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Safety *Solutions*

Evergreen Safety Council has a new President/Executive Director Meet Jeffrey D. Vaughan

This past Fall saw a change of guard at Evergreen with the retirement of Tom Odegaard. Tom had been a steadying and leading force for the organization for more than 14 years as President/Executive Director. True to his military background, his wish for his retirement party was to have a Hail and Farewell Ceremony, a traditional event that celebrates both those coming to and departing from an organization. As we said goodbye to Tom, we welcomed Jeffrey Vaughan as the new President/Executive Director. (If you couldn't make it to the event you can still check out the speeches on our blog—links are on our home page at www.esc.org).

Vaughan graduated from Utah State University with a BS degree in Public Health and a minor in Chemistry. After graduation he came to the Pacific Northwest to work as an occupational health and safety professional.

Now with 25 years of experience working in a variety of industries as an occupational safety professional, he also has experience working as a public safety policy maker and as an executive manager.

This experience gives him a strong understanding of the value that safety has in business and in our communities.

He was particularly excited by the breadth and variety of ESC programs that not only cover workplace and occupational safety but includes traffic / workzone training and certification, vehicle safety training, and even motorcycle and new driver training and testing for licensing.

It is an honor to be able to serve you as the new President of the Evergreen Safety Council. I have long appreciated Evergreen and the work they do to make our world a safer place. Being a part of this great organization is a humbling and exciting opportunity for me.

The Evergreen Safety Council has a distinguished 85 year history as a leader in safety. It is my objective to build upon this history by improving our reach and effectiveness as we work with each of you to increase the safety of our workplaces, roadways, and homes.

Jeffrey Vaughan

Get FREE* Training!

**TRAFFIC CONTROL
INSIDE THE
CONSTRUCTION SITE**

**Vehicle/Equipment Movement
Planning & Safety**

Targeted 2-hour Training Classes

Improve safety inside the construction site with this essential, targeted, 2-hour training class available for supervisors and safety personnel or for employees.

See if you and your team qualify for FREE Training.

See More on Page 2 →



DID YOU KNOW?

Did you know ... ? The Bureau of Labor Statistics periodically releases a list of our nation's most dangerous jobs, and construction trades frequently round out the top 10. One of the most dangerous aspects of the job is working with heavy equipment—between 2010 and 2015, the number of deaths resulting from workers being struck by an object, piece of equipment or vehicle rose 34%. **The majority (57%) of struck-by vehicle deaths in construction occurred in work zones.**

John D. Spellman Safety Award

Celebrate your organization's safety achievements!

Nominations are now being accepted for this award created to recognize organizations that have demonstrated a focus on safety awareness. Apply today! All applications must be received by ESC no later than March 30, 2018. Include details of your business's safety efforts, along with examples of how involved employees and committed management helped foster a positive safety culture within your organization. Data supporting your achievements is welcomed and highly encouraged. Learn more about the requirements and applying on our website under Membership, then go to Scholarships and Awards.

The John D. Spellman Safety Award winner for 2016 was T BAILEY, INC. Impressive reductions in work injuries, along with the total and inclusive employee involvement in such a successful safety program, led to T BAILEY, INC. being chosen for the 2016 award.

Vehicle/Equipment Movement Planning & Safety Traffic Control Inside the Construction Site



Whether it's a road construction site or a large building construction site, the interaction of heavy equipment and large trucks with on-foot workers commonly creates a high fatality and high hazard zone. For these high risk construction zones, training is essential for all personnel.

Targeted training can help increase construction employee awareness and reduce incidents caused by heavy construction equipment including backing operations, struck-by, caught-between, and vehicle accidents.

With funding from an OSHA Susan Harwood Targeted Topic Training Grant Evergreen Safety Council is now able to offer this targeted training. Best of all you may qualify for this training free of charge.

Improve your safety inside the construction site with this essential, targeted 2-hour training class available for workers or supervisors. All participants will learn the importance of situational awareness and the basics of an internal traffic control plan (ITCP). Supervisors and safety personnel will learn how to develop and implement an effective ITCP.

