



SafetyResOources

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A Message from the President Kristin VanSoest

There are mixed messages coming from the construction sector about the strength of the economic recovery, with better figures for the second quarter of 2010 being greeted with caution by some industry experts. In Indianapolis alone, with healthcare construction and the anticipation of the 2012 Superbowl, Safety Resources is optimistic about the anticipated upturn and is prepared for the changes it will bring.

With economic change comes internal corporate transformation, and we are thrilled to announce these changes to our customers, prospective customers and business partners. To begin, I have taken 100% control of Safety Resources, and it's been a dynamic and exciting transition. With that said, Safety Resources is very close to becoming WBE Certified at both the state and city levels, and DBE certified at the federal level. These certifications will bring more opportunities to our clients as it relates to using their mandated minority spends.

Additionally, we have moved our offices to be near the heart of the upcoming construction work in Central Indiana. You can find us at 12 West Vermont Street, on the corner of Vermont and Meridian. We are thrilled with our new space and welcome you to visit.

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News and Events

New Employee Announcement

SRI would like to welcome Aaron Wissen as an integral part of the team. Aaron is joining Safety Resources in the capacity of a Safety Consultant. Aaron's work experience includes construction safety and healthcare safety, and he is a Certified Healthcare Safety Professional (CHSP).

Fall Protection - Competent Person

By: Ryan Clayton

Working at elevated heights is easily seen and it doesn't take much for OSHA compliance officers to gain authorization to stop at your site where fall hazards might be present. The compliance officers will take the effort a step further, targeting scaffolding and roofing activities and ensuring that a "competent person" is on site and has taken the necessary steps to qualify for that title. OSHA defines a competent person as "one who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them".

So, what qualifies your employee to be given the title of competent person? First, this person needs to possess a significant amount of experience. Experience on safe job sites will serve as quality practice for your employee, and give them the means to recognize a safe site versus hazardous sites or situations. The quicker a problem or hazardous situation is recognized, the quicker it can be resolved. With enough quality experience, your employee will easily be able to recognize hazardous conditions.

"With specific training, along with experience, the competent person should have the ability to identify existing and predictable hazards, and understand the necessary steps to correct them."

With specific training, along with experience, the competent person should have the ability to identify existing and predictable hazards, and understand the necessary steps to correct them. Training is important for your competent person because it give them a chance to clear up any uncertainty. It is at this point that your employee is able to question anything he or she has learned on the job. Training also allows the employee to explain their knowledge, whether it is for new safety equipment or a new safety process. A competent person's training is crucial and should be refreshed annually.

The final quality that your site's competent person should possess is authority. Without the proper authority, this person will not be able to create change or direct work activities. For example, companies often deem new hires as safety monitors on roofs. This can be very dangerous because this person is new, and he or she might not have the right experience or training to recognize hazards or potential hazards that may arise. Also this person, even though he or she was given authority, may not feel comfortable speaking up when work needs to be stopped or changed. Your competent person must have enough authority to step up and stop work to create change.

Overall, OSHA seems to really be cracking down on Fall Protection Competent Persons for construction sites, because it is often unclear to employers what this entails, exactly. With education and authority, a competent person is valuable and necessary, and employers should know the correct ways in naming them. OSHA will continue to crack down on this as it continues to be a problem, so getting your site safety started off on the right foot is key.

Staying Safe in the Cold

By: Chris Hall

This winter, whether you are at work or home, keeping warm can be a challenge. When temperatures drop below freezing, wearing the right clothes and some sensible practices can reduce the likelihood of frostbite or hypothermia.

Frostbite is the most common hazard in cold environments. The parts of the body usually affected are the nose, ears, cheeks, fingers and toes. As these parts get colder, the moisture in the layers of skin begins to freeze. In bad cases, the tissue damage can be permanent; which could result in the losing of the affected part. Signs of frostbite usually start with feeling uncomfortably cold, then numb. Sometimes it is accompanied with a tingling or aching feeling or a brief pain.

Hypothermia is the other dangerous cold weather hazard. It is the result of long term exposure to temperatures low enough to lower an individual's core body temperature (98.6° F). With hypothermia, you first feel cold, then pain in your extremities. Victims shiver, which is one of the body's ways of trying to raise the core temperature. Other symptoms of hypothermia include: numbness, stiffness (especially in the neck and extremities), poor coordination, drowsiness, slow or irregular breathing and heart rate, slurred speech, cool skin, and puffiness in the face.

It is crucial for anyone who spends a considerable amount of time outside in low temperatures to be aware of how to protect yourself. The best way to deal with cold problems is to prevent them in the first place through one of the following measures:

- Limit exposure to cold, especially if it's windy or damp.
- Dress in layers of loose and dry clothes, using a wind breaker or waterproof jacket as an outer layer.
- Cover hands, feet, face, and head.
- Keep moving when you're in the cold.
- Take regular breaks from the cold in a warm area.

If you suspect you may be suffering from frostbite, be aware of the don'ts:

- Don't rub the body part, or apply a heat lamp or hot water bottle.
- Don't go near a hot stove.
- Don't break any blisters.
- Don't drink caffeine.

Do warm the frozen body part quickly with sheets and blankets or warm (not hot) water. For anyone suffering from hypothermia, or a body temperature less than 96° F, simple actions can be taken to prevent a mild case from developing into severe hypothermia or possibly death. The first thing to do is to get where it's warm. Get out of any frozen, wet, or tight clothing and into warm clothes or blankets. Drink something warm, decaffeinated, and non-alcoholic. For severe hypothermia, call 911 for medical help and keep the person covered with blankets or something similar. Don't use hot baths, electric blankets, or hot water bottles.

