



# safety solutions

••••• & HEALTH

Providing Safety & Health training programs that fit your needs & meet your objectives

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## Weathering the Storm

By Tom Odegaard, Executive Director, Evergreen Safety Council

Each year we are witness to the power of nature and the resulting damage due to hurricanes, floods, earthquakes and snow storms. Just look at three events of the past 12 months:

**Sunday, December 26, 2004:** A magnitude 9.13 **earthquake** which occurred about 100 miles west of the Indonesian island of Sumatra caused a **tsunami** that killed over 220,000 people in towns and villages along the coast of the Indian Ocean. It is estimated that another 3 million survivors had their livelihoods destroyed or severely impacted.

**Monday, August 29, 2005:** **Hurricane Katrina**, by then a Category 4 hurricane (winds of 131-155 mph) came ashore on the Gulf Coast of the US near New Orleans. The storm killed 1,253 people, displaced more than 1 million people, and caused an estimated \$200 billion in damages to Louisiana, Mississippi, and Alabama thus earning it the title of the most damaging and costly natural disaster in our country's history.

**Saturday, October 8, 2005:** A 7.6 magnitude **earthquake** struck Pakistan. Nearly 80,000 people killed, two million people have been left homeless.

We often lose sight of the fact that all of these scenarios (earthquakes, tsunamis, and hurricane-like winds) could occur in our Pacific Northwest. Yet every year we have heavy rains,

ice storms and snow storms with resulting flooding. And every 3-4 years we can expect to get a severe winter storm which can include any or all of the aforementioned.

Consider this reminder:

**Friday, October 12, 1962:** For those of us who lived in the Pacific Northwest in 1962, do you remember the mother of all wind storms of the 20th century, the wind storm all others are compared to — the Columbus Day Storm?

Here are the facts:

- It was the most powerful and widespread non-hurricane wind storm to strike the continental U.S. in the 20th century.
- The storm produced winds up to 150 mph along the Oregon and Washington coasts, equaling winds of a Category 4 hurricane.
- The affected area ranged from Northern California to British Columbia.
- 46 people died and hundreds were injured.
- In less than 12 hours, more than 15 billion board feet of lumber was blown over...more than the annual combined timber harvest at the time in Oregon and Washington (approximately \$750 million - 1962 dollars).
- Property damage in 1962 dollars, exceeded \$230 million.

Now with that reminder, let's talk about preparing for and surviving our fall and winter storms.

### Prior planning:

Have a plan for both home and work that everyone understands. To begin with, prepare your home and office to be self-sufficient for at least 3 days. This means having an emergency supply of food/water as well as other items that can help you survive without any assistance from First

### Safety & Health Solutions is Available Electronically

To request an email version, simply write your email address on the cover of this newsletter and fax to (206) 382-0878 or email [esc@esc.org](mailto:esc@esc.org) with your name, company name and address.

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**safety solutions**  
••••• & HEALTH

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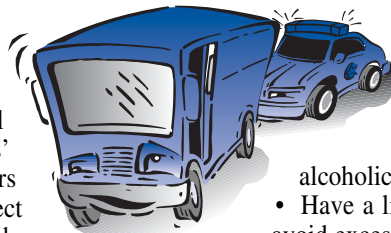
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# Drinking and Driving Can Kill the Holidays

In Washington, drunk driving is the single largest cause of fatal collisions. Local law enforcement DUI patrols' goal is to take impaired drivers off the road in an effort to protect sober drivers who share the roadways and to save families from the devastating consequences of a DUI collision. To avoid something like this touching your life and the lives of those you love, here are some tips for your next gathering:



- Maintain a designated driver rule. Anyone drinking alcohol at the party must be accompanied by a sober driver.

- Trade an alcoholic beverage for your guests' car keys.
  - Host an alcohol-free party. Try offering guests punch and fun non-alcoholic drink alternatives.
  - Have a limited supply of alcohol on hand to avoid excessive drinking.
  - Do not fear a confrontation. A momentary argument over car keys is nothing compared to the pain caused from a DUI collision.
  - Remind your guests that extra DUI patrols are going on now.
- One night, one party, one event, can change a family's life forever. A day or evening of drinking alcohol is not worth risking your life and the lives of those you love.



