

Consider This

HEALTH & SAFETY NEWSLETTER
DECEMBER 2015

Merry Christmas from EHS Support!



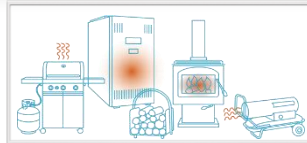
Recommended First
Aid Kit Components



Holiday Fire Safety
Tips



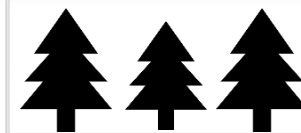
OSHA Recordkeeping
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Carbon Monoxide
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Captain Obvious



Construction Safety
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Recommended First Aid Kit Components

The Occupational Safety and Health Administration's (OSHA's) medical services and first aid regulation (29 Code of Federal Regulations (CFR) 1910.151(b)) states: "Adequate first aid supplies shall be readily available." Performance requirements and contents of first aid kits are given in the American National Standards Institute/International Safety Equipment Association (ANSI/ISEA) Z308.1 American National Standard – Minimum Requirements for Workplace First Aid Kits and Supplies standard.

On June 17, 2015, ANSI approved the latest edition of ANSI/ISEA Z308.1-2015. The effective date of this revised standard is June 17, 2016.

The newest edition does not change the scope or purpose of the previous edition. However, it does introduce two classes of first aid kits: Class A and Class B. Class A kits are designed to deal with the most common types of workplace injuries. Class B kits are designed to deal with a broader range and quantity of supplies to deal with injuries in more complex or high-risk environments. The purpose of adding these two classes is to expand the basic items included so employees will have greater access to items needed to treat common workplace injuries.

In deciding which class of kit is more appropriate for a given workplace, employers should consider the risks and task load of the work environment and the potential severity and likelihood of occurrence of an injury. Since each workplace is unique, additional first aid kit components should be selected in addition to the basic components to address these hazards. Employers who have large or multiple operations and unique or changing first aid needs in their workplace may need to supplement with additional supplies, as noted in Appendix B.2 of the 2015 edition. By assessing the needs of their worksite, employers can ensure that reasonable first aid supplies are available. Employers should review this information on an annual basis.



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Recommended First Aid Kit Components (Cont.)

Bloodborne pathogen-related personal protective equipment is not required in a first aid kit, but is recommended. 29 CFR 1910.151 Non-Mandatory Appendix A states: “If it is reasonably anticipated that employees will be exposed to blood or other potentially infectious materials while using first aid supplies, employers are required to provide appropriate personal protective equipment (PPE) in compliance with the provisions of the occupational exposure to bloodborne pathogens standard, 1910.1030(d)(3). This standard lists the appropriate PPE for the type of exposure, such as gloves, gowns, face shields, mask or eye protection.”

Over-the-counter (OTC) medicine can be put in first aid kits if packaged in single-dose, tamper-evident packaging and labeled as required by Food and Drug Administration (FDA) regulations. OTC drugs should not contain ingredients known to cause drowsiness. It is suggested to check your company procedures as well as your insurance company regarding the policy for OTC medications. Many insurance companies do not approve of OTC medications as first aid kit components.

First Aid Kit Maintenance: Appendix B.1 of the 2015 edition notes that first aid kits should be frequently inspected to ensure that they are full, in usable condition and that the contents have not expired.

Sources: ANSI/ISEA Z308.1-2015, Grainger Quick Tips #208, OSHA 29 CFR 1910.151

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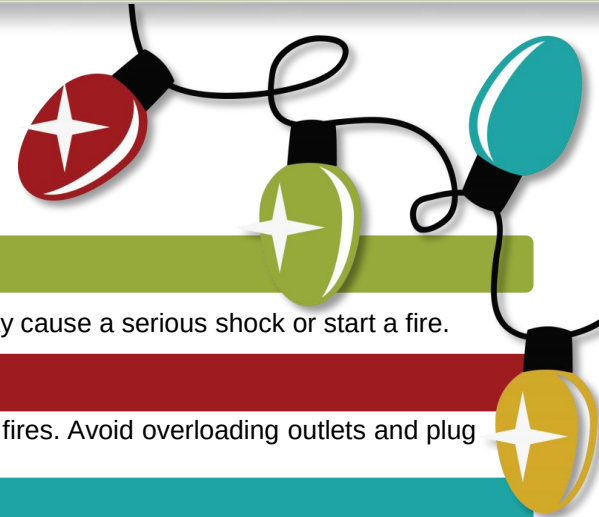
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Holiday Fire Safety Tips

Inspect electrical decorations for damage before use.

