

Upcoming Events

- March 18-20 Southwest Safety Congress & Expo
- April 24-25 ASSE Safety Summit—Mesa, AZ
- May 6 Supervisor Training for Substance Abuse Recognition—(DOT certification class)
- July 23-24 ADOSH Regional Safety Summit Flagstaff, AZ Sinagua Middle School



Mohave Rattlesnake www.azgfd.gov

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Worker Readiness Assessment—Fit For Duty?

Most discussion of “work readiness” is connected to the return-to-work paradigm where we assess a previously injured or ill worker for their ability to perform to work tasks. Perhaps it is time for a discussion on assessing work readiness for all workers, especially for those in high risk jobs.

For years we have stressed the need to perform hazard assessments for workplace environments including machinery, tools, equipment and processes. Even when we assess the work environment and find all is in order, accidents can occur due to failure to recognize and control unsafe employees who perform hazardous tasks.

From a risk management stand, assessment is most effective before endangerment (which by definition is that interaction between a person and a hazard) occurs.

Employees come to work with their own human experiences. Some may have physical or mental conditions that, if known, would prohibit them, even if temporarily, from working at a hazardous task. An unprepared Supervisor could wrongly assume that a worker has reported for duty in adequate health and fitness and proceed to issue work assignments without determining the most crucial component of safety—the worker’s fitness for that hazardous duty.

How can a Supervisor assess worker fitness for duty? What tools are available for this type of assessment? Supervisors may feel ill-equipped make this type of assessment until they have received specific training*, but much of the assessment can be performed during simple human interaction and a knowledge of the conditions that can cause a worker to be distracted or unprepared, mentally or physically, to the extent that accidents result.

It’s not as if we don’t know the conditions that can distract us or make us a hazard to our own and other’s safety: Sleep deprivation; drug or alcohol use/abuse; other addictions (i.e., gaming, gambling, smoking, texting); acute and chronic illness; serious relationship problems; financial concerns; loss of a family member; divorce and custody disputes; worker/worker clashes and worker/supervisor contention; mental or physical conditions that compromise reasoning skills; all are widely recognized risk factors that can be readily identified by most employees.

With motor vehicle accidents being the leading cause for death while working, it would be helpful to have a device that could measure

the readiness of the driver, much the same as “BrethalEyes” the iPhone app that measures abnormal eye movement to determine if a person is too drunk to drive. If only it were that easy!

Supervisors are essential for assessing worker readiness. Management can support assessments by providing enough time for a supervisor to observe workers both before and after they enter the work environment. Supervisors should be aware of signs that would indicate any abnormal behavior - physical or mental. Policies and enforcement limiting or prohibiting the use of distraction causing devices during work hours may also need to be considered.

Employee training on topics that address not just the hazards but their readiness to interface with hazardous conditions would be beneficial for employee self-assessment. Wellness Programs should include lifestyle changes that help qualify the worker for the tasks that are to be performed.

All that said, still nothing beats the eye-to-assessment and performance observation of an engaged, conscientious Supervisor. JM



Save the Date for Safety Upcoming Safety Events and one special deal!

ARIZONA  CHAPTER

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Southwest Safety Congress & Expo

Safety is for Everyone: A Pathway to Success

Conference:
March 18-20, 2014

Expo: March 18 & 19, 2014
Mesa Arizona

Mention this ad
and get in free!
Call now!
602-222-3369



The Southwest Safety Congress & Expo is the largest annual "must attend" event in the southwest for safety, health and environmental professionals. It is designed to build awareness of the tools available to you and your organization as you continue down the path to safety excellence. You will have the opportunity to select from over 60 professional and technical sessions, as well as viewing some of the newest technology in environmental, health and safety products, exhibited by over 60 vendors and manufacturers. Don't miss the special deal in the starburst!

Mesa Convention Center

201 N. Center Street • Mesa, AZ 85201 -

See more at: <https://www.southwestsafetycongress.org/>

2014 ARIZONA HEALTH AND SAFETY SUMMIT

APRIL 24 & 25, 2014
ARIZONA GOLF RESORT
MESA, ARIZONA

Presented by the Arizona and Southern Arizona Chapters of the ASSE in partnership with ADOSH

Panning For Gold Safety Nuggets

Come join us at the Arizona Golf Resort - 425 S. Power Rd - Mesa, Arizona and strike it rich panning for gold safety nuggets

Topics Include:

- The Bermuda Triangle—FMEA, ADA and Workers Compensation—Doris Blomel
- Medical Marijuana—Gbu Keler
- Finding Gold in your EMOD—Larry Cooper
- DOT: New regulations for Medical Exams (impacts all CDL Drivers) —Mary Ellen Quinn
- Multi—Employer Understanding Who's On Base—June F. Williams
- OSHA Regulations: Iron Ore or Gold—Which are you mining?—Jesse Amico
- Dispelling Myths about Human Error—Richard Pollock
- Women in Safety: Hidden Gems—SISE Panel
- Safety Managers Must be Bilingual (How to Engage Senior Management) —Larry Curtis
- ASSE/CSP review — three "one hour and fifteen minute" sessions
- Overview — Math — Industrial Hygiene

Two outstanding Keynote speakers:

10 Feet tall and Bullet Proof —Jack Jackson, President Zion Safety Consulting

What's More Important the Goal or the Journey? —Mark Norton, Norton Safety Consulting



0.5 CEUs Available*

Early Bird Special \$99

End April 16

ASSE AZ Chapter Foundation Golf Tournament April 25th

Don't forget to attend the golf tournament the following day.

