall protection on steep roofs: 424
1926.501 (b)(4)(i) — Failure to guard floor holes: 240

4. Respiratory Protection: 1910.134

Total Violations: 4,332
1910.134 (c)(1) — Lack of a written program: 739
1910.134 (e)(1) — Failure to perform medical evaluation: 686
1910.134 (f)(2) — Initial/annual fit testing: 328
1910.134 (c)(2)(i) — Failure to provide Appendix D when respirator use is voluntary: 323
1910.134 (f)(1) — Failure to ensure employees using a tight-fitting facepeice respirator pass a qualitative or quantitative fit test: 263

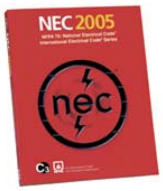
5. Lockout/Tagout: 1910.147

Total Violations: 3,659
1910.147 (c)(4)(i) — Failure to develop equipment-specific lockout procedures: 658
1910.147 (c)(1) — Lack of a written program: 624
1910.147 (c)(6) — Failure to conduct periodic (annual) inspections of energy control program: 500
1910.147 (c)(7)(i) — Failure to train employees: 480
1910.147 (c)(4)(ii) — Inadequate equipment-specific procedures: 233

OSHA's Top 10 most Cited Violations for 2006 (cont.)

6. Powered Industrial Trucks: 1910.178
Total Violations: 3,080
1910.178 (l)(1)(i) — Failure to ensure operator competency: 562
1910.178 (p)(1) — Failure to remove unsafe trucks from operation: 418
1910.178 (l)(6) — Lack of operator certification: 375
1910.178 (l)(4) — Failure to provide refresher training and evaluation: 256
1910.178 (q)(7) — Failure to inspect trucks: 223

7. Electrical – Wiring: 1910.305
Total Violations: 2,953
1910.305 (b)(1) — Failure to protect conductors entering boxes, cabinets, or fittings: 687
1910.305 (b)(2) — Lack of covers for pull boxes, junction boxes, and fittings: 534
1910.305 (g)(2)(iii) — Strain relief for flexible cords: 422
1910.305 (g)(1)(iii) — Using flexible cords in a prohibited situation: 332
1910.305 (g)(1)(iii)(A) — Using flexible cords in lieu of permanent wiring: 182



8. Machine Guarding – General Requirements: 1910.212
Total Violations: 2,749
1910.212 (a)(1) — Failure to guard machinery: 1,537
1910.212 (a)(3)(ii) — Failure to guard point-of-operation: 787
1910.212 (b) — Failure to anchor fixed machinery: 174
1910.212 (a)(5) — Failure to guard exposed fan blades: 148
1910.212 (a)(2) — Failure to permanently affix guards: 76

9. Ladders: 1926.1053
Total Violations: 2,329
1926.1053 (b)(1) — Failure to extend ladder at least 3 feet above upper landing surface: 1,175
1926.1053 (b)(4) — Using ladders for the purpose other than which they were designed: 280
1926.1053 (b)(13) — Using the top or top step of a stepladder as a step: 215
1926.1053 (b)(16) — Failure to withdraw damaged portable ladders from service: 129
1926.1053 (b)(6) — Failure to use ladders on stable surface: 88

10. Electrical Systems: 1910.303
Total Violations: 2,178
1910.303 (b)(2) — Failure to use electrical equipment as listed for use: 482
1910.303 (g)(2)(i) — Failure to guard energized electrical conductors ≥ 50 volts: 407
1910.303 (f) — Failure to identify disconnecting means and circuits: 357
1910.303 (g)(1)(ii) — Failure to keep work spaces clear: 247
1910.303 (b)(1) — Use of electrical equipment containing recognized hazards: 216

Top 10 Willful Violations for 2006:

Standard Total Violations
(1) 1926.652 – Protective Systems: Excavations 86
(2) 1926.62 – Lead in Construction 51
(3) 1926.501 – Fall Protection 48
(4) 1910.134 – Respiratory Protection 33
(5) 1926.651 – Excavations: Specific Requirements 31
(6) 1926.451 – Scaffolding 26
(7) 1910.212 – Machine Guarding 25
(8) 1910.147 – Lockout/Tagout 24
(9) 1910.95 – Occupational Noise Exposure 19
(10) 1910.1025 – Lead 18
(10) 1910.119 – Process Safety Management (PSM) of Highly Hazardous Chemicals 18

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OSHA's Top 10 most Cited Violations for 2006 (cont.)