# Candles Can Light Up the Season, Yet Result in Disaster

If you use candles in your home, follow this safety advice:

- Place candles on stable furniture, in sturdy holders that will catch dripping wax.
- Never leave a candle unattended.
- If the power goes out, use flashlights for illumination, not candles.
- Keep candles away from all things that can catch fire.

- Place candles on higher furniture, where they won't be knocked over by children or pets. Never place lit candles in windows, where they could ignite blinds or curtains.
- Don't allow children or teens to have candles in their bedrooms.
- Extinguish candles carefully, using a long-handled candlesnuffer or a soft, directed breath. Be careful not to splatter wax when extinguishing.

## OSHA 10-Hour Construction & General Industry

November 14-16

Safety & Supply Company in Spokane

Two courses in one... The OSHA 10 hour programs are intended to provide a variety of training on safety and health issues to entry level workers. These classes are designed to emphasize hazard identification, avoidance, control and prevention.

**Construction topics include:**

- General Safety and Health Provisions
- Confined Space and Fall Protection
- Recordkeeping and Material Handling
- Hand/Power Tool Safety
- Stairways, Ladder and Walking Surfaces
- Trenching and Excavations

- Personal Protective Equipment (PPE) and Ergonomics
- Introduction to Industrial Hygiene

**Cost:**

**Combines General Industry & Construction**  
 Member \$230.00 – Nonmember \$295.00  
**General Industry *only* or Construction *only***  
 Member \$125.00 – Nonmember \$160.00

**General Industry topics include:**

- Fire Prevention/Protection, and Emergency Action Plans
- Electrical Safety and Machine Guarding
- Flammable/Combustible Liquids and Hazard Communications

To register or for more information  
 please contact ESC at 800-521-0778  
 or visit our website at [www.esc.org](http://www.esc.org)

# VISIBILITY

By Eric Tofte, Training & Consulting Manager Evergreen Safety Council

According to L&I a “55-year-old excavator operator was killed after being struck by a car. The victim, attempting to direct traffic and spot the driver of the dump truck, stepped onto the highway and was struck by an automobile. He was wearing dark pants, a dark shirt, and no high visibility garments. The driver of the automobile did not see him.”

Can you imagine working in an environment where the greatest danger to you is the motoring public, who cannot see you when you are working? Unfortunately, this occurs daily. Although workers in temporary work zones tend to be wearing high-visibility garments (hi-viz), there are times when they do not. In addition, there are other professions that need to think about hi-viz garments. One such profession is law enforcement. For example, on a recent rainy night, this writer was being directed around a traffic accident. All of a sudden, another law enforcement officer bounded across the street right in front of me. The only thing that caught my eye was his badge. His dark blue uniform had made him invisible on the dark, wet roadway.

When you are working around moving vehicles and equipment you need to make sure you are seen. Currently, the Department of Labor and Industries has requirements for visibility for the construction trades. L&I requires that during daylight hours, when employees’ duties are performed in close proximity to moving vehicles, employees wear a high-visibility safety vest, shirt or jacket that is fluorescent yellow-green, fluorescent orange-red, or fluorescent red in color. During hours of darkness, employees must wear as an outer garment, at a minimum, a high-visibility safety vest, shirt or jacket designed according to ANSI/ISEA 107-1999 Class 2 specifications. This garment should provide 360 degrees of visibility around the employee. You can find this regulation in WAC 296-155-200(5).

The bottom line is that with all the hi-viz garments out there, we all need to be wearing them whenever we are around moving equipment/vehicles. Whether it is on a highway or in a container trailer lot, if vehicle or equipment operators do not see us, workers can easily become a statistic.

# Onsite Training Notes

Customization and consultation are the cornerstones of ESC’s onsite training program. Training can be arranged to fit a customer’s schedule and the training is personalized. The training is at the customer’s location and examples specific to their concerns are discussed, demonstrated or analyzed.

To give you an idea of how you and your company might benefit from this onsite training, here are a few examples of how Evergreen has helped to solve customer safety issues:

- ESC worked with a water and sewer district in confined space training and provided information on how to do “alternate entry” procedures. This district has now reclassified all their entries as an alternate entry, in conjunction with the Department of Labor & Industries.
- ESC has trained a local library district’s safety committee and provided them with the knowledge to perform hazard assessments, which revealed weaknesses in their fire evacuation plan. The safety committee has actively worked to correct these deficiencies based upon ESC consultation services.
- ESC provided EverSafe Driving to a private school, which in turn eliminated all of

the backing incidents they were experiencing.

