

ADOSH Education and Training Calendar

Registration for each class begins 30 days prior to the date of the class. Location and time will be provided at the time of registration. ADOSH classes are free of charge but are subject to change or cancellation without notice.

Date	Class	Location	Trainer	Phone number
April 5	Noise/Hearing Conservation	Phoenix ICA	Fernando Mendieta	602-542-1640
April 11	Back Injury Prevention	Kingman	Fernando Mendieta	602-542-1640
April 11	Hazard Communication	Kingman	Fernando Mendieta	602-542-1640
April 11	Construction Safety Mgmt.	Avondale	Joe Gates	602-542-1641
April 12	Forklift Train-the-Trainer	Prescott	Joe Gates	602-542-1641
April 13	Construction Safety Mgmt.	Mesa	Joe Gates	602-542-1641
April 18	Safety Management	Tucson	Mark Norton	520-628-5478
April 18	Back Injury Prevention	Peoria	Fernando Mendieta	602-542-1640
April 19	Heat Stress Prevention	Phoenix	Fernando Mendieta	602-542-1640
April 19	Machine Guarding	Yuma	Joe Gates	602-542-1641
April 19	Scaffold Safety Awareness	Tucson	Bill Garton	520-628-5478
April 20	Electrical Safety & Lockout	Yuma	Joe Gates	602-542-1641
April 20	Fall Protection	Tucson	Carlos Rodríguez	520-628-5478
April 25	Forklift Train-the-Trainer	Phoenix ICA	Joe Gates	602-542-1641
April 25	Electrical Safety Awareness	Tucson	Carlos Rodriguez	520-628-5478
April 27	Construction Hazard Recognition	Tucson	Mark Norton	520-628-5478
April 27	Scaffold Safety	Flagstaff	Joe Gates	602-542-1641
May 3	Respiratory Protection	Prescott	Fernando Mendieta	602-542-1640
May 3	Bloodborne Pathogens	Prescott	Fernando Mendieta	602-542-1640
May 4	Excavation Safety Awareness	Tucson	Mark Norton	520-628-5478
May 8	Electrical Safety Awareness	Tucson	Tom Webb	520-628-5478
May 9	Heat Stress Prevention	Kingman	Fernando Mendieta	602-542-1640
May 9	Noise/Hearing Conservation	Kingman	Fernando Mendieta	602-542-1640
May 10	Fall Protection	Snowflake	Joe Gates	602-542-1641
May 11	Hazard Communication	Tucson	Carlos Rodriguez	520-628-5478
May 11	OSHA in the Medical Office	Avondale	Fernando Mendieta	602-542-1640
May 16	Heat Stress Prevention	Peoria	Fernando Mendieta	602-542-1640
May 17	Heat Stress Prevention	Yuma	Fernando Mendieta	602-542-1640
May 17	Hand & Power Tool Safety	Tucson	Bill Garton	520-628-5478
May 17	Fall Protection	Phoenix	Joe Gates	602-542-1641
May 18	Violence Prevention	Yuma	Fernando Mendieta	602-542-1640
May 24	Hazard Communication	Phoenix ICA	Fernando Mendieta	602-542-1640
May 26	Scaffold Safety Awareness	Tucson	Carlos Rodriguez	520-628-5478
May 30	Excavation Safety	Phoenix ICA	Joe Gates	602-542-1641
June 7	Scaffold & Ladder Safety	Prescott	Joe Gates	602-542-1641
June 7	Back Injury Prevention	Tucson	Bill Garton	520-628-5478
June 7	Respiratory Protection	Phoenix ICA	Fernando Mendieta	602-542-1640
June 8	OSHA in the Medical Office	Mesa	Fernando Mendieta	602-542-1640
June 8	Hand & Power Tools	Tucson	Carlos Rodriguez	520-628-5478
June 14	Bloodborne Pathogens	Phoenix	Fernando Mendieta	602-542-1640
June 15	Safety Management (AM)	Kingman	Joe Gates	602-542-1641
June 15	Lockout/Tagout (PM)	Kingman	Joe Gates	602-542-1641
June 20	Safety Management	Peoria	Joe Gates	602-542-1641
June 21	Concrete & Masonry Const.	Yuma	Joe Gates	602-542-1641
June 21	Excavation Safety Awareness	Tucson	Tom Webb	520-628-5478
June 22	Forklift Train the Trainer	Tucson	Carlos Rodriguez	520-628-5478
June 22	Welding Safety	Yuma	Joe Gates	602-542-1641
June 27	Lockout/Tagout	Phoenix ICA	Joe Gates	602-542-1641
June 28	Hazard Communication	Flagstaff	Fernando Mendieta	602-542-1640
June 29	VPP Overview	Tucson	Mark Norton	520-628-5478

