



safety solutions

& HEALTH

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

A New Look for Safety Solutions

As you can see, ESC has changed the format of our monthly newsletter. In an effort to control costs, go a little more green and better utilize the various social media applications available, the Safety & Health Solutions newsletter has been reduced to four pages. Each month ESC trainers and staff will bring you the latest in safety and health focusing on roadway, industrial/warehouse and construction safety issues.

But I can't find my favorite part of the newsletter!!

If you like knowing who's who, the Membership Corner and Safety Gallery have been moved to our Facebook page www.facebook.com/esc.org. This will allow us to quickly and personally recognize new/returning members and new instructors/graduates.

To keep you up-to-date on current events, risk management, human resources and other safety and health issues, our writers will also be posting regularly to the Safety News Blog <http://evergreensafetynews.blogspot.com>.

We hope you and your employees/co-workers find these various news sources helpful. Stay safe.

Upcoming Conferences

WA Governor's Industrial Safety & Health Conference

Sept. 28-29, 2011 – Tacoma, WA

For information call
1-800-521-0778

Customized On-Site Safety and Health Training

Call Stephanie at
800-521-0778

NIOSH: Preventing Work-Related Injury

By Eric Tofte, Director of Training, Evergreen Safety Council

The National Institute for Occupational Safety and Health (NIOSH) is the federal agency responsible for conducting research and making recommendations for the prevention of work-related injury and illness.

The Occupational Safety and Health Act of 1970 created both NIOSH and the Occupational Safety and Health Administration (OSHA). OSHA is in the U.S. Department of Labor and is responsible for developing and enforcing workplace safety and health regulations. NIOSH is part of the Centers for Disease Control and Prevention (CDC) in the Department of Health and Human Services. NIOSH is an agency established to help assure safe and healthful working conditions for working men and women by providing research, information, education, and training in the field of occupational safety and health. Information pertaining to the specific responsibilities of NIOSH are found in Section 22 of the Occupational Safety and Health Act of 1970 (29 CFR § 671). Additionally, the Federal Mine Safety and Health Amendments Act of 1977 delegated additional authority to NIOSH for coal mine health research.

The mission of NIOSH is to generate new knowledge in the field of occupational safety and health and to transfer that knowledge into practice for the betterment of workers. To accomplish this mission, NIOSH conducts scientific research, develops guidance and authoritative recommendations, disseminates information, and responds to requests for workplace health hazard evaluations.

NIOSH provides national and world leadership to prevent work-related illness, injury, disability, and death by gathering information, conducting scientific research, and translating the knowledge gained into products and services, including scientific information products, training videos, and recommendations for improving safety and health in the workplace.

NIOSH is a wonderful site for the safety professional for several things such as research information and training resources. The agency has developed, among other things, a very extensive workplace safety and health page that have resources from abrasive blasting to young worker safety and health.

For example, say you wanted to develop or update training on trenching, at the NIOSH site you can find the trenching link and within that page several topics/items dealing with trench

are found. There are publications dealing how to prevent deaths from cave-ins in addition to research on how and why cave-ins occur. This information comes from years of research and study, making the information some of the most up to date and useful information out there and it is free, except for your time to do the reading. Another thing that NIOSH is responsible for is certification of respiratory protection equipment. Any respirator or cartridge must be NIOSH approved. They are the agency that does the testing to ensure our respiratory protection equipment works and will keep the user safe.

In 1996, NIOSH launched NORA, an innovative public-private partnership to establish priorities for occupational safety and health research both at NIOSH and throughout the country. During its first decade, NORA advanced safety and health knowledge in 21 scientific areas by emphasizing priority-driven research. In 2006, NORA began its second decade by focusing national research on the problems of highest relevance to workers, employers and occupational safety and health practitioners in the major industrial sectors of Agriculture, Construction, Healthcare, Manufacturing, Mining, Services, Trade and Transportation. NIOSH serves as the steward of the NORA and facilitates the work of stakeholder-driven NORA Sector Councils, which have developed roadmaps to direct research and service activities in each sector. It is NIOSH's job to ensure that NORA research activities are relevant to the problems of today's workplaces, conducted using the highest quality science, and having a measurable impact on improving the lives of workers.

