

Health and Safety

RESOURCE

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Heat stress dangers are real

Identifying the risk is key p. 6

Use them, but don't lose them

– How to prevent amputations at work p.9

Going the Distance

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RESOURCE

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Federal Decisions and Oregon Tailoring

By Michael Wood

As federal OSHA head David Michaels approaches the presumed end of the longest serving tenure in the agency's history, it's not surprising that the agency has been rushing to resolve a number of issues. And when you add to that mix the unexpected decision by Congress last fall to increase federal OSHA penalties, we here in Oregon have been getting quite a few questions about exactly how we will respond to a variety of federal rules and other changes. So, first things first, when a federal rule change takes effect, that generally does not mean it has taken effect in Oregon (many stories in the media rely on national sources and frequently do not make that distinction). Strictly speaking, we do not enforce federal rules. We enforce state rules adopted under Oregon law (that does include federal rules that we have adopted by reference, just to add a touch more confusion to the mix).

What a new federal rule triggers is a requirement that we adopt a rule that is "at least as effective" as the federal rule, generally within six months. While "at least as effective" doesn't necessarily require our rule to be at least as stringent as the federal rule, we would need to be able to make a very convincing argument to explain why we adopted something "less than" a new federal requirement.

So, for example, our silica rule can vary from the federal rule (our current proposal does indeed include some variations, although they are generally not substantive) – but it's difficult to see a situation where we could adopt a less protective permissible exposure limit.



Oregon OSHA Administrator

On the other hand, the rule we developed on reporting amputations does a better job than the federal rule, we

believe, in requiring employers to report events that represent the greatest likely hazard by focusing on bone loss (and also including avulsions, which technically fall outside the federal rule). So, we believe we have a good argument that our rule is "at least as effective as" the federal rule, even though there are some minor "amputations" without bone loss that are required to be reported in federal states, but not in Oregon.

With rules related to recordkeeping, we have less flexibility – in those rare cases, we are actually required to adopt a substantively identical rule (although we still can exceed the requirements of the federal rule in certain respects).

And then there are requirements that really start outside of rulemaking. Federal OSHA expects us to have penalty authority at least equivalent to theirs, and they expect us to have an enforcement program that is at least as effective as theirs in encouraging employer compliance through effective deterrence (of which penalties are a part). Those are actually two distinct expectations, and the first one is a bit easier to define. So when federal OSHA implemented the congressional decision to increase the maximum penalties, that generated a requirement that we increase our maximum penalties in order to maintain our status as a



"What a new federal rule triggers is a requirement that we adopt a rule that is 'at least as effective' as the federal rule, generally within six months."

federally approved state plan, and we are going to be asking the Legislative Assembly to do so in 2017.

But the question of exactly how we use that penalty authority will remain a question that must be considered in light of our overall approach to enforcement – taking into account, for example, our much higher enforcement presence – just as it has in the past. And that approach is one that we will continue to lay out through rulemaking. We will be updating those rules after the law has been changed to give us the underlying penalty authority comparable to federal OSHA.

How those details work out in Oregon will be an issue that we will work out in Oregon, in discussions with Oregon employers and workers. And, no doubt, our approach will continue to differ from the federal approach in a number of significant respects.

And for the time being? In Oregon OSHA's jurisdiction, nothing has changed.

Don't miss out



Education: Upcoming August-September workshops —

Accident Investigation	Eugene	8/23/2016	8 a.m.
Fall Protection.	Wilsonville	8/10/2016	1 p.m.
	Bend	9/13/2016	1 p.m.
Hazard Communication – Aligned with GHS	Eugene	8/23/2016	1 p.m.
Lockout/Tagout and Machine Safeguarding	Wilsonville	8/10/2016	8 a.m.
	Medford	9/8/2016	1 p.m.
	Bend	9/13/2016	8 a.m.
Safety and the Supervisor	Milwaukie	9/15/2016	1 p.m.
Safety Meetings and Committees	Medford	9/8/2016	8 a.m.
	Milwaukie	9/15/2016	8 a.m.

For more information: osha.oregon.gov/edu/Pages/index.aspx
 To access the public education schedule for August-September 2016:
osha.oregon.gov/edu/Pages/workshops.aspx

Riverhouse on the Deschutes
Bend
September 20 & 21, 2016

Keynote:
Safe 4 the Right Reasons
by Dale Lesinski

Register now!

More information available at:
safetyseries.cvent.com/central16



26th Annual Southern Oregon Occupational Safety & Health Conference

October 11–13, 2016
 Ashland Hills Hotel • Ashland

Professional Development and Keynote Speaker



David Rabiner, CSP
 Rabiner Resources

October 11
 Professional Development Workshop

Leadership Evolution 2016: Moving from Compliance to Employee Commitment

October 12
 Keynote

Influence Without Authority: The Key to Safety Leadership

Exhibits • Awards • Workshops

Questions? or to receive registration materials, contact the Conference Section, 503-947-7411 or toll-free in Oregon at 888-292-5247, option 1

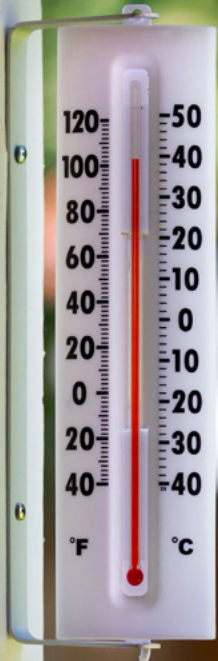
www.asse-southernoregon.org

Did you know?



