



Decorating America's tallest fresh cut Christmas Tree (115') at the Anthem Outlet Mall takes a lot of planning and 2 weeks to complete. The tree is covered with over 6000 ornaments and topped with a 3' tall copper star to honor the State of Arizona!

Elevating Work Platform Safety

Jenny Mandeville

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In case you missed the event, while driving down (or up) I-17, we wanted to share the decorating of the 115' tall Anthem Christmas Tree.

The tree arrived at Outlets at Anthem on Oct. 20 at 6 a.m. A team of 14 spent more than eight hours a day for two weeks on aerial lifts to shape and decorate the 27-foot-wide tree which weighs approximately 16 tons when fully adorned with lights and ornaments. A total of 180 strands of LED lights stretching three miles and more than 6,000 ornaments decorate the tree, along with bows and a three-foot-tall copper star at the top.

What is ADOSH's interest here, you may ask? Workers laboring on elevating work platforms, specifically aerial lifts! It is the Compliance Safety and Health Officer's (CSHO) curse! We just can't ignore elevated work platforms and we especially love to watch aerial lifts! So, now that you know that an aerial lift is a virtual CSHO magnet and...forewarned is forearmed! Let's go over the basics for Elevated Work Platforms (EWP):

Only Authorized Operators: Some confusion remains about how a person becomes an authorized operator of an elevating work platform. ADOSH does not authorize an employee to operate an EWP, even though the employee attends a safety training meeting and receives a certificate of attendance. An authorized operator is appointed **by the employer** after ascertaining that the operator has had sufficient training and can demonstrate safe operation of the EWP.

What is Sufficient Training?: A qualified instructor must ensure that each operator reads and understands the specific information contained in the operator's manual regarding safety and control of the EWP. (ADOSH does allow for those with language barriers or literacy deficiencies to be instructed on the



points of safety in lieu of personally reading the manual.) Training must include the hazards associated with operating the EWP and the appropriate measures to take in minimizing exposure to those hazards, such as, tip over, electrocution, falls, uneven ground, debris piles and obstacles, etc. The operator must understand the limitations of the equipment and the conditions that would require recalculation or further assessment. Not recognizing a hazardous condition would indicate that the operator had not received adequate training for the assigned task being performed.

Additionally, Supervisors should be trained in the proper operation of the EWP so that they can enforce the safety rules on site. Pedestrian employees in the area should be made aware of the hazards they could encounter from work being performed overhead and to observe barricaded areas for their own safety. Retraining should be conducted as needed.

Elevating Work Platform Safety (Continued from Page 1)

Inspection of Equipment: Prior to each shift a safety inspection should be completed by the operator; this includes both a visual inspection and a function test. A check including the operating and emergency controls, safety devices (such as, outriggers and guardrails), personal fall protection equipment, wheels and tires, and other items specified by the manufacturer. Inspect for possible leaks (air, hydraulic fluid, and fuel-system) and loose or missing parts. The manufacturer usually includes an inspection checklist in the operator's manual that could be used for this requirement. If a deficiency is discovered, it should be documented and the EWP taken out of service if repairs are required or safety is in any way compromised. Tracking problems and maintaining a history of repairs is an essential element of responsible and effective safety management. EWPs should be inspected according to the manufacturer's recommendations; usually every 3 months or 150 hours of use and more in-depth annual inspections by the employer/owner.

EWPs must be de-energized and lockout/tagout utilized before repairs are conducted. Repairs must be made by qualified technicians and equivalent parts installed.

Assessing the workplace: The operator must assess the work area where the lift will be used, looking for a level surface that won't shift. The assessment must include the slope of the ground or floor; being aware of steep slopes that exceed slope limits listed by the manufacturer. Assessing for ground hazards, such as, holes, drop-offs, bumps, and debris, and overhead hazards such as power lines and other obstructions such as caught-between or dangerous struck-by hazards should be not-

ed and planned for accordingly.

Renting Aerial Lifts: Many employers rent aerial lifts from agencies and may not know what exact model will be supplied. It is the employer's responsibility to ensure that the lift is in safe working condition and that all required safety devices are in place and work ready, including all control markings. The operator manual must be supplied with the lift. Be sure that the lift is not modified without written permission from the manufacturer and that all attachments are approved by the manufacturer. If the employer or operator is unfamiliar with the lift, time must be allowed for review of the manual and OJT familiarization with the controls and limitations. A demonstration of proficiency should be performed by the operator, documented and maintained by the trainer. Again, it is the employer, or designee, who makes the decision that the operator is able to safely use the EWP.

Some Safety Tips:

>Set outriggers, brakes, and wheel chocks – even if you're working on a level slope.

>Path of platform travel must be free of hazards;

>Personnel are to maintain firm footing on the platform floor; leaning over or climbing on guardrails is prohibited – methods employed for achieving additional height are also prohibited;

>To help keep workers inside guardrails or in buckets, OSHA requires either a full-body harness or a positioning device on bucket trucks or boom-supported lifts. (OSHA accepts a positioning device with a short lanyard, if there is an anchorage inside the bucket.)

>Personal protection equipment must always be worn as required;

>EWPs must never be driven with occupants elevated in the platform, unless designed for that purpose;

>Platform occupants must be alerted prior to moving the platform;

>Provide overhead protection for occupants as operating conditions require;

>Work area shall be defined to warn others of work by elevated personnel and if working near traffic, set up work-zone warnings, i.e., signs, cones;

>Non-electrical workers must stay at least 10 feet away from overhead power lines.