If you are interested in hearing more about how Evergreen Safety Council onsite training programs can benefit your organization, please call 1-800-521-0778 or e-mail us at [esc@esc.org](mailto:esc@esc.org). Convenient safety training that is specifically designed to address your issues at your location is what our onsite program is all about.

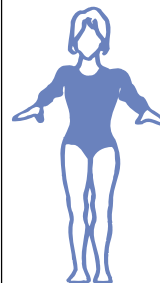
## Idaho Training Update

Evergreen would like to congratulate Doug Moore and Bruce Drewes of the University of Idaho T2 Center on becoming flagger and EverSafe Driving instructors.

Both gentlemen have years of experience in traffic control and work zones and they are a welcomed addition to the cadre of Evergreen instructors. They are some of our first instructors in the State of Idaho for these programs.

Again our congratulations to both and we hope to see all of you in Idaho wanting flagging and safe driving instruction to put them to work.

# STRETCHING



It seems like we are forgetting to take care of our bodies when we are at work. This is especially true for all of us that sit at a desk or are really not that active when we are at work.



Stretching before and during work is a good idea. Stretching can release tension and improve circulation to the muscles, tendons and joints and is an important part of muscle health. Stretching can help muscles be more supple and relaxed and a relaxed muscle is less likely to tear or go into spasm. This adds up to a decrease in body pain and an increase in general well-being.



Several companies have instituted “stretch and flex” programs for employees. They find that it benefits their employees and reduces injuries.

Although ergonomics and stretching programs are not required by any

health and safety code, an ergonomic program that includes stretching and flexing will have positive results. Back injuries are up there on the “disability retirement” list and a good program that address ergonomic and stretching is a way to reduce these numbers. You may want to consider a stretch and flex type program at your work, and if you do ESC can help.

**Customized On-Site  
Safety and Health Training**

**Call Stephanie at  
800-521-0778**

**SEATTLE SCHEDULE**

**SPT1 14AB – see 1**  
Thurs. Dec. 1, 2005

**ITFG004 – see 3**  
Mon-Tues. Dec. 5-6, 2005

**SPT1 15AB – see 2**  
Thurs. Dec. 15, 2005

**Class Location:**  
Evergreen Safety Council  
401 Pontius Ave. N. Seattle, WA



**FORKLIFT SCHEDULE**

**SEATTLE SCHEDULE**

**ITFLO01 – see 4**  
Mon-Tues. Dec. 19-20, 2005

**FLOTO01 - see 5**  
Wed. Dec. 21, 2005

**Class/Equipment Training Location:**  
Northwest Handling Systems, Inc.  
1100 SW 7<sup>th</sup> Street, Renton, WA

**Motorcycle Quick Quiz**

1. Pick the most dangerous place for a motorcycle rider to deal with:
  - a. Sweeping blind curve left or right
  - b. Railroad crossings
  - c. Intersections with turn lanes
2. How old must a passenger be to ride in Washington State?
  - a. 8 years old
  - b. 5 years old
  - c. 10 years old
3. Which age group of motorcyclists is experiencing the largest increase, and accounts for the most in fatalities, in Washington State?
  - a. Under 30 years old
  - b. 30-39 years old
  - c. Over 40 years old

Answers on back page



**1 SPT114AB Fire Safety/Emergency Planning, Protection and Response**

Fire Safety covers basic fire protection issues such as hazards, extinguishers, emergency planning and evacuation. Upon completion, participants will be able to review a facility's fire protection and evacuation program using a prepared fire safety checklist.

Emergency Planning covers various types of emergencies, action plan considerations, personal attack protection, and finding and arranging outside assistance. You will learn what kind of plan you need and the types of emergencies that typically affect the workplace, with checklists and guidelines for preparing and responding to these situations.

**Instructor:** Eric Tofte

**2 SPT115AB Transportation Safety Program/Facility and Office Safety**

Transportation presents the elements of creating a plan with major emphasis on driving safety. Motor vehicle crashes are the primary cause of work accidents. Discussing motor vehicle accident causes and solutions is an important safety program component, even for organizations without fleet vehicles.