datapoints:

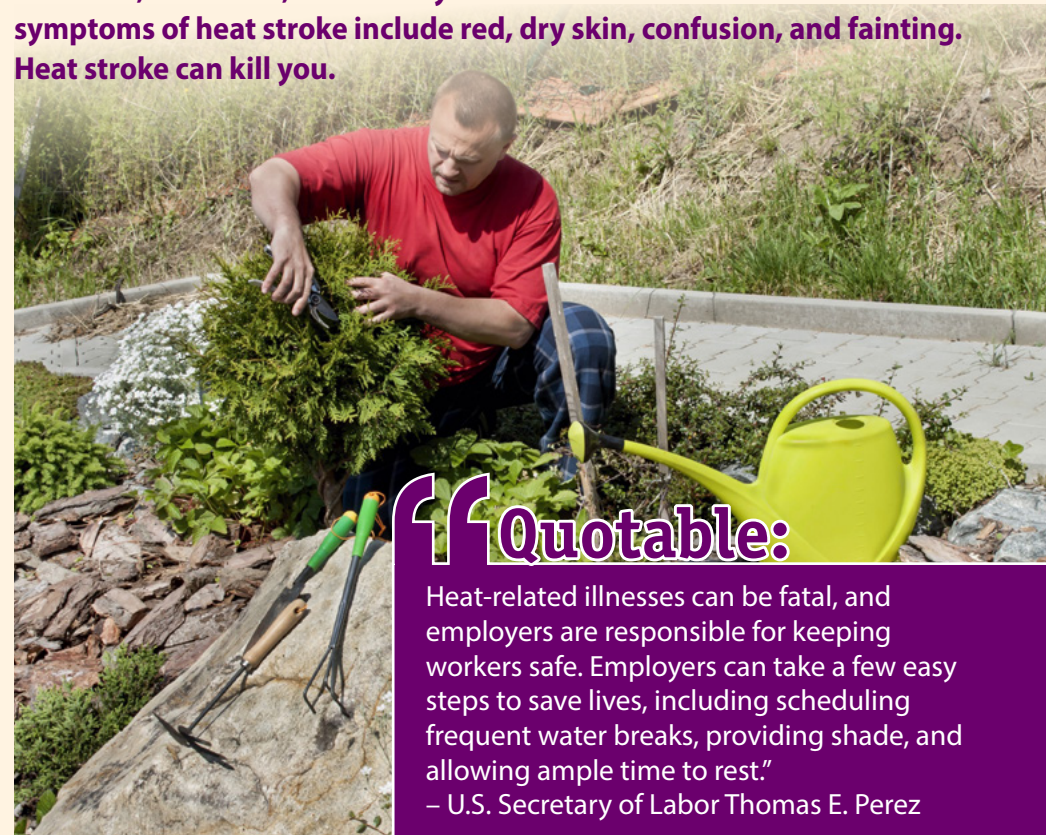
- Surfaces that exceed 35 degrees Celsius (95 degrees Fahrenheit) are sources of infrared radiation that can add to a worker's heat load.
- Workers should not be permitted to work when their deep body temperature exceeds 38 degrees Celsius (100.4 degrees Fahrenheit), according to the American Conference of Governmental Industrial Hygienists.
- In 2014 alone, 2,630 workers suffered from heat illness and 18 died from heat stroke and related causes on the job, according to federal OSHA.



Age, weight, degree of physical fitness, degree of acclimatization, metabolism, use of alcohol or drugs, and a variety of medical conditions such as hypertension all affect a person's sensitivity to heat.

To prevent heat illness, drink water every 15 minutes; rest in the shade when you need to cool down; wear a hat and light-colored clothing; take it easy on your first days of work in the heat; and watch for symptoms in your co-workers.

If not treated, heat exhaustion – the symptoms of which include dizziness, headache, and sweaty skin – can lead to heat stroke. The symptoms of heat stroke include red, dry skin, confusion, and fainting. Heat stroke can kill you.



Quotable:

Heat-related illnesses can be fatal, and employers are responsible for keeping workers safe. Employers can take a few easy steps to save lives, including scheduling frequent water breaks, providing shade, and allowing ample time to rest.”
– U.S. Secretary of Labor Thomas E. Perez

Heat stress dangers are real

Identifying the risk is key

By Aaron Corvin

As temperatures rise this – and every – summer, employers face a critical task: helping workers protect themselves against heat-related illnesses.

During hot weather, especially with high humidity, body temperature can surge to alarming levels if workers don't drink enough water and don't rest in the shade. They can suffer from heat cramps, exhaustion, or stroke.

The dangers aren't imaginary. The consequences of failing to establish a heat-illness prevention program are all too real.

Nationally, in 2014 alone, 2,630 workers suffered from heat illness and 18 died from heat stroke and related causes on the job. From 2011 through 2015, 28 people received benefits through Oregon's workers' compensation system for heat-related illnesses (at least three days away from work).



Tony Howard (left), safety director for Hoffman Construction Company, talks to workers about getting plenty of water and about the overall importance of preventing heat stress.

Hoffman Construction Company is very aware of these compelling statistics.