Trainers may be contacted by e-mail by using the following format: <lastname>.<firstname>@dol.gov
All Tucson classes are held at the Tucson ICA Building located at 2675 E. Broadway Rd.

**Occupational Fatalities Investigated by ADOSH
October 1, 2005 through December 31, 2005**

An employee was run over by a backhoe.

An employee was crushed in a paving machine when he attempted to disconnect it from another piece of equipment.

An employee was struck and run over by a truck.

An employee fell 10' from a roof deck.

An employee was crushed when the forklift he was driving overturned.

An employee fell 28' from an outdoor sign.

**ADOSH
800 West Washington
Phoenix, AZ. 85007**

ADOSH ADVOCATE

Improving Workplace Safety and Health



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

Darin Perkins, Director

Spring 2006

In This Issue

Step Up To VPP

Mark Norton
Page 1

ADOSH's Top 10

Page 2

SHARP Update

Page 3

Working in the Heat

Page 3

Top 10 By Number of Employees

Page 3

Fatal Mistakes

Ernie Miller
Page 4

New Assistant Director

Page 4

Training Calender

Page 5

Occupational Fatalities

Page 6

ADOSH ADVOCATE

Published quarterly by the Arizona Division of Occupational Safety and Health for employers and employees of Arizona. The information in this newsletter is provided as a service and should not be considered as the exclusive source of the requirements of the standards. This document is in the public domain & we encourage re-printing. Comments and suggestions are welcome.

Arizona Division of Occupational Safety and Health
800 West Washington Street
Phoenix, AZ. 85007
(602) 542-5795

2675 East Broadway Road
Tucson, AZ. 85716
(520) 628-5478

Step Up For Safety: Step Up To VPP

Think you have what it takes? Want to show your employees how serious you are about their safety and health? Take the challenge and consider becoming a VPP member.

The Voluntary Protection Program is designed to recognize and promote effective safety and health management. In the VPP, management, labor, and ADOSH establish a cooperative relationship within a workplace where a strong program has been implemented. The VPP concept recognizes that enforcement alone can never fully achieve the objective of the Occupational Safety and Health Act, which is to provide a safe place of employment for all employees. It is true, though, that through the use of cooperative relationships designed to foster better attitudes and compliance efforts, as well as increase education and awareness, significant reductions can and have been made in injury and illness rates within companies.

I want to congratulate those 14 employers in Arizona who have already taken the challenge and proven they are worthy of flying the VPP flag. I invite those general industry employers who think they excel in the area of safety and health within their respective industry to consider what benefits the VPP approach can have for them as an employer, as well as for their employees. For those of you that want to get into the VPP, but feel more work is needed, we can help you as well. Let's work together to provide safer and healthier workplaces for Arizona's workforce.

As of the writing of this article ADOSH is currently reviewing three newly submitted applications for VPP sites and working at

various stages with close to a dozen different employers who are interested in joining the VPP family.

