



Consider This

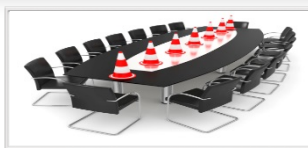
HEALTH & SAFETY NEWSLETTER
MARCH 2014



Stressed Out



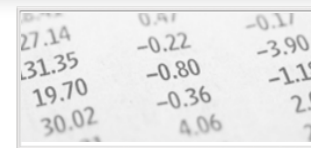
OSHA Subpart CC



Safety
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Stressed Out!



Everyone knows that stress has an obvious negative effect on health, specifically the cardiovascular system. What about job stress? While some workplace stress is normal, excessive stress can interfere with your productivity and impact your physical health. Your ability to deal with it can mean the difference between success or failure, as well as good health or bad health.

Finding ways to manage workplace stress doesn't have to involve major changes or rethinking your career path. Instead, you should focus on one thing that is always within your control—**YOU**.

Warning Signs of Stress at Work

- Empathy, loss of interest in work
- Feeling anxious, irritable, or depressed
- Fatigue
- Trouble concentrating
- Muscle tension or headaches
- Stomach problems
- Social withdrawal
- Loss of sex drive
- Using alcohol or drugs to cope



What is the one trigger that makes you feel stressed?

- Workload
- Unexpected Deadlines
- Feeling of Inadequacy
- Decision Making Capabilities
- Lack of Authority
- Lack of Recognition
- Communication Gaps
- Incompetence
- Overtime
- Fear of Being Laid Off
- Excessive Pressure
- Lack of Resources

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Work Safe. Live Safe. Stay Safe.

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Stressed Out! - continued

Time Management Tips for Reducing Job Stress

1. Create a balanced schedule – Analyze your schedule, responsibilities, and daily tasks. All work and no play is a recipe for burnout. Don't add to your stress by running late. Determine how to organize work and family life, social activities, daily responsibilities and downtime.
2. Don't over-commit yourself – Don't underestimate how long things will take. If you have too much on your plate, distinguish between the 'shoulds' and the 'musts'.
3. Take regular breaks – Step away from your desk or work station, or just take a moment to clear your mind. A brief break to recharge will help you to be more productive.
4. Ask for help or guidance – Don't be afraid to say, "I don't know" or "I need help." You don't have to be everything for everyone.



For the Safety Professional out there – Join us on LinkedIn and let us know what the work stressors are that make your blood pressure rise and how you plan to overcome them. Add link

Reference:
http://www.helpguide.org/mental/work_stress_management.htm

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OSHA Subpart CC: Cranes and Derricks in Construction

Here are a few explanations about the operator qualification and certification requirement as specified in 29 CFR 1926.1427.

Who needs to be certified or qualified?

Any person engaged in construction activity who is operating a crane covered by the new cranes and derricks rule, except:

- Sideboom cranes*
- Derricks*
- Equipment with a rated hoisting/lifting capacity of 2,000 pounds or less

**Operators of the listed equipment must meeting the criteria for minimum expertise described in the applicable section in subpart CC.*

What is required in the testing for certification?

Certification has two parts:

1. A written exam that includes the safe operating procedures for the particular type of equipment the applicant will be operating, and technical understanding of the subject matter criteria required in 1926.1427(j).
2. A practical exam showing the applicant has the skills needed to safely operate the equipment. This includes the ability to properly use load chart information and recognize items required in the shift inspection, among other skills.

With respect to certification from an accredited testing organization, an operator must be certified for the type and capacity of crane he or she is going to operate. Each accredited testing organization develops its own categories for crane type and capacity.

OSHA[®] Fact

OSHA Issues Proposed Rule to Extend Certification Compliance Date

The Occupational Safety and Health Administration issued a long-awaited proposed rule on Friday, February 7, 2014, that would extend the compliance date for its crane operator certification requirement by three years – from November 10, 2014 to Nov. 10, 2017. The proposal would also extend to the same date the existing phase-in requirement that employers ensure that their operators are qualified to operate the equipment.