>Electrical workers must de-energize/insulate power lines or use proper personal protective equipment and tools.

>Insulated buckets protect from electrocution due to electric current passing through you and the boom to ground. (An insulated bucket does not protect if there's another path to ground – for instance, if you touch another wire.)

Telehandlers: Telehandlers are not intended to be used to lift personnel unless there is no other practical option, which is open to interpretation, common sense, and hazard recognition skills. The best way to ensure that a telehandler is approved for personnel lifting is to contact the manufacturer. Just because there is a basket that can attach doesn't mean it can be used for personnel.

Scissor Lifts: Scissors lifts are efficient one-direction lifts. They provide a solid surface to work from, but the following safety practices must be observed:

> Guardrail, midrails and toeboards must be in place. The toe board can be omitted at the door.

>The platform must be equipped with a mechanical parking brake that will hold the unit securely on any slope it is capable of climbing. The brake should be tested periodically.

>Never use the lift's rails, planks across the rails, or a ladder, to gain additional height.

> Secure the rails or chains across the access area. They are part of the fall protection (guardrail) system.

>On Scissors lifts the guardrail is considered to be fall protection. If a task requires lanyard use and tie-off, operators must use tie-offs provided by the manufacturer and not the guardrails.

Why EWP Safety Matters: On January 18, 2014, two carpenters, employed by a construction company, were engaged in exterior carpentry work at a bridge. They were in the basket of an aerial lift and removing bolts from the top edge of a concrete bulb T-beam. The lift operator was facing the control panel and had his back to the bridge. As he extended the boom of the aerial lift, he was caught between the bottom of the T-beam and the aerial lift's control panel, receiving fatal crushing injuries.

On January 22, 2014, two workers employed by a painting contractor, were engaged in exterior painting of a building. They were operating an aerial lift with its 85-foot boom raised 90 degrees. As they drove up a 14-degree grade and made a sharp turn, the aerial lift tipped over. Both employees sustained fatal head injuries.

On July 15, 2013, a work crew supervisor employed by a medical clinic, was engaged in exterior carpentry. He was working from a personnel platform attached to the forks of a Telehandler. The machine rolled backward down a hill and struck a tree. The Supervisor and the personnel platform were ejected from the lift, falling 14 feet; the Supervisor sustained fatal injuries. JM



TRAINERS CORNER Working Outside in Cold Weather**OSHA/Gemplers**

Protecting Workers from Cold Stress

Cold temperatures and increased wind speed (wind chill) cause heat to leave the body more quickly, putting workers at risk of cold stress. Anyone working in the cold may be at risk, e.g., workers in freezers, outdoor agriculture and construction.

Common Types of Cold Stress

Hypothermia

- Normal body temperature (98.6°F) drops to 95°F or less.
- **Mild Symptoms:** alert but shivering.
- **Moderate to Severe Symptoms:** shivering stops; confusion; slurred speech; heart rate/breathing slow; loss of consciousness; death.

Frostbite

- Body tissues freeze, e.g., hands and feet. Can occur at temperatures above freezing, due to wind chill. May result in amputation.
- **Symptoms:** numbness, reddened skin develops gray/white patches, feels firm/hard, and may blister.

Trench Foot (also known as Immersion Foot)

- Non-freezing injury to the foot, caused by lengthy exposure to wet and cold environment. Can occur at air temperature as high as 60°F, if feet are constantly wet.
- **Symptoms:** redness, swelling, numbness, and blisters.

Risk Factors

- Dressing improperly, wet clothing/skin, and exhaustion.

For Prevention, Your Employer Should:

- Train you on cold stress hazards and prevention.
- Provide engineering controls, e.g., radiant heaters.
- Gradually introduce workers to the cold; monitor workers; schedule breaks in warm areas.



How to Protect Yourself and Others

- Know the symptoms; monitor yourself and co-workers.
- Drink warm, sweetened fluids (no alcohol).
- Dress properly:
 - Layers of loose-fitting, insulating clothes
 - Insulated jacket, gloves, and a hat (waterproof, if necessary)
 - Insulated and waterproof boots

What to Do When a Worker Suffers from Cold Stress

For Hypothermia:

- Call 911 immediately in an emergency.
- To prevent further heat loss:
 - Move the worker to a warm place.
 - Change to dry clothes.
 - Cover the body (including the head and neck) with blankets, and with something to block the cold (e.g., tarp, garbage bag). Do **not** cover the face.
- If medical help is more than 30 minutes away:
 - Give warm, sweetened drinks if alert (no alcohol).
 - Apply heat packs to the armpits, sides of chest, neck, and groin. Call 911 for additional rewarming instructions.

For Frostbite:

- Follow the recommendations "For Hypothermia".
- Do not rub the frostbitten area.
- Avoid walking on frostbitten feet.
- Do not apply snow/water. Do not break blisters.
- Loosely cover and protect the area from contact.
- Do not try to rewarm the area unless directed by medical personnel.

For Trench (Immersion) Foot:

- Remove wet shoes/socks; air dry (in warm area); keep affected feet elevated and avoid walking. Get medical attention.