All proceeds go to support Academic Scholarships for Students in Safety Programs.

*pending approval

Visit the website www.azoshe.com for registration and details—if you have any questions please call Wayne Carroll 480-331-7630



Teaching employers how to build a culture of safety

Tucson | May 15, 2014
Loews Ventana Canyon Resort

Phoenix | May 21, 2014
Desert Willow Conference Center

<https://www.scfaz.com>

ADOSH FLAGSTAFF REGIONAL SAFETY SUMMIT

JULY 23-24, 2014

You'll want to be there!



Protection of life, health, safety and welfare of Arizona's most valuable assets.





A Thousand Words...



In-Box

Q: My employee was injured when she tripped on uneven asphalt and fell in the parking lot on her way into work. Since she had not actually clocked in, do I have to record the injury on my OSHA 300 Log?

A. There are a couple of issues here.

First: For purposes of OSHA record-keeping injuries and illnesses occurring in the work environment are considered work-related. Punching in and out with a time clock (or signing in and out) does not affect the outcome for determining work-relatedness. If the employee experienced a work-related injury or illness, and it meets one or more of the general recording criteria under section 1904.7, it must be entered on the employer's 300 log.



Second: Company parking lots are part of the employer's premises and therefore part of the establishment. These areas are under the control of the employer, i.e. those parking areas where the employer can limit access (such as parking lots limited to the employer's employees and visitors). On the other hand, a parking area where the employer does not have control (such as a parking lot outside of a building shared by different employers, or a public parking area like those found at a mall or beneath a multi-employer office building) would not be considered part of the employer's establishment (except for the owner of the building or mall), and therefore not a company parking lot for purposes of OSHA recordkeeping.

Employers are responsible for employee safety in company parking lots. Maintenance of the surface i.e., potholes, cracks, uneven surfaces, lighting, weather related walking working surface hazards, signage and clearly marked parking areas are

common sense requirements. Additionally employees should be educated on the potential hazards in parking areas and how to avoid hazardous situations and be proactive for their own safety. Have a discussion about some simple precautions can help employees avoid parking lot hazards:

Causes of Parking Lot Accidents

- Drivers entering a parking lot keep an eye on a vacant spot and often neglect to watch for other drivers and pedestrians who are on the move.
- Many drivers pull 'head in' to a parking spot after which they must back out. While backing out, blind zones created by vehicles parked alongside the spot obstruct the driver's vision.
- Traffic laws aren't enforceable in parking lots, which can create reckless driving and confusion. Parking lots are congested, accommodating a high amount of vehicular traffic and pedestrians. Use marked crosswalks.

- Places with low or dim lighting in parking lots are likelier sites for criminal activity, and the low visibility can also result in slips, trips and falls.

Tips For Staying Safe in a Parking Lot

- 25 percent of all parking lot accidents are caused by vehicles backing up. It is advisable that you watch out for other drivers and pedestrians while doing so.
- Comply with the signs posted like stop signs or speed limit signs.
- Turn on headlights (during daytime too) to reduce the risk of crashing.
- Try to park farther away from the entrance, where traffic is less congested.
- Buckle up. Accidents can happen anytime.
- Park in areas that are well-lit. Parking lot rules also apply to pedestrians. Refrain from walking in the middle of the lane, do not text while walking.

Pssst...hey, ya need a Safety Poster?

by Paul Meier CESCO, ADOSH Consultant



Wanna buy a watch? Look, I got's gen-OO-ine Rolex's for cheap...NO? How 'bout a poster? I got them cheap too! Hey! You can TRUST me!!

You answer the office phone and hear something like this: "I'm from a (*vaguely named*) compliance company. I see here that you do not have your updated required employment posters and to avoid fines and penalties, we can take care of that right away."

Or in your company mail is an officious looking "FINAL NOTICE" that states you have been found to be out of compliance and so must buy this poster right away to avoid further action. Some of these "notices" imply that somehow you were audited and found to be lacking. I saw one such letter accompanied by a bill of \$178.00; granted this was an extreme case and many companies sell the posters for less.

As a Safety Consultant who assists companies with safety-related questions daily, I hear about these sales techniques at least monthly. This is a scam and has unfortunately been fairly successful, given that the perpetrators haven't stopped. Some companies I've spoken to have admitted they have been paying these fees for years and only just recently began questioning it, so they called ADOSH to get an answer.

Some of the best sites we have found for posters are the following:
<http://mesaaz.gov/jobs/PDF/AZMANDATORYSIGNS.pdf> (see chart next page)
http://www.hr.az.gov/PolicyLegislativeAffairs/PLS_Required_Posters.asp

The Arizona Minimum Wage Poster is available at the ICA website
http://www.ica.state.az.us/HomePage/HOME_Poster_Rules.aspx.