The proposed rule had been expected since May 22, 2013, when OSHA first announced its intention to seek an extension to the deadline in order to partially re-open the rule to address industry concerns. At issue is whether or not certification is the only component of qualification that an employer has to meet, or if an employer must make additional determinations to achieve qualification. Also controversial is OSHA's understanding of the C-DAC recommendation to issue certifications "by type and capacity." Both are likely to be addressed in a further rulemaking that would be published by year-end.

Reference: <http://nccco.org/nccco/news-center/archived-press-releases/news/2014/02/07/osha-issues-proposed-rule-to-extend-certification-compliance-date>

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Safety Committees – *Is Yours Getting Stale?*

When the notice for the next safety committee is posted to the bulletin board – are there cheers or jeers? If you have a safety committee in place and you feel the momentum is dragging, valued input is lacking, management shows up late (if at all), and the information is the same as what's been covered in the past three months – a serious look at strengthening the committee may be in order.

To help your safety committee feel more connected to their peers, gain momentum on incident prevention and compliance, and feel more like safety is a fun and worthwhile campaign. Sometimes injecting a little fun into the mix can help a struggling committee become a more cohesive and effective team.

EHS Support has managed and supported countless safety committees—and yes, we have even made them more enjoyable. **Contact us to assist you in strengthening your current committee to become a more cohesive, fun and effective team.**



Mock OSHA Audit and Inspection

In order to prepare your company for an OSHA inspection, EHS Support can conduct a mock OSHA inspection with one of our highly qualified safety and health consultants. The purpose of this visit is to identify potential costly violations and also to make sure your employees are working safely.

We will conduct a safety evaluation onsite to determine potential OSHA violations. We will also inspect your company's documentation including the health and safety programs, training logs, new hire training records, and injury and illness logs. Upon completion, your company will receive a detailed report that indicates any noted deficiencies. EHS Support can then partner with you to assist in managing these deficiencies to closure.

Contact us today to learn more about how we can help you manage your compliance risk.

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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? We throw out 'Caption Obvious' photos or reminders because we still find these issues every single day! We are devoting one section of this newsletter to sharing simple safety reminders that seem 'obvious' to everyone, but are constantly found during walkthroughs.



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**Improper Rigging -
Homemade Eye Bolts**

Typically made from
washers welded to screws.

POSSIBLE REASONS

Insufficient amount or misplaced Regular Nut, Shoulder Nut, Machinery or Swivel eye bolts.



Fall Protection for Stairways

During your next safety walkthrough, focus your attention to the stairs inside and outside of your facility. Ensure that fall protection is provided.

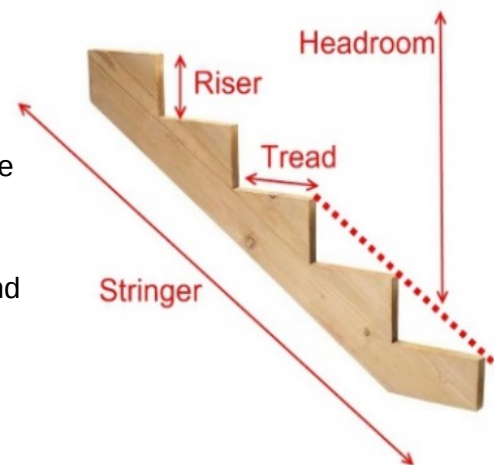
Stairways having four or more risers and less than 44 inches wide must be equipped with standard stair railings or handrails as follows:

- ✓ Must have at least one handrail (preferably right-side descending) if both sides enclosed
- ✓ Must have at least one stair railing on open side if one side open
- ✓ Must have one stair railing on each side if both sides open.

Stairways that have four or more risers and are more than 44 inches wide, but less than 88 inches wide, must have one handrail on each enclosed side and one stair railing on each open side.

Stairways that have four or more risers and are more than 88 inches wide must have one handrail on each enclosed side; one stair railing on each open side; and one intermediate stair railing located approximately midway of the width.