More cold weather tips

1. Always dress properly for cold weather. Put on warm clothes before you go outside. Carry extra dry clothing if you're likely to get wet.
2. Keep your skin dry. Wet skin freezes quicker than dry skin.
3. Drink plenty of water to keep from getting dehydrated.
4. If possible, do some of your outdoor work during the warmest part of the day.
5. Avoid sitting still outdoors for long periods of time. And take adequate breaks from the cold.
6. Don't touch metal or wear metal jewelry outdoors in the cold. Metal conducts cold, thus increasing your chances of frostbite.

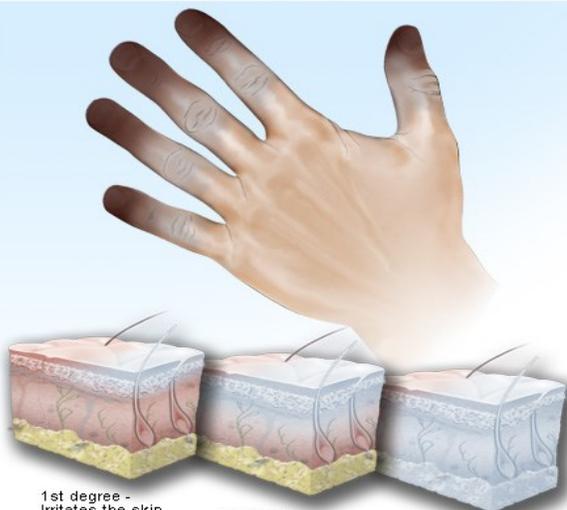
7. Avoid alcohol, cigarettes, coffee and other drinks with caffeine.

Smoking decreases circulation; alcohol increases the rate at which your body cools.

8. Stay in good physical shape.

Free downloadable tailgate topics in English and Spanish, are available at: <http://www.Gemplers.com>

Frostbite



1st degree - Irritates the skin

2nd degree - Blisters but has no major damage

3rd degree - Involves all layers of the skin and causes permanent tissue damage

2008 MedicineNet, Inc.

WEAR THE PROPER CLOTHING

- One of the best ways to prevent cold-related injuries is to wear the right clothing outdoors.

• It's better to wear several layers of clothing than a single heavy coat or jacket. If possible, wear a thin layer next to your skin such as polyester or polypropylene. This will help keep the heat close to your body. Wear this under a warm layer of clothing such as wool under an outer jacket that repels water and cuts the wind.

- You should also wear a warm hat that covers your ears, gloves or mittens, dry socks, and dry shoes or boots that protect your feet against cold and dampness.

- A scarf or ski mask will also help protect your face.



TRAINERS CORNER

Trabajo Al Aire Libre En Época De Frío

OSHA / Gemplers

Protegiendo a los trabajadores del estrés por frío

Las bajas temperaturas y el aumento de la velocidad del viento (sensación térmica) causan que el calor salga del cuerpo más rápidamente, poniendo los trabajadores en riesgo del estrés por frío. Cualquier persona que trabaje en el frío puede estar en riesgo, incluyendo trabajadores en congeladores, la agricultura al aire libre y la construcción.

Tipos comunes del estrés por frío

Hipotermia

- Temperatura normal del cuerpo (98.6°F) baja a 95°F o menos.
- **Síntomas leves:** altera pero tiritando.
- **Síntomas moderados a graves:** para tiritando; confusión; habla incoherente; ritmo cardiaco y respirando lentamente; perdido de la conciencia; la muerte.

Congelación

- Tejidos corporales congelan, como las manos y los pies. Puede ocurrir a temperaturas encima de la congelación debido a la sensación térmica. Puede resultar en la amputación.
- **Síntomas:** entumecimiento, piel enrojecida desarrolla manchas grises/ blancas, se siente firme/dura, y puede ampollarse.

Pie de trinchera (también conocido como "Pie de inmersión")

- Una herida al pie sin congelación, causada por la exposición prolongada a ambientes mojados y fríos. Puede ocurrir a temperaturas del aire tan alto como 60°F, si los pies están constantemente mojados.
- **Síntomas:** rojez, hinchando, entumecimiento, y ampollas.

Factores de riesgo

- Vestir inapropiado, ropa y piel mojada, y el agotamiento.

Para la prevención, su empleador debe:

- Capacitar a usted en los peligros y la prevención del estrés por frío.
- Proporcionar controles de ingeniero, como calefactores radiantes.
- Introducir los trabajadores al frío gradualmente; monitorizar a los trabajadores; programar descansos en áreas cálidas.

Como protegerse a usted y a otros

- Conozca los síntomas; monitorea a usted mismo y compañeros de trabajo.
- Beba fluidos tibios y endulzados (sin alcohol).
- Vístase adecuadamente:
 - Capas de ropa holgada y aislante
 - Una chaqueta aislada, guantes, y una gorra (impermeable si necesario)
 - Botas aisladas e impermeables

Qué hacer cuando un compañero de trabajo sufre del estrés por frío

Por la hipotermia:

- Llame al 911 inmediatamente en una emergencia.
- Para evitar una mayor pérdida del calor:
 - Mueva el trabajador a un lugar cálido.
 - Cambie a ropa seca.
 - Cubra el cuerpo (incluyendo la cabeza y el cuello) con mantas, y con algo para bloquear el frío (como una lona o bolsa de basura). **No cubra la cara.**
- Si el ayuda médico está a más de 30 minutos:
 - Dé bebidas calientes y azucaradas si la persona esta altera (sin alcohol).
 - Aplique compresas calientes a las axilas, los lados del pecho, cuello, e ingle. Llame al 911 para más instrucciones de recalentar.

