

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

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Safety & Health Solutions has Gone Electronic!

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



CHARTER MEMBER

Maximize the Return on Your Organization's Safety Investment

by Tom Odegaard, President/Executive Director, Evergreen Safety Council

This title of this article may initially leave some individuals scratching their heads about where our emphasis is in safety, people or money. Let me be very clear, safety is first and always about keeping people safe. At the same time, every organization must be cognizant of the costs involved in their choice to either continue to invest in their safety and health program versus the choice to simply react when incidents occur that force them to address a situation. My intent in this article is to re-state the case for continual, wise investing in your organization's safety and health program.

According to the most recent statistics we have found, in 2004, the cost of work-related injuries and illnesses in the United States exceeded \$142 billion, while the cost of off-the-job injuries soared to more than \$193 billion. Needless to say, this combined cost of \$335 billion directly impacts the bottom line of all companies. Put in perspective, that equates to more than \$1000 for every man, woman and child in the United States in 2004.

The good news is that organizations that implement a safety and health program can reduce their injury and illness rate between 20-40% and realize a return of \$4 - \$6 for every \$1 invested.

How can this be accomplished?

— Reduction in Insurance Premiums:

Talk to your insurance broker. You may be able to reduce your premiums for certain coverage when you can demonstrate that you

have an effective workplace safety program. One specific area where we have seen a dramatic impact on insurance premiums is in the area of driving – the # 1 cause of workplace fatalities. Through the implementation and enforcement of a safe driving program, including training, many organizations have realized very significant premium savings. On the other hand, where this issue is not addressed, organizations are experiencing significant increases in property and casualty losses, and insurance premiums, if not the loss of coverage.

– Reduction in Workers Compensation Benefits/Rates:

By demonstrating that your organization has a written safety plan as well as an active safety program in place (that is enforced and produces a safer workplace) your injury experience Mod rate is reduced. When that experience rate drops below your industry group average, you should experience a reduction in your workers compensation rates. On the other hand, without such a plan and program most often your injury rate increases, and so will your workers compensation rates. Remember that the effects of an injury claim stays with your experience factor and your premium for 3 years.

– Reduction in Liability & Litigation Expenses:

Fewer workplace accidents result in less money paid out in liability and litigation expenses.



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safety solutions

Published monthly
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Boating Safety Tips

It's beginning to look a lot like summer and when the weather turns warm the boats head out to the water. Boating is fun and exhilarating, but it can also be dangerous. Below are a few tips on how to stay safe when boating:

Be weather wise. Sudden wind shifts, lightning flashes and choppy water all can mean a storm is brewing. Bring a portable radio to check weather reports.

Bring extra gear. A flashlight, extra batteries, matches, a map of where you are, flares, sun tan lotion, first aid kit and extra sunglasses. Put items that need to be protected in a watertight pouch or a container that floats.

Tell someone where you're going, who is with you and how long you'll be away. Then check your boat, equipment, boat balance, engine and fuel supply before leaving.

Ventilate after fueling. Open hatches, run blower, and most important, carefully sniff for gasoline fumes in the fuel and engine areas before starting your engine.

Stay dry and warm. Wear several layers of light clothing; bring rainproof covering.

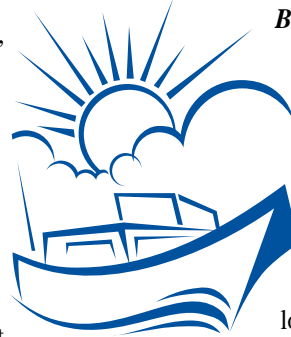
Keep fishing & hunting gear clean and well packed. A loose fish hook can cause a lot of pain and ruin a

great outing. Bring an extra length of line to secure boat or equipment.

When changing seats, stay low and near center line of a small boat.

Be ready for trouble when a powerboat passes you in a narrow channel. As the lead boat (which always has the right of way) stay on your side of the channel and maintain a steady speed so that the overtaking vessel can pass you safely. Use your radio to discuss this with the passing boat.

Anchor from bow, not stern. Use anchor line length at least five times longer than water depth.



Also, how you board and load your boat is important.

Be sure you know your boat's capacity. Look at the Capacity Plate. Don't overload it or put an oversize motor on it.