Training all your workers in these basic rules will help them not only stay safe but be able to recognize an ITCP and keep it functioning smoothly.

Learn more about the classes on our website - www.esc.org.

***You and your team may qualify for FREE training!
Find out today: Call ESC Toll Free 800-521-0778**

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Scholarships for Members and their Families



Evergreen Safety Council views membership as a safety partnership with you and your employees. Members have low-cost access to valuable information, resources, and training that will help protect you, your employees, and your business from dangerous situations, accidents, and costly mistakes.

Did you know that members and their families also have access to apply for several different scholarships?

ESC has the **Monty C. Lish & Stanley O. McNaughton Scholarship for Safety and Health Careers**. This scholarship was developed to encourage more college students to consider safety and health professions as viable and worthwhile careers. A percentage of membership fees are set aside each year to fund this scholarship. Up to two awards of \$1,000 each will be granted. **Deadline: February 16, 2018.**

We are also proud to offer ESC members access to apply for a \$1000 college scholarship from the **American Association of Safety Councils (AASC) Deadline: March 1, 2018.**

Learn more about the requirements and applying on our website under Membership, then go to Scholarships and Awards.

SAFETY STATISTICS

Exposure to cold is a leading cause of weather-related mortality and is responsible for approximately twice the number of deaths annually as exposure to heat in the United States. An average of 1,342 people die of hypothermia per year. Average based on ten year period 2003 - 2013.

1,342

 Per Year

Hypothermia (hi-poe-THUR-me-uh)

By Eric Tofte, Director of Training and Consultation, ESC

According to the Mayo Clinic, Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature. Hypothermia occurs as your body temperature falls below 95 F (35 C).

When your body temperature drops, your heart, nervous system, and other organs can't work normally. Left untreated, hypothermia can lead to heart and respiratory failure and even death.

Often caused by cold weather exposure or immersion in cold water, hypothermia treatments are generally methods to warm the body back to a normal temperature.

Like many conditions, a person with hypothermia may not be aware of their condition, as the symptoms can come on gradually and confused thinking, associated with hypothermia, can prevent self-awareness. Being aware of the symptoms of hypothermia can help protect you and those around you.

Symptoms include:

- Shivering
- Slurred speech or mumbling
- Slow, shallow breathing
- Weak pulse
- Clumsiness or lack of coordination
- Drowsiness or very low energy
- Confusion or memory loss
- Loss of consciousness
- Bright red, cold skin (in infants)



Prevention is key and many say easier than the cure. The CDC/NIOSH has the following recommendations for employers to help their employees prevent cold stress issues, such as hypothermia.

- Schedule maintenance and repair jobs in cold areas in warmer months.
- Schedule cold jobs for the warmer part of the day.
- Reduce the physical demands of workers.
- Use relief workers or assign extra workers for long, demanding jobs.
- Provide warm liquids to workers.
- Provide warm areas for use during break periods.
- Monitor workers who are at risk of cold stress.
- Provide cold stress training that includes information about:
 - Worker risk,
 - Prevention,
 - Symptoms,
 - The importance of monitoring yourself and coworkers for symptoms,
 - Treatment, and
 - Personal protective equipment.

NIOSH makes the following recommendations to workers for cold stress prevention

- Wear appropriate clothing—tight clothing may restrict circulation while several loose layers provide better insulation. Movement restricting clothing may result in a hazardous situation.
- Make sure to protect the ears, face, hands and feet in extremely cold weather.
- Boots should be waterproof and insulated.
- Heat rises—wearing a hat will keep your whole body warmer.
- Limit the amount of time in the cold and move into warm locations during breaks.
- Carry cold weather gear, such as extra socks, gloves, hats, jacket, blankets, a change of clothes and a thermos of hot liquid.
- Include a thermometer and chemical hot packs in your first aid kit.
- Avoid touching cold metal surfaces with bare skin.
- Monitor your physical condition and that of your coworkers.

Everyone that works outdoors in the winter (and their employers) needs to understand the issues of cold stress and take appropriate actions and provide training.

Stay warm and safe this winter.