Por la congelación:

- Sigue las recomendaciones bajo "Por la hipotermia".
- No frote el área congelado.
- Evite caminar en los pies congelados.
- No aplique nieve o agua. No rompa las ampollas.
- Cubra y proteja el área del contacto.
- No intente de recalentar el área al menos que usted está dirigido por el personal médico.

Por el pie de trinchera (inmersión):

- Remueva zapatos y medias mojadas; séquelos al aire (en un área caliente); mantenga pies afectados elevados y evite caminando. Obtenga atención médica.

Otros consejos para el clima frío

1. Siempre vístase en forma adecuada durante los meses de frío. Póngase ropa abrigada antes de salir afuera. Lleve ropa extra si cree que se va a mojar.
2. Mantenga su piel seca. La piel mojada se congela más rápido que la piel seca.
3. Tome mucha agua para evitar la deshidratación.
4. Si es posible, haga gran parte de su trabajo al aire libre durante las horas más calientes del día.
5. Cuando esté al aire libre durante períodos largos muévase constantemente. Descanse con frecuencia si trabaja en el frío.

Use Ropa Adecuada

- Una de las mejores maneras de prevenir las lesiones causadas por el frío es usando la ropa adecuada cuando está al aire libre.
- Es mejor usar varias capas de ropa en vez de un solo abrigo o chaqueta grueso. Si es posible, use ropa delgada junto a su piel; por ejemplo, una camiseta o camisa de poliéster o polipropileno. Ese tipo de ropa ayuda a mantener el calor de su cuerpo. Use la camiseta debajo de un suéter o camisa más gruesa y abrigada y después póngase una chaqueta de tela impermeable y que proteja del viento.
- Usted también debe usar un gorro abrigador que le cubra las orejas, guantes o mitones, calcetines secos y zapatos o botas secas que le protejan los pies contra el frío y la humedad.
- Una bufanda o máscara de esquiar también sirve para proteger la cara.

6. No toque metales ni use joyas de metal si trabaja al aire libre cuando hace frío. El metal conduce el frío y aumenta la posibilidad de congelar la piel.
7. Evite fumar, tomar alcohol, café y otras bebidas que tienen cafeína. El tabaco disminuye la circulación; el alcohol aumenta la rapidez con que se enfría su cuerpo.
8. Manténgase en buen estado físico.

Free downloadable tailgate topics in English and Spanish, are available at: <http://www.Gemplers.com>

Cold Stress - Spanish



... A Thousand Words



Eyewash Stations 101 ANSI/ISEA Standard Z358.1—2014

ANSI Z358.1 is intended to serve as a guideline for the proper design, certification, performance, installation, use and maintenance of emergency equipment. It is recognized by the safety and health industry as the most comprehensive guide to emergency showers and eyewashes. ADOSH often uses this guideline to measure eyewash stations in workplaces as to their effectiveness.

LOCATION: In general, the ANSI standard provides that emergency equipment be installed within 10 seconds walking time from the location of a hazard (approximately 55 feet.) and must be installed on the same level as the hazard (i.e. accessing the equipment should not require going up or down stairs or ramps). The unobstructed path of travel to the eyewash should be maintained and designed to be as straight and direct a path as possible. (A door is considered an obstruction to access.) Where strong acids or caustics are being handled, a unit should be located adjacent to the hazard.

WATER and TEMPERATURE: Plumbed and self-contained units must perform as follows:

- Eyewash: 0.4 gpm (1.5 liters) for 15 minutes;
- Eyeface wash: 3 gpm for 15 minutes of tepid water. "Tepid" water is defined as water between 60° F and 100° F which may require mixing valves to blend hot and cold water. For portable units, consideration must be given to ambient temperatures in the workplace, especially in the summertime as the water temperature could exceed 100°F. In some areas of

Arizona even tap water may be too warm to qualify as "tepid". If the eyewash is located outside, consideration also must be given to freezing temperatures. A plumbed eyewash must be connected to a potable water supply line and a drainage system is recommended to prevent creating further hazards.

TRAINING for Employees: Employees must be trained regarding the location and use the eyewash station; and how to maintain the eyewash station in a useable condition. As shown above, eyewash stations are frequently used and abused for other purposes. Training should include flushing requirements for highly hazardous substances such as corrosives, and the company's emergency response procedures for exposures requiring eyewash. For eyewash use, employees have to be instructed to hold their eyelids open and roll the eyeballs to permit adequate flushing. It may be useful to plan a drill for eye emergencies.

Employees with occupational exposure to blood or other potentially infectious materials should be given training specific to their exposures, as indicated by the company's Exposure Control Plan.

SIGNAGE: A highly visible sign must mark the unit location. Shower areas have to be well lighted. ANSI recommends that an alarm be attached to warn others that the unit is in operation. Be sure to deactivate the alarms during weekly maintenance checks and then reactivate when tests are completed.

MAINTENANCE and inspections: Activate eye-

wash/drench hose units at least weekly. Inspect all eyewash/drench hose units annually for compliance with standard. In summer months, encourage twice daily flushing if the water reaches over 100° F or relocate eyewash station to a cooler location. Portable eyewash stations may be an answer to some of the dilemmas encountered, including the cylinder type shown below, such as are used in construction and on temporary worksites. In the case of portable eyewash stations, employees must be alerted to any changing location so that the eyewash is readily available. I have seen a flag mounted on an antennae whip that was to indicate the location of moveable eyewash stations.