Be sure the dock lines are tied securely before you put gear aboard or go aboard yourself. Don't wind up straddling from dock to boat. If the boat is small, step as near the centerline as possible, and stay low in the boat. As you load, monitor the distance between the water and the top edge of your boat (freeboard). Waves or wakes from passing boats can easily swamp a small boat with low freeboard.

Don't overload. Don't load heavy gear to one side.

Sidecar and Trike Safety Classes in Eastern & Western Washington

Now students interested in learning sidecar and trike riding skills can attend a Sidecar/Trike Education Program (S/TEP) classes in Western Washington at the Kent motorcycle range or in Eastern Washington in Moses Lake.

If you have never experienced the feeling of riding a three-wheeled motorcycle, then it should be noted that sidecars and trikes handle, steer and brake differently than a two-wheeled motorcycle. Many people have taken these S/TEP classes for enjoyment and to experience these handling differences.

The basic program is designed to provide the rider with the knowledge, confidence, and driving skills to safely ride a sidecar or trike motorcycle. The course begins Friday evening with 4-hours of classroom instruction. Saturday morning begins on the range for 4-hours of riding skills instruction and finishes up back at the classroom for more instruction and a knowledge test. Sunday morning begins and ends on the range for 4-hours of riding skills

instruction, followed by a riding skills exam. Students may use their own rigs or sidecars and trikes can be provided.

A one-day Experience S/TEP course is also available to update the riding skills of students with sidecar/trike riding knowledge. This class normally begins Saturday morning for 4-hours of classroom instruction, followed up on the range with 4-hours of riding skills instruction.

The successful completion of either course qualifies for a license waiver for further testing at the Department of Licensing to receive a three-wheeled motorcycle endorsement. As of January 1, 2004 you are required to get a three-wheeled motorcycle endorsement to legally operate a sidecar or trike type three-wheeled motorcycle in Washington State.

Please refer to Evergreen Safety Council's website www.esc.org for more information on where and when these sidecar/trike courses are offered or call 800-521-0778

Tips for Instructors

The following are some general tips for instructors:

- Use phrases like, “Don’t be afraid to speak up if you have questions” or “Chances are that others have the same questions you have so you will be helping others if you stop me and ask any questions you might have.”
- Never treat a question like it is a stupid question. Mention the merit in every question.
- Repeat questions loudly and clearly.
- Never say “Well, if there are no questions we will move on since I’m running short of time.”
- Don’t lecture for more than 10 minutes without asking for questions.
- Allow time for participants to respond.
- Pay attention to the back of the room and encourage them to participate, too.
- Don’t call for questions just before coffee break or quitting time.
- Include a roundtable session for questions within the class schedule.



“is this slide really necessary, does it add or detract?”

- Aim for an average of 1 slide for every 2-4 minutes. Every slide must be on the screen for at least 20 seconds.
- Consider where you might ask questions; anticipate and guide.

Remember you will want to engage your audience at least once every 10 minutes.

Add a final slide to remind you to thank the attendees, make yourself available (either e-mail or phone), and refer them to where the materials, speaker notes and feedback tool are located.

And for organizing your presentation:

- The *Rule of Tell'em* - Tell'em what you are going to tell'em, Tell it to them, and then tell'em what you told them. Start with an introduction (including an “agenda” or set of goals for the presentation), provide the content and summarize the presentation.
- The *5 Key Points* - Research shows that most people attending a presentation will only remember 5 key points. You as the presenter should always keep in mind the five most important points/concepts/facts that should be remembered. It helps to write your summary slide first. Once you visualize your key points, the presentation is easier to develop.
- Recent research has shown the importance of adding “authority” to your presentation. Stick in a relevant quote. Throw in a picture of the subject matter expert (even if it is you).
- Be selective, use the minimum number of slides, for maximum impact. Ask yourself

Spring is just around the corner...



Be ready for that break in the clouds

Register for a Motorcycle Rider Safety Course today!

Spring and Summer classes now available.

Register online at www.esc.org or call (206) 382-4090 for information

Caring for Hard Hats

The better care you take of your hard hat, the better care it will take of you. Following are some suggestions:

- Properly adjust suspension systems to maintain 1”-1.5” clearance between your head and the shell of the hat.
- Don’t cut holes for ventilation.
- Don’t heat or bend hard hats.
- Don’t substitute any other type of hat for a true hard hat.
- Don’t paint your hard hat.
- Don’t put anything under it except your head; this includes cigarettes, notebooks, and such.

