



Falls are Dangerous to Everyone by Dave Boutin

We already know falls are dangerous to construction workers. Out of 971 construction deaths, 366 construction workers died from falls in 2017 (the most recent year data is available.) Unfortunately, fall hazards don't care what type of work you do. Fall hazards are also the leading cause of death (17%) for General Industry employment (887 of approximately 5,147 fatalities) which means you can also die from fall hazards as a clerk, machinist, teacher, janitor, cook, nurse or courier. If you aren't careful, fall hazards will even creep into your home where they can get your family too.

Stairs, ladders and scaffolds provide all employees equal opportunity to fall, regardless of the employee's job description. To avoid fall hazards when working overhead, you must pick the right type of equipment, make sure it's in good condition, and use it properly. A package handler can fall off the loading dock, the janitor can fall off a ladder while changing a ceiling tile or a firefighter can fall off a roof. Remember - gravity works the same wherever you are. Don't "rescue" broken ladders, scaffolds or other items from the work dumpster to use at home or you will likely be the one needing rescuing!

Falls don't even have to be from heights either. Many people have been severely injured or killed just by falling on a shop floor or sidewalk, others by missing the last step on a set of stairs. It could be from a few spots of brake fluid at the garage, a puddle of metalworking fluids at the shop, a grape at the grocery store, a greasy french fry at a restaurant or a spot of blood on an ambulance floor. The list of potential hazards is practically endless.

Fortunately, we can make things better. We can prevent fall hazards! The most important safety measure is paying attention. It doesn't matter whether you are climbing, walking or doing any other type of moving activity, pay attention!

PHONES AND TEXTING: Phones are a distraction and may prevent you from seeing a hazard. Always put phones away while you walk, drive or operate equipment. If you need to text or call someone, find a place away from other activities and stop other work first. There are better ways to become famous on the internet!

CARRYING ITEMS: If you are carrying something, make sure you can see where you are going. Use a hand truck or a cart if you need to. If you are climbing a ladder, carry your tools in a tool belt or pocket to keep your hands free. Get someone to assist you when necessary.

REPAIRS: Damage happens. Stairs may break and carpets can lift at the edges and at the seams. Driveways get potholes and sidewalks can crack. Ladders get damaged and should be visually inspected before each use. If something on the ladder is broken or missing, report it so the ladder can be fixed or replaced.

CLEAN: Paper, plastic and other materials can hide holes and other tripping hazards. If a spill happens, clean it up. Sand, ice, mold, oils, soap, paper, plastic and many other items will prevent ladders and shoes from having good adhesion to walking and working surfaces. Loops of twine, banding straps and other packaging materials can trip you or prevent you from seeing holes and other hazards. If you cannot clean it, report it so someone who can.

PROPER TOOLS: Select the proper tool. Tools are not interchangeable for all jobs. Never use a chair to do a job that requires a ladder. Make sure you have the right shoes, and they need to be in good condition too!

Fall hazards can be prevented. Fall protection systems such as good shoes, railings, covers and personal fall arrest systems (PFAS) and many other options are readily available. Prevent yourself from being a victim. Pay attention, evaluate your choices and pick the safe way!

Heat Illness Prevention Water. Rest. Shade.

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. There are a range of heat illnesses and they can affect anyone, regardless of age or physical condition.

CONN-OSHA- CONSULTATION SERVICES

CONN-OSHA offers a variety of consulting services to both public and private employers in Connecticut. All of our consulting services are available at no charge and are tailored to fit individual employer needs. We provide consultations in the areas of safety, industrial hygiene, ergonomics, injury and illness prevention plans, and new business assistance. Each consultation visit is viewed by CONN-OSHA as an opportunity to help that employer incorporate the key elements of an effective workplace injury and illness prevention plan into the way the business is run over the long term. Additionally, **penalties and citations are not issued** as a result of the consulting process.

Consulting Services: Consulting services that are offered by the department include the following:

- Ergonomic Evaluations
- Evaluation of Occupational Injury and Illness Logs
- Health and Safety Training and Education
- Indoor Air Quality Surveys
- Job Hazard Analysis
- Noise Monitoring
- Non-Ionizing Radiation Monitoring
- OSHA Standard-Specific Program Development (hazard communication, lockout/tagout, confined space, respirators and more...)
- Personal Exposure Monitoring for Biological Contaminants
- Personal Exposure Monitoring for Chemical Contaminants
- Safety and Health Program Development

How To Request Consulting Services: Contact the Program Manager, John Rosa, at (860) 263-6925 or write to the Division of Occupational Safety and Health, Department of Labor, 38 Wolcott Hill Road, Wethersfield, CT 06109.