If you are wondering about the requirement for supplying an eyewash station, ADOSH recommends consulting the Safety Data Sheet(s) of the chemical(s) employees are using at work. If the first aid section (Section 4) requires a 15 minute flush upon exposure, **best practice** would be to provide an eye-

wash station that can deliver the 15 minutes flush. ADOSH officers often see wall-mounted eyewash bottles used in lieu of a plumbed or mounted eyewash unit. These rinsing bottles are helpful for removing debris, such as sawdust, dirt or other particles from the eyes; but hazardous substances require that the employer provide an eyewash that can deliver 15 minutes of flush, with a hands-free stay-open valve that activates in one second or less, leaving both hands free to hold the eyelids open.

ADOSH Education and Training Calendar JAN - MAR 2016

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**

January 2016 On-line Registration Required

1/12/2016	9:00 - 12:00	Excavation Safety Awareness	199 S 6th St. (Public Safety Bldg)	Cottonwood	Mandeville	602-542-1769	C Trujillo
1/12/2016	1:30 - 3:30	Confined Spaces in Construction	199 S 6th St. (Public Safety Bldg)	Cottonwood	Mandeville	602-542-1769	C Trujillo
1/14/2016	7:00 - 10:00	ADOSH/ADEQ Lead Paint Hazards	155 W 14th St.- Public Works	Yuma	Coleman	928-373-4500	M Hernandez
1/20/2016	9:00 - 12:00	OSHA 300 Recordkeeping	800 W Washington St.	Phoenix	Mandeville	602-542-1769	C Trujillo
1/21/2016	9:00 - 12:00	Fall Protection in Construction	800 W Washington St.	Phoenix	Mandeville	602-542-1769	C Trujillo
1/26/2016	9:00 - 12:00	OSHA 300 Recordkeeping	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S Sinohui
1/27/2016	9:00-11:00	Fall Protection in Construction (Webinar)	WEBINAR ONLY	Tucson	Coleman	520-628-5478	S Sinohui
1/27/2016	3:00 - 5:00	General Industry Hazard Recognition	21 East Wilcox Drive	Sierra Vista	Ornelas	520- 458-6940	A. Wilson
1/28/2016	9:00 - 12:00	Fall Protection in Construction	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S Sinohui
1/28/2016	9:00 - 12:00	OSHA 300 Recordkeeping	800 W Washington St.	Phoenix	Mandeville	602-542-1769	C Trujillo

FEBRUARY 2016 On-line Registration Required

2/2/2016	9:00 - 12:00	Confined Spaces in Construction	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
2/3/2016	9:00 - 11:00	Confined Spaces in Construction (Webinar)	WEBINAR ONLY	Phoenix	Carnevale	602-542-1769	C Trujillo
2/4/2016	8:00 - 12:00	Forklift Train-the-Trainer	800 W Washington St.	Phoenix	Mandeville	602-542-1769	C Trujillo
2/4/2016	9:00 - 12:00	Machine Guarding	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
2/9/2016	9:00 - 12:00	Accident Investigation	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
2/10/2016	9:00 - 12:00	Lockout/Tagout	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
2/10/2016	9:00 - 12:00	Killer Fatigue: Sleep and Safety	800 W Washington St.	Phoenix	Mandeville	602-542-1769	C Trujillo
2/12/2016	9:00 - 12:00	Accident Investigation	800 W Washington St.	Phoenix	Mandeville	602-542-1769	C Trujillo
2/16/2016	9:00 -12:00	Forklift Train-the-Trainer	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
2/17/2016	9:00 - 10:30	Fall Protection in Construction (Webinar)	WEBINAR ONLY	Tucson	Coleman	520-320-5478	S Sinohui
2/17/2016	9:00 - 12:00	Forklift Train-the-Trainer (SPANISH)	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
2/18/2015	9:00 - 12:00	Fall Protection in Construction	800 W Washington St.	Phoenix	Mandeville	602-542-1769	C Trujillo
2/18/2016	9:00 - 12:00	Fall Protection in Construction	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S Sinohui
2/19/2016	9:00 -12:00	Supervisors: The Missing Safety Link	800 W Washington St.	Phoenix	Mandeville	602-542-1769	C Trujillo
2/23/2016	9:00 - 10:30	Confined Spaces in Construction (Webinar)	WEBINAR ONLY	Phoenix	Carnevale	602-542-1769	C Trujillo
2/23/2016	10:00 -1:00	Forklift Train-the-Trainer (SPANISH)	800 W Washington St.	Phoenix	Ornelas	602-542-1769	C Trujillo