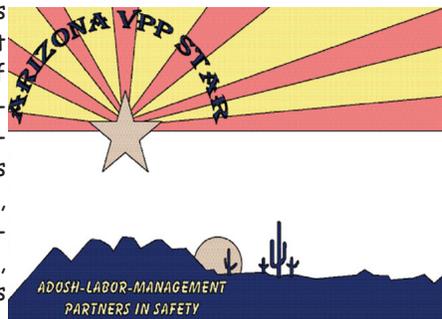
If you're wondering where you can learn more about VPP and what it means, you're in luck. I invite you to attend the Region IX VPPPA Workshop & Conference at the JW Marriott Las Vegas Resort, Spa & Golf Course, April 11-13, 2006 in Las Vegas, Nevada. This conference will bring together industry and government representatives from Arizona, California, Hawaii and Nevada, many of whom represent employers already in VPP, and many others who are considering taking the challenge, in a

forum that allows for interaction, observation, education and knowledge sharing. The conference is designed to give you valuable information on a variety of topics related to VPP such as the application process, onsite reviews, hazard recognition and many other topics.

You can register for the conference online at www.vpppa.org under the tab "calendar of events". If you want to view the Workshop and Conference agenda and information about the hotel you can find it by clicking on the "Chapters" tab and locating Region IX.

If you have any questions regarding VPP or other ADOSH consultation issues please feel free to contact me at (520) 628-5478. I look forward to hearing from you.

Mark Norton
Assistant Director
VPP Coordinator



SHARP Update

ADOSH welcomes the newest members to the SHARP family. MI Metals and Schnipke Southwest. Additionally, Steve Christy Chrysler obtained a recertification as a SHARP employer.



Working Safely in the Arizona Heat

As the summer months draw closer and the temperatures begin to rise, it is a good time to be reminded of the potential dangers of working outdoors in the Arizona heat. Every year, one or more Arizona employees die as a result of heat exposure. Some tips to protect employees from the heat:

- Drink plenty of water before you get thirsty;
- Wear light, loose-fitting, breathable clothing—cotton is good;
- Take frequent short breaks in cool shade;
- Eat smaller meals before work activity;
- Avoid caffeine and alcohol or large amounts of sugar;
- Find out from your health-care provider if your medications and heat don't mix;
- Know that equipment such as respirators or work suits can increase heat stress;

Top 10 Hazards Based Upon Size of Establishment

1-19 Employees

1910.1200	Hazard Communication
1926.451	Scaffolding
1910.305	Electrical Wiring Methods, Components & Equipment
1926.501	Fall Protection Scope, Application, Definitions
1926.651	Excavations, General Requirements
1910.134	Respiratory Protection
1926.1053	Ladders
1926.405	Electrical Wiring Methods, Components & Equip.
1910.213	Woodworking Machinery Requirements
1926.652	Excavations, Requirements for Protective Systems

20-99 Employees

1910.305	Electrical Wiring Methods, Components & Equipment
1910.1200	Hazard Communication
1910.178	Powered Industrial Trucks
1910.134	Respiratory Protection
1910.107	Spray Finishing w/Flammable & Combustible Materials
1910.179	Overhead & Gantry Cranes
1910.213	Woodworking Machinery Requirements
1910.157	Portable Fire Extinguishers
1910.303	Electrical Systems Design
1910.132	Personal Protective Equipment, General Requirements

100-249 Employees

1910.178	Powered Industrial Trucks
1910.305	Electrical Wiring Methods, Components & Equipment
1910.303	Electrical Systems Design
1910.1200	Hazard Communication
1910.23	Guarding Floor and Wall Openings and Holes
1910.132	Personal Protective Equipment, General Requirements
1910.157	Portable Fire Extinguishers
1910.107	Spray Finishing w/Flammable & Combustible Materials
1910.134	Respiratory Protection
1910.1030	Bloodborne Pathogens