First Aid Options

Basic First Aid / CPR Classes
Held at the ESC Training Center
in Seattle

First Aid / CPR Open Enrollment

May 12, 2006
8:00 am – 4:00 PM

September 25 & 26, 2006
6:00 - 9:30 pm (both evenings)

November 10, 2006
8:00 am – 4:00 PM

1-day Basic class: \$45.00
2-day Split class: \$45.00 or \$25 per night

Recreational/Wilderness First Aid

Hands-on training with real outdoor scenarios.

April 29-30 in Kingston
May 20-21 in North Bend
June 3-4 in Stanwood

The program is designed to meet the needs of beginner or intermediate level recreation enthusiasts such as hikers and skiers, Boy and Girl Scout leaders/volunteers, Camp Counselors and anyone who loves to be on an outdoor adventure.

Prerequisite: Current CPR certification (any program)

Cost: \$96 for the class + \$20 optional textbook

To register call (800) 521-0778 or go online at www.esc.org

Upcoming Conferences

A chance to meet ESC safety trainers and management

- **Region X VPPPA Conference** – The Davenport Hotel, Spokane, WA, May 23-25, 2006
- **ASSE’s Safety 2006** – WA State Convention & Trade Center, June 11th - 13th (attendees)

SEATTLE SCHEDULE

HST 206 – see 3
Thurs, May 4, 2006

ITPE010 – see 5
Mon-Tues, May 8-9, 2006

SPT112X – see 1
Thurs, May 11, 2006

HST 207 – see 4
Wed, May 17, 24 & 31, 2006

SPT113X – see 2
Thurs, May 25, 2006

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



FORKLIFT SCHEDULE

ITFLO01 – see 6
Mon-Tues. May. 22-23, 2006

FLOT001 – see 7
Wed. May. 24, 2006

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

TRAFFIC CONTROL SUPERVISOR CERTIFICATION

Washington Classes

TCS Certification –
Seattle- April 17-19, 2006

TCS Recertification –
Seattle – April 13, 2006

Oregon Classes

TCS Certification –
Medford- April 4-6, 2006
Springfield – May 9-11, 2006

TCS Recertification –
Medford- April 3, 2006
Springfield – May 8, 2006

**Call 1-800-521-0778
or visit www.esc.org**

1 SPT112X Introduction to Industrial Hygiene

This session provides information on workplace applications and important issues and measures in maintaining a healthy work environment. You will understand the role of industrial hygiene in the workplace, finding professionals to assist with measurements, testing exposures and assessing risks that can affect employee health and performance in workplace situations and conditions.

Instructor: Rick Gleason

2 SPT113X Understanding Industrial Insurance and Workers' Compensation

This session gives an overview of how the program works and focuses on Washington State mandates and self-insurance concepts. You learn how to communicate and understand various functions and components related to the cost of workers' compensation and managing claims. While often not a safety person's direct responsibility, the performance and quality of the safety job is frequently represented in the industrial insurance workers' compensation costs.

Instructor: Eric Tofte

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

3 HST 206 – Industrial Ventilation/ Indoor Air Quality

The ventilation session covers the physics of air, dilution ventilation, point source ventilation, hood design, ductwork, measurements, and simple pressure calculations. The participant will learn about air changes and methods to reduce hazardous concentrations of toxic chemicals in the air. The indoor air quality session will include discussions on sick building syndrome and methods for sampling and testing air quality, relating air pollution, and worker discomfort. There will also be discussions on appropriate corrective actions for air quality issues.

Instructor: Rick Gleason

4 HST 207 – Industrial Hygiene

This is a three-day training session covering the properties, effects, monitoring, sampling, and abatement of chemical, biological, noise, radiation, ergonomics, and temperature exposures in the workplace. Particular attention will be focused on common industrial chemicals, asbestos and lead,

and workers' risks in the workplace and manufacturing process. Chemical exposure, noise, and temperature calculations will be practiced.

Instructor: Rick Gleason & Eric Tofte

Health & Safety Technician (HST) course fees: \$215.00 members and \$245.00 non-members – each day.