How The Consulting Process Works:

Step 1. Once a consultation request is received, it is assigned to either an occupational safety consultant or an occupational hygienist, who contacts you by telephone to determine a mutually convenient date/time for an on-site visit.

Step 2. On the day of the scheduled visit, the consulting process begins with an opening conference, during which time the consultant can answer any initial questions you have.

Step 3. After the opening conference, the consultant conducts a walk through of your facility to identify hazards and evaluate work practices. Occupational hygienists also conduct industrial hygiene monitoring (if requested) at this time.

Step 4. The site visit concludes with a closing conference to discuss findings and hazards found. Correction dates for serious hazards are then determined and agreed upon by you and the consultant.

Step 5. The consultant prepares a written report of identified workplace hazards, evaluated safety and health programs,

and in certain cases, interpretations of industrial hygiene sampling analyses.

Step 6. Once you receive a written report of the consulting visit, you must send the consultant **written confirmation regarding the correction of serious hazards**.

NOTE: Employers can request extensions for the abatement of serious hazards simply by writing/faxing such requests to the consultant.

CONN-OSHA consultants can guide you in:

- Preventing Occupational Injuries and Illnesses
- Reducing Workers Compensation Costs
- Identifying Existing/Potential Workplace Hazards
- Interpreting OSHA and CONN-OSHA Standards

Consulting Benefits: Consulting services are beneficial to Connecticut employers in the following ways:

- Promote a safe, healthful, and more productive work environment.
- Reduce workers' compensation costs.
- Improve management and labor relations.
- Save money and tax dollars.
- Prepare for OSHA and CONN-OSHA inspections.

The Distinction Between Consulting and Compliance

CONN-OSHA enforces state occupational safety and health standards only in municipalities and state agencies.

CONN-OSHA offers consulting services to state agencies and municipalities as well as to private businesses in Connecticut. There is no cost for consulting services.

There is no exchange of information between CONN-OSHA consultants and compliance officers. If consulting services are in progress, a compliance officer typically **will not** go to that site **unless** one of the following occurs:

- An employee makes a complaint.
- A death occurs at that site.
- Three or more individuals are hospitalized as a result of one particular incident.

Penalties and citations are not issued as a part of the consulting program.

On rare occasions, if the designated representative of your state agency/municipality will not comply with the corrective timetables agreed upon by both parties, the consultant may refer the case to the CONN-OSHA Director. The Director may refer the case to enforcement when all options are exhausted.

Connecticut Department of Labor - OSHA
38 Wolcott Hill Road
Wethersfield, CT 06109

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Some of OSHA's upcoming events

Trench Safety Initiative

Abating trenching hazards is the agency priority goal through September 30, 2019. OSHA will work with the National Utility Contractors Association (NUCA) to hold a Trench Safety Stand-down in June 17-22, 2019 and work

with the North American Excavation Shoring Association (NAXSA) and a number of other trade associations on a number of Trench Safety Summits across the country.



OSHA invites you to join us for Safe + Sound Week, August 12-18, 2019

Safe + Sound Week is a nationwide event to celebrate the successes of businesses that have implemented safety and health programs in the workplace. Throughout the year, businesses show their commitment to safety by focusing on management leadership, worker participation, and a systematic approach to finding and fixing hazards in workplaces. Each August we invite them to celebrate their safety successes and efforts to be #SafeAndSoundAtWork.

Who Participates? Organizations of any size or in any industry looking for an opportunity to celebrate their commitment to safety to workers, customers, the public, or

supply chain partners should participate.

How to Participate? Participating in Safe + Sound Week is easy. To get started, select the activities you would like to do at your workplace. You can host an event just for your workers or host a public event to engage your community. After you've completed your events, you can download a certificate and web badge to recognize your organization and your workers.

For more information
<https://www.osha.gov/safeandsoundweek/>



Keep Young Workers Safe This Summer

The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) is partnering with worker safety organizations on #MySafeSummerJob, a social media campaign to educate young workers about safety rights in the workplace, how to speak up about dangerous work conditions, and how to protect themselves on the job.

Each week, from April 15 through May 17, 2019, the campaign will focus on a different theme for empowering youth in their workplaces, including "You Have Rights;" "Every Job Has Hazards;" "Speak-Up; Injuries are Preventable;" and "You Can Get Help." Young workers will be asked to engage with the campaign by posting messages or images in response to questions about their work.

