

NEWSLETTER

January, 2004

From the President's Desk

I trust that each of you had a memorable holiday season and I wish you a happy, prosperous and safe New Year!

Have you set any safety goals for 2004?

If you don't set goals and don't have a plan, what will you accomplish?

The DSA Board of Directors will be meeting on January 17th to revisit our strategic plan. This exercise will include reviewing the mission statement, vision statement, goals and action plan. We are excited about the future of the organization and feel that this is a critical step toward assuring growth, viability, and stability in a dynamic environment. We hope that you feel the same way that we do about DSA and will share ideas that may be incorporated into the updated strategic plan.

As a non-profit organization, we will continue to put priority on programs and services. The success of this effort will be directly proportional to the leadership and participation provided by our membership. We trust that you recognize this fact and if not currently active, will become more active in DSA.

The metaphor of a net is appropriate. By itself, a strand of twine can do little more than bind, attach, or draw. In interlocking connections with a hundred other strands of twine, it becomes capable of catching and holding things that might otherwise slip by. Likewise, we can do little individually, but when we "connect" with others, we are able to combine our physical and creative energies into more productive and worthwhile endeavors. **Together, we can reach worthwhile and notable goals!**

Remember that a basic ingredient to attaining a goal is belief! Because of a firm unwavering belief that we could put a man on the moon, Neil Armstrong took a giant step for mankind. Believing in safety and achieving safety cannot be separated. It has been said "it is the act of believing that is the starting force or generating power that leads to accomplishment."

2004 can be an injury free year for your company. Do you believe it?

It can be a year of growth and development for DSA. Do you believe it and will you help make it possible?

Thank You,

Calvin Stack



Mission Statement:

Through education, promotion and advocacy in safety, DSA reduces injuries, occupational illnesses, and economic losses in the workplace and communities on the Delmarva Peninsula.

Next Meeting

Date: Wednesday, January 21, 2004

Time: 11:30 a.m.

Location: Seaford Golf & CC

Cost: \$10.00 per person

Topic: Trenching Safety

Speaker: Bob Rhodes

Town of Ocean City

Call the DSA Office (302) 856-7303 or email
rcjester@udel.edu to make your reservation.

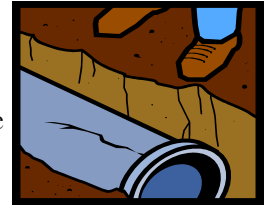
**Thanks for this courtesy that helps us better
plan our meeting.**

Trenching is a common, almost routine operation for many DSA members. The fact is many fatal and serious incidents are associated with this type of work. An analysis of these incidents shows that there are 3 main factors to consider.

1. The existence of different types of hazard.
2. The temptation to skim over necessary measures because of the short term nature of the work.
3. Some difficulty in realizing the existence of danger.

Don't miss this informative presentation which will include analysis of a trench failure.

Please invite colleagues, clients and employees that may benefit from this presentation.



DSA Topics for 2003-04 Meetings

DATE	TOPIC
January 21, 2004	Trenching
February 18, 2004	Eye Safety
March 2-3, 2004	27th Annual DSA Seminar & Expo
April 21, 2004	Harassment
May 19, 2004	Annual Meeting & Heat Stress

**Mark
Your
Calendar!**



~OSHA QUICKTAKES~

OSHA DEFENDS EGREGIOUS POLICY IN APPEAL OF REVIEW COMMISSION RULING

OSHA Administrator John Henshaw said in a Dec. 8 statement that a recent ruling by the independent Occupational Safety and Health Review Commission (OSHRC) was "wrong" and would impede the agency's ability to protect worker safety and health. OSHA is appealing the commission's ruling in the case of Houston contractor Eric Ho cited in September 1998 with willful workplace violations dealing with asbestos hazards. OSHA issued "instance-by-instance" citations and though the citations were upheld during Ho's initial challenge to OSHRC in 1999, a subsequent Commission decision this fall ruled he should be only liable for a single violation of the standards. The ruling also reduced proposed penalties by more than 80 percent.

FACT SHEETS ON INSPECTION PROCESS, AGENCY'S ROLE FOLLOWING WORKPLACE FATALITY ONLINE

Two new fact sheets describing OSHA's inspection process, as well as its role in investigating occupational deaths were published recently. [OSHA Inspections](#) details inspection priorities and provides step-by-step details for on-site inspections. [OSHA's Role When a Worker Dies on the Job](#) highlights agency assistance available for families of workers killed on the job and also includes information on referring cases to the Justice Department of possible criminal prosecution. Visit OSHA.gov to retrieve these new fact sheets.