5 ITPE010 Pilot / Escort Vehicle Operator (P/EVO) Instructor Certification

This 2-day session trains instructor candidates the methods, materials and administrative procedures to conduct P/EVO classes consistent with State standards and Evergreen Safety Council criteria and issue the Washington Department of Transportation Pilot/Escort Vehicle Operator (P/EVO) certification card.

Instructors are certified for 3 years, after which they must attend a 4 hour recertification session.

Course Fee: \$485.00 members/non-members.

Instructor: Eric Tofte

6 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.

8 FLOT001 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 (counterbalance), stand-up (narrow aisle), order picker, tugger 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.

May is National Electrical Safety Month

Here are a few tips to keep you safe when working with electricity:

- Plan every job and think about what could go wrong.
- Use the right tools for the job.
- Isolate equipment from energy sources.
- Identify the electric shock and arc flash, as well as other hazards that may be present.
- Minimize hazards by guarding or establishing approach limitations.
- Test every circuit and every conductor every time before you touch it.
- Use personal protective equipment (PPE) as a last line of defense in case something goes wrong.
- Be sure you are properly trained and qualified for the job.
- Work on electrical equipment and conductors only when deenergized, unless procedures and safeguards have been established to ensure zero exposure for the worker and other people in the area.
- Lockout/tagout and ground (where

- appropriate) before working on equipment.
- Treat deenergized electrical equipment and conductors as energized until lockout/tagout, test, and ground procedures (where appropriate) are implemented.
- Wear protective clothing and equipment and use insulated tools in areas where there are possible electrical hazards.
- Deenergize and visibly guard (where possible) whenever contact with uninsulated overhead power lines is possible.
- Check and double check safety regulations when a ladder or parts of any vehicle or mechanical equipment structure will be elevated near energized overhead power lines. Call your local electric utility for assistance. People standing on the ground may be particularly vulnerable to possible injury.

Evergreen takes safety serious, especially when working with electricity. We can help to review or develop your lockout/tagout program. Evergreen has also scheduled a lockout/tagout class in East Wenatchee on May 18th.

SAFETY GALLERY



*Congratulations to **Randy Utley** with WA Dept. of Agriculture. He received Safety & Health Specialist certificate #0457 on March 16, 2006.*



*T.O.T.E.'s **Rand Lyman** graduated from the Safety & Health Specialist program on March 16, 2006 and received certificate #0456. Congratulations!*



***Flagger Instructor Class March 21-22, 2006**
Left to right/back row: Greg Korba, Comcast Cable; Jeffrey Thomas, City of Milton; Eric Taylor, WSDOT; Carl Lunak, Northshore Utility Dist; Eric Flanigan, WA Dept of Natural Resources; Eric Tofte, Instructor
Left to right/Middle row: John Anderson, Concrete Technology; Peggy Humphries, WSDOT; Laurie Hauser, San Juan County Public Works; Sandra Walker, Independent; Jennifer Coyle Wheeler, Wy'nton Flagging; K.C. Dors, Columbia REA
Front: Derrick Vigil, Comcast Cable*

Safety & Health Classes

Attend a class that interests you or participate in the complete series.

Rules, Regulations and Management Certification

Offered In Tacoma, WA

- April 17 - SPT101AB Federal & State OSHA / Accident Prevention
- April 18 - SPT103X Safety as a Part of Management & Supervision
- April 24 - SPT105X Presentation Skills
- April 25 - SPT113X Understanding Ind. Ins./Workers' Comp

Security, Violence, Fire and Transportation Issues Certification

Offered in Moses Lake, WA

- May 22 - SPT104AB Security Programs/Workplace Violence
- May 23 - SPT114AB Fire Safety & Emergency Planning/Office Safety
- May 24 - SPT115X Transportation Safety

Each of these classes count toward the Safety and Health Specialist Certification.