Although NIOSH's resources are not endless, they do have a wealth of information that the safety professional can use and what was addressed above is just the tip of the iceberg. If you just take a look at their web page www.cdc.gov/niosh you will find a wealth of information that you can start using today, things like emergency preparedness, hazards and exposures and of course the infamous Pocket Guidebook to Hazardous Chemicals.

So for the safety professional NIOSH is a great source to use in the development and/or updating of training programs, research articles that will help you in problem solving and protection of employees and just a good all around safety information source for the continued improvement of your safety programs.

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••••• & HEALTH

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Washington Governor's Industrial Safety & Health Conference at 60

By Tom Odegaard, Executive Director, Evergreen Safety Council

Every year (with the exception of 3) since 1949 the Washington Governor's Industrial Safety and Health Conference has offered two days of training and education, providing the latest tools, technologies and strategies for workplace safety and health.

During World War II there were almost as many Americans killed in the defense industry, as were killed on the battle fields. As a result in 1949, President Truman called a conference of governors in Washington DC. The President urged all the governors to return to their states and sponsor state conferences to educate the workforce in accident prevention in an attempt to reduce injuries and fatalities in the workplace.

The first conferences focused on the high-risk industries and included traffic safety. Industrial hygiene, the "health" part was not included in the title until 1973 when WISHA was passed and the name of the division became Safety and Health. The Governor's Industrial Safety and Health Advisory Board works with the Consultation and Outreach Services Section of the Division of Occupational Safety and Health (DOSH) to plan and present the conference.

Alternating between the eastern and western side of the state, each year it attracts approximately 1,000 safety and health attendees. More than 300 volunteers, representing the diversity of Washington industries contribute to its success

year after year.

The 2011 conference will feature:

- More than 25 workshops. Topics include: safety leadership, excavation and trenching, process safety management, wire rope and rigging, tunneling in Seattle, horizontal directional drilling, stress and industrial insurance retrospective rating program.
- Competitions: The always popular Forklift Rodeo and Poletop Rescue competitions.
- The Governor's Lifesaving Awards recognize everyday people who take extraordinary actions to save another's life. Come hear the stories of Washington's heroes and heroines.
- Three featured presentations: Radiation Hazards Following a Nuclear Incident, Emergency Preparedness, and Safety Lessons from 100 Years of Worker's Compensation in Washington
- Exhibit Hall: Each year the conference attracts approximately 150 exhibitors, including Evergreen Safety Council, to the conference. Visit and see the latest in safety products and services.
- This year's Keynote speaker will be Dr. John Howard, Director of NIOSH.

Don't forget the dates:

September 28-29, 2011
Greater Tacoma Convention & Trade Center
www.wagovconf.org

Preventing Eye Injury

By Eric Tofte, Director of Operations, Evergreen Safety Council

According to the Bureau of Labor Statistics (BLS) injuries to the eyes accounted for 37% of all head injuries involving days away from work in 2008 and 62% of all face injuries involving days away from work. Men experienced far more eye injuries than women, and men age 25 to 44 suffered more eye injuries than men in other age groups. Workers who were most at risk of incurring an eye injury included those in the manufacturing, construction, and trade industries, and those in the production; installation, maintenance, and repair; construction and extraction; and service occupations.

The BLS found that in 2008, there were 27,450 nonfatal occupational injuries or illnesses involving the eye (or eyes) that resulted in days away from work. The typical eye injury resulted from the eye being rubbed or abraded by foreign matter, such as metal chips, dirt particles, and splinters, or by these types of items striking the

eye. These injury events resulted commonly in surface wounds, such as abrasions, scratches, and embedded foreign bodies (splinters and chips). Potential eye hazards are found in nearly every industry. Occupational Safety and Health Administration (OSHA) standards require that employers provide workers with suitable eye protection. To be effective in preventing injury, the eyewear must be of the appropriate type for the hazard encountered, and it must be properly fitted. So some things you can do to help protect workers eyes are:

- 1. Create a safe work environment**
 - Minimize hazards from falling or unstable debris.
 - Make sure that tools work and safety features (machine guards) are in place.
 - Make sure that workers (particularly

Continued on next page

Root Cause Analysis offered by Apollo Associated Services, LLC

Root Cause Analysis for Practitioners

October 11-12, 2011

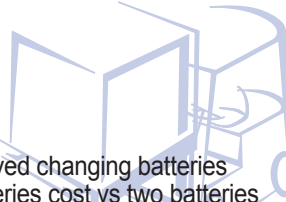
\$895 ESC member / \$1,095 non-member

For more information or to register for a class visit our website at

www.esc.org

Forklift Corner

Provided by Bottom Line Loss Control



Forklift Technology Updates

Hydrogen cell power: There are hydrogen cell powered forklift in distribution centers. 100% hydrogen power is obtainable now, with one last (big) hurdle. To economically and logistically switch to hydrogen, the supply structure needs to be put in place to fill tanks at warehouse sites. In addition, hydrogen supply must link to the supply structure, much like propane yards that fill delivery trucks.

Fuel cell power: Fuel cell power is working in some test warehouses. This source is further out than hydrogen, and if only solar power is used, it is limited on where it could be implemented.

Quick charge battery systems: The quick charge battery system eliminates the need of switching out batteries. The systems typically give 2 hours charge time in 15 minutes, and 4 hours charge time in 30 minutes. The systems cost more than normal chargers, but cost recovery comes in several areas:

1. Labor saved changing batteries
2. One batteries cost vs two batteries
3. Reduction in injuries from moving batteries
Crown Forklift/Electric pallet jack changes (although I am naming crown here, some other manufacturers also have these updates):
 1. Programmable acceleration
 2. Shock absorbing adjustable tension floor on stand up forklifts
 3. Electric pallet jack that travels in a n aisle while the operator walks beside the forks, loading the pallet. A cross between automated guide vehicle (AGV) and human control. The operator controls the unit by a remote in a glove on his hand.
 4. Contacts have been replaced by computer chips
 5. Anti-slip stand up forklifts drive tire (huge in cooler and freezer environments)
 6. Code requirement to activate the forklift. Just a key will not do it any longer!
 7. 3 speed levels, programmable by the employer/operator. This is great for training new operators.

Forklift Operator Training

Any person who operates a powered industrial truck must have documentation of training and evaluation. This course exceeds OSHA and DOSH requirements.

Course fee: \$100 for classroom, plus \$75 per machine

Examples: sit-down (counter balance), stand-up (narrow aisle), order picker or any style electric pallet jack.

Please see the [Events Calendar](#) or visit www.esc.org for training package descriptions and additional pricing information.

Forklift Instructor Certification

This course meets or exceeds OSHA training requirements (29 CFR 1910-178). Participants must have experience in forklift operation to qualify.

Course Fee: \$1095 Deluxe Instructor package.

Add Aerial Lift Instructor training for \$400

Both courses are offered monthly.

Preventing Eye Injury Continued from page 2

- volunteers) know how to use tools properly.
- Keep bystanders out of the hazard area.
- 2. Evaluate safety hazards.**
 - Identify the primary hazards at the site.
 - Identify hazards posed by nearby workers, large machinery, and falling/shifting debris.
- 3. Wear the proper eye and face protection.**
 - Select the appropriate Z87 eye protection for the hazard.
 - Make sure the eye protection is in good condition.
 - Make sure the eye protection fits and will stay in place.
- 4. Use good work practices.**
 - Caution—Brush, shake, or vacuum dust and debris from hardhats, hair, forehead, or the top of the eye protection before removing the protection.
 - Do not rub eyes with dirty hands or clothing.
 - Clean eyewear regularly.
- 5. Prepare for eye injuries and first aid needs.**
 - Have an eye wash or sterile solution on hand.