And Tony Howard, safety director for Hoffman, is well ahead of the risks of heat stress. He oversees a comprehensive prevention program for Hoffman, based in Portland and one of the largest general contractors in the U.S.

The top goal “is to get every one of our workers home safe to their families each night,” Howard said.

Oregon OSHA addresses the issue through various workplace health and safety rules. Those include general environmental controls, extraordinary hazards, sanitation, and personal protective equipment. The agency also offers public outreach and educational materials, including English and Spanish videos and publications about preventing heat-related illnesses.

In the months ahead, Oregon OSHA expects to gather stakeholders for a meeting to begin further exploring how to best keep workers safe in the heat.

“We don’t know whether we will move forward with a proposed rule, but that’s certainly one option on the table,” said Michael Wood, administrator for Oregon OSHA. “In any case, we want to take a look at our educational efforts – and at the enforcement tools that we already have available – to see if we’re making the best use of them.”

The top goal “is to get every one of our workers home safe to their families each night.”

— Tony Howard, safety director,
Hoffman Construction Company



To cover large job sites, Hoffman provides portable cooling trailers. Workers can climb aboard and cool off from a ventilation system that sprays a fine mist of water.

“Workers in Oregon tend to be more likely to suffer from heat-related illnesses, because they’re used to working in mild weather and often not acclimated to this type of heat.”

— Penny Wolf-McCormick, health enforcement manager for Oregon OSHA

Using best practices

Heat stress in the workplace is poised to become an even bigger issue in the years ahead in light of the effects of climate change, according to the National Institute for Occupational Safety and Health (NIOSH).

“Climate change can amplify existing health and safety issues and new unanticipated hazards may emerge,” NIOSH said in the bulletin “Climate Change: A Risk for Workers,” issued in May. “Workers may also be exposed to conditions that the general public can elect to avoid, and workforce increases are likely in jobs that are most affected by climate change such as wildland firefighting, as well as in industries that will emerge in response to it, including renewable energy.”

The federal agency calls for further research “to better understand and characterize the potential risks and develop strategies to mitigate or adapt to these hazards.”

Employers can calculate the heat index for their worksites with the federal OSHA heat stress app for mobile phones. The tool is available at [osha.gov/SLTC/heatillness/heat_index/heat_app.html](https://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html).

A number of other tools for heat stress are available at [osha.gov/SLTC/heatillness/index.html](https://www.osha.gov/SLTC/heatillness/index.html).

Oregon OSHA also has a pocket-sized booklet available, in both English and Spanish, with tips for working in the heat: [osha.oregon.gov/OSHAPubs/4926.pdf](https://www.osha.oregon.gov/OSHAPubs/4926.pdf).

For more information, visit Oregon OSHA’s heat stress topic page: [osha.oregon.gov/Pages/topics/heat-stress.aspx](https://www.osha.oregon.gov/Pages/topics/heat-stress.aspx).

For now, best practices are available to employers and workers to shield against the hazards of hot weather. Those include performing the heaviest, most labor-intensive work during the coolest part of the day, drinking plenty of cool water, working in pairs to monitor the heat, and taking frequent short breaks in cool, shaded areas.

It’s especially important to take such steps in Oregon.

“Workers in Oregon tend to be more likely to suffer from heat-related illnesses, because they’re used to working in mild weather and often not acclimated to this type of heat,” said Penny Wolf-McCormick, health enforcement manager for Oregon OSHA.

‘It’s a win-win’

Hoffman’s heat-stress prevention program can serve as a model for others. It encompasses regular communication, training, and planning to head off problems.

Top: Hoffman may provide several cooling stations at a particular job site. Inside the stations, workers can grab some water, relax, and enjoy air conditioning.

Middle: First-aid supplies and response procedures are available inside the stations.

Bottom: Inside a cooling station, Ron Brooks, program safety manager for Hoffman, samples a cool drink of water.





To help beat the heat, workers at a Hoffman job site wear wide brim hard hats. The hats are part of Hoffman's comprehensive program to prevent heat stress, including early start times to avoid the worst of the heat, and regular breaks for water and shade.

"The first thing we do is get with our subcontractors," Howard said. "We want to see their heat stress prevention plan. We want to make sure these guys are thinking about this particularly hard and to tell us what they're going to do to make sure people stay safe out there."

It also involves setting up special facilities for workers.

At Hoffman job sites, you'll find enclosed cooling stations where workers can grab some water, relax, and enjoy air conditioning. Inside the structures, emergency-response protocols are posted on walls, and first-aid supplies are available. Urine color charts inform workers of whether they're properly hydrated.

Likewise, you'll find portable cooling trailers at Hoffman sites. Powered by generators, the self-contained ventilation trailers spray a fine mist of water. Workers can climb aboard and cool off.

Other components of Hoffman's program to prevent heat stress include early start times so workers avoid the worst of the heat; wide-brim hard hats; regular breaks for water and shade; and use of federal OSHA's heat stress app for mobile phones.

The **heat stress app** calculates the heat index for you. Based on the heat index, the app displays a risk level to workers. It then provides reminders about the protective measures that should be taken to protect workers from heat stress.

For Howard, heat stress prevention makes so much sense.

It's about keeping workers both safe and productive, even as summer heats up. "It benefits everybody," he said. "We see it as a win-win." ■

Tips for preventing heat illness

To protect yourself, make sure your worksite has drinking water and a clean way to dispense it.