You will also see notes there about the size of the poster, and posting requirements
 Additional federal posters that may be required by your business can be found at:
<http://www.dol.gov/oasam/boc/osdbu/sbrefa/poster/matrix.htm>

Having employee notices posted is NOT the scam – every place of business **must** have certain notices. The scam is the implication that you must spend upwards of a hundred dollars or more to stay in compliance and that the posters must be laminated. Another part to the scam is that OSHA/ADOSH must issue a fine and citation to a business failing to post them. In fact, if you were inspected by a Compliance officer, it is likely that he/she would offer you a copy of the "Employee Safety and Health Protection" notice. We carry these with us and hand them out whenever someone requests one. Please keep in mind that if we haven't been to your location, it is highly unlikely that you would receive a letter from us saying you're being cited for something! The Required Posting rule is only occasionally cited primarily because we have so many ways to help you quickly comply. The idea here is that ADOSH is more concerned that you have access to what you need for your employees.

Let me attempt to set the record straight, and maybe save you some aggravation and money. All required posters are available from the government agency enforcing the posting, but there are websites that have many of the required posters, free for the download.

If you like the laminated "All-in-One" posters or other types or topics, then buy one, certainly, but do your shopping homework. I found them for less than \$20.00 from many vendors with a simple Google search. I have used them in places where I managed the safety program – I think they look nice and have a professional touch to them. But I got them at a discount as part of other services, and with a free update service – and I called them, they didn't call me, and it was usually just one for the main office; I downloaded the freebies for other offices and buildings. Just be smart about it. Like any bill you get; if you didn't solicit their business it is unlikely you owe them. (Artwork on this page by Paul Meier 2014)



Speaking of Postings...Don't forget that your 2013 OSHA 300A Summary of Injury and Illnesses must be posted in employee access areas through the end of April. Then retain the 300 and 300A and 101s (Report of Injury) for five years -until 2019.



TRAINER'S CORNER

by Jenny Mandeville

On the first page I introduced the idea of assessing employees for work readiness and boldly stated that the Supervisors of such employees should facilitate that assessment. Ideally, we would want the employee to self-assess readiness but until they are trained to do so, we rely on the judgment of the Supervisor who is trained.

ADOSH is launching two classes for **Supervisor Readiness Recognition Training** that will help Supervisors recognize substance abuse and sleep deprivation in employees they supervise.

Supervisor's Substance Abuse Recognition: This is an opportunity to equip your workplace with a the knowledge and resources needed to implement and uphold your drug free workplace policy. There are many benefits to supervisor training; it will not only serve as a deterrent to possible drug use in the workplace, but also enhances safety and ensures regulatory compliance.

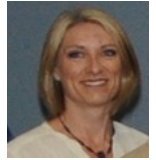
This training will give supervisors the knowledge to recognize signs and symptoms of substance abuse and make reasonable suspicion determinations; saving the company time and money. Supervisor positions allow the individuals the opportunity to work closest to the workforce, naturally lending itself to keen observation of the workplace. Therefore, supervisors are a company's best chance of catching and rectifying problems quickly and effectively.

Companies' with drivers mandated to be in a federal drug and alcohol testing program are required to take this training:

§ 382.603 Training for supervisors.
Each employer shall ensure that all persons designated to supervise drivers receive at least 60 minutes of training on alcohol misuse and receive at least an additional 60 minutes of training on controlled substances use. The training will be used by the supervisors to determine whether reasonable suspicion exists to require a driver to undergo testing under §382.307. The training shall

include the physical, behavioral, speech, and performance indicators of probable alcohol misuse and use of controlled substances.

This class will be given by D&A Expert's Gina Kelser, who is qualified to certify the training.



Supervisor's Sleep Deprivation Recognition: Signs and symptoms of sleep deprivation, risk assessment and lifestyle choices are discussed and a quick survey for employees will be introduced as a tool to determine underlying sleep concerns. Fatigue is a factor in many workplace accidents, especially the number one killer, motor vehicle accidents.

A CD with training resources will be included so Supervisors can train their own workers. We will develop more classes for work readiness assessment in the future.

See you in Class! Jenny

Arizona Labor Law Posters <http://mesaaz.gov/jobs/PDF/AZMANDATORYSIGNS.pdf>

Name of Poster	Poster Code	Posting Requirements	Agency Responsible
Unemployment Compensation	LAZ01	All employers	AZ Dept of Economic Security
Workers' Compensation Insurance (bi-lingual)	LAZ02	All employers	Industrial Commission of Arizona
Employee Safety & Health Protection *	LAZ03	All employers	Industrial Commission of Arizona
Prohibition of Discrimination (bi-lingual)	LAZ04	All employers	AZ Attorney General, Civil Rights Division
Work Exposure to Bodily Fluids	LAZ05	All employers	Industrial Commission of Arizona
Constructive Discharge	LAZ08	All employers	AZ Revised Statutes, 23-1502
Minimum Wage	LAZ10	All employers	Industrial Commission of Arizona
No Smoking**	LAZ12	All employers except those exempted by law (To be posted at all building entrances)	AZ Dept of Health Services
E-Verify	LAZ15	All employers	Dept of Homeland Security
E-Verify (Spanish)	LAZ17	All employers	Dept of Homeland Security
Right to Work	LAZ16	All employers	US Dept of Justice
Right to Work (Spanish)	LAZ18	All employers	US Dept of Justice
Work Exposure to MRSA, Spinal Meningitis, or TB**	LAZ19	Required for all employers whose employees may receive significant exposure to MRSA, spinal meningitis or TB, in their regular course of employment. Examples of possible employees who would meet this qualification are, but not limited to: firefighters, law enforcement officers, corrections officers	Industrial Commission of Arizona
Fair Housing	LA220	Recommended for employers engaged in the sale or rental of real property	Attorney General's Office