To enjoy or work in the cold weather it is important to take care of simple items to enjoy your time. Not being fully aware of the health hazards of cold exposure can be dangerous. Taking simple precautions to prevent exposure and reduce the chances of frostbite or hypothermia.

"It is crucial for anyone who spends a considerable amount of time outside in low temperatures to be aware of how to protect yourself. "

Cranes and Derricks in Construction: OSHA's New Rule

OSHA posted answers on their Web site to [Frequently Asked Questions](#) about its [new rule](#) addressing the use of cranes and derricks in construction. The FAQ provides information on subjects such as how the rule was developed; how it will improve worker safety on construction sites; whether it requires crane operators, riggers and signal persons to be qualified or certified; and how it affects states with their own OSHA-approved safety and health plans.

1. When will the rule be effective?

November 8, 2010.

2. Is every requirement of the rule effective at the same time?

No. While most of the requirements in the new rule are effective 90 days after publication in the *Federal Register*, which occurred on August 9, 2010, there are certain provisions that have delayed effective dates ranging from 1 year to 4 years from the effective date of the rule.

3. Where can I find a copy of the rule?

The rule is available at http://www.osha.gov/FedReg_oshapdf/FED20100809.pdf or at <http://edocket.access.gpo.gov/2010/pdf/2010-17818.pdf>.

4. How will this rule improve worker safety on construction sites with cranes and derricks?

This new standard will comprehensively address key hazards related to cranes and derricks on construction worksite, including the four main causes of worker death and injury: electrocution, crushed by parts of the equipment, struck-by the equipment/load, and falls. Some of the significant requirements in this new rule include: a pre-erection inspection of tower crane parts; use of synthetic slings in accordance with the manufacturer's instructions during assembly/disassembly work; assessment of ground conditions; qualification or certification of crane operators; procedures for working in the vicinity of power lines. It is anticipated that this final standard will prevent 22 fatalities and 175 non-fatal injuries each year.

5. How is the final rule different from the rule proposed October 9, 2008?

Several provisions have been changed or modified from the proposed rule. These changes include:

- Employers must comply with local and state operator licensing requirements when they meet the minimum criteria specified § 1926.1427.
- The clarification that employers must pay for certification or qualification of their currently uncertified or unqualified operators.
- A clarification that written certification tests may be administered in any language understood by the operator candidate.
- When employers with employees qualified for power transmission and distribution are working in accordance with § 1910.269, that employer will be considered in compliance with this final rule's requirements for working around power lines.
- Employers must use a qualified rigger for rigging operations during assembly/disassembly.
- Employers must perform a pre-erection inspection of tower cranes.

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6. When will compliance assistance materials be available to the public?

OSHA has posted a preliminary fact sheet and this FAQ and anticipates having fact sheets and other material available soon. These materials will be posted on this website as they become available.

7. Does the final rule require crane operators to be qualified or certified?

Yes. This final rule requires operators of most types of cranes to be qualified or certified under one of the methods set forth in § 1926.1427. Employers have up to four years to ensure that their operators are qualified or certified, unless they are operating in a state or city that has operator requirements.

8. Does the final rule allow cities or states to have their own licensing or certification program for crane operators?

Yes; however, that city or state's requirements must meet the minimum criteria that is set forth in this rule at § 1926.1427.

9. Does the final rule require riggers to be certified?

No, riggers are not required to be certified. However, riggers must be a qualified person for the performance of specified hoisting activities such as during assembly/disassembly work and those that require employees to be in the fall zone to handle a load. The rigger would be considered qualified through possession of a recognized degree, certificate, or professional standing; or by extensive knowledge, training, and experience, successfully demonstrating the ability to solve/resolve problems related to rigging work and related activities.

10. Does the final rule require signal persons to be certified?

No, signal persons do not have to be certified. However, the employer of a signal person must ensure that the signal person is qualified. This qualification must be done by a qualified evaluator, which may be a third party or an employee of the signal person's employer. The evaluator must demonstrate that he or she can accurately assess whether an individual meets the qualification requirements specified by this final rule for signal persons.

11. How does this new rule affect those states that administer their own OSHA-approved safety and health plan?

State Plans must have job safety and health standards that are "at least as effective as" comparable federal standards. State Plans have the option to promulgate more stringent standards or standards covering hazards not addressed by federal standards.

12. How was this rule developed?

OSHA's Advisory Committee on Construction Safety and Health (ACCSH) established a workgroup to develop recommended changes to the requirements in Subpart N for cranes and derricks. ACCSH then recommended that the Agency use negotiated rulemaking to develop a new rule. The Cranes and Derricks Negotiated Rulemaking Committee (C-DAC) was established and provided a consensus draft document to the Agency. OSHA used this document to develop the proposed rule. After reviewing public comments on that proposed rule and information received during four days of public hearings, OSHA developed this final rule.

13. What interests were represented on the C-DAC committee?

The 23 C-DAC members represented a wide variety of interests. These included crane and derrick manufacturers, suppliers, owners, leasing companies, construction companies that use cranes and derricks, general contractors, labor organizations representing construction employees who operate and work with cranes, electric utilities, the insurance industry and government.