

- ▶ SPELLMAN SAFETY AWARD GOES TO STRIDER CONSTRUCTION 1
- ▶ 10 TIPS FOR BUILDING A STRONGER SAFETY COMMITTEE 4, 2
- ▶ 2018 WASHINGTON STATE GOVERNOR'S CONFERENCE 3
- ▶ HEAT ILLNESS PREVENTION 3
- ▶ CALENDAR OF EVENTS 4

SUMMER | 2018



Safety Solutions

Strider Construction Builds Award Winning Safety Culture Awarded 2017 John D. Spellman Safety Award



On Friday June 1st, Evergreen Safety Council President, Jeffrey Vaughan met with employees and management at Strider Construction to award them with the 2017 Governor John D. Spellman Safety Award. Accepting the award for Strider Construction was Operations Manager, Kyle Gebhardt.

Mr. Vaughan addressed the assembled employees and told them about the history of the award and it's namesake, Governor John Spellman. Sadly, this was the first time that the award was presented since the Governor's passing in January. Mr. Vaughan talked about the Governor's commitment and dedication to safety, and how much he would have enjoyed being there that day to help present the award.

Strider Construction is a heavy civil contractor with more than 30 years experience specializing in roadway and site improvements, underground utilities, bridges, environmental remediation and water treatment facilities.

Strider has been involved in some of the more complex construction projects in Washington State. These projects require a great deal of forethought in order to lay the groundwork for a successful and safe project. They say that in their experience, the greatest opportunity to reduce injuries occurs during the planning stages of a project.

Strider's forethought and planning has paid dividends in terms of injury reduction. They have maintained a recordable incident rate well below the industry average for several years. Last year alone they worked nearly 165,000 hours without a lost time incident.

For these reasons and many more, the ESC Board of Directors determined that Strider Construction was the clear choice for this year's award. We congratulate Strider and encourage them in their continued efforts to reduce risks and protect their valued workers from injury.

SAFETY STATISTICS

Every year, dozens of workers die and thousands more become ill while working in extreme heat or humid conditions. More than 40 percent of heat-related worker deaths occur in the construction industry, but workers in every field are susceptible.

40 %

Heat Illness Prevention

By Jeffrey Vaughan, President / Executive Director



With summer upon us, it's a good time to be reminded that working outdoors in hot weather can result in serious illness or even death. Workers exposed to extreme heat may experience symptoms of heat-related illnesses (HRI) such as heat cramps, heat rash, heat exhaustion, fainting, and heat stroke.

With warmer temperatures, demanding work, heavy work clothing and outdoor work HRI can be life threatening if both the employer and employee do not take precaution. Heat-related illness is also linked to injuries resulting from falls, equipment failure, and other on-the-job incidents. Such incidents can happen when someone with heat stress becomes fatigued, dizzy, confused or disoriented.

Washington State is one of the nearly 20 states that have a Heat Illness Prevention Rule in effect for outdoor workers from May 1st to September 30th of each year. The rule is based on outdoor temperature and the type clothing the worker is wearing.

Things you can do to help prevent heat illness:

- Drink plenty of water, about 1 cup every 15 minutes.
- Know the signs/symptoms of heat-related illness; monitor yourself and co-workers.
- Block out direct sun or other heat sources.
- Use cooling fans/air-conditioning; rest regularly.
- Wear lightweight, light colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.

Another area of concern is for those who work alone. Consider training lone workers on such things as:

- Sipping water frequently – before you get thirsty.
- Move to a cooler location if you are sweating heavily.
- Lie down and loosen your clothing if you are feeling weak.
- Apply cool wet cloths to your body if you have cold,

pale and clammy skin.

- Seek medical attention immediately if you experience nausea or vomiting.

Are you looking for additional resources or assistance with your Heat Illness Prevention Program? Evergreen Safety Council can help. Call or email one of our safety experts for assistance.

Falls Prevention Awareness Day (FPAD) September 22

By Eric Tofte, Director of Training and Consultation, ESC

FPAD works to raise awareness about how to prevent fall-related injuries among older adults throughout our society.

Due to the aging workforce, it's a great time to review your workplace Fall Prevention Plans as well.

By 2024, 25% of the U.S. workforce is projected to be 55 and older, according to the U.S. Bureau of Labor and Statistics.

Although older workers are injured less frequently than younger workers, they are at a **higher risk for falls**. In fact, **the number one risk for older workers is falls**—and they can result in more serious injuries than you might expect.

Here are a few ideas to help prevent falls that will benefit your entire workforce regardless of age:

- **Enhance injury prevention through a wellness program.** Employers can help prevent strains, sprains, and falls by encouraging improved flexibility, strength and balance.
- **Prevent slip-and-fall injuries.** Beyond your Fall Prevention Program increase awareness of risks and hazardous conditions (like wet floors).
- **Improve ergonomics.** Whether they work at a desk, in a vehicle, or on a production floor, reviewing ergonomics—and asking for employee input—could help avoid fatigue or soreness.
- **Periodically review job duties and tasks.** Eliminate manual lifting and consider job rotation for repetitive tasks.



Did you know?... Companies, no matter how large or small, are **required to have a Safety Manual by law** in most states. Your Safety Manual is information, instructions, policies, and procedures intended to ensure safe operation and conduct in the workplace. Often referred to as an Accident Prevention Program (APP).