Facility/Office addresses the most frequent workplace accidents and injuries and presents information about making work areas safer and functional. Session emphasis is on understanding the risk and injury rate in both industrial and office environments.

**Instructor:** Dana Steele

**All Safety & Health Specialist (SPT) course fees: \$180.00 members, \$210.00 non-members.**

**3 ITFG004 Flagger Instructor Certification**

The certified instructor is equipped with an annotated instructor's manual, a booklet on instructor techniques, a flagger certification handbook, video tape introduction, overhead transparencies and other training aids to conduct new or recertification training and issue the Washington State Certified Flagger card. Candidates must meet requirements to qualify for instructor certification. Call for details.

**Course Fee:** \$415.00 members, \$455.00 non-members.

**Instructor:** Eric Tofte

**4 ITFLO01 Forklift Instructor Certification**

This 2-day course prepares you to conduct safety training for forklift operators. You will learn regulations and safety standards for forklifts, pre-shift inspections and instructional techniques in both hands-on and classroom sessions. Course documentation and practical testing to ensure performance will be covered. This course meets or exceeds all OSHA training requirements as referenced in 29 CFR 1910-178. Participants must have prior experience in forklift operation to qualify.

**Course Fee:**

- \$1400 and includes instructor teaching kit.

For companies that currently have a BLLC certified instructor with a teaching kit:

- \$600 for each additional instructor. Includes instructor's manual.

**Program:** 7:00 a.m. – 2:00 p.m.

**Instructor:** Bottom Line Loss Control, Inc.

**5 FLOTO01 Forklift Operator Training**

Any person who operates a powered industrial truck must have documentation of training and evaluation and be of at least 18 years of age. Even experienced operators are required to successfully pass the training and evaluation by a qualified person. Under OSHA regulations, operators must receive training that includes formal instruction, practical training, and evaluation of the operator's performance. This course exceeds OSHA and WISHA requirements.

During this one day training session an operator can receive certification on sit-down (counter balance), stand-up (narrow aisle), order picker, tigger or any style electric pallet jack.

**Program start time:** 7:00 a.m.

**Course fee:** \$75 for classroom plus

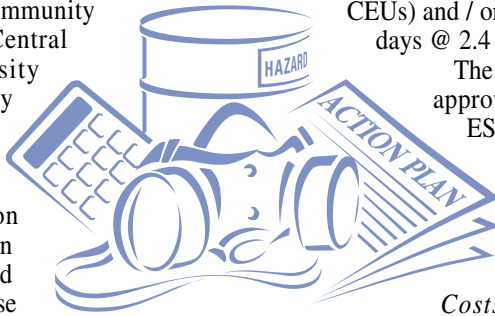
- experienced students: \$25 for each type of machine certified on.
- new operators: \$100 for each type of machine certified on.

**Instructor:** Bottom Line Loss Control Inc.

**Unless otherwise noted, all courses include instruction, related materials, continental breakfast and lunch. Sign in 7:30 a.m. Program 8:00 a.m. – 4:30 p.m.**

## Health & Safety Technician Certification (HST) Now Also CEU Approved

Both Bellevue Community College (BCC) and Central Washington University (CWU) have recently approved Continuing Education Credits for ESC's HST Certification. This certification expands your expertise in technical safety and industrial hygiene for those performing health and safety duties. You have the option to either receive 10.4 CEUs for the entire certification (13 days of training), or select the following programs within the certification: Safety Sciences (5 days @ 4.0 CEUs); Safety Leadership (1 day @ .8 CEUs); Machine Safety / Equipment Safety (1 day @ .8 CEUs); Fall Protection / Excavation (1 day @ .8 CEUs); Confined Space / Respirators (1 day @ .8 CEUs); Industrial Ventilation / Indoor Air (1 day @ .8



CEUs) and / or Industrial Hygiene (3 days @ 2.4 CEUs).

