

SHARP Monthly Reader

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Q&A

Q. How do we handle Work Place Violence?

A. OSHA has developed a number of guidance documents to assist employers and workers in developing workplace violence prevention programs. OSHA's informational page regarding workplace violence contains these guidance documents, along with other information you may find helpful. Please refer to:
www.osha.gov/SLTC/workplaceviolence/index.html

Included in these resources are OSHA's inspections procedures pertaining to workplace violence. These procedures also provide useful information on identifying hazards relating to workplace violence and effective means for reducing or eliminating such hazards.

PSM Court Ruling

A federal appeals court has ruled that the Occupational Safety and Health Administration didn't follow the proper procedures when it imposed stricter regulations on farm fertilizer dealers, meaning the policy change won't go into effect Saturday as scheduled.

The OSHA policy change announced last year would have regulated retail fertilizer dealers under the same standards as manufacturers, meaning dealers of fertilizers, including anhydrous ammonia, would have to instigate changes such as installing new storage tanks. The policy change came after a 2013 explosion at a fertilizer facility in West, Texas,



which killed 15 people and leveled part of the town. President Barack Obama issued an executive order calling for steps aimed at preventing such incidents.

The U.S. Court of Appeals for the District of Columbia Circuit ruled Friday that the change amounted to the creation of a new standard that requires a formal rulemaking process,

which would give the industry an opportunity to have a say.

Read more [here](#)

Other Articles:

[Article One](#)

[Article Two](#)

Fire Prevention Week – October 9-15

Did you know?

Fire Prevention Week was established to commemorate the Great Chicago Fire, the tragic 1871 conflagration that killed more than 250

people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres. The fire began on October 8, but continued into and did most of its

damage on October 9, 1871.

[Click here for more information.](#)

[Great Chicago Fire.](#)

SHARP Luncheon

The SHARP Association would like to invite all of the Kansas SHARP representatives to our annual SHARP luncheon at the Safety and Health Conference in Wichita, October 18th.

A brief update will be given on the Association's progress and goals. Additionally we will have an update from KS Dept. of Labor and Secretary Lana Gordon. If you'd like

to attend the luncheon and not the conference, the cost is \$25.00. If you have registered for the conference, lunch is included. SHARP companies receive a 10% discount on the conference registration. However, in order to receive the discount you **MUST** contact Dena Ackors to register.

Seating for the luncheon is limited so please contact Dena and let her know if you plan to attend. Her contact information is: dena.ackors@ks.dol.gov phone number: (785)296-4386, ext. 2305.

Q&A

Q. How can get the OSHA 10-hour General Industry Certification for our employees?

A. KDOL-ISH offers the 10-hr Construction and General Industry courses as a PDC following our Annual Conference. Additionally, if you have at least 15 - 40 employees and can provide the training facilities, we can come to your facility and provide the training. The only cost involved is the cost of the certificates (\$8.00 per/student). Please call ISH at (785)296-4386 to schedule.

Avoiding the Flu

Fever, headache, fatigue, dry cough, sore throat, and stuffy nose, nausea: If these symptoms hit, you may have been bitten by the [flu bug](#).

Who is Vulnerable?

During the 2014-'15 flu season, [people over age 65](#) comprised 60% of all cases of flu in the U.S., according to the Centers for Disease Control and Prevention.

Children from birth to age 4 represented the second-highest hospitalization rate this season.

Every Year U.S Experiences a Flu Epidemic

Flu season occurs in the fall and winter, peaking sometime between late November and early March, and it's an epidemic every year.

The makeup of [flu viruses can change from year to year](#), making it difficult to predict.

Hard to Calculate

[It is difficult to calculate the number of flu deaths annually](#). States are not required to report flu deaths, not everyone who dies with flu symptoms is tested for flu, and the virus can cause death when other health conditions are present.

Fire Awareness Safety

- Be Prepared: Make sure you know whom to call in an emergency and participate in all fire drills.

- Eliminate Hazards: Keep workspace free of waste paper and other combustibles. Replace damaged electric cords and do not overload circuits.

- Report Promptly: Immediately report all foul odors and defective equipment to supervisors.

- Evacuate Safety: Leave area quickly in an emergency using stairs, not elevator.