Top 10 Serious Violations for 2006:

Standard Total Violations
(1) 1926.451 – Scaffolding 8,135
(2) 1926.501 – Fall Protection 5,610
(3) 1910.1200 – Hazard Communication 3,647
(4) 1910.147 – Lockout/Tagout 3,379
(5) 1910.134 – Respiratory Protection 2,623
(6) 1910.212 – Machine Guarding 2,477
(7) 1910.305 – Electrical Wiring 2,256
(7) 1910.134 – Respiratory Protection 2,382
(8) 1910.178 – Powered Industrial Trucks 2,209
(9) 1926.1053 – Ladders 1,997
(10) 1910.219 – Mechanical Power Transmission Apparatus 1,626

Source: The Occupational Safety and Health Administration (OSHA)

New Hexavalent Chromium Standard: Are you in compliance

By: John Orawiec, Safety Specialist

The new OSHA standard modifying the exposure levels for hexavalent chromium (CrVI) came into effect for Indiana on the 26th of January. However, many business owners and shop managers are asking themselves whether the new standard affects their workplace. The following brief article should answer the basic question asked above, "does the new hexavalent chromium standard affect me?"

Hexavalent Chromium (CrVI) hexavalent chromium—a key component used in electroplating is most prevalent in stainless steel and to lesser extent galvanized steel. It should also be noted that there are trace amounts of CrVI in many paints as well.

Although stainless steel does not contain hexavalent chromium (CrVI). Heat generating operations can generate airborne hex Cr such as:

- Welding of stainless steel or chromium coated material
- Weld overlay with stainless steel
- Cutting or torch burning of stainless steel or coated material
- Plasma cutting of stainless steel
- Forging
- Chrome plating
- Heat treatment

Also dust generating operations such as

- Abrasive blasting of stainless steels or steel painted with Cr6+ containing material
- Grinding and polishing

OSHA considers hex chrome a dangerous toxin that pollutes the environment and threatens the health of workers exposed to it. Therefore, if your business involves welding stainless/galvanized steel or grinding paint off of metal, the new OSHA standard affects you. The key number to focus on in regards to the new OSHA standard is the action level. The action is 2.5 ug/M3 (micrograms per cubic meter) over an 8 hour period. Basically, the amount of CrVI that an employee is exposed to cannot exceed 2.5 ug/M3 in an 8 hour period.

Need an OSHA 10 or 30 Hr. Course?

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New Hexavalent Chromium Standard: Are you in compliance (cont)

The current way to test for CrVI exposure is to have employees who have the highest likely exposure to wear personal air pumps for an entire day. The pumps are the size of a softball and weight a few pounds. A clear plastic tube runs from the pump to the collar of the employee's shirt. The pump draws a measured quantity of air for 8 hours through a filter. The sample is collected at the end of the day and sent to a lab where the 8 hour time weighted average is calculated. Depending on the results a retest is needed after 7 days, 3 months, or 6 months.

Safety Resources has already conducted a number of CrVI tests for members of the Indiana Sheet Metal Association of North America.

"Back injuries represent a large number of worker compensation claims in today's workplace. Unfortunately, a back injury is something that has a strong possibility of reoccurring frequently causing severe pain and missed time for the employee."

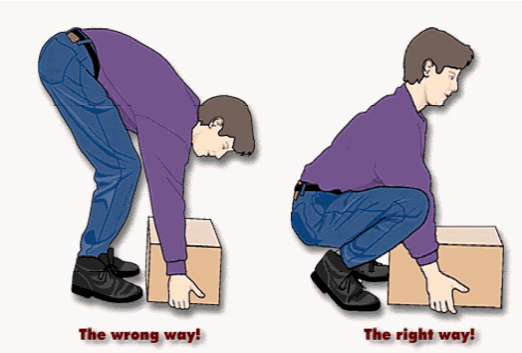
Back Injury Prevention

By: Chris Hall, Safety Specialist

Back injuries represent a large number of worker compensation claims in today's workplace. Unfortunately, a back injury is something that has a strong possibility of reoccurring frequently causing severe pain and missed time for the employee. Educating your workers on several key topics will help them to understand how they may prevent back injuries.

A strong back is a healthy back.
Conditioning through regular exercise and stretching is analogous to regular maintenance on your car; if it is never done, the vehicle is likely to breakdown often and usually for the same thing. A strong back is better able to withstand the wear and tear that physical work can have on the body. Daily stretching and a regular exercise routine that works the muscles around the spine and abdomen will help to prevent back injuries. Employees should consult with their physician prior to beginning any exercise regimen because previous conditions or improper technique could lead to other serious injuries.