The HST Certification CEU approval joins the already ESC CEU approved programs, such as *Safety & Health Specialist Certification*, our 2-Day *Managing Workers' Compensation Costs* and our *Confined*

*Space Onsite Training Program*. These programs have gone through an extensive review and approval process by both CWU and BCC. Please contact our office if you would like more information and ask for Colleen Sweeney. To begin the process, simply ask for the CEU Sign-up Sheet to be faxed or e-mailed to you. Once completed, this form needs to be submitted at time of course registration. Please allow 2-3 weeks after training for the CEU certification to be mailed.

## SAFETY GALLERY



Mel Mohning, City of Portland, Civil Design & Transportation Engineer, talks safety with Colleen Sweeney, ESC's Marketing & Membership Manager at the Oregon APWA conference in October.



Pierce Transit had two employees graduate from the Safety & Health Specialist program on October 6, 2005. Jeffrey Backes received certificate #0449 and Mark Veach received certificate #0450. Congratulations!



Congratulations to all the graduates of the EverSafe Driving Instructor class October 17-18, 2005! Back row: Clover Park Technical College - Robert Russell Inks; Spokane Transit - Steve Dionne; Cascade Natural Gas - Ken Nelson. Front row: Lane Transit District - Don Herbison and Melinda Raven; YMCA of Greater Seattle - Alicia Prychun; Canfield & Associates - Bruce Reim

## MEMBERSHIP CORNER

The Evergreen Board of Directors and staff would like to recognize the new and returning members listed below.

### New Members

**Poulsbo Fire Department**  
Poulsbo, WA

**King County Dept of Transportation Traffic Maintenance Unit**  
Renton, WA

**YMCA of Greater Seattle**  
Seattle, WA

### Renewing Members (years of membership)

**Sound Transit (5)**  
Seattle, WA

**Rinker Materials (14)**  
Everett, WA

**Princess Tours (4)**  
Seattle, WA

**Pacific Underwriters (7)**  
Seattle, WA

**City of Westport (5)**  
Westport, WA

**Inland Northwest Blood Bank (3)**  
Spokane, WA

**Seattle Mariners (3)**  
Seattle, WA

**Underground Utilities Location Center (3)**  
S Colby, WA

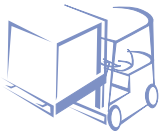
**Greg Boyd (7)**  
Ruston, WA

**Goodrich - Carbon Products (3)**  
Spokane, WA

Evergreen Safety Council is a nonprofit, nongovernmental organization committed to health and safety at work, at home, in the community and while at play. Evergreen conducts safety training classes, performs consultations and distributes information for member organizations and individuals. Memberships support general administration and program development.

If you would like to know more about membership, contact Colleen Sweeney or Kathy Wax at 800-521-0778. We would be pleased to have your company added to our growing membership.

## Forklift Corner



A supervisor came up to a forklift operator to give the operator a pick ticket. The supervisor stepped within one foot of the forklift, and was talking to the operator by the left rear wheel. Once the conversation was over, the supervisor turned to leave, but after one step the supervisor got a call on his radio and stopped to respond. The back wheel of the forklift was turned, so as the operator started forward, the rear wheel

swung out and over the supervisors foot.

**Points:** Keep a four foot space around your forklift where pedestrians cannot come into. This injury is due largely to complacency of both the operator and the supervisor. A great statement operators can make to pedestrians is: "I am on a machine that crushes and kills people. You need to stay four feet back. Thanks."

*Provided by Bottom Line Loss Control*

## Weathering the Storm

Continued from page 1

Responders. Lists of necessary items are available from organizations such as ESC, Red Cross, local fire departments and offices of emergency management (local and state). Being prepared also means that you should have an evacuation plan at both your workplace and your home.

### Stay Informed:

- Listen to the radio or TV for the latest weather information – make sure you also have a battery operated or crank generated radio available. Pay attention to the warnings such as:
- "Winter storm *watch*" indicates that severe winter weather conditions may affect your area;
  - "Winter storm *warning*" indicates that severe winter conditions are definitely on the way or have already begun;
  - "Blizzard *warning*" large amounts of falling or blowing snow and winds of at least 35 mph is going to occur for several hours.
  - "Flood *warnings*" warn residents and agencies of impending floodwaters on major rivers so they can take action and prepare themselves before serious flooding occurs.

### During a Storm:

If possible, move to or stay indoors. During high winds, move away from windows and to lower floors if in a multilevel building.