- Everyday General Emergency Safety: Make sure that all walkways and passageways are clear so they are not in the way during emergency evacuations

Safety Awareness – Proper Lifting Techniques

1. Size up the load. (Don't lift by yourself if it looks too heavy or awkward)
2. Make sure that you are balanced. (Have feet shoulder width apart with one foot beside the object and another behind object to be lifted.)
3. Bend knees and keep back straight.
4. Grip load with palms of your hands and fingers
5. Use body weight to get load moving and then use legs to lift.
6. Keep arms and elbows near the body, keeping load close to you.
7. Change direction by moving your feet, not by twisting body.
8. To lower the object, bend your knees and don't stoop.
9. To put object on bench or shelf, put object on shelf edge and push into position. (Also be cautious when reaching objects on tall shelves to prevent injury from a fallen object)
10. Make sure feet and hands are clear when placing the load.

After Dark: Dangerous Time to be Driving

Lack of light, impaired drivers and fatigue all contribute to making driving at night more dangerous than during any other time of day. Let's look at each of these factors.

Darkness:

When it's dark outside, depth perception, color recognition and peripheral vision are compromised. And the glare of headlights from an oncoming vehicle can literally blind a driver temporarily.

What should you do to combat darkness?

- [Aim your headlights correctly](#), and make sure they're clean
- Clean the windshield to eliminate streaks
- Slow down to compensate for limited visibility and reduced stopping time

Impaired Drivers

[More than 30 people die every day](#) in crashes that involve a driver impaired by alcohol, according to the Centers for Disease Control and Prevention. Add to that drivers impaired by prescription medicines and other drugs, and that number goes up significantly.

The fact is, impaired drivers are most frequently on the road after dark – particularly between the hours of midnight and 3 a.m. on weekends.

And here's a statistic for you: While drunk driving has declined by about one-third since 2007, the number of drivers under the influence of drugs has increased.

Between 2013 and 2014, [22 percent of drivers tested positive for a drug](#) that would cause impairment.

Fatigue

A National Sleep Foundation poll says 60% of adults have driven while they were tired, and another [37%, or 103 million people, have fallen asleep at the wheel](#).

It gets worse. Of those, 13% say they fall asleep while driving at least once a month, and 4% say they have caused a crash by falling asleep while driving.

These staggering numbers are backed up by a report by NHTSA that 100,000 police-reported crashes are a result of driver fatigue. Most crashes or near-misses happen at the times you would expect drivers to be tired: 4 to 6 a.m., midnight to 2 a.m. and 2 to 4 p.m.

While we do only one quarter of our driving at night, 50 percent of traffic deaths happen at night.

Quiz... Hot Shot

1. As per 1910.179(j)(2)(iii), hooks shall be removed from service if they have opened more than _____ percent from their normal throat opening.

- a. 5 b. 10 c. 15 d. 20

2. Classification of wire rope is determined by the:

- a. Wire
b. Core
c. Number of Lays
d. Number of strands

3. The inspection cycle for alloy chain slings is _____ months.

- a. 12 b. 9 c. 6 d. 3

4. A tire must not be inflated, as per 1910.177(g)(8), when any flat, solid surface is in the trajectory, and within:

- a. 6 inches of the sidewall
b. 8 inches of the sidewall
c. 1 foot of the sidewall
d. 1.5 feet of the sidewall

5. Truck attachments show weight combinations at maximum elevations with the load:

- a. Perpendicular
b. Laterally centered
c. Vertically centered
d. Horizontally centered

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"Safety is not an object nor something you can measure! It's a culture, a value."



Information provided by
OSHA QuickTakes,
QuickCards, OSHA.gov

Answers: c, d, a, c, d

Meet Our Staff

This month's issue we would like to introduce two KDOL-ISH employees, Roger Dickey, Public/State Safety Consultant, and Helen Cook, Industrial Hygienist.

Roger Dickey is a veteran of the United States Army. Graduating from the University of Central Missouri in 1984. He has 30 years of experience in the private industry working Environmental and Safety, including six years as a SHARP facility where he got to know many of the KDOL-ISH employees as well as other SHARP managers around the state. Roger jumped ship to join KDOL-ISH almost three years ago and has never looked back.



Helen Cook is Board Certified Industrial Hygienist, (CIH). She has a Bachelor of Science degree in Chemistry and is a United States Army veteran. Helen has been with KDOL - Industrial Safety and Health for over 25 years. During that time, she has held positions as the Senior Industrial Hygienist and Industrial Hygiene Supervisor.



Upcoming Events

67th Annual Safety and Health Conference - at the Double Tree by Hilton Wichita Airport, in Wichita, KS October 18 - 21, 2016.

Register:

<http://www.dol.ks.gov/Safety/events.aspx>

To be put on the mailing list, contact: Dena Ackors - (785)296-4386 ext. 2305 or email: dena.ackors@dol.ks.gov