Working with OSHA on this campaign are Department's Wage and Hour Division (WHD), the National Institute for Occupational Safety and Health, CareerSafe, Center for Construction Research and Training, American Industrial

Hygiene Association, American Society of Safety Professionals, National Safety Council, and the Board of Certified Safety Professionals.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to help ensure these conditions for America's working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit www.osha.gov.

WHD enforces the child labor requirements of the Fair Labor Standards Act, protecting educational opportunities for minors, and ensuring that their employment does not come at the expense of their health or well-being. For more information, visit www.dol.gov/whd.

For more information about young workers, visit the [#MySafeSummerJob website](http://www.osha.gov/safeandsoundweek/).

For Connecticut specific information visit:
<http://www.ctdol.state.ct.us/wgwkstnd/employminors.htm>

Fatality & Casualty Reporting

State & Town: CONN-OSHA (860) 263-6946 (local) or 1-866-241-4060 (toll-free)
Private Employers: Report to Federal OSHA at 1-800-321-OSHA(6742)

Hazard Corner...

Eighteen-Year-Old Sporting Goods Retail Store Worker Dies in a Fall From a Shelving Unit

On February 18, 2001, an 18-year-old retail store worker (the victim) died as a result of severe head injuries he sustained in a fall off an H-frame shelving unit after falling approximately 12 feet from the top of a shelving unit. When the incident happened, the victim was in the process of retrieving a large, heavy box from the top shelf of the H-frame shelving unit. A witness reported that as the victim leaned over and grasped the box by its nylon shipping bands, one of the bands broke and the victim fell backwards off the H-frame to the concrete floor. A registered nurse (RN) who was shopping in the store witnessed the incident, and rendered cardiopulmonary resuscitation (CPR) to the victim. The store's manager called 911 and emergency rescue personnel and police arrived within minutes. The victim was life-flighted to a nearby trauma center where he died later that day from his injuries. The victim had worked at the store for over a year during evenings and weekends.

Safety and health training for employees was provided by the corporate office and coordinated by their District Loss Prevention Manager. The store provides training and certification in the proper operation and use of fall protection, operation of the electrically powered high-lift

order picker, (referred to as the beeper), and materials handling. Employee certification is denoted by different colored name badges. It was a corporate policy that no one under the age of 18 be allowed to operate or be raised in the air by the beeper. This was the sporting goods retailer's first workplace fatality.

NIOSH investigators concluded that, to prevent similar incidents, employers should:

- ensure that only properly trained personnel operate hydraulic lifting equipment.
- ensure that all workers utilize fall protection when working on top of the H-frame shelving units.
- implement a spot inspection program to ensure that all employees are complying with safety requirements, and develop and enforce consequences for noncompliance.
- evaluate their store's storage requirements, and their materials handling procedures.

Taken from the NIOSH In-house FACE Report 2001-06

CONN-OSHA~ Training Update...

Confined Space Safety *July 25, 2019 from 10:00 a.m. to noon* This workshop discusses the basic requirements and procedures involved with permit-required confined spaces as detailed in 29 CFR 1910.146 and 1926 Subpart AA

Control of Hazardous Energy (Lockout/Tagout) *August 22, 2019 from 10:00 a.m. to noon* This 2-hour session will discuss comprehensive energy control protocols designed to protect workers performing servicing and other tasks while achieving maintenance, quality control and production goals.

OSHA Recordkeeping *September 19, 2019 from 9:00 a.m. to noon* This interactive session will make you knowledgeable of the rules and ensure confidence that you have properly recorded and reported occupational injuries and illnesses, including how to fill out the OSHA 300 Log of Work-Related Injuries and Illnesses accurately and correctly

Breakfast Roundtable This discussion group meets the third Tuesday of every month from 8:15 am to 9:45 am. Pre-registration is required. Visit our web page for more information: <http://www.ctdol.state.ct.us/osha/Breakfast/index.htm> To be placed on the e-mail distribution list, contact John Able at John.able@ct.gov

Classes are free and are held at 200 Folly Brook Boulevard, Wethersfield, CT in Conference Room A/B (unless otherwise noted). To register, contact Catherine Zinsser at catherine.zinsser@ct.gov Pre-registration is required. A Photo I.D. is also required to allow entry into a public building. For more training information, visit the CONN-OSHA web site www.ConnOsha.com