ADOSH Education and Training Calendar Apr-Jun 2014

Registration for each class begins 30 days prior to the date of the class. Most classes are free of charge but are subject to change or cancellation with out notice. Some classes or seminars listed are not exclusively sponsored by ADOSH and may carry a nominal fee to cover the costs of course materials, space or equipment rental, etc. **NOTE: The phone number or web address listed for each class is the number that participants need to call for class questions and are not direct numbers to the ADOSH trainer. Please register on-line at www.ezregister.com/promoters/1607 Registration Problems? Call 602-542-1769**

April 2014 On-line Registration Required (New classes in red)

4/2/2014	9:00 - 12:00	Introduction to OSHA	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
4/3/2014	9:00 - 10:30	OSHA Requirements for Temporary Workers	WEBINAR ONLY	Tucson	Ornelas	520-628-5478	ADOSH
4/4/2014	9:00 - 12:00	Heat Stress and Haboob Safety	800 W Washington St	Phoenix	Mandeville	602-542-1769	R Montanez
4/7/2014	9:00 - 10:30	Electrical Safety Awareness	WEBINAR ONLY	Tucson	Ornelas	520-628-5478	ADOSH
4/9/2014	9:00-12:00	OSHA 300 Recordkeeping	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
4/10/2014	9:00 -12:00	Office Safety	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
4/11/2014	8:00 - 12:00	Forklift Train-the-Trainer	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
4/14/2014	9:00 - 12:00	Scaffold / Aerial Lift Safety Awareness	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
4/16/2014	9:00 - 12:00	All About OSHA: Inspection Process	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
4/16/2014	8:00 - 12:00	Forklift Train-the-Trainer	3030 N. 3rd St.	Phoenix	Mandeville	602-542-1769	R Montanez
4/16/2014	9:00 - 12:00	Safe Driving Techniques	800 W Washington St	Phoenix	Meier	602-542-1769	R Montanez
4/17/2014	9:00 - 12:00	Noise and Hearing Conservation	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
4/18/2014	9:00 - 12:00	Preventing Violence in the Workplace	800 W Washington St.	Phoenix	Mandeville	602-542-1769	R Montanez

May 2014 On-line Registration Required (New classes in red)

5/1/2014	9:00 - 12:00	Respiratory Protection Programs	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
5/2/2014	9:00 -10:30	Fall Protection	WEBINAR ONLY	Tucson	Coleman	520-628-5478	ADOSH
5/6/2014	9:00 -12:00	Supervisor Track: Substance Abuse Recognition	800 W Washington St	Phoenix	Kesler	602-542-1769	R Montanez
5/7/2014	9:00 - 12:00	Bloodborne Pathogens / OPIM	3030 N 3rd St	Phoenix	Mandeville	602-542-1769	R Montanez
5/9/2014	9:00 - 12:00	Heat Stress and Haboob Safety	800 W Washington St	Phoenix	Mandeville	602-542-1769	R Montanez
5/12/2014	9:00 - 12:00	Bloodborne Pathogens	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
5/13/2014	9:00 - 12:00	Scaffold / Aerial Lift Safety Awareness	800 W Washington St	Phoenix	Meier	602-542-1769	R Montanez
5/13/2014	9:00 - 12:00	Lockout/Tagout	Nogales WW Treatment Plant	Nogales	Ornelas	520-866-7923	D Arizmendi
5/14/2014	9:00 - 12:00	Scaffold / Aerial Lift Safety Awareness	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
5/14/2014	10:00-12:00	Partnering with ADOSH (SHARP, VPP, RRAP)	WEBINAR ONLY	Phoenix	Emami	602-542-1769	R Montanez
5/15/2014	9:00 - 12:00	Excavation Safety Awareness	800 West Washington St	Phoenix	Meier	602-542-1769	R Montanez
5/15/2014	9:00 - 12:00	General Industry Hazard Awareness	500 S Central Bldg D	Florence	Ornelas	520-628-5478	ADOSH
5/16/2014	9:00 - 12:00	Electrical Safety Awareness	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
5/19/2014	9:00 - 10:30	Hand and Power Tool Safety	WEBINAR ONLY	Tucson	Ornelas/Coleman	520-628-5478	ADOSH
5/20/2014	9:00-12:00	Residential Fall Protection	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
5/20/2014	9:00-12:00	General Industry Hazard Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
5/22/2014	9:00-10:30	Bloodborne Pathogens	WEBINAR ONLY	Tucson	Ornelas/Coleman	520-628-5478	ADOSH
5/27/2014	9:00 - 12:00	Excavation Safety Awareness	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
5/27/2014	9:00 - 12:00	Forklift Train-the-Trainer	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
5/28/2014	9:00 - 10:30	Personal Protective Equipment	WEBINAR ONLY	Tucson	Orenlas/Coleman	520-628-5478	ADOSH
5/29/2014	9:00 - 12:00	Welding and Compressed Gas Safety	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
5/29/2014	9:00 - 12:00	Heat Stress Prevention	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH



June 2014 On-line Registration Required

6/2/2014	9:00 - 10:30	Ladder Safety Awareness	WEBINAR ONLY	Tucson	Ornelas/Coleman	520-628-5478	ADOSH
6/3/2014	9:00 - 12:00	All About OSHA	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
6/3/2014	9:00 - 12:00	Heat Stress Prevention	Call for location	Sierra Vista	Ornelas	520-628-5478	ADOSH
6/6/2014	9:00 - 12:00	Heat Stress and Haboob Safety	800 W Washington St	Phoenix	Mandeville	602-542-1769	R Montanez
6/6/2014	9:00 - 12:00	OSHA 300 Recordkeeping	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
6/10/2014	9:00 - 10:30	Fire Prevention Planning	WEBINAR ONLY	Phoenix	Meier	602-542-1769	R Montanez
6/10/2014	9:00 - 12:00	Forklift Safety Awareness	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
6/11/2014	9:00 - 12:00	Heat Stress Prevention	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
6/12/2014	9:00 - 12:00	Machine Guarding	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
6/13/2014	9:00 - 12:00	Emergency Action Planning	800 W Washington St	Phoenix	Meier	602-542-1769	R Montanez
6/13/2014	9:00-10:30	Concrete and Masonry Construction Safety	WEBINAR ONLY	Tucson	Coleman	520-628-5478	ADOSH
6/18/2014	9:00 - 12:00	Heat Stress Prevention	2951 S 21st Dr (Main Library)	Yuma	Ornelas	928-373-1138	D.Robinson
6/19/2014	9:00 - 12:00	Safety 24/7: Bringing Safety Home	800 W Washington St	Phoenix	Meier	602-542-1769	R Montanez
6/19/2014	9:00 -10:30	Scaffold / Aerial Lift Safety Awareness	WEBINAR ONLY	Tucson	Ornelas/Coleman	520-628-5478	ADOSH
6/19/2014	10:00 - 11:30	OSHA in the Medical Office	WEBINAR ONLY	Phoenix	Mandeville	602-542-1769	R Montanez
6/24/2014	9:00 - 12:00	Accident Investigation	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
6/24/2014	9:00 - 12:00	Scaffold / Aerial Lift Safety Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
6/25/2014	9:00 - 12:00	Confined Spaces - Safety Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
6/26/2014	9:00 - 12:00	Lockout/Tagout	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
6/26/2014	9:00 - 12:00	Supervisor Track: Sleep Deprivation Recognition	800 W Washington St	Phoenix	Mandeville	602-542-1769	R Montanez

WEBINAR TRAINING FOR TEMPORARY WORKERS

10 webinars have been included this quarter to help provide training for the temporary workforce.

- 4/3/2014 9:00 -10:30 **OSHA Requirements for Temporary Workers**
- 4/7/2014 9:00-12:00 Electrical Safety Awareness
- 5/2/2014 9:00 -10:30 Fall Protection
- 5/19/2014 9:00 -10:30 Hand and Power Tool Safety
- 5/22/2014 9:00 -10:30 Bloodborne Pathogens
- 5/28/2014 9:00 -10:30 Personal Protective Equipment
- 6/2/2014 9:00 -10:30 Ladder Safety Awareness
- 6/10/2014 9:00 - 12:00 Fire Prevention Planning
- 6/13/2014 9:00-10:30 Concrete and Masonry Construction Safety
- 6/19/2014 9:00 -10:30 Scaffold / Aerial Lift Safety Awareness

SUPERVISOR TRACK

2 GREAT TRAININGS FOR SUPERVISORS TO HELP ASSESS FOR WORK READINESS
MAY 6th 9:00 AM -12:00 PM

SUBSTANCE ABUSE RECOGNITION

This training will give supervisors the knowledge to recognize signs and symptoms of substance abuse and make reasonable suspicion determinations; saving the company time and money. **MEETS DOT CERTIFICATION REQUIREMENTS**

AND

JUNE 26th 9:00 am 12:00 PM

SLEEP DEPRIVATION RECOGNITION

This training will give supervisors the knowledge to recognize signs and symptoms of sleep deprivation in workers; training to help prevent fatigue, a causal factor in many workplace accidents, injuries, and deaths.