Call 1-800-521-0778 or visit www.esc.org

MEMBERSHIP CORNER

New Members

Tacoma Community College
Tacoma, WA

Western States Environmental
Auburn, WA

Tualatin Valley Fire
Aloha, OR

Archus Orthopedic Inc
Redmond, WA

Renewing Members (years of membership)

K B Alloys (19)
Malaga, WA

Sedgwick CMS Inc (33)
(Johnson & Culberson)
Seattle, WA

Access Paratransit (3)
Yakima, WA

Traffic Control Services (5)
Bellevue, WA

Kirtley-Cole Associates LLC (10)
Everett, WA

City of Snohomish (3)
Snohomish, WA

Puget Sound Blood Center (5)
Seattle, WA

WestFarm Foods (3)
Seattle, WA

Matrix Services Inc (19)
Bellingham, WA

K & D Services (5)
Everett, WA

Kaiser Aluminum (2)
Richland, WA

Thomas Construction (5)
Maple Valley, WA

Steve Lind (14)
Olympia, WA

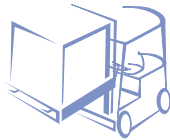
PEMCO Financial Center (37)
Seattle, WA

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.

Forklift Corner

Provided by Bottom Line Loss Control



Forklift Technology - What's New?

- Speed-electric forklifts (and pallet jacks) are accelerating and traveling faster. The speed is adjustable by the employer in most cases. Electric forklifts are coming with the option of DC instead of AC power. There are several advantages according to the manufacturers, but added cooling fans, and an expensive (\$3000) controller are considerations.
- Auto tilt is available where a button sets your forks for a perfect entrance, and tilt lock-out when in the upper range is becoming more common.
- Better ergonomic design is becoming standardized, better lumbar support on seats, better arm and hand position on joysticks, and more padding on stand-up forklifts where the body contacts metal.

- Internal combustion forklifts are becoming cleaner running, and more fuel efficient.
- New Gell-filled tires give a smoother ride and no flats!
- Battery chargers have their first major change in the last decade, the "quick charge" systems. Different than the regular charger, you plug it in at lunch and break time. The unit runs about \$20,000 per station (and includes the battery). This system is still too new to know if it is a good investment.
- All terrain reach forklift manufacturers are designing their new forklifts with the boom below the head of the operator when the boom is lowered. The older ATR's gave you a complete blind spot on our right side, so this is a big benefit for safer operation.
- Hydrogen powered forklifts have been designed, prototyped, and tested in large operations, and have a promising future. The roadblock is creating a hydrogen supply system in the workplace.

Maximize the Return on Your Organization's Safety Investment

Continued from page 1

– Reduction in Business Interruption and Lost Productivity:

Fewer worker injuries = less interruptions + more productivity

– Reduction in Equipment Downtime/Lost Productivity:

Fewer workers injured + reduced idle equipment = increased productivity.

– Reduction in Sick Days, Absenteeism and Employee Turnover:

When your employees know and can see the business owner's and management's commitment to their safety and well being,

morale is higher. This results in fewer sick days, less absenteeism and turnover, all which contribute to an organization's bottom line.

Importance of a Safety and Health Program

While both the reduction of workplace injuries and fatalities as well as the financial savings are real, increasingly, customers are requiring that in order to even bid on a job or be considered for a contract, companies must demonstrate that they have an effective Safety and Health program in place. Some of the issues receiving increased attentions are:

- Safe Driving
- Disaster Preparedness/Business Recovery
- Pandemic Preparedness

Every time your organization is faced with a decision on whether to invest in a new tool/ piece of equipment or new personal protection equipment (PPE), please consider how that tool or PPE will impact a worker's safety – consult with your safety manager. Each time you consider investing in training that will help keep your workplace safe, check out the quality of the training source and how the training fits your organization's needs. Then please consider the alternative to continuing your investment in keeping your workplace safe. I guarantee you; your investment will be worth it.



Robert Calcote displays Archus Orthopedics new membership plaque.

Dan Foster

EARM (Risk Manager), Water & Sewer Risk Management Pool

Dan Foster has over 15 years of experience in Risk Management and Safety, holds a Bachelors Degree in Business, and holds several professional certifications. His approach to safety is clearly defined and down-to-earth. Dan believes that if you find out the goals and objectives of those with whom you would like to see safety addressed, and actively partner with them, you both succeed. He cautions people new to safety as a career not to get hung-up on the technical side. There are many safety professionals who can help you with a particular aspect, if you are unfamiliar with it.

He strongly appreciates and emphasizes the value of partnering with his co-workers, in order to simultaneously meet each other's objectives, i.e., zero accidents and safe work practices. Doing so allows Dan to come in as a partner and not as an auditor. He strives to reserve his regulatory authority as a last resort, when all else fails. As a Risk Manager, Dan always has the discretion and power to implement safety as a regulatory hammer. However, designing safety goals that mesh with the organization's mission and objectives is at the heart of Dan's safety philosophy.