MARCH 2016 On-line Registration Required

3/1/2016	9:00 - 12:00	OSHA Compliance for Assisted Living Facilities	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
3/3/2016	9:00 - 12:00	Bloodborne Pathogens and Emerging Diseases	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
3/8/2016	9:00 - 12:00	Confined Spaces in Construction	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
3/9/2016	10:00 - 1:00	Confined Spaces in Construction	800 W Washington St	Phoenix	Ornelas	602-542-1769	C Trujillo
3/11/2016	9:00 - 12:00	OSHA Compliance for Assisted Living Facilities	800 W Washington St	Phoenix	Mandeville	602-542-1769	C Trujillo
3/16/2016	9:00 - 10:30	Fall Protection in Construction (Webinar)	WEBINAR ONLY	Tucson	Coleman	520-628-5478	S Sinohui
3/16/2016	9:00 - 12:00	Warehouse Safety/Materials Handling	2675 E Broadway Blvd	Tucson	Ornelas	520-628-5478	S Sinohui
3/17/2016	9:00 - 12:00	Fall Protection in Construction	2675 E Broadway Blvd	Tucson	Coleman	520-628-5478	S Sinohui
3/17/2016	9:00 - 12:00	Fall Protection in Construction	800 W Washington St	Phoenix	Mandeville	602-542-1769	C Trujillo
3/18/2016	9:00 - 12:00	Bloodborne Pathogens and Emerging Diseases	800 W Washington St	Phoenix	Mandeville	602-542-1769	C Trujillo
3/25/2016	8:00 - 12:00	Forklift Train-the-Trainer	197 Jagerson Ave (MCC)	Kingman	Mandeville	602-542-1769	C Trujillo

Join us for **WEBINAR WEDNESDAYS! Check the schedule, log on to Ezregister, sign up, and join us on the day of the webinar in the comfort of your own home or office via **GoToMeeting.com!** Follow instructions included in your confirmation email. Training at your finger-tips!**

FREE TRAINING!



JOIN US FOR WEBINAR WEDNESDAYS!!

Register at ezregister.com/promoters/1607

JANUARY: All Classes 9:00—11:00 am

27— Fall Protection in Construction

FEBRUARY:

3—Confined Spaces in Construction

17—Fall Protection in Construction

23—Confined Spaces in Construction

MARCH:

16—Fall Protection in Construction

Recordkeeping Requirements Class:

This course is designed for the new OSHA Recordkeeper or a Recordkeeper who needs refreshing. The new OSHA Recordkeeping and Reporting Requirements will be included during this instruction.

The Recordkeeping Workshop is a hands-on workshop with YOUR records. Bring YOUR Company's:

>Report(s) of Injury (OSHA 101 or 301), 300 Log, and 300A;

>The average number of employees, (including part-time or seasonal workers) for 2015;

>And the total hours those employees worked during 2015 .

Even if your 300 and 300 A are blank, bring them and we will take you from start to finish; calculate your DART Rate and compare your company to the National BLS Rates. Don't have the blank logs? We do! So bring your injury reports & the data listed above. Let's git 'er done!

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!*



2016—A New Year, New Regulations, and Guidance

by ADOSH Assistant Director Jessie Atencio



As we welcome in the New Year, I want to share with all Arizona employers an overview of ADOSH Consultation's planned activities for 2016. Many updates to current regulations are proposed, and some guidance documents are being enhanced, to aid companies as they strategize for stronger workplace safety and health programs. As you develop goals and strategies with employees, we look forward to assisting your company's efforts to reduce the number of workplace incidents, primarily by updating information in five areas of interest:

The first update concerns OSHA's Recordkeeping and Reporting Rule and the new requirements on notifying ADOSH/OSHA. An employer is required to notify, or report to, ADOSH within 8 hours if there is a workplace fatality, a rule that has been in effect for many years. The additional reporting rules require an employer to contact ADOSH within 24 hours if an employee experiences an amputation, the loss of an eye, or if one (1) employee is hospitalized due to a workplace incident or exposure. When ADOSH receives a report from the employer, a determination will be made regarding the need for further investigation by a Safety or Health Compliance Officer. The employer will most likely be contacted via a phone call, by a Compliance Supervisor, to gather information about the incident; then the decision will be made regarding whether to handle it administratively or if an accident investigation will be pursued. ADOSH will be enforcing the new reporting requirements in January 2016.

The second update introduces OSHA's Construction Confined Space Standard (29 CFR 1926.Subpart AA.) For many years construction companies have turned to the General Industry Confined Space Standards (29 CFR 1910.146) for compliance guidance to ensure safety while working in the numerous and varied confined spaces found in construction. If you are familiar with the GI Confined Space Standards, most of the Construction Confined Space Standards may not seem new to you at all; but there are some new requirements that must be met by General Contractors and sub-contractors, separately and collectively, to prevent injury or illness to employees who are exposed to confined spaces. The multi-employer citation policy is discussed to ensure all employers are communicating the hazards and entry procedures during the confined space entry.

The third update focuses on the high-hazard industry of Primary Metals. This industry group is large and complex, involving various operations, including blast furnaces. Blast furnaces chemically reduce and physically convert iron oxides into liquid iron. Numerous hazards confront workers in the industry including: burns and eye injuries from slag draw-off and metal pouring; struck-by/crushing hazards from materials handling equipment in ore and scrap metal receipt and storage; heat stress from furnace charging and operations; respiratory hazards from exposure to metal fumes, dust and silica; sprains and strain from manual handling of materials and heavy loads; and fall hazards from elevated furnace walking-working surfaces. We will direct resources to the industry to help increase hazard awareness and reduce employee injuries.

The fourth update emphasizes our work with temporary or contract laborer workers. The exploding growth in the temporary labor industry continues in Arizona and throughout the nation, bringing some unique concerns to the forefront. Both host employers and labor providers will have to assess and communicate about the hazards the temp employee will be confronting in the workplace and determine the training elements to be taught and who has the responsibility to do that training, before the temporary employee arrives on site for work. Temporary employees continue to experience an inordinate number of injuries and fatal incidents, which reminds us here at ADOSH that we still have a vital message to deliver!