If it is too much, get help.
All too often, back injuries are caused by workers lifting, or attempting to lift an object they knew was too heavy. Asking for help from another employee or using a mechanical device to lift heavy or bulky objects is not only smart, but it is more efficient. Two workers or a device working to move an object from here-to-there can do it with more ease than one person who is struggling alone. This idea should also be applied to large or bulky items. A large object can cause the person carrying it to work harder to maintain their balance. This causes unnecessary twisting, bending and strain on the back. Even if the load does not weigh very much, its size may be enough to cause an injury.



Mechanics, Mechanics, Mechanics.
No discussion about back injury can be complete without mentioning the importance of body mechanics. Good body mechanics allow an employee to bend, lift or stretch in the most efficient way to reduce the strain on their muscles and joints. When lifting an object, the following use of body mechanics should be observed:

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Back Injury Prevention (cont)

- Position yourself directly in front and as close to the item you are lifting
- Always bend at the knees and never at the waist
- Make sure you have a solid grip on the item
- Lift slowly utilizing leg and arm muscles, keeping your head up and back straight, and tightening your abdominal muscles
- Never use your back to twist or shift, if you must rotate, move your entire body
- Keep the load close to your body
- Follow these same mechanics when setting the load down

Although back injury prevention is always a topic of concern for employers, it is a difficult injury to prevent without the cooperation of the employees. An understanding of the factors that prevent back injuries can help employees save their back not only for today's job, but for the rest of their life. They are the ones who will have to live with it.

Noise and How Much Can We Take?

By: Jeff Brown, Safety Specialist

As we all can tell, today's world is getting louder and louder all the time. We are exposed to a variety of sounds in a day, both wanted and unwanted. In the safety community we usually consider noise to be "unwanted" sound. Depending on your work environment, you may already have some training on the noise levels you can be exposed to without causing harm.

The Occupational Safety and Health Administration (OSHA) has set guidelines for the exposures we can be in for a working environment. These exposure levels are set to prevent workers from having permanent hearing loss. Along with this, there are guidelines for measuring the sound (in decibels; dB), what type of personal protective equipment we should use, and how to record how the noise is affecting your hearing. At 90 dB you start to reach a level that can impact your hearing negatively if exposed to it for too long. This is all great information, but can you tell what the noise level (dB) is around you? The answer is probably No.

Duration per day, hours	Sound level dBa slow response
8	90
6	92
4	95
3	97
2	100
1 ½	102
1	105
½	110
¼ or less	115

The National Institute for Occupational Safety and Health (NIOSH) has done some of the research for us. There are certain types of sounds we are around both at home and work that have a decibel level with a calculated average. An example of this is normal conversation between people is around 60dB. Lawnmowers are a surprising 90dB in normal working conditions. For those of you out there that use hand tools, did you know that a power drill can be around 98dB? Now for the big stuff, a bulldozer has a decibel reading over 100. These are just a few examples of the everyday things and the levels that can be produced. It is not that difficult to rise into a decibel range that would need to have some hearing protection. It is always better to be safe than sorry, if your not sure of the decibel levels you are exposed to it may sound advise to check it out.

If you would like to see the decibel levels of more equipment, they can be referenced on the NIOSH website:
http://www.cdc.gov/niosh/topics/noise/abouthlp/noisemeter_flash/soundMeter_flash.html

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News and Events

New Employee Announcement

Safety Resources welcomes Jeff Brown as the newest member of our firm. A native of Indiana, Jeff is holds a Bachelor of Science in Occupational Safety and a Master of Science in Safety Management from Indiana University.

Prior to college, Jeff served five years in the United States Marine Corps. Jeff also has practical field experience and technical skills in the areas of electrical service, electronics, and HVAC systems. A Indiana native Jeff maintains a home that has been in his family for over six generations.

"Getting to know the client and learning about the situations they face allows me to provide the excellent service that I'm committed to providing."

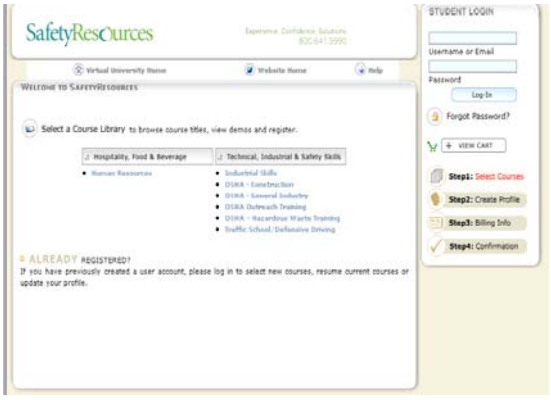
As Safety Resources, Inc. continues to build and to grow, the addition of Jeff Brown enhances our abilities to provide to our present and future clients.

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



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