The Water & Sewer Risk Management Pool (WSRMP) was created 19 years ago, by directors and managers of water and sewer districts, in response to the hard commercial insurance market of the early 1980's. The WSRMP is a partnership to share risk and group purchase insurance coverage, to minimize the impact of the cyclical nature of the insurance industry, while providing comprehensive coverage. As new challenges emerge, the WSRMP anticipates how the members might be affected and works diligently to provide solutions before the challenges become problematic – much like Dan's risk management objectives. The organization's mission is to promote progressive risk management strategies and alternative

methods of risk financing to all water and sewer districts, and related entities, in Washington State.

Dan specializes in ergonomics. He has implemented programs and processes that have reduced exposures to repetitive motion injuries in both the public and private sectors. He feels that his greatest safety achievements have been: reducing lifting injuries by 80% through ergonomic principles; reducing auto claims by over 45% through driver safety training and awareness programs; and winning the respect of co-workers and managers who see the benefits that safety brings to their daily lives and the organization's bottom line.

Dan's continued safety success with the WSRMP is based on his desire to partner with districts to help them reduce their accidents, while providing training and resources for the areas where the highest exposures exist, and developing the best safety training programs/manuals for the industry.

The most critical safety issues, according to Dan, that the WSRMP faces are:

- confined spaces – high hazard exposure that can be fatal if not taken seriously;
- trenching & shoring – soils are unstable and require proper shoring (shortcuts are lethal);
- work zone safety – exposure to moving vehicles while in a work zone, proper set-up and protection is critical; and
- vehicle safety – the area of highest costs and injuries.

Dan shared a threatening safety experience that occurred early in his career, but had long-lasting impact. He was assigned some safety responsibilities that included areas with automated equipment. A few days after he started, there was a near miss where an employee was nearly decapitated when a piece of equipment suddenly started automatically. The organization did not have a lockout/tagout program at that time. Needless to say, Dan was taken very seriously when he began working with that department on their safety program.

**PEOPLE
IN
SAFETY**



Dan Foster, EARM (Risk Manager), Water & Sewer Risk Management Pool

Bellevue Community College & Evergreen Safety Council

Spring Quarter 2006

EverSafe Driving

April 20, 2006, 9am-12pm

Pedestrian Safety

May 4, 2006, 9am-12pm

Managing Your Workers on the Road

May 18, 2006, 9am-12pm

Instructor: Tom Odegaard

To register contact BCC at

425-564-1000 or

online at www.bcc.ctc.edu

For more information contact ESC at

800-521-0778

Excavation & Trench Safety Awareness Level

April 13 - Yakima

Topics Include:

- Overview of Washington Administrative Code (WAC) 296-155 Part N
- Excavation protection requirements (hazardous atmospheres, access and egress, underground installations and water accumulations)
- Soil classifications and visual test
- Soil mechanics
- Protective systems
 - Slope and benching
 - Installation and removal
 - Support and shield
- Field Demonstration

Sign in: 7:30am, Time: 8:00am - 4:00pm

Course Fee:

\$155.00 member, \$170.00 non-member (fee includes continental breakfast and lunch)

Register online at www.esc.org or for a registration form or questions:

**Call 1-800-521-0778
or 206-382-4090**

Registration Form

Class Title _____

Class Date _____

Name of Participant(s) Please print or type

1. _____

2. _____

3. _____

4. _____

Organization _____

Contact Name _____

Mailing Address _____

City _____ State _____ Zip _____

Telephone number _____

Check enclosed yes no

Purchase order # _____

Member

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 & Rescheduling Policy

- Registration:** Registration requests may be by mail, fax or e-mail.
- Payment: Payment must be received in our office before registration is confirmed.** Payment may be by credit card, purchase order, money order or check. Once payment is received, a confirmation letter will be sent.
- Cancellation/Rescheduling: All Cancellations and Rescheduling must be by letter, fax or e-mail, (phone calls are not sufficient notification).** You will be notified when your cancellation has been received. **More than six (6) business days notice:** a \$25 administration fee will be applied toward all cancellation refunds. A \$25 administration fee in addition to the class fee will be charged for rescheduling a class. **Less than six (6) business days notice:** No refund or credit will be issued for cancellations, rescheduling or "no-shows".