Register online at www.ezregister.com/promoters/1607

NOTES: EZRegister Instructions: Just type in www.ezregister.com/promoters/1607 in your URL address bar and enter. All of ADOSH's classes will be listed and you can click on the class you want to attend. Fill in the form and save it to your calendar! Simple and time-saving. If there are any changes we will let you know. Webinars are scheduled and when you sign up for the class, a return email will include materials for the class and log-on information. Please register early for training classes and leave contact information. Some classrooms may be limited in size and will require us to limit enrollment. If there are not enough enrolled for the class (10 or more) or if there is an unexpected emergency or illness, the class may be cancelled. While ADOSH tries to contact each student in the event of a cancellation, we encourage you to call the day before the class to confirm that the class will still be held as scheduled. **Call the number listed on the roster.**

Finally, please be courteous during cold and flu seasons and do not attend the class if you are suffering symptoms of illness. Viruses are highly contagious and we want to keep all students and instructors healthy during all times of the year. *See you in class!*



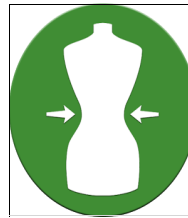
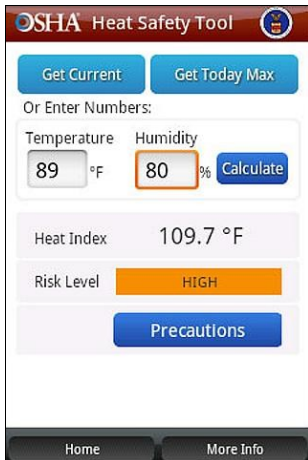
Safety Apps for Androids

ADOSH assumes no responsibility and does not verify the accuracy of these applications. Read reviews of the apps before you download to determine if the app is safe for your device.

OSHA HEAT SAFETY TOOL



Allows workers and supervisors to calculate the heat index for their worksite, and, based on the heat index, displays a risk level to outdoor workers. Then, with a simple tap, you can get reminders about the protective measures that should be taken at that risk level to protect workers from heat-related illness



BMI Calculator

With this free app you can calculate your BMI (Body Mass Index), Waist-to-Height Ratio and Body Fat Percentage to find your ideal weight based on age and gender. It can be used to find your healthy weight if you want to lose weight or are on diet.

- For everyone 7 years and older
- Metric and imperial systems are supported
- Optional saving of last entered values

• Body Mass Index: is defined as the body weight divided by the square of the height. It provides a rough guide since it doesn't take into account a persons build or the composition of the body weight.

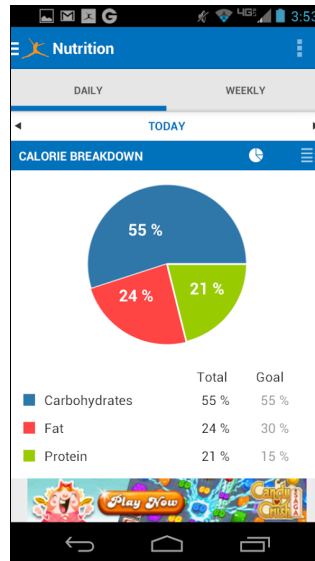
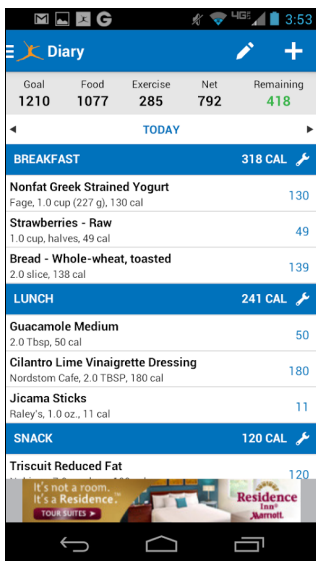
• Waist-to-Height Ratio: is defined as the waist circumference divided by the height. It measures abdominal obesity and therefore can be used as an better indicator of health risks than Body Mass Index.

• Body Fat Percentage: is defined as the weight of fat divided by the total weight. It is estimated with the 'US Navy Circumference Method' which uses the height and circumferences of waist, neck



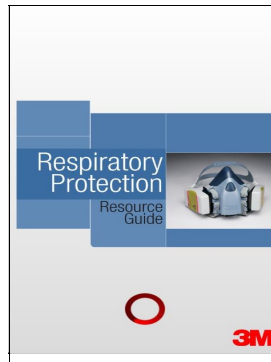
CALORIE COUNTER My Fitness Pal, Inc

With the largest food database of any Android calorie counter (over 3,000,000 foods), and amazingly fast food and exercise entry, we'll help you take those extra pounds off!

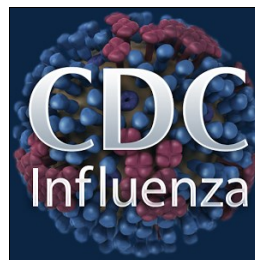
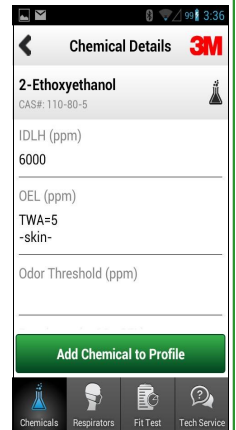


3M Respiratory

Protection Resource



This handy app is intended for use as a quick reference guide for identifying types of workplace respiratory protection that may be appropriate for use when handling certain types of chemicals.