- Cracked or damaged sockets, loose or bare wires, and loose connections may cause a serious shock or start a fire.

Do not overload electrical outlets.

- Overloaded electrical outlets and faulty wires are a common cause of holiday fires. Avoid overloading outlets and plug only one high-wattage appliance into each outlet at a time.

Never connect more than three strings of incandescent lights.

- More than three strands may not only blow a fuse, but can also cause a fire.

Use battery-operated candles.

- Candles start almost half of home decoration fires (NFPA).

Keep combustibles at least three feet from heat sources.

- A heat source that was too close to the decoration was a factor in half of home fires that began with decorations (NFPA).

Protect cords from damage.

- To avoid shock or fire hazards, cords should never be pinched by furniture, forced into small spaces such as doors or windows, placed under rugs, located near heat sources, or attached by nails or staples.

Check decorations for certification label.

- Decorations not bearing a label from an Independent testing laboratory such as Underwriters Laboratories (UL), Canadian Standards Association (CSA) or Intertek (ETL) have not been tested for safety and could be hazardous.

Turn off, unplug, and extinguish all decorations when going to sleep or leaving the house.

- Unattended candles are the cause of one in five home candle fires. Half of home fire deaths occur between the hours of 11:00 p.m. and 7:00 a.m. (NFPA).

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Source: <http://files.esfi.org/file/Top-10-Holiday-Safety-Tips.pdf>

Work Safe. Live Safe. Stay Safe.



OSHA Recordkeeping – FAQs

If a case occurs in one year but results in days away during the next calendar year, do I record the case in both years?

No, you only record the injury or illness once, and on the OSHA 300 Log the days away are counted toward the calendar year in which the incident occurred. If the employee is still away from work because of the injury or illness when you prepare the annual summary, estimate the total number of calendar days you expect the employee to be away from work, use this number to calculate the total for the annual summary, and then update the initial log entry later when the day count is known or reaches the 180-day cap. For additional questions, see OSHA's Recordkeeping page.

What injuries and illnesses am I required to report to OSHA?

You must report the following to OSHA:

- Any work-related employee fatality within 8 hours.
- Within 24 hours, all work-related in-patient hospitalizations, amputations, and losses of an eye.

If a business logs an injury on the 300 log but later finds out that the injury was denied by Worker's Compensation as not work related, can the entry be removed from the 300 Log?

Workers' Compensation determinations do not impact OSHA recordability. The employer must evaluate the employee's work duties and the work environment to decide whether an event or exposure in the work environment either caused or contributed to the condition or significantly aggravated a pre-existing condition. If so, the case is work-related.

If we have a contract person working at our site and that person suffers a recordable injury while working, does their employer record the injury on their OSHA 300 log or do we record it on ours?

If the contractor's employee is under the day-to-day supervision of the contractor, the contractor is responsible for recording the injury or illness. If you supervise the contractor employee's work on a day-to-day basis, you must record the injury or illness.

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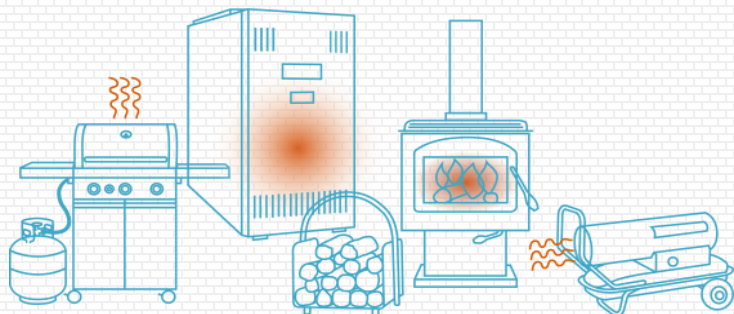


Carbon Monoxide Facts

Carbon monoxide (CO) is an odorless, colorless, tasteless gas that is slightly lighter than air and is toxic to people.