### Driving:

Refrain from unnecessary driving. Did you know that 70% of deaths during a snow/ice storm are due to people being stranded in their car or involved in a collision? If driving during a severe wind storm, pull over away from trees or where you can get shelter in a building.

If you are in your car or truck during a winter storm with extreme cold or heavy snow:

- Stay with your vehicle until you are rescued.
- Run your car every hour for about 10 minutes for heat.
- Open a window a little to allow fresh air in to avoid carbon monoxide poisoning.
- Make yourself visible. Tie a bright cloth to your antenna to alert rescuers.
- Exercise in your seat to help keep your circulation moving.

### If you must be outside:

Dress warmly to prevent frostbite and hypothermia. Avoid all downed power lines, utility poles and trees. Find a safe shelter.

Many organizations, including Evergreen Safety Council can help you develop a plan before a severe storm or other disaster occurs.

Remember – Proper prior planning is the first step to surviving. If you have not done so already, do it today.

## Bellevue Community College & Evergreen Safety Council – Fall Classes

For more information contact ESC at 800-521-0778

To register contact BCC at 425-564-1000 or online at [www.bcc.ctc.edu](http://www.bcc.ctc.edu)

### Personal Security

When: November 10, 2005

This 3-hour class will focus on trusting your instincts and the keys to enhance your personal safety whether at work, home or play. Tips will be provided on things such as: - Being aware of your surroundings – Being alert to the behavior of people around you - What you should do when staying in a hotel for security and fire safety - Surviving an airplane crash - Making your home safer.

## TRAFFIC CONTROL SUPERVISOR CERTIFICATION

### Washington Classes

- TCS Certification –** Seattle - November 7-9, 2005  
Seattle - February 13-15, 2006  
Spokane - March 13-15, 2006
- TCS Recertification –** Seattle - November 10, 2005  
Seattle - February 9, 2006  
Moses Lake - March 2, 2006  
Chehalis - March 8, 2006

### Oregon Classes

- TCS Certification –** Salem-December 13-14, 2005  
Ontario - January 24-26, 2006  
Salem - February 14-16, 2006
- TCS Recertification –** Salem- December 14, 2005  
Ontario - January 23, 2006  
Salem - February 13, 2006

Call 1-800-521-0778  
or visit [www.esc.org](http://www.esc.org)

Evergreen Safety Council presents–

## Business Disaster Recovery Planning

save this date

January 31, 2006

At the Honeywell Learning Center  
Redmond, WA

With recent natural disaster events such as hurricane Katrina the need for businesses to have disaster plans and procedures is even more apparent.

Join Evergreen Safety Council along with representatives from local emergency management agencies and the Red Cross to share and discuss what your business can do to become better prepared for when the "big one" hits.

More information to follow in the January 2006 newsletter or visit our website at [www.esc.org](http://www.esc.org)

### General topics include

- How to help employers prepare their employees
- What business should expect and not expect from government
- Puget Sound potential hazards and risk
- Preparing and writing a business recovery plan
  - Developing a planning team
  - Your Team's Responsibilities
  - Identifying Critical Operational Functions
  - What Resources will be Required Over Time
  - Critical Resources to be retrieved
  - What are your Critical Function recovery tasks

# Ready for Life's Next Mishap?

When you're not feeling well, or during an emergency situation, the last thing you want to be faced with is not having the right supplies on hand to fix the problem or make the hurt go away. To make sure you're ready for the unexpected, keep the following items in your medicine cabinet or first-aid kit:

1. Emergency phone numbers for 9-1-1, your local hospital, the poison control center and your physician.
2. Adhesive bandages, sterile gauze pads and hypoallergenic tape can be used to cover cuts, scrapes, burns or blisters. This will protect them from bacteria.
3. Pressure bandage to wrap strains and sprains. Remember to also apply ice to the injured area and keep it elevated to reduce swelling.
4. Hydrogen peroxide should be used to clean a wound; apply an antibacterial ointment before you cover it with a bandage.
5. Apply baking soda or 1 percent hydrocortisone cream to rashes and insect bites to stop the itch.
6. Aspirin, ibuprofen or acetaminophens are essential for reducing fever and inflammation, and relieving minor aches and pains. Note: Remember to avoid using aspirin for children under 15 years old.
7. Antacids, laxatives and kaolin/pectin should be kept on hand to treat digestive problems such as upset stomach, heartburn, diarrhea and constipation.
8. Decongestants or Antihistamines can be taken to combat allergy symptoms such as runny nose, itchy eyes and sneezing.
9. Keep cold and flu medicine on hand to ease congestion, coughs and sore throats.
10. Tweezers are great for removing splinters.
11. The phone number to the Poison Control Center: 800-222-1222. Calls to this nationwide phone number are answered locally by the Washington Poison Center in Seattle; medical experts are available 24 hours a day, seven days a week to offer free, confidential emergency treatment and prevention advice.
12. Sunscreen. Choose a chemical sunscreen that protects against both UVA and UVB, or has benzophenone (oxybenzone, dioxybenzone) protection. Sunscreen should be worn on a daily basis if you are exposed to the sun for longer than 20 minutes. On the flip side, make sure to stock aloe vera in case you burn easily.

## Mary Rowe

Walla Walla County Dept. of Public Works

Mary Rowe started working for Walla Walla County in 1986 as a utility inspector, inspecting utility installations along the County right-of-way. Her role in safety began as a sideline because she knew about first aid and other medical issues due to her degree in nursing. Mary had received her nursing degree from Walla Walla Community College in 1972. She went on to practice several years in both Washington and Oregon.

Supervisors would come up to her for advice on first aid issues and request assistance with training new employees in the use of MSDSs (Material Safety Data Sheets) and Bloodborne Pathogens training. As with everything, once you start answering questions on a subject, more and more questions start coming your way. As the questions and requests from training increased, Mary decided to enroll in Evergreen's Safety and Health Specialist certification, which she completed on June 21, 2002.

The safety duties kept adding up and she was asked to oversee the safety training for the County's portable rock crusher's crew. It was during this time that Mary became acquainted with MSHA (Mine Safety & Health Administration) rules, which are stricter than OSHA/WISHA, since any type of "mining" operations are covered under MSHA. Currently, she does the annual training for a crew of six.

Mary left nursing and went to work for a construction company in Portland, Oregon in 1982. She moved to Phoenix, Arizona for

that company in 1984 to run a construction office in Apache Junction, building a 40 acre RV resort. She learned to operate a backhoe at this jobsite and then moved on to build an 80 acre KOA campground in Buckeye, Arizona in 1985.

Mary has another safety interest: underground utility work. She has actively promoted the Call Before You Dig statewide message center for the past 15 years. Her background as a backhoe operator made Mary very aware of the damage and danger in digging where utilities exist. She remembers one of the operators she worked with on a project in Arizona who hit an energized power line with the bucket of his backhoe which blew a three inch hole in the bucket. That definitely got Mary's attention, so when she had an opportunity to become involved in underground safety she

"jumped on it." She is currently the secretary for the Northwest Utility Notification Center, one of three such centers providing utility location information in Washington State.

Mary's work in safety continues. She is a member of the Walla Walla County Public Works Safety Committee, as well as a flagging and Pilot/Escort Vehicle Operator instructor.

On top of everything she does, she still has time for relaxation. Mary loves horseback riding. She owns about ten horses including Paints and Quarter horses. She is active with her grandchildren in riding and the local 4H.

Our hats are off to Mary here at Evergreen. It is individuals like her who strive to keep the rest of us safe at work.

## PEOPLE IN SAFETY



Mary Rowe

## Upcoming Conferences

**A chance to meet ESC safety trainers and management**

**2005 International Motorcycle Show**  
Qwest Field and Events Center, Seattle, WA,  
**December 2 - 4, 2005**

**Registration Form**

Class Title \_\_\_\_\_

Class Date \_\_\_\_\_

Name of Participant(s) Please print or type

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Organization \_\_\_\_\_

Contact Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone number \_\_\_\_\_

Check enclosed  yes  no  Member

Purchase order # \_\_\_\_\_  Non-Member

**Credit Card Information:**

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ V-Code\* \_\_\_\_\_

Cardholder name \_\_\_\_\_

\* Visa/Mastercard: The "V-Code" is on the back of your card in the white signature strip. It is a 3-digit extension. It is usually following the last 4 digits of your credit card. However, it can be on its own.