To prevent heat illness:

- Drink water every 15 minutes, even if you aren't thirsty.
- Rest in the shade – at least five minutes – when you need to cool down.
- Wear a hat and light-colored clothing.
- Take it easy on your first days of work in the heat.
- Watch for symptoms in your co-workers.

There are two types of heat illness: heat exhaustion and heat stroke.

The symptoms of heat exhaustion:

- Dizziness
- Headache
- Sweaty skin
- Weakness
- Muscle cramps
- Nausea
- Vomiting
- Fast heartbeat

If not treated, heat exhaustion can lead to heat stroke.

The symptoms of heat stroke:

- Red, dry skin
- High temperature
- Confusion
- Convulsions
- Fainting

Heat stroke can kill you.

If someone on your crew has symptoms:

- Tell the supervisor right away and ask for medical help.
- Move the person to the shade to cool off. Keep the person cool: Cool the skin with a wet cloth or a spray mist.
- Loosen the person's clothing.
- Have the person slowly drink cool water only if the person is conscious and not vomiting.
- Do not leave the person alone.

Use them, but don't lose them

– How to prevent amputations at work

By Ellis Brasch

Unlike salamanders and newts, which can regenerate limbs, humans have only one set of appendages; a transplant or prosthesis is the only option for recovering the loss. Because our limbs are vulnerable, they're also an easy target on the battlefield and have been long been taken as a form of retribution for a variety of misdeeds.

Some cultures believed that an amputation affected the amputee in the afterlife, as well; amputated limbs were buried, and when the amputee died, they were reburied with the amputee to ensure a complete eternal life.

Amputations are not the sole province of mortals, however. Aztec god Tezcatlitoca was a right-foot amputee (who apparently lost his foot battling with the Earth Monster), and in Irish mythology, Nuada Airgetlám, the first king of the Tuatha Dé Danann, lost his left arm in battle, which also cost him his

kingship because Tuatha Dé tradition required that their kings be physically perfect.

In this country, at least 30,000 traumatic amputations happen every year. Motor vehicle accidents account for the majority; the workplace and the farm rank close together as the No. 2 and 3 causes. Amputations account for less than 1 percent of disabling workplace injuries in Oregon, but the consequences can be devastating for victims.

At work: amputations and recordkeeping

Oregon OSHA defines an amputation as the traumatic loss of a limb or other external

body part (including bone or cartilage). Amputations include loss of a body part due to a gunshot and medical amputations due to irreparable traumatic injuries.

Under Oregon OSHA's recordkeeping rule ([437-001-0704](#)), which became effective on Jan. 1, employers must report all work-related amputations to Oregon OSHA within 24 hours of the time they learn about it. Any injury involving a mechanical power press must also be reported to Oregon OSHA within 24 hours.



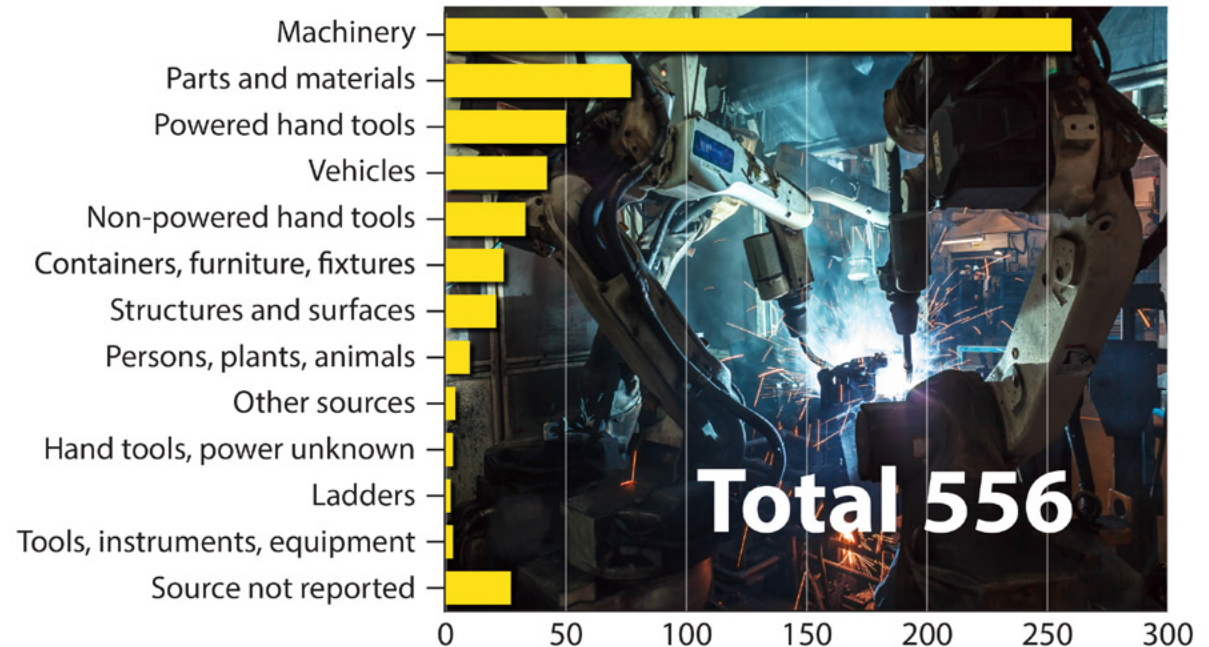
How workplace amputations happen

Machines that have moving parts and workers who operate them have an uneasy relationship. Machines make workers more productive and enable them to form, shape, and cut material in ways that would be impossible with manual hand tools. However, moving machine parts – rotating shafts, gears, cogs, and flywheels – and the mechanisms for cutting, shearing, bending, and drilling material often keep moving regardless of who or what gets in their way.