10 Tips for Building a Stronger Safety Committee

continued from back cover

- 5. Plan meetings ahead of time.** Besides showing respect to the committee, developing and sharing a meeting agenda and goals a few days in advance can help the committee keep organized and on track.
- 6. Generate an atmosphere of respect and trust.** Workers need to know they can come to you about any issue.
- 7. Set term limits for committee members.** Avoid "burnout" and try to keep consistent member investment and energy.
- 8. Don't be boring.** Safety meetings often have a reputation for being boring, especially if they are conducted the same way every time. Try mixing up the format between presentations, video, and maybe even a guest speaker. If you are looking for ideas see next tip!
- 9. See what others are doing.** A quick search on the internet or networking with other industries can give you a lot of great ideas for your safety meetings as well as help you see your own from a different perspective
- 10. Give recognition and rewards often and consistently.** Rewards and recognition can generate better mindfulness than a constant stream of "Do this. Don't do that."



Washington State Governor's
Industrial Safety & Health
Advisory Board

Educating Washington's Workforce Since 1949

2018 Washington State Governor's Conference in Spokane September 26 - 27

The annual Governor's conference is fast-approaching. Held annually in alternating Eastern and Western locations in the state, the conference will be held this year in sensational Spokane. The Evergreen Safety Council will once again have a strong presence at this conference. Not only have we been involved in the planning process, but we will have our very own Master Trainer and Safety Guru, Eric Tofte giving three not-to-be-missed presentations!

Eric's first presentation will be a pre-conference workshop on incident investigation. Eric gets rave reviews for this particular class. If you haven't seen it, we highly recommend that you get in this workshop. You'll learn the fundamental principles of incident investigation including formation of investigation teams, investigation techniques, and the benefits of having near miss investigations. Please note that this session, as a pre-conference training session is not included in the general conference registration; a separate registration charge applies.

Were you aware that the number one cause of workplace fatalities is motor vehicles? That makes our other two sessions of particular interest. The first, Defensive Driving, will give participants a good understanding of the effective principles and concepts for reducing risk while operating a motor vehicle.

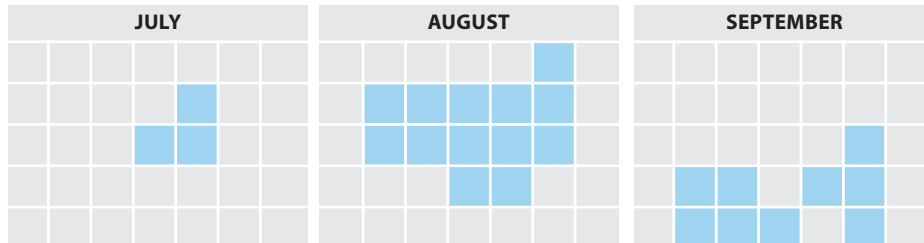
The other session related to motor vehicles focuses on safety around heavy equipment in construction zones. This special program was developed by Evergreen Safety Council under an OSHA grant. This grant was targeted to this particular hazard and those types of workers who are more commonly injured and killed as a result of heavy equipment and vehicles in the construction zone.

There is much to see and learn at the Governor's Industrial Safety Conference. We hope to see you there.

Congratulations

to Natalie Smith, of Bellingham WA and Nicole Anders, of Sequim WA for winning the The Monty C. Lish & Stanley O. McNaughton Scholarship for Safety and Health Careers.

Natalie was also awarded the American Association of Safety Councils Scholarship as a member of ESC.



**To REGISTER
1-800-521-0778
or www.esc.org**

Calendar of Events

Jul

13	Flagger Certification - Kirkland WA
18	Forklift Operator - Renton WA
19	Forklift Instructor - Renton WA
21	Flagger Certification - Kirkland WA

Aug

3	Flagger Certification - Kirkland WA
6 - 8	FA/CPR Instructor - Kirkland WA
9	EverSafe Instructor Recert - Web
10	First Aid/CPR - Kirkland WA
13 - 15	Traffic Control Supvr Cert WA - Kirkland WA
16	Traffic Control Supvr Recert WA - Kirkland WA
17	Flagger Certification - Kirkland WA
22	Forklift Operator - Renton WA
23	Forklift Instructor - Renton WA

Sep

14	Flagger Certification - Kirkland WA
17 - 18	EverSafe Driving Instructor - Kirkland WA
20	EverSafe Driving Inst Recert - Kirkland WA
21	P/EVO Operator - Kirkland WA
24 - 26	Traffic Control Supvr Cert OR - Portland OR
28	Flagger Instructor Recert - Spokane WA

10 Tips for Building a Stronger Safety Committee

1. **Involve others at all levels of your company.** Ensure your safety committee represents the mix of your organization's labor force and management.
2. **Look for enthusiastic volunteers as well as former "Safety Champions."** That enthusiasm can be invaluable when you get going, and those with experience can help guide.
3. **Develop a basic curriculum and Safety Manual.** Be prepared to provide resources, coaching, support and other help that workers may need.
4. **Set some achievable goals to get a powerful start.** Achieving some immediate accomplishments in pushing safety forward can provide some powerful and lasting momentum.

Continued Inside on Page 2