Evergreen Safety Council/ Washington Employers Association Alliance

Wednesday, September 21, 2011

Coaching Skills for Managers
8am – 12pm

Holding People Accountable
1pm – 5pm

Wednesday, October 5, 2011

Project Management – Avoiding Burnout
8am– 12pm

Keeping Cool Under Pressure
1pm – 5pm

Wednesday, November 2, 2011

Providing Constructive Feedback -
8am – 12pm

Conducting Effective Internal Investigation
1pm – 5pm

Cost for each ½ day session:

Member: \$95 / Non-member: \$115

ESC looks forward to this new relationship and the benefits it can bring to members of both organizations and their employees.

TRAFFIC CONTROL SUPERVISOR CERTIFICATION

Washington Classes

TCS Certification –
Seattle – October 17-19, 2011

TCS Recertification –
Seattle – October 13, 2011

Oregon Classes

TCS Certification –
Salem – Sept. 13-15, 2011

TCS Recertification –
Salem – Sept. 12, 2011

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



Evergreen Safety Council Calendar of Events

- Sept. 1 *SPT107X Occ. Accident/Incident Investigations – Seattle, WA
- Sept. 9 Flagger Certification (open enrollment) – Seattle, WA
- Sept. 12 TCS Recertification/ODOT – Salem, OR
- Sept. 12-13 Flagger Instructor Certification (ITFG004) – Seattle, WA
- Sept. 13-15 Traffic Control Supervisor Certification/ODOT – Salem, OR
- Sept. 14 Flagger Instructor Recertification – Seattle, WA
- Sept. 15 *SPT106AB Safety Committee/Meetings – Seattle, WA
- Sept. 19-20 Forklift Instructor Certification (ITFL001) – Renton, WA
- Sept. 21 Forklift Operator Certification (OTFL002) – Renton, WA
- Sept. 21 Coaching Skills for Managers (8am – 12pm) – Seattle, WA**
- Sept. 21 Holding People Accountable (1pm – 5pm) – Seattle, WA**
- Sept. 22 *SPT108AB Empl. Safety Training/Communications – Seattle, WA
- Sept. 28-29 WA Governor’s Ind. Safety & Health Conference – Tacoma, WA**
-
- Oct. 5 Project Management (8am – 12pm) – Seattle, WA**
- Oct. 5 Keeping Cool Under Pressure (1am – 5pm) – Seattle, WA**
- Oct. 6 *SPT109AB PPE/Materials Handling – Seattle, WA
- Oct. 7 Flagger Certification (open enrollment) – Seattle, WA

- Oct. 10-11 EverSafe Driving Instructor Certification (ITESD09) – Seattle, WA
- Oct. 11-12 Root Cause Analysis for Practitioners – Seattle, WA**
- Oct. 12 Members & Client Safety Luncheon – Mount Vernon, WA**
- Oct. 13 TCS Recertification/WSDOT – Seattle, WA
- Oct. 14 First Aid/CPR (open enrollment) – Seattle, WA
- Oct. 17 Forklift Operator Certification (OTFL002) – Renton, WA
- Oct. 17-19 Traffic Control Supervisor Certification/WSDOT – Seattle, WA
- Oct. 20 *SPT110X Hazardous Materials Overview – Seattle, WA
- Oct. 20-21 Forklift Instructor Certification (ITFL001) – Renton, WA
-
- Nov. 2 Providing Constructive Feedback (8am - 12pm) – Seattle, WA**
- Nov. 2 Conducting Effective Internal Investigations (1 - 5pm) – Seattle, WA**
- Nov. 3 *SPT111X Practical Workplace Ergonomics – Seattle, WA
- Nov. 4 Flagger Certification (open enrollment) – Seattle, WA
- Nov. 7-9 First Aid/CPR Instructor Certification (ITFA0-03) – Seattle, WA
- Nov. 14-16 Traffic Control Supervisor Certification/WSDOT – Seattle, WA
- Nov. 16-17 Forklift Instructor Certification (ITFL001) – Renton, WA
- Nov. 17 *SPT112X Introduction to Industrial Hygiene – Seattle, WA
- Nov. 18 Forklift Operator Certification (OTFL002) – Renton, WA

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