The fifth and final focus is on Workplace Violence. Workplace violence is one of the leading causes of death in the workplace. Each year, millions of employees are assaulted at work, resulting in pain, suffering, lost productivity, and increased lost work time and health costs. How can workplace violence hazards be reduced? In most workplaces where risk factors can be identified, the risk of assault can be prevented or minimized if employers take appropriate precautions. By assessing their worksites, employers can identify methods for reducing the likelihood of incidents occurring. ADOSH believes that a well-written and implemented workplace violence prevention program, combined with engineering controls, administrative controls and training can reduce the incidence of workplace violence. We will be working with knowledgeable companies and consultants to bring some viable solutions for Arizona's workforce.

We look forward to the New Year and hope to see you at our Summits! We have three scheduled for this year: Tucson in April, Northern Arizona in July, and the Phoenix metro area in the fall!



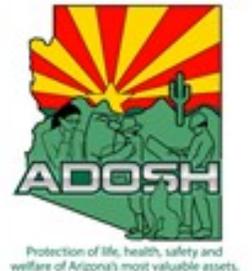
THE ARIZONA DIVISION OF OCCUPATIONAL SAFETY AND HEALTH

Back to Basics

Classes and Webinars on 29CFR 1926 Subpart M

Fall Protection in Construction

**Extended
into 2016!**



Classes: Every Third Thursday* 9:00 AM —12:00 PM

Industrial Commission of Arizona Buildings

800 W. Washington Street Phoenix, AZ 85007 and 2675 E. Broadway Rd. Tucson, AZ 85617

Webinars: Third Wednesday* at 10:00 AM—12:-00 PM

Training resources will be distributed (or mailed for webinar attendees) to help you train your own employees about fall protection in Commercial and Residential Construction!

*Check with ezregister as some dates are changed to accommodate holidays or venues.

Enroll at <https://ezregister.com/promoters/1607>



News and Resources for Safety and Health

Did you know that hearing loss is one of the most common work-related illnesses in the United States?



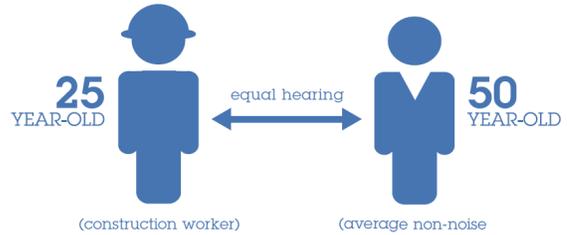
50% of construction workers have some job-related hearing problem, including hearing loss or ((ringing, whistling, buzzing, or humming)) in the ears (tinnitus).

You can do something to prevent hearing loss. Buy Quiet!



<http://www.cdc.gov/niosh/topics/buyquiet>

It's common for construction workers to have the hearing of workers twice their age.



Is it too loud at work? Talk to your employer about quieter tools and machinery.



<http://www.cdc.gov/niosh/topics/buyquiet>

STOP DISTRACTED DRIVING NOW

DON'T BE THE LAST THING SHE SEES

DRIVE SMART ARIZONA

HOME

TEEN DRIVING & OUTREACH

DRIVING ON THE JOB

RESOURCES

TRAFFIC SAFETY LAWS

NEWSROOM

CURRENT OUTREACH

ABOUT US

OUR MISSION

DRIVE SMART ARIZONA (DSA) is made possible through a coalition of numerous organizations and businesses in Arizona. It was facilitated by Arizona's Chapters of the American Society of Safety Engineers (ASSE), the largest and oldest professional safety organization in the United States. As a non-profit professional organization ASSE members hold paramount the protection of people, property, and the environment. DSA will help reduce distracted driving in Arizona by raising awareness which will in turn change behavior. DSA will drive to improve the lives of all Arizonans through our public information and education initiatives. [Click Here to See Coalition Partners.](#)

MAIN GOAL

To reduce the tragedies caused by distracted driving in the State of Arizona. Drive Smart Arizona takes a holistic approach. Professionals, educators, businesses, elected officials, governmental agencies, and citizens volunteers all work together to educate the current and future drivers of Arizona. By coming together we can all create safer roads for our state's children, families, and workers.

GET INVOLVED

The 1st Annual Arizona Distracted Driving Summit. On April 29, 2016 a coalition of organizations will meet at Wesley Bolin Plaza for the annual Workers Memorial Day ceremony. Immediately following the ceremony, which will include a tolling of the bell for all the Arizona workers lost in 2015, there will be a rededication to safety and prevention event. As in previous years there will be a main theme and this year's focus will be on decreasing the deadly trend of distracted driving in Arizona. Confirmed guests include elected officials from around the state, federal officials, foreign dignitaries, and many, many more. [Click here to contact us.](#)

ADOSH A SPONSOR FOR DRIVE SMART ARIZONA!

Every year in the US, over 440,000 people are killed or injured by distracted drivers. Millions are left behind to pick up the pieces.

If you have workers who drive as part of their daily routine, then **LET THEM DRIVE.**

If part of your job is driving, then **DRIVE.**

Workers: Commit to not reading or sending texts while driving. Focus on the road.

Employers: Commit to policies and practices which do not compel workers to read or send texts while driving. Allow workers to do the job of driving.