Technology can make machines safer, but as long as workers need machines to help them process material, they will be exposed to moving parts that can harm them.

Machinery was the source of 47 percent of the accepted workers' compensation claims for amputations in Oregon from 2013 through 2015; parts, materials, and powered hand tools added another 23 percent to the total. Not surprisingly, more than 90 percent of those amputations were fingers.

Oregon 2013-2015 Accepted disabling claims Amputations by source



Source: DCBS, IT&R section

Data is subject to change as new information is received by DCBS.

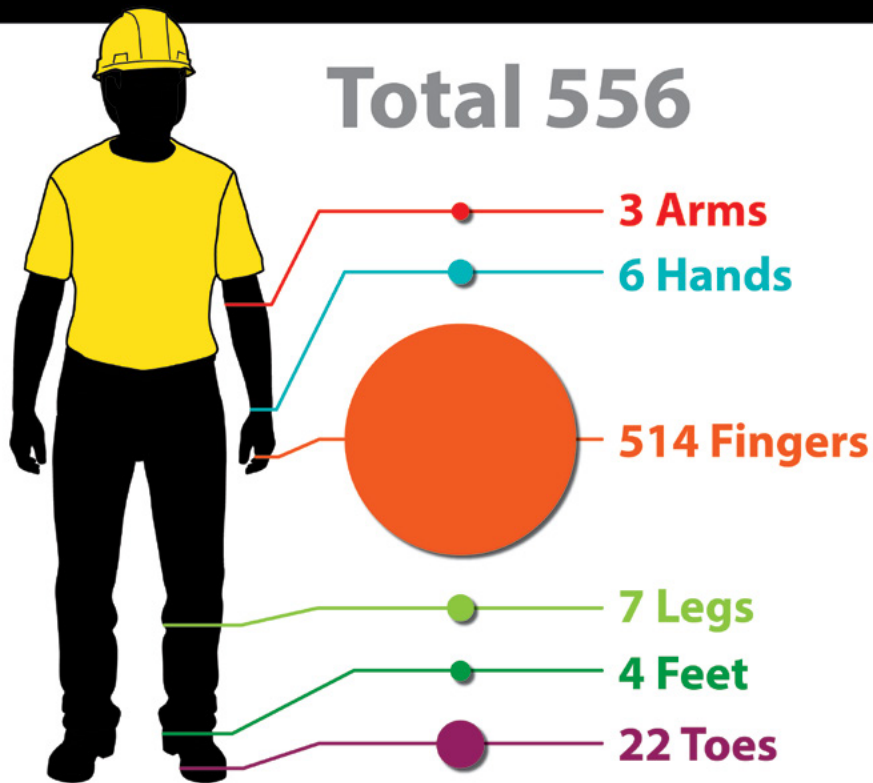
Most workplace amputations happen when workers are doing the following:

- Operating a machine
- Adjusting a machine
- Setting up the machine
- Cleaning a machine
- Clearing jams or removing material
- Servicing or maintaining a machine
- Using a machine without an appropriate guard

Usually, the machine is running and the amputation happens at one of two places:

- Where the machine does work such as cutting, shaping, boring, and forming – called the point of operation.
- In flywheels, pulleys, belts, chains, couplings, connecting rods, spindles, cams, and gears that power the machine.

Oregon 2013-2015
Accepted disabling claims
Amputations by body part



Source: DCBS, IT&R section
Data is subject to change as new information is received by DCBS.

“Machine guards are effective only if they are designed, installed, and used correctly.”

— Craig Hamelund, Oregon OSHA training specialist

Preventing amputations: If it moves, it merits your attention

Oregon OSHA Training Specialist Craig Hamelund, who has taught classes on machine guarding for many years, offers advice on how to think about machines with moving parts: “Several years ago, I had the fortunate experience to be mentored by Jeff Harmon, a wonderful safety consultant with South Carolina OSHA. On our way to inspect a facility that housed many types of metal stamping presses and talking about machine guarding, he simply advised me by saying: ‘If it moves, it merits your attention.’ I keep that in mind when I evaluate machines that have moving parts. Jeff’s advice allowed me to focus on any hazardous machine motion or action, as well as its operating process and its interaction with the operators.”

Hamelund says the best way to prevent workplace amputations is to use safety devices and machine guards and to follow procedures for controlling hazardous energy when it is necessary to service a machine.

- **Safety devices** prevent worker contact with points of operation during the hazardous portion of a machine’s cycle and may replace or supplement guards. These devices keep operators from reaching into moving machine parts or stop the machine cycle when the operator’s hands get too close to the machinery.
- **Machine guards** are physical barriers that keep body parts away from a machine’s hazardous mechanical components and motions. Guards should be secure, strong, tamperproof, and should not block the machine operator’s view.
- **Procedures for controlling hazardous energy** (lockout/tagout) ensure that machines do not start or move unexpectedly when workers are servicing or maintaining them.