CO is produced by the incomplete combustion of any fuel that contains carbon such as: natural gas, oil and propane, as well as coal and wood products. At home, sources of CO include gas and oil-burning appliances such as furnaces, dryers, water heaters, ovens, wood-burning stoves, charcoal grills and automobiles.

Because many of these sources are only used in cold weather, CO poisoning is considered by many to be a "seasonal" risk. However, CO gas can build up in any enclosed or semi-enclosed space at any time. Exposure can occur through inhalation of the gas and eye or skin contact with the liquid.



Sources: American Industrial Hygiene Association (AIHA)
Occupational Safety and Health Administration (OSHA)

Symptoms of Carbon Monoxide



Poisoning-Prevention Measures

Regardless of what your application is, it is important to be aware of the dangers of CO and how to protect yourself. The following are a few suggestions to help protect you from CO effects:

- Determine best CO detector (portable, fixed-location)
- Educate personnel on the effects of CO poisoning
- Inspect gas appliances periodically for proper operation and venting
- Ensure chimneys, flues and vents are free and clear of debris
- Do not use unvented gas and wood stoves or charcoal grills indoors
- Do not permit automobiles or other gas-powered equipment to run indoors without proper ventilation
- Ventilate areas to dilute or reduce the concentration of CO

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Why is it that safety professionals are getting heckled when we provide reminders on basic safety information and then go into a facility to conduct a mock-OSHA audit and find the same type of potential hazards or non-compliance items over and over again? Each month we feature a "Captain Obvious" photo to share simple safety reminders that are found on jobsites every day.



CORRECTIVE ACTIONS

- Take the necessary measures to comply with 29 CFR 1910.159(c)(10) - The minimum vertical clearance between sprinklers and material below shall be 18-inches (45.7 cm).
- The 18-inch vertical clearance requirement is treated as a horizontal plane throughout the storage area or room. All materials must be stored below this horizontal plane. The clear space between stored materials and the sprinkler deflectors allows discharge from sprinklers to overlap and pre-wet combustibles to effectively contain a fire.



**Material Stored
too Close to
Sprinkler
Deflectors**



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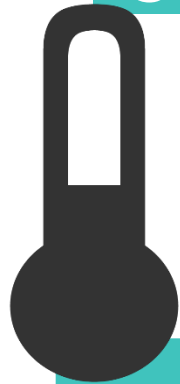
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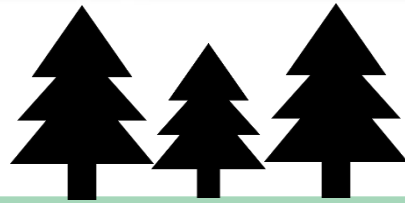
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Construction Safety Tips for Working in Cold Weather

Construction Safety Tips for Working in Cold Weather



Avoid exhaustion or fatigue because energy is needed to keep muscles warm.
Use the buddy system - work in pairs so that one worker can recognize danger signs.
Drink warm, sweet beverages (sugar water, sports-type drinks) and avoid drinks with caffeine (coffee, tea, sodas or hot chocolate) or alcohol.
Eat warm, high-calorie foods such as hot pasta dishes.



Recognize the environmental and workplace conditions that may be dangerous.

Learn the signs and symptoms of cold-induced illnesses and injuries and what to do to help workers.

Train workers about cold-induced illnesses and injuries

Workers face increased risks when they take certain medications, are in poor physical condition or suffer from illnesses such as diabetes, hypertension or cardiovascular disease.



Encourage workers to wear proper clothing for cold, wet and windy conditions, including layers that can be adjusted to changing conditions.

Be sure workers in extreme conditions take a frequent short break in warm dry shelters to allow their bodies to warm up.
Try to schedule work for the warmest part of the day.



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Contact Monica Meyer at Monica.Meyer@ehs-support.com today to learn more about how we can help you manage your health and safety risks.

