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TO PROTECT YOUR  
WORKPLACE FROM THIS  
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# Safety Solutions

## The Importance of Safety Training and Why You Should Have a Strong Budget for It.

By Tom Odegaard, President/Executive Director ESC

Time and time again it is proven that safety training pays off. With proper safety training you can prevent injuries and save lives. These things alone are great motivations, but it has also been shown that it can greatly improve your bottom line, protecting you from the hidden costs of injuries like missed time and higher insurance rates. It can also aid in worker engagement-- workers feel more involved and valued. With all of this you should know—it's about more than *just* meeting compliance.

So how would you answer these questions?

### What is your safety training budget? What are your biggest challenges in providing safety training?

### Why do you conduct worker safety training? How do you provide safety training? Who receives safety training?

Periodically Evergreen Safety Council conducts a survey with these and other questions. Today, we are sharing with you results of a nationwide survey conducted by the National Safety Council (NSC). Of those surveyed 55% of the respondents were from either construction or manufacturing, 10% from utilities, 9% from government, 6% in education and services, and 6 % were involved in transportation. 57% of the organizations would be classified Small Business (under 500 employees). Here's how others responded:

#### What was your safety training budget in 2015?

- 39% reported they spent less than \$10,000
- 17% reported they spent between \$10,000- \$25,000
- 15% reported they spent between \$25,000- \$50,000
- 29% reported they spent more than \$50,000

In addition, 55% of respondents reported that their budgets remained the same for 2016, 11% that their budgets had decreased while 33% reported an increase.

#### What are your biggest challenges in providing safety training?

The five most common challenges reported were:

- Keeping the message fresh
- Language and literacy barriers
- Engaging workers
- Time restraints
- Leadership support

#### Why do you conduct worker safety training?

- Reduce Injuries and Illnesses – 32%
- Prevent Complacency/Refresh – 25%
- Go Beyond Compliance – 19%
- Compliance – 17%
- Improve the Bottom Line – 7%

#### How do you provide safety training?

##### Type of Training?

- Custom Content – 84%
- External Consultants – 66%
- Off the Shelf Content – 63%

##### Method used to provide Training?

- Instructor led classroom – 96%
- On-line/Computer Based – 62%
- Blended Learning – 46%
- Virtual Classroom/Webcast – 23%
- Video Games/Simulation -6%

#### Who receives safety training?

- Full Time Employees – 99%
- New Hires - 91%
- Part-time Employees – 66%
- Temporary Workers – 60%
- Executives – 57%
- Contractors – 43%

If you have not already done so, we encourage you to ask these same questions within your organization. If we can assist in any way, please let us know.



Only one in five home fires are reported during the hours of 11pm and 7am, when most people are sleeping. **Did you know...** half of the deaths from home fires happen during this time period? The risk of dying in a home fire is cut in half if there are working smoke alarms present.

## Workers and Fatigue

By Eric Tofte, Director of Training ESC

In dealing with safety you learn that there are hazards out there that are recognized, but there is no actual rule that covers the hazard. This is true about sleep and the workplace. There is no OSHA rule that covers fatigue, etc. that comes from lack of sleep to working unusual shifts.



According to OSHA, extended or unusual work shifts may be more stressful physically, mentally, and emotionally. Non-traditional shifts and extended work hours may disrupt the body's regular schedule, leading to increased fatigue, stress, and lack of concentration. These effects lead to an increased risk of operator error, injuries and/or accidents.

Fatigue is a message to the body to rest. If rest is not possible, fatigue can increase until it becomes distressing and eventually debilitating. The symptoms of fatigue, both mental and physical, vary and depend on the person and his or her degree of overexertion.

Some examples include:

- Weariness,
- Sleepiness,
- Irritability,
- Reduced alertness, lack of concentration and memory,
- Lack of motivation,
- Increased susceptibility to illness,
- Depression,
- Headache,
- Giddiness, and/or
- Loss of appetite and digestive problems.

OSHA recommends that when there is a choice, managers should limit the use of extended shifts and increase the number of days employees work. Working shifts longer than 8 hours will generally result in reduced productivity and alertness. Additional break periods and meals should be provided when shifts are extended past normal work periods. Tasks that require heavy physical labor or intense concentration should be performed at the beginning of the shift if possible. This is an important consideration for pre-emergency planning.

In addition managers and supervisors should learn to recognize signs and symptoms of the potential health effects associated with extended and unusual work shifts. Workers who are being asked to work extended or irregular shifts should be diligently monitored for the signs and symptoms of fatigue. Any employee showing such signs should be evaluated and possibly directed to leave the active area and seek rest.



## Fire Prevention Week is October 9 - 15

By Tom Odegaard, President/Executive Director ESC

This year's Fire Prevention Week campaign, "Don't Wait – Check the Date! Replace Smoke Alarms Every 10 Years," represents the final year of the National Fire Protection Association's (NFPA) three-year effort to educate the public about basic but essential elements of smoke alarm safety.

Why did they choose to focus on smoke alarms three years in a row? Because NFPA's survey data shows that the public has many misconceptions about smoke alarms, which may put them at increased risk in the event of a home fire. For example, only a small percentage of people know how old their smoke alarms are, or how often they need to be replaced.

As a result of those and related findings, they are addressing smoke alarm replacement this year with a focus on these key messages:

- Smoke alarms should be replaced every 10 years.
- Make sure you know how old all the smoke alarms are in your home.
- To find out how old a smoke alarm is, look at the date of manufacture on the back of the alarm; the alarm should be replaced 10 years from that date.

With 3 out of 5 home fire deaths happening from fires in homes with no smoke alarms, or no working smoke alarms, it is so important to check your smoke and carbon monoxide alarms.