Hamelund notes that machine guards are effective only if they are designed, installed, and used correctly. Whether the safeguard is a physical barrier or a robust electronic device, machine operators, supervisors, and maintenance personnel must be fully aware of the guard’s benefits and limitations – and must be held accountable for the responsibilities they have been assigned.

An emphasis on general industry workplaces

Oregon OSHA has also adopted a **national emphasis program** established by federal OSHA (and updated in 2015) to target general industry workplaces where amputations have occurred and workplaces with machinery capable of causing amputations. Under the program, employers most likely to be inspected are those with a history of workplace amputations or violations of Oregon OSHA's **general industry** machine guarding rules, which include:

- Division 2/Subdivision I, Personal Protective Equipment
- Division 2/Subdivision J, General Environmental Controls (Lockout/Tagout)
- Division 2/Subdivision N, Material Handling and Storage
- Division 2/Subdivision O, Machinery and Machine Guarding
- Division 2/Subdivision P, Hand and Portable Powered Tools
- Division 2/Subdivision R, Special Industries (sawmills and pulp and paper mills)

Oregon OSHA rules also require that employees use the manufacturer's instruction manual and follow the manual's operating procedures when they are using the machines.

Machine guarding requirements in other industries

Other Oregon OSHA rules covering safety devices, machine guarding, and hazardous energy include:

Construction

- Division 3/Subdivision E, Personal Protective and Life Saving Equipment
- Division 3/Subdivision I, Tools — Hand and Power

Agriculture

- Division 4/Subdivision I, Protective Equipment
- Division 4/Subdivision J, Work Environment (Lockout/Tagout)
- Division 4/Subdivision N, Material Handling
- Division 4/Subdivision O, Equipment Guarding
- Division 4/Subdivision P, Small Tools
- Forest Activities
- Division 7/Subdivision D, Personal Protective Equipment and Programs
- Subdivision E, Tools, Fire Extinguishers and Explosives
- Subdivision H, Machines Used In Forest Activities

Many of Oregon OSHA's rules covering safety devices and machine guarding are based on consensus standards published by The American National Standards Institute (ANSI) and the American Society of Mechanical Engineers (ASME), including:

- ANSI B11 – Machine guarding
- ANSI B151 – Plastics injection and extrusion machinery
- ANSI B155 – Packaging machinery
- ANSI B177 – Three roller printing ink mills
- ANSI B5 – External cylindrical grinding machines
- ANSI B65 – Printing press systems
- ANSI B7 – Abrasive wheel machinery
- ANSI O1 – Woodworking machinery
- ANSI Z244 – Control of hazardous energy
- ANSI/CEMA – Packaging handling slant conveyors
- ASME B15 – Mechanical power transmission apparatus
- ASME B20 – Conveyers
- ASME/CEMA – Unit handling conveyors
- ASME/CEMA 350 – Screw conveyors



Did you know? Facts about amputations

- The main causes of amputations are vascular disease (54 percent), trauma (45 percent), and cancer (less than 2 percent)
- More than two-thirds of trauma-related amputations happen to adolescents and adults younger than age 45.
- Nearly 80 percent of traumatic amputation victims are male.
- The most common traumatic amputation is partial hand amputation with loss of one or more fingers.
- About 75 percent of amputees feel pain in their nonexistent limbs.

Short takes

Another NuStar Energy site achieves VPP status

By Aaron Corvin

NuStar Energy, Shore Terminals LLC in Portland has gone well beyond minimum safety requirements, achieving recognition as a Voluntary Protection Program company.

Oregon OSHA recently awarded VPP status to the bulk liquids storage facility, which receives and moves products by ship, rail, and pipeline. The site employs 13 people.

NuStar currently has 24 VPP sites. The company "is committed to safety and has been part of the VPP process since the early 90s," said Robert Dowell, VPP site coordinator for NuStar.

The Voluntary Protection Program is built on the idea that enforcement of safety regulations alone can never fully achieve the objectives of the Occupational Safety and Health Act.

To be considered for VPP recognition, a company's safety and health management system must excel in all areas, including management leadership, employee involvement, worksite analysis, hazard prevention and control, and safety and health training.

For more information about the program, visit <http://osha.oregon.gov/consult/Pages/VPP.aspx>.



NuStar Energy, Shore Terminals LLC in Portland is one of NuStar's 24 VPP sites.

Oregon OSHA launches new website

Oregon OSHA has launched a new and improved website, giving visitors a more user-friendly experience.