View updated information on national flu activity

- Find influenza vaccination recommendations endorsed by CDC and the Advisory Committee on Immunization Practices (ACIP)

- Obtain information on diagnosis and treatment of influenza, including antiviral treatment recommendations by CDC and the ACIP

- Obtain information on laboratory testing for influenza
- Find CDC recommendations on influenza infection control
- View videos of CDC subject matter experts discussing influenza topics
- Order official CDC designed print products for posting in the workplace or distributing to patients.



2012 Emergency Response Guidebook provides first responders with a go-to resource to help deal with hazmat accidents during the critical first 30 minutes. The ERG contains an indexed list of dangerous goods and the associated ID number, the general hazards they pose and recommended safety precautions. PHMSA has partnered with the

National Library of Medicine to provide this free application as well as a version of the ERG in its Wireless Information System for Emergency Responders (WISER) application.



Machine Guarding Refresher



By Steve Weberman
ADOSH IH Consultant

Crushed hands and arms, severed fingers, blindness -- the list of possible machinery-related injuries is as long as it is horrifying. There seem to be as many hazards created by moving machine parts as there are types of machines. Safeguards are essential for protecting workers from needless and preventable injuries.

A good rule to remember is: Any machine part, function, or process which many cause injury must be safeguarded. When the operation of a machine or accidental contact with it can injure the operator or others in the vicinity, the hazards must be either controlled or eliminated.

Where Mechanical Hazards Occur

Dangerous moving parts in three basic areas require safeguarding:

components include flywheels, pulleys, belts, connecting rods, couplings, cams, spindles, chains, cranks, and gears.

Other moving parts: all parts of the machine which move while the machine is working. These can include

The basic types of hazardous mechanical motions and actions are:

Motions rotating (including in-running nip points,) reciprocating, and transversing.

Actions: cutting, punching, shearing, and bending.

reciprocating, rotating, and transverse moving parts, as well as feed mechanisms and auxiliary parts of the machine.

Requirements for Safeguards

Prevent contact: The safeguard must prevent hands, arms, and any other part of a worker's body from making contact with dangerous moving parts. A good safeguarding system eliminates the possibility of the operator or another worker placing parts of their bodies near hazardous moving parts.

Secure: Workers should not be able to easily remove or tamper with the safeguard, because a safeguard that can easily be made ineffective is no safeguard at all. Guards and safety devices

should be made of durable material that will withstand the conditions of normal use. They must be firmly secured to the machine.

Protect from falling objects: The safeguard should ensure that no objects can fall into moving parts. A small tool which is dropped into a cycling machine could easily become a projectile that could strike and injure someone.

Create no new hazards: A safeguard defeats its own purpose if it creates a hazard of its own such as a shear point, a jagged edge, or an unfinished surface which can cause a laceration. The edges of guards, for instance, should be rolled or bolted in such a way that they eliminate sharp edges.

Create no interference: Any safeguard which impedes a worker from performing the job quickly and comfortably might soon be overridden or disregarded. Proper safeguarding can actually enhance efficiency since it can relieve the worker's apprehensions about injury.

Allow safe lubrication: If possible, one should be able to lubricate the machine without removing the safeguards. Locating oil reservoirs outside the guard, with a line leading to the lubrication point, will reduce the need for the operator or maintenance worker to enter the hazardous area.

Training

Even the most elaborate safeguarding system cannot offer effective protection unless the worker knows how to use it and why. Specific and detailed training is therefore a crucial part of any effort to provide safeguarding against machine-related hazards. Thorough operator training should involve instruction or hands-on training in the following:

1. a description and identification of the hazards associated with particular machines;
2. the safeguards themselves, how they provide protection, and the hazards for which they are in-

3. tended;
3. how to use the safeguards and why;
4. how and under what circumstances safeguards can be removed, and by whom (in most cases, repair or maintenance personnel only); and
5. what to do (e.g., contact the supervisor) if a safeguard is damaged, missing, or unable to provide adequate protection.

This kind of safety training is necessary for new operators and maintenance or setup personnel, when any new or altered safeguards are put in service, or when workers are assigned to a new machine or operation. SW



So many grinders...so little time. Every compliance officer knows that if a grinder is present in the workplace, there is probably a violation however; one grinder can generate many violations. Take the grinder above, for instance.

1. pedestal mounted grinder not secured to prevent movement during operation.
2. Missing tongue guards
3. Tool rests worn, could not be adjusted to within 1/8" of the stones
4. Stones used past replacement size
5. No ring test was performed before installing grinding stones
6. Toggle switch —no device used to prevent automatic start-up if power is shut off and restored.
7. Electrical info plate illegible
8. Grinder not inspected for maintenance and deficiencies.
9. Face shield used for protection was not kept in working condition.
10. We haven't even started on the electrical cords yet!

The really sad part is that a new bench grinder with all required guards is less than \$200.00. JM

! WARNING



The point of operation: that point where work is performed on the material, such as cutting, shaping, boring, or forming of stock.

Power transmission apparatus: all components of the mechanical system which transmit energy to the part of the machine performing the work. These

Workplace Fatalities Investigated by ADOSH October - December 2013

October 9, 2013: An HVAC Repairman was crushed between the ceiling and the top rail of a scissors lift.

November 26, 2013: An agricultural worker was run over by a produce trailer.