250+ Employees

1926.1101	Asbestos
1910.305	Electrical Wiring Methods, Components & Equipment
1910.303	Electrical Systems Design
1910.134	Respiratory Protection
1910.107	Spray Finishing w/Flammable & Combustible Materials
1910.157	Portable Fire Extinguishers
1910.212	Machines, General Requirements
1910.334	Electrical, Use of Equipment
1910.132	Personal Protective Equipment, General Requirements
1910.147	Control of Hazardous Energy, Lockout/Tagout

Fatal Mistakes

How many times have we all purchased a piece of equipment, taken it home, assembled it, made the required connections to power, turned it on and put it to use without ever reading the instruction book? We know we can do it, because we have done something similar in the past, and we are confident of our ability to do it again. No one can tell us how to do it, either. The instruction book is only referenced when something does not work, and even then we sometimes fail to read it thoroughly.

At a site in Flagstaff, a water well drilling company was summoned to remove a defective pump from a deep well and to replace it with one that worked. The drilling company sent a hydraulic rig to pull upwards on the well head pipe to remove it. It was quickly found that the rig did not have enough power to remove the pipe and pump from the very deep location. A cable tool rig was summoned from the yard of the drilling company.

The cable tool rig was manufactured in 1950, and was well over fifty years old at the time. When questioned, the company was able to produce the original instruction manual. An inspection was done on the rig, but the mast was in the retracted position during the inspection, so several components were not visible for inspection.

To pull the pipe and pump from the deep well, the rig was placed over the well head, cable was securely attached to the pipe and pressure was applied to the pipe. It was estimated that 85,000 pounds of pressure was exerted by the cable rig. Six, 30' long sections of pipe were drawn from the well head before something happened to stop the progress of the remaining pipe and the pump. It was jammed by rocks, but that would not be determined until later when a camera was lowered into the hole.

Additional pressure was applied. Possibly as much as 100,000 pounds. When the cable rig was originally set for this pull, two guy lines were placed to the rear of the rig. An observer was placed in a good position to watch the rig's structure for bending or signs of undue strain. When the observer saw two braces begin to bow, he yelled a warning to the operator. The operator said it was OK, and told the observer to see if any of the rig was being lifted off the ground. The observer found 3" to 4" lift on one side, and $\frac{1}{2}$ " on the opposite side. He told the operator, and the operator told him it was OK. The observer returned to his position in time to see the rig begin to collapse. He yelled a warning and ran. The operator is assumed to have jumped from the operator's platform, and broken his knee in the jump. The observer saw him trying to rise to a running position when the rig structure swung around and struck him in the head and upper torso, killing him.

Investigation after the accident revealed that the 1950 instruction book stated that eight guy lines should have been used, and that any indication of uneven pressure (such as unequal lifting) must be avoided. The manual further stated that footing for the rig should be solid, with no sinking or ground deformation. Several attempts had been made to stabilize the ground with beams and lumber as the rig pressed down and formed uneven depressions in the dirt. The instruction manual also suggested repairs be made, as needed, by a certified welder and qualified person. Over fifty plus years of use, strain and misuse, the rig had been subject to numerous repairs by welders who were apparently less than qualified, and designed by persons not qualified to design repairs to a cable tool rig. All these things contributed to the ultimate accident.

All the causes of this accident were cautioned against in the instruction book. The operator may never have read the book; we will never know. He made all the mistakes he was allowed to make. His legacy is the reminder: Read the book!

Ernie Miller, Safety Consultant

New Assistant Director

Bill Wright has been promoted to Assistant Director in Phoenix.

Bill has been with ADOSH for a little over two years, working in both the

Tucson and Phoenix offices as a compliance officer.

Prior to coming to work for ADOSH, Bill spent 21 years working for Revlon, on the west side of Phoenix, as their safety and health director.

In addition to safety and health, he brings with him a wealth of management experience.

Bill's overall responsibilities will include compliance and rulemaking. He can be reached at 602-542-1695.