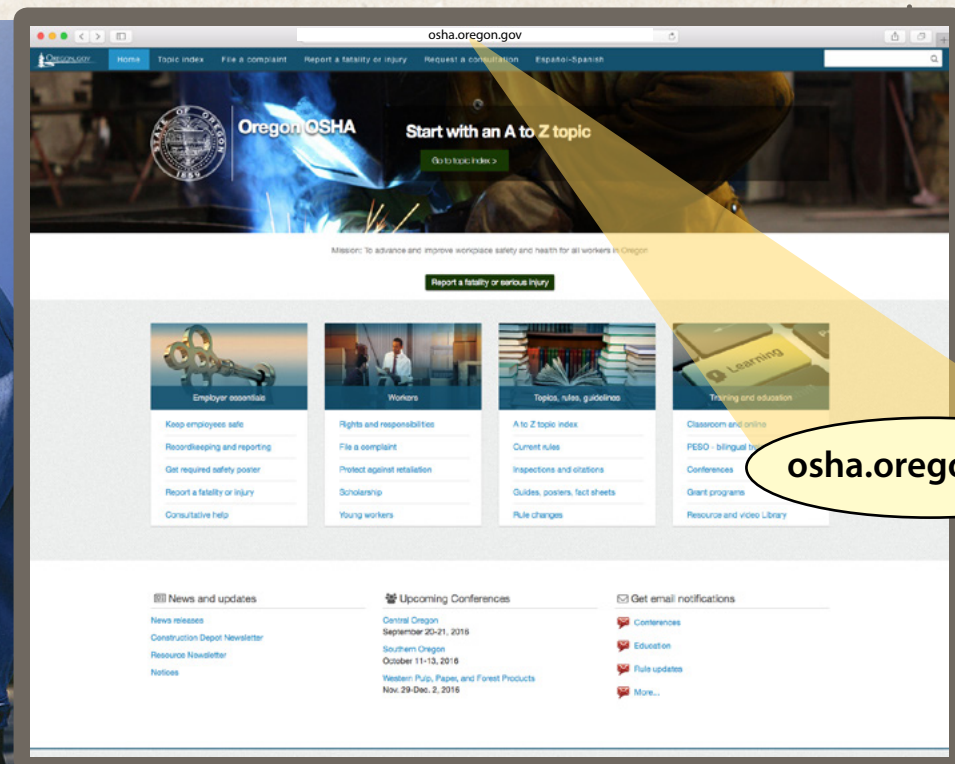
Among the improvements are:

- **A responsive site that can be easily viewed on tablets and smartphones**
- **Topics and information organized to make more sense to visitors**
- **Common tasks located in menu boxes**
- **Featured information that highlights current news, alerts, and services**
- **Quick links and contact information at the bottom of each page**
- **The website address has changed from orosh.org to osha.oregon.gov, so visitors will need to update any links or bookmarks**

[Click here to visit the new-look site.](http://osha.oregon.gov)

New websites were completed for all of the Department of Consumer and Business Services divisions: Building Codes Division, Division of Financial Regulation, Oregon OSHA, Workers' Compensation Division, and Workers' Compensation Board.

Please send your feedback about Oregon OSHA's new website to DCBS.Communications@oregon.gov.



osha.oregon.gov

Bend Surgery Center and Ingram's Roseburg Distribution Center celebrate five years in SHARP

Bend Surgery Center celebrated its fifth – and final – year in Oregon OSHA's Safety and Health Achievement Recognition Program with a graduation ceremony on June 24. Bend Surgery Center began their SHARP effort in 2011 with the goal of making the safety of their 103 employees just as important as the safety of their patients. Bend Surgery Center is also the first multi-specialty outpatient surgery facility in Oregon to earn SHARP status.

Ingram Content Group's Roseburg Distribution Center reached its fifth successful year in SHARP in May and celebrated with a graduation ceremony in July. Ingram Content Group is major distributor of books – including physical and digital formats – to bookstores, libraries, schools, and specialty retailers. The Ingram Content Group's Roseburg Distribution Center is one of nine SHARP-certified companies in Oregon's transportation and warehousing industry.

SHARP was developed to help Oregon employers with coaching and direction so that they can become outstanding managers of their safety and health programs – and be recognized for their achievement. As SHARP graduates, Bend Surgery Center and Ingram's Roseburg Distribution Center join an elite group of Oregon businesses that have built exceptional safety and health programs.



Bend Surgery Center staff



Ingram Content Group's Roseburg Distribution Center staff

Safety Notes

An employee was walking across a lot when he was run over by a forklift that was backing up.

The employer owns and operates a farm and a berry processing plant that takes raw product and turns it into puree. The farm and the processing plant are on the same property.

How did it happen?

The forklift operator was unloading goods from a truck on a lot in front of the plant where product is normally unloaded. Meanwhile, an employee was walking across the lot to a break room to clock in for the start of his shift.

The forklift was moving backward because the load obscured the operator's forward visibility.

The employee thought he had safely passed the forklift and was 30 feet from the break room when the forklift suddenly turned to the left and struck him. He held on to the back of the forklift for a few feet until his foot got caught under the left wheel and he was dragged underneath.

Two other employees saw the forklift striking the employee and yelled at the operator to stop. By the time the forklift finally stopped, the employee was under it up to his waist. He had fractured both feet, both legs, and his pelvis.

Accident Report

Incident: Run over by forklift

Industry: Berry processing plant

Victim: Farm employee



Findings

- The employer failed to establish designated forklift travel paths and pedestrian walkways.
- The forklift operator used a portable loading ramp in the lot between the processing plant and the rest of the farm outbuildings to load and unload materials; however, there were no lines or marked areas designating an employee walkway or a path for forklifts. Employees had to park their cars in the employee lot across the property, then cross the property to reach the break room where they could punch in and out. This put them in the path of the forklift traffic.
- The employer failed to ensure that forklift operators were looking behind them when they were backing up.
- The forklift operator said that he was backing up because he couldn't see over the load. He said that he was driving backwards while looking back, as is appropriate. However, according to two witnesses, they never saw the operator's face, indicating that the operator was not looking in the direction of travel, as he was supposed to. Also, the weather was rainy and the operator was wearing a hoodie, which was over his head, possibly obstructing his peripheral vision. Witnesses said the operator never saw the victim and it was only when they began yelling at him to stop that he finally stopped.