You may remember last Mother's Day when we suggested adding Mother's Day as your trigger to check you Mom's alarms - so don't forget her now (or your Dad, elderly neighbors or friends). Be sure to check the date and replace as needed.

This great tip is thanks to reader Brooke Thomsen and in memory of Sharon Ward from Wenatchee, WA.

# SAFETY STATISTICS

During 2009 - 2013, an estimated **37,000 fires in industrial and manufacturing properties were reported** to U.S. fire departments each year.

# 37,000

## One of the Biggest Recognized Hazards and Twelve Things to Make Your Workplace More Safe

By Eric Toft, Director of Training ESC

As safety professionals we look at all sorts of hazards and then do our best to either eliminate, control, or protect employees from those hazards. Well, over the years, fire has been one of the biggest recognized hazards due to its frequency and the damage it can quickly cause.

According to the National Fire Protection Association (NFPA), in 2015 there were 1,345,500 fires responded to in the United States. These fires caused 3,280 civilian deaths, 15,700 civilian injuries, and \$14.3 billion in property damage.

According to the NFPA in 2015

- A fire department responded to a fire every **23 seconds**.
- One structure fire was reported every **63 seconds**.
- One home structure fire was reported every **86 seconds**.
- One civilian fire injury was reported every **33.5 minutes**.
- One civilian fire death occurred every **2 hours and 40 minutes**.
- One outside and other fire was reported every **49 seconds**.
- One highway vehicle fire was reported every **3 minutes 1 seconds**.

Gives you the idea that fire safety is important and needs to be addressed in the workplace for employee safety. In fact WAC 296-800-300 requires employers have fire extinguishers in the workplace and train employees in their use.

### Twelve things to help make your workplace more fire safe:

1. Identify fire hazards around your workplace. Gasoline and other flammable chemicals are common, but what about the clutter of paper or cardboard?
2. Practice good housekeeping, pick up clutter and don't block fire exits.
3. Designate smoking areas and ensure a place to extinguish smoking materials.
4. Train in fire safety and fire extinguisher use.
5. Report electrical hazards. Many fires start in faulty wiring and malfunctioning electrical equipment.
6. Maintain machinery and equipment. Preventative maintenance can go a long way in preventing fires.
7. Keep fire sprinkler systems and smoke detectors in operating condition and remember to always keep sprinkler head free and clear of materials.
8. Use and store chemicals safely.
9. Control accumulations of flammable and combustible waste.
10. Prevent ignition sources in atmospheres that could be explosive.
11. Have a fire evacuation plan and ensure all employees know where to go when they evacuate. Post diagrams for exit locations and assembly areas.
12. Employees should have a list of emergency contact phone numbers that is written down.

Of course employee roles and responsibilities need to be assigned and trained *before* the emergency. You need a written plan to form the basis and you need training to make it work. There was once a great philosopher by the name of "Snoopy" (yes the dog from Peanuts) that told his friend Woodstock that "ten minutes before the party is not the time to learn how to dance." In other words, you have to plan and train before it happens.

Fire and emergency planning can be difficult, but we can help, so give us a call today.

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One civilian fire injury was reported every **33.5 minutes**

and

One civilian fire death occurred every **2 hours & 40 minutes**

One structure fire was reported every **63 seconds**



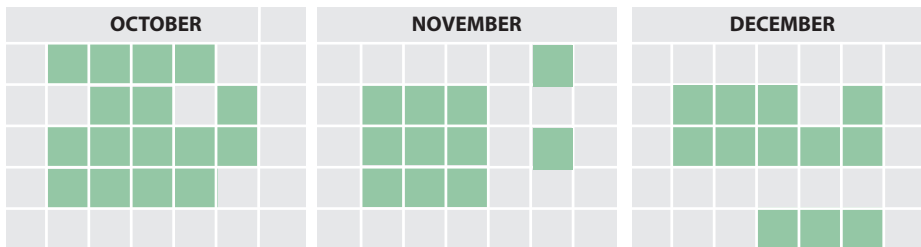


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# Calendar of Events

### October

- 3 Traffic Control Supervisor Recertification - Salem OR
- 4 - 6 Traffic Control Supervisor Certification - Salem OR
- 11 - 12 P/EVO Instructor Certification - Kirkland WA
- 14 Flagger Certification - Kirkland WA
- 17 - 21 COSS Safety Certification - Portland OR
- 18 - 19 Root Cause Analysis: Level 1 - Kirkland WA
- 20 Root Cause Analysis: Level 2 - Kirkland WA
- 24 - 25 Forklift Instructor Training - Renton WA
- 24 - 26 Traffic Control Supervisor Certification - Kirkland WA
- 26 Forklift Operator Training - Renton WA
- 27 Traffic Control Supervisor Recertification - Kirkland WA

### November

- 4 First Aid/CPR Certification - Kirkland WA
- 7 - 9 First Aid/CPR Instructor Certification - Kirkland WA
- 14 EverSafe Driving Instructor Recertification - Kirkland WA
- 15 - 16 EverSafe Driving Instructor Certification - Kirkland WA
- 18 Flagger Certification - Kirkland WA
- 28 - 29 Forklift Instructor Training - Renton WA
- 30 Forklift Operator Training - Renton WA

### December

- 5 - 7 Traffic Control Supervisor Certification - Portland OR
- 9 Flagger Certification - Kirkland WA
- 12 - 14 Flagger Instructor Certification - Kirkland WA
- 15 Flagger Instructor Recert - Kirkland WA
- 16 Traffic Control Supervisor Recertification - Kirkland WA
- 28 - 29 Forklift Instructor Training - Renton WA
- 30 Forklift Operator Training - Renton WA