“BEST OF THE WEB” HONORS BESTOWED ON OSHA

OSHA's website was recently listed by *Business Insurance Magazine* as one of the two best sites for safety and loss control services. "OSHA's website reflects and furthers the agency's mission of helping to ensure safe and healthful workplaces throughout the United States," the magazine said. The NIOSH website joined OSHA in the winners' circle. *Business Insurance* editors researched websites in 16 categories and identified sites in each they regarded as useful, helpful, interesting, informative and innovative.

Don't miss the presentation on e-tools for the safety professional at the DSA show on Mar. 2-3, 2004. This discussion will include use of OSHA's website.

USEFUL TIPS FOR WORKERS IN COLD ENVIRONMENTS

Cold weather is upon us, and OSHA is reminding employers and workers to heed some important precautions to stay safe this winter. The agency's Cold Stress Card is available online (OSHA.gov) and provides a reference guide and recommendations to combat and prevent many cold-related injuries and illnesses. The card is available in English and Spanish. Workers in construction, agriculture, maritime, and commercial fishing are among those particularly vulnerable to the effects of cold weather.

The revised OSHA Form 300, Log of Work-Related Injuries and Illnesses, is now available at OSHA's Web site. The

OSHA RECORDKEEPING FORMS ONLINE

form which employers will be required to use for recording injuries and illnesses in 2004, has changed in several important ways. The changes were made in response to suggestions submitted by the public.

The changes include:

- ✓ Addition of new recording criteria for occupational hearing loss in the "Overview" section;
- ✓ Repositioning of the "days away from work" column to precede the "days on job transfer or restriction" column;
- ✓ Clarification of formulas for calculating incidence rates;
- ✓ Increased prominence of the column heading "Classify the Case to make it clear that employers should mark only on of the four columns offered.

Employers are required to begin using the new form on January 1, 2004. The date of revision is noted next to the form number with "rev. 1/2004." Information regarding injuries and illnesses for years prior to 204 should continue to be recorded on the appropriate form for that year. Employers should use the old OSHA 300A Summary Form (without the hearing loss column) to post as required in February 2004. The new form that includes the hearing loss column should be used to post in February 2005.

OSHA has added several new items of interest to their Safety and Health Topics Web page. Brief descriptions and links are provided below.

NEW TOPICS ON OSHA WEB SITE

ELECTRICAL CONTRACTORS

Information on the obvious hazards facing electrical workers, such as electrocution and shock, and the less obvious but more common problems, such as chronic trauma disorder and minor back injury. <http://www.osha.gov/SLTC/electricalcontractors/index.html>

TRUCKING INDUSTRY

Information about preventing occupational illness and injury in the trucking industry. Links to summaries, training presentations, publications and other resources, plus access to applicable Department of Transportation and Environmental Protection Agency compliance requirements. http://www.osha.gov/SLTC/trucking_industry/index.html

Millions of Homes Left Unprotected

Here's an off-the-job safety alert for you and your employees: The U.S. Consumer Product Safety Commission (CPSC) estimates that millions of homes in the U.S. have smoke alarms that do not work—usually because batteries are dead or missing.



"Parents and children should make safety a family activity by changing the batteries in their smoke alarms annually," said CPSC Chairman Hal Stratton. "And be sure to test the smoke alarms every month to make sure they are working."

Fire is the second leading cause of unintentional death in the home. Each year, nearly 2,700 people die in residential fires, and there are more than 330,000 residential fires reported to fire departments. Think about it: that's almost 1,000 home fires every day.

CPSC suggests following these general tips to help prevent fires:

- ✓ Install and maintain smoke alarms.
- ✓ Maintain gas and electrical appliances.
- ✓ Keep matches and lighters away from children.
- ✓ Develop and practice your fire escape plan

Did You Know:

Employees who are out of shape are out of work two and a half times more than physically fit co-workers.



IF YOUR CHILD SWALLOWS POISON

Today, the American Academy of Pediatrics reverses a long-held recommendation regarding the home treatment of childhood poisonings. For over 20 years, the AAP has recommended that parents of young children keep on hand a one-ounce bottle of syrup of ipecac, a medicine that causes vomiting, to be used on the advice of a poison center for the emergency treatment of certain kinds of poisonings.