Violations

- **1910.176(a) [or 437-004-0310(3)(b)]:** Permanent aisles or passageways were not appropriately marked.
- **1910.178(n)(6) [or 437-004-3410(3)(a)(E)]:** The forklift operator was not required to look in the direction of, and keep a clear view, of the path of travel.

The lot between the employer's main office and the processing plant. There is no demarcation of forklift or pedestrian traffic ways.



The portable ramp used to load and unload delivery trucks.



The forklift with pallet loads in the background.

Ask Technical

Q: *I do maintenance work but don't use ladders often or climb very high on them. If I'm told to work 20 feet up on an extension ladder and that height makes me uncomfortable, do I have to do it?*

A: Oregon OSHA doesn't have a rule that specifically limits how high your employer can make you work on an extension ladder. Our regulations limit the overall length of certain types of ladders. For example, two-section extension ladders can be up to 60 feet long, which means that an employee could work up to that height. However, your employer should understand that ladders are inherently dangerous and, if you do not feel safe climbing beyond your comfort level, you should not be encouraged to do it.



Going the Distance

What sparked your interest in pursuing a career in workplace safety and health?

Over the course of years as a journeyman roofer and superintendent, I saw too many serious accidents. I did what I could on my own, attending OSHA workshops and trainings, and then asked our union to send me to the University of Washington for OSHA specialized certifications. That led to becoming an OSHA outreach trainer. My initial intent was to connect OSHA training with my roofing knowledge to improve safety for my crew. Around that time, our company signed a very large project that required all foremen to have OSHA 30 training. I was able to step forward as the trainer and my career in safety at Snyder took off. With each new assignment, I was able to influence safety practices on the job, expanding the role of the environmental, health, and safety director. With the support of safety professionals in the construction industry, I have been able to use my roofing expertise to make Snyder a leader in workplace safety.

Company: Snyder, an exterior commercial contractor specializing in roofing and waterproofing

Environmental, Health and Safety Director: Russell Nicolai

Workforce: More than 350 employed in waterproofing, and industrial and commercial roofing in Oregon and Washington

What is the most important thing you've learned about safety in the roofing business?

You can't do it alone. One person alone cannot bring about fundamental change in an organization that depends on the synchronized work of so many individuals. It's all about the worker. And for the workers, it's all about their families, the Snyder community that we build together, the core values we honor, and the desire to do what is safe for everyone on the job. The building of a safety program must start with a firm foundation, consistent and interactive accountability, and respect. At Snyder, we are committed from the very top of our organization to the bottom. Safety professionals are only caretakers, trainers, and mentors for the workers in the field. Our most important job is to support a culture that recognizes the value of our workers and the work that they do.



Russell Nicolai, environmental, health and safety director for Snyder, meets with a roofing crew at the Portland Airport to start a hot day's work on the tarmac.



Hot asphalt is pumped from a tank on the ground through a hose and deposited into a bucket on the roof. The temperature of the asphalt is over 500 degrees, so the workers take extreme caution to avoid exposing themselves or each other to the thick, black liquid as it is spread on the roofing surface.



“ Safety professionals are only caretakers, trainers, and mentors for the workers in the field. Our most important job is to support a culture that recognizes the value of our workers and the work that they do.”

— Russell Nicolai

How do you measure success?

There are so many ways that we measure success. We study analytics, lagging and leading indicators, lost time, restricted time, and cost. These measures help us improve our work. But what really matters to me – and to all of us in this company – is that everyone goes home every day. That doesn't happen just because we have a safety director. That happens because one person out there on the job values the safety of their co-worker as much as they do their own. And that person takes the necessary steps to ensure that safety procedures are followed. Everyone looks out for everyone else. That's how you know you have a successful safety program.



Nicolai talks to the roofing crew about the plan for the day and answers any questions they may have about their responsibilities, or the site they are scheduled to complete.

“Everyone looks out for everyone else. That’s how you know you have a successful safety program.” — Russell Nicolai



The roofing crew members work as a team and understand that each person is performing a critical part in the work they share.

Photos: Ron Conrad



Learn something new every day. Listen to your workers. The answers to dilemmas often lie in their hands.”

— Russell Nicolai



Nicolai and the crew manager collaborate to keep workers safe on the job.

Photos: Ron Conrad



Nicolai shows a device Snyder uses to move heavy loads of roofing materials. The company modified the device to boost efficiency and to prevent back strain.

What advice do you have for other safety and health professionals hoping to make a difference?

If you want to influence an organization, then positively impact the individuals who make up that organization. Encourage workers to know that they can make the best decision for the situations they face. Do this by driving your message about company values, the importance of family, and that safety matters to all of us. Anticipate inherent risks associated with the work and take steps to mitigate danger before it is evident. Learn something new every day. Listen to your workers. The answers to dilemmas often lie in their hands. Recognize it for them and give them the credit they deserve for contributing to their profession. ■

Know someone who goes the distance each day at your workplace? Honor them at GOSH!



Award Nominations

are now being accepted in categories for organizations and individuals who make extraordinary contributions to workplace safety and health.

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- Labor Representative
- Safety and Health Professional (industry specific)



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Award questions: *Karen Blythe, 503-618-8871*

NOMINATION DEADLINE: October 23, 2016