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

Online student registration is now available for many of ESC's safety training classes. From our website www.esc.org, click **Menu**, select a program, and then click on the **Register Online** link from the right-hand sidebar.

**Evergreen Safety Council
Calendar of Events**

- Apr. 6 *SPT109AB PPE/Materials Handling – Seattle, WA
- Apr. 10-11 EverSafe Driving Instructor Certification (ITESD09) – Seattle, WA
- Apr. 12 HST 201-4 Safety Science (Chemistry) – Seattle, WA
- Apr. 13 TCS Recertification/WSDOT – Seattle, WA
- Apr. 13 Excavation / Trench Awareness – Yakima, WA
- Apr. 17 *SPT113X Understanding Ind. Ins/Workers' Comp –Tacoma, WA
- Apr. 17 TCS Recertification/ODOT – Bend, OR
- Apr. 17-18 Forklift Instructor Certification (ITFL001) – Renton, WA
- Apr. 17-19 Traffic Control Supervisor Certification/WSDOT – Seattle, WA
- Apr. 18 *SPT103X Safety as a Part of Management – Tacoma, WA
- Apr. 18-20 Traffic Control Supervisor Certification/ODOT – Bend, OR
- Apr. 19 HST 201- 5 Safety Science (Physics) – Seattle, WA
- Apr. 19 Forklift Operator Certification (OTFL002) – Renton, WA
- Apr. 20 *SPT110X Hazardous Materials Overview – Seattle, WA
- Apr. 20 EverSafe Driving (BCC) – Bellevue, WA
- Apr. 24 *SPT105X Presentation Skills – Tacoma, WA
- Apr. 24-26 First Aid/CPR Instructor Certification (ITFA0-03) – Seattle, WA
- Apr. 25 *SPT101AB Fed/State OSHA/Accident Prev. – Tacoma, WA
- Apr. 27 *SPT111X Practical Workplace Ergonomics – Seattle, WA
- Apr. 29-30 Outdoor/Recreational First Aid – Kingston, WA

- May 4 HST 206 Ind. Ventilation/Indoor Air Quality – Seattle, WA
- May 4 Pedestrian Safety (BCC) – Bellevue, WA
- May 5 Flagger Certification (open enrollment) – Seattle, WA
- May 8 TCS Recertification/ODOT – Springfield, OR
- May 8-9 Pilot/Escort Vehicle Operator Instructor Certification – Seattle, WA
- May 9-11 Traffic Control Supervisor Certification/ODOT – Springfield, OR
- May 11 *SPT112X Introduction to Industrial Hygiene – Seattle, WA
- May 12 First Aid / CPR (open enrollment) – Seattle, WA
- May 16 Flagger Instructor Recertification – Seattle, WA
- May 17 HST 207-1 Industrial Hygiene – Seattle, WA
- May 18 Managing Your Workers on the Road (BCC) – Bellevue, WA
- May 18 Lockout/Tagout Seminar – East Wenatchee, WA
- May 20-21 Outdoor/Recreational First Aid – North Bend, WA
- May 22 *SPT104AB Security Programs/Workplace Violence – Moses Lake, WA
- May 22-23 Forklift Instructor Certification (ITFL001) – Renton, WA
- May 23 *SPT114AB Fire Safety/Emergency Planning – Moses Lake, WA
- May 23 Lockout/Tagout Seminar – Seattle, WA
- May 24 *SPT115AB Transportation Safety/Office Safety – Moses Lake, WA
- May 24 Forklift Operator Certification (OTFL002) – Renton, WA
- May 24 HST 207-2 Industrial Hygiene – Seattle, WA
- May 25 *SPT113X Understanding Ind. Ins/Workers' Comp – Seattle, WA
- May 31 HST 207-3 Industrial Hygiene – Seattle, WA

- June 3-4 Outdoor/Recreational First Aid – Stanwood, WA
- June 5-7 Traffic Control Supervisor Certification/WSDOT – Seattle, WA
- June 8 *SPT114AB Fire Safety/Emergency Planning – Seattle, WA
- June 12-14 First Aid/CPR Instructor Certification (ITFA0-03) – Seattle, WA

*Count toward Safety and Health Specialist Certification

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