\* American Express: The "V-Code" is a 4-digit number on the front of the card, located on the right above the card number.

\* Discover: No "V-Code" is being required at this time.

**Registration/Payment/Cancellation Policy**

1. Registration: Requests may be by mail or fax.
2. Payment: Payment must be received in our office before registration is confirmed. Payment may be credit card, purchase order, money order, or check. once payment is received, a confirmation letter will be sent.
3. Cancellation: If a cancellation is received six business days before the class, the registration fee will be refunded less a \$25.00 enrollment charge. No refunds will be made for notice given less than six business days or for "no shows". Cancellations must be by letter, fax or e-mail, (phone calls are not sufficient notification). You will be notified when your cancellation has been received.

It is your responsibility to follow up with us to verify we have received all your paperwork, provided you do not hear from us.

Please initial: \_\_\_\_\_

**Mail or fax to :**

Evergreen Safety Council  
 401 Pontius Avenue N.  
 Seattle, WA 98109  
 (206)382-4090 or (800)521-0778 Fax (206)382-0878  
 E-mail: esc@esc.org www.esc.org

# Evergreen Safety Council Calendar of Events

- Nov 2-4 **Special - OSHA 10 (General/Construction) – Seattle, WA**
- Nov 3-4 Forklift Instructor Certification (ITFL001) – Renton, WA
- Nov 7-9 Traffic Control Supervisor Certification/WSDOT – Seattle, WA
- Nov 10 \*SPT112X Introduction to Industrial Hygiene – Seattle, WA
- Nov 10 TCS Recertification/WSDOT – Seattle, WA
- Nov 14-15 Forklift Instructor Certification (ITFL001) – Portland, OR
- Nov 14-16 **Special - OSHA 10 (General/Construction) – Spokane, WA**
- Nov 17 \*SPT113X Understanding Ind. Ins/Workers' Comp – Seattle, WA
- Nov 28-29 Forklift Instructor Certification (ITFL001) – Renton, WA
- Nov 29-30 P/EVO Instructor Certification – Seattle, WA
- Nov 30 Forklift Operator Certification (OTFL002) – Renton, WA

- Dec 1 \*SPT114AB Fire Safety/Emergency Planning – Seattle, WA
- Dec 5-6 Flagger Instructor Certification (ITFG004) – Seattle, WA
- Dec 13-14 Traffic Control Supervisor Certification/ODOT – Salem, OR
- Dec 15 \*SPT115AB Transportation Safety/Office Safety – Seattle, WA
- Dec 19-20 Forklift Instructor Certification (ITFL001) – Renton, WA
- Dec 21 Forklift Operator Certification (OTFL002) – Renton, WA

- Jan. 5 \*SPT101AB Fed/State OSHA/Accident Prev. – Seattle, WA
- Jan 16-17 Forklift Instructor Certification (ITFL001) – Renton, WA
- Jan 18 Forklift Operator Certification (OTFL002) – Renton, WA
- Jan 18 HST 203 Machine Safety/Equipment Safety – Seattle, WA
- Jan 19 \*SPT102AB JSA/JIT – Seattle, WA
- Jan 20 Flagger Certification – Seattle, WA
- Jan 20 P/EVO Instructor Recertification – Chehalis, WA
- Jan 23 TCS Recertification/ODOT – Ontario, OR
- Jan 23-24 EverSafe Driving Instructor Certification (ITESD09) – Seattle, WA
- Jan 24-26 Traffic Control Supervisor Certification/ODOT – Ontario, OR
- Jan 30-31 Basic First Aid / CPR (evenings)– Seattle, WA
- Jan 31 **Special – Business Disaster Recovery Planning – Redmond, WA**

\*Count toward Safety and Health Specialist Certification



**1-800-521-0778**  
**www.esc.org**

**Answers to Motorcycle Quiz**

1. C - Intersections are the most dangerous place for motorcyclists. The number one cause of accidents is another vehicle violating a motorcyclist's right of way.
2. B - Five years old and they must be able to hold on and their feet must reach the passenger foot pegs.
3. C - The "over 40" group. The primary contributing factors are alcohol and failure to maintain lane of travel. The second largest number of fatalities occur in the "under 30" group with speed being the primary factor.