A stair railing is a vertical barrier erected along exposed sides of a stairway with construction similar to a standard railing. A stair railing must have a vertical height no more than 34 inches nor less than 30 inches from the upper surface of the top rail to the surface of the tread.



The 2014 DART Rate Letter

Will Your Company Be on the List?

It's that time of year again: March Madness bracket disasters unfolded, spring weather, and letters will be sent from OSHA to those with high Days Away, Restricted and Transferred (DART) rates. DART rates reflect the more severe (and expensive) injuries and illnesses that resulted in lost-time, job restrictions (aka "light duty") or transfers to new positions (unable to return to the original job). On February 26, OSHA released its annual inspection plan under the Site-Specific Targeting Program (SST).

The U.S Bureau of Labor Statistics collects incidence rate surveys and publishes incidence rates for different types of problems. Employers can find these rates online and compare their own workplace rates with national and regional averages. OSHA then uses DART Rates to identify workplaces where employees sustain the most injuries and illnesses and then notifies employers via letter. These letters get right to the point by stating that workers in your establishment are being injured at a higher rate than in most other business in your industry.

Your elevated DART rate does not necessarily indicate a lack of interest in safety and health. Whatever the cause, a high rate is costly to your company in both personal and financial terms. This is important because your establishment is targeted and action may be taken. The letter frames the problem as a potential lack of expertise in workplace safety and health, encouraging employer to seek professional assistance.

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If you receive a DART Rate letter from OSHA, contact EHS Support immediately. We will walk you through the preparation process and assist you in managing your incident prevention program.

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The 2014 DART Rate Letter - continued

So where will OSHA focus its resources this year? First, area offices will inspect facilities on the Primary Inspection List, which includes establishments that meet one or more of the following criteria:

- Manufacturing establishments with a Days Away, Restricted, or Transferred (DART) rate at or above 7.0;
- Manufacturing establishments with a Days Away from Work Injury and Illness (DAFWII) case rate at or above 5.0;
- Non-manufacturing establishments with a DART rate at or above 15.0; or
- Non-manufacturing establishments with a DAFWII case rate at or above 14.0.

If an area office completes all inspections on the Primary Inspection List, it can proceed to the Secondary Inspection List, which includes establishments meeting one or more of the following criteria:

- Manufacturing establishments with DART rates of 5.0 or higher;
- Manufacturing establishments with DAFWII case rates of 4.0 or higher;
- Non-manufacturing establishments with DART rates of 7.0 or higher; or
- Non-manufacturing establishments with DAFWII case rates of 5.0 or higher.



Finally, if all inspections on the Secondary Inspection List are completed, the area office can obtain a regional list of additional establishments to inspect. None of these establishments will have a DART rate of 3.6 or lower or a DAFWII case rate of 2.2 or lower.

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Hexavalent Chromium – *Is it Time for a Weld Fume Audit?*



As many welders will confirm, one of the most important aspects of their job is to protect themselves from weld fume and the toxicity associated. To ensure health risks are avoided, we have assisted companies with evaluating the weld fume levels to be certain that the levels fall within Occupational Safety and Health Standards Association's (OSHA) acceptable exposure limits and the American Conference of Government Industrial Hygienists' (ACGIH) threshold limit values.

Chromium metal is found in stainless steel and many low-alloy materials, electrodes, and filler materials. The chromium that is present in electrodes, welding wires, and base materials is in the form of Cr(0). Therefore, welders do not ordinarily work with materials containing Cr(VI). But rather, the high temperatures created by welding oxidize chromium in steel to the hexavalent state. When an audit is performed, the auditor will check for acceptable levels of hexavalent chromium Cr(VI). If an audit shows levels of Cr(VI) higher than OSHA's PEL, then further action must be taken.

EHS Support has conducted countless weld fume audits and Cr(VI) monitoring events as well as managed the installation of engineering controls. Trust our experience to help your company maintain a healthy environment for your welders

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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.