The AAP is now advising that syrup of ipecac should no longer be used routinely and that parents should safely dispose of any syrup of ipecac that they currently have at home.

For more details on this AAP discussion, go to www.msnbc.com/news/988253.asp

Household Hazardous Materials

A Guide for Citizens

Introducing a web-based course on household hazardous materials and things you can do to protect yourself and your family from injury and death This FEMA Independent Study Course is designed to give you the most information, at your own pace. For more information or to enroll in the course go to: www.training.fema.gov/EMIWEB/IS/

Ladder Safety

Ladders are one of the oldest and most widely used of human tools. With the advent of new materials, construction techniques and design processes, modern ladders are stronger and safer than ever. But ladders remain an essentially simple tool and the key to their safe use remains largely in the hands of the users.

The purpose of a ladder is simple: to extend our natural reach, to let us work at heights well above our outstretched arms. Using a ladder seems too simple to require description, but because ladders are so simple in purpose and function, it is easy to forget the danger that increases in direct relation to the distance we put between ourselves and the ground.



Because of that danger the American National Standards Institute (ANSI) and Occupational Safety and Health Administration (OSHA) have created standards to help reduce the inherent risks associated with ladder use. The standards establish maximum lengths allowable for different types of ladders: straight ladders may not exceed 30 feet, extension ladders, depending of the number of sections, may not exceed 60 feet, stepladders, platform ladders and trestle ladders must not exceed 20 feet.

ANSI has developed a weight rating for ladders. The rating numbers correspond to how much weight the ladder should be able to accommodate: Type 1A hold a maximum of 300 lbs., Type 1, 250 lbs., Type 2, 225 lbs. and Type 3, 200 lbs. It is worth remembering that weight refers to the combined weight of the worker and whatever tools or load the worker carries.

Remember these safety tips before you get off the ground on a ladder.

- ◆ **READ THE INSTRUCTIONS** Before working with a ladder for the first time, be sure to go over the manufacturer's instructions carefully to make sure you are using the ladder correctly.
- ◆ **INSPECT CLOSELY** Look the ladder over before you use it. Make sure your ladder is still in good condition and free from defects or damage.
- ◆ **POSITION PROPERLY** The ladder should be level and solidly placed. The angle should be consistent with manufacturer instructions. Stepladders should be fully opened and the hinges should be snapped into place.
- ◆ **CLIMB CAUTIOUSLY** Always climb using a three-point grip; either two hands and one foot or one hand and two feet should be on the ladder at all times. Have a person on the ground spotting you and holding the ladder firmly in place.

For more information, see EZ Facts document #132, ANSI/OSHA Ladder Requirements at <http://www.labsafety.com/refinfo/ezfacts/ezf132.htm>

ATTN: Computer Gurus and Members



Kevin Greene and Chris Cote are heading up a web development committee for DSA. We recognize that we have only begun to tap the potential of our website so this committee will work to keep DSA on the cutting edge of computer and web technology to benefit our membership. Contact Kevin Green at (302) 677-3812 for more information or to become a member of this committee.

Coming Next Month—Extreme Safety

It's cool to be "extreme." Next month we will look at a construction project where management and workers are devoted to "extreme" safety. It's about a project that fosters a culture of safety.

DSA is looking for examples of "extreme" safety on the Delmarva Peninsula. Please contact Ron Jester at rcjester@udel.edu to show your ideas and examples.

DSA Offering New Safety Award Program

The executive Board decided to expand its safety award program to include the smaller businesses or agencies. In prior years, you had to achieve one million accident-free hours. Now the award is broken down for businesses with less than 100 employees. If you would like to know more about the program, contact the DSA office for an application and guidelines. The deadline for submission is February 1st.

DATES TO REMEMBER

February American Heart Month (schedule your CPR Training)

March Poison Prevention Month (contact your local poison control center for educational information to distribute to employees)

Mar 2-3, 2004
27th Annual DSA Seminar & Exposition
Mark Your Calendar & be part of this great event!
Visit the DSA website at www.delmarvasafety.org
(Program brochure will be mailed in mid-January)

Upcoming Safety & Health Training

- *Delaware Safety Council—*
www.delawaresafetycouncil.org
- *Safety Council of Maryland—*
www.safemd.org
- *Delmarva Chapter, ASSE—*
gronk21613@hotmail.com
- *Md Fire & Rescue Institute—*
www.mfri.org