December 19, 2013: A Construction worker was crushed by a backhoe bucket.

December 23, 2013: An employee was crushed when a forklift overturned.

VPP and SHARP News



HILL BROTHERS CHEMICALS IN TUCSON EARNS ADOSH SHARP STATUS

Congratulations to Hill Brothers for their recently achieved SHARP status!

(back row, left to right)

Ron Hill, CEO (black shirt), Nate Waters (white shirt) Francisco (Adrian) Villegas (blue shirt), Shane T. Burkhart (brown shirt), Shannon James (black shirt)

(Front row, left to right)

Irving Pablo Jr. (blue shirt), Alvin Laster (brown shirt) Maricela Valenzuela (black shirt), Terry Milligan (tan shirt)

FOREST CANYON ENDOSCOPY AND SURGERY CENTER IN FLAGSTAFF QUALIFY FOR SHARP STATUS

This outpatient endoscopy and surgical center was presented with a SHARP Certification and is looking forward to qualifying for VPP Status in the near future! Congratulations!

CET Supervisor Babak Emami presents the staff with the framed certificate.

From left to right - Dr. Stephanie Hawthorne, President; Jenn Skersick, RN, Director of Nursing; April Zazueta, OSHA Officer; ADOSH's Babak Emami and Erik Flexman, Executive Director in front.

Forest Canyon demonstrate high regards to safety and health and employs a staff of twenty-seven.



Wondering if your company has what it takes to qualify for SHARP and then VPP Status? **On March 14, 2014** Consultation, Education and Training (CET) Supervisor Babak Emami will conduct a **Webinar** for all companies who want to know what they need to do to get ready for SHARP or VPP. So sign in and participate, as the lone Safety Officer or with your entire safety committee, and ask all the questions you have about the process. ADOSH is seeking to honor companies with exemplary safety programs. You don't have to be perfect, just working toward providing your employees with a safe workplace with management commitment and employee involvement, hazard recognition and control, and safety training.



ADOSH Out and About: ADOSH Flexibility and Yuma Ammonia Day

Consultation Supervisor Babak Emami shows his professional flexibility when delivering employee training while in very different conditions. Left: Slip, Trip and Fall/NEP Training at Southwest Behavioral Health Services Right: GHS training at the DVP Professional Builders LLC. Every employee, in every profession has a right to be trained about safety!



10th Annual Yuma Area Ammonia Safety Day

The 10th annual Yuma Area Ammonia Safety Day took place in late February where ADOSH representatives attended the event. The event saw over 240 attendees as well as many vendors in the HVAC business. This year was especially special as the Ammonia Safety & Training Institute released a collaborative safety DVD for employers and employees who work with in the industry where ammonia is present in the systems. The "Jose Mata Story" was featured on the DVD as he provided his story in a lessons learned from being engulfed in a dense gas cloud of ammonia. Mr. Mata was in the attendance and provided additional information on an event that transpired several years ago. The event was produced by many wonderful partners that included the local fire departments in the Yuma County area as well as businesses that feel the industry needed their own local training day for their employees. ADOSH's role was to help provide the employers and employees who attended the event with applicable standards in their industry including ammonia.



From left to right: Kent Thompson, City of Yuma Fire Captain and Don Tragethon, Executive Director at Refrigerating Engineers & Technicians Association and Chief Engineer at Western Precooling, ADOSH Assistant Director Jessie Atencio





ADOSH Training: Kingman Safety Summit (February 19-20, 2014)



The Kingman Summit was great! We had a wonderful group of attendees and loyal vendors who enjoyed getting to know each other.

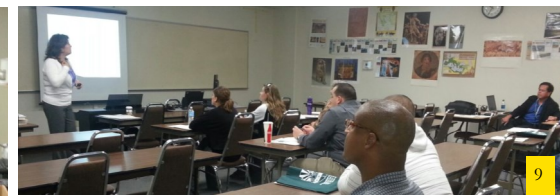
1. Rosemary Montanez mans the ADOSH Booth welcomes all attendees.
2. Meeting and Vendor Room. MCC's Lisa Card is distributing handouts for the Keynote Address by Dr. Martin Fekete Our Special thanks to MCC's Mark Retersdorf and Lisa Card.



Thank You Mohave Community College for your continued community service and for hosting a memorable event!



3. Richard Riedy, MD, Industrial Sleep Solutions
4. Happy attendee with Labelmaker from Fastenal.
5. Jessie Atencio launching the Summit.
6. A group of students with Jerry Warren for 3M Fit Tester Training.
7. Carson Sales Mike Maloney trains students about fall protection.
8. Jerry Warren demonstrating fit test procedures.
9. Instructor Angie Rolnik from Berry Plastics with her General Industry 10 Hour Class.



Arizona Division of Occupational Safety & Health



We're on the WEB!

<http://www.ica.state.az.us>

ADOSH ADVOCATE

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800 W Washington St, Ste 200
Phoenix, AZ 85007

2675 East Broadway Road
Tucson, AZ 85716

Bill Warren, Director

Phone: 602-542-5795 520-628-5478
Fax: 602-542-1614 520-322-8008
Toll Free: 855-268-5251