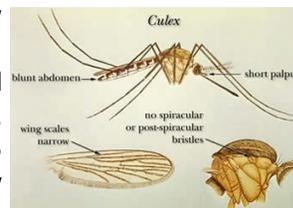
REMEMBER WE GO TO WORK FOR OUR FAMILIES... AND THEY ARE WAITING FOR US! EYES ON THE ROAD!

Arizona reports concurrent West Nile, St Louis encephalitis outbreak

Arizona residents are experiencing the first known outbreak of concurrent West Nile virus (WNV) and St. Louis encephalitis virus (SLEV) infections in the United States, and most cases involve neurologic disease, the Centers for Disease Control and Prevention (CDC) reported today in Morbidity and Mortality Weekly Report (MMWR). The viruses, both flaviviruses, are carried by Culex mosquitoes. As of Nov 24, 117 cases of flavivirus disease had been reported to the Arizona Department of Health Services, including 75 WNV, 19 SLEV, and 23 unspeci-

fied flavivirus disease cases. In addition, during the summer the Maricopa County Vector Control Division identified 60 pools of C tarsalis or C quinquefasciatus mosquitoes that tested positive for SLEV RNA by polymerase chain reaction, and 97 pools that tested positive for WNV RNA. Among all cases, 103 (88%) occurred from July through September. Seventy-nine patients (68%) had neuroinvasive disease, such as meningitis, encephalitis, or acute flaccid paralysis, including 47 (63%) with WNV infection, 17 (89%) with SLEV infection, and 15 (65%) with unspecified flavivirus infec-

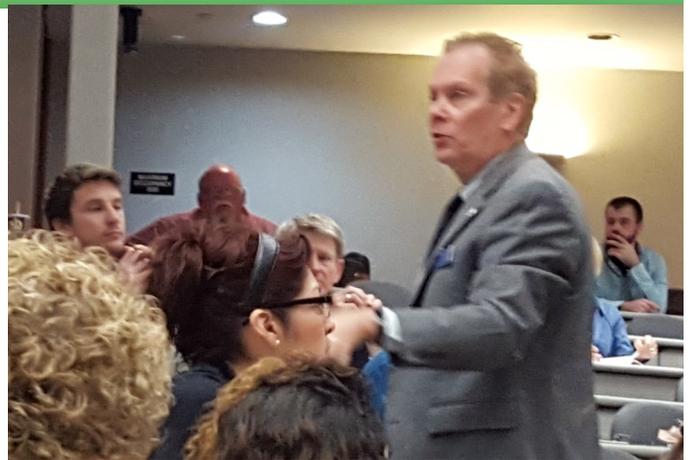
tion. Of the patients, 86 (74%) were hospitalized and 5 (4%) died. Eight (53%) of the state's 15 counties reported cases, and 45 WNV cases (60%) and 18 SLEV cases (95%) were in Maricopa County, the CDC said.



The authors warn, "Because of the similarity in clinical presentation for WNV and SLEV disease cases, cross reactivity between WNV and SLEV antibodies, and the lack of availability of a commercial SLEV test, SLEV disease cases could be incorrectly diagnosed as WNV disease cases or remain undetected if clinicians only request WNV testing and no confirmatory testing is conducted."

CDC Dec 11 MMWR report

ADOSH Leadership Summit—Glendale, AZ November 4-5, 2015



Top left: Keynote Speaker Jason Schechterle, Author of "Burning Shield" and Phoenix Police Officer (Ret) presenting his riveting story of unimaginable adversity and his ultimate ascent from despair. Top right: Keynote Speaker Dean Coughenour, National PRIMA President, addresses attendees on the topic of Leadership and Motivation. Above 2nd row: Three overhead shots of our vendor area at the Leadership Summit in November at the Thunderbird School of Global Management. We are grateful for the support we get from all our vendors at each event!

The ADOSH Leadership Summit, held on November 4-5, 2015 at the Thunderbird School of Global Management pulled together some very experienced and motivational speakers to present leadership ideas in order to recharge safety manager's and business owner's commitment to bringing safety to their employees! In addition to our Keynote speakers, 16 presenters from many safety disciplines were instrumental in making the Summit a well-rounded and inspirational event. Guest Speaker Fletcher Rich from R&R Lotions instructed attendees on the hazards of sun exposure especially for outdoor workers. Guest Speaker Dr. Tom Renner, Corporate Injury Management Associates brought his expertise in reducing on-the-job injuries and improving workforce health. Gina Kesler, President of D&A Experts, instructed about the laws regarding Marijuana in the Workplace and Assessing for Drug and Alcohol Use. Lisa Padgett, Lead Investigator over Youth Employment Laws for the State of Arizona, spoke concerning the special considerations in hiring teenagers. ADOSH Director Bill Warren reviewed the 2014 Fatalities investigated by ADOSH and the lessons learned. ADOSH Consultant Bryce Rucker's Legitimate Concern: OSHA's Discrimination Cases was well attended and many questions were answered for safety professionals. An overview of the VPP / SHARP programs was lead by Assi tant Director Jessie Atencio. ICA Claims Division Trainer Gregg Morgan helped attendees navigate through the "claims process." ADOSH was pleased to welcome ICA Commission Chairman Dale Schultz to the Summit. We hope you will join us in our next Summit, to be held in Marana in April!



VPP and SHARP News

Are you wondering if your company has what it takes to qualify for SHARP or VPP Status? Assistant Director Jessie Atencio or Consultation Supervisor Babak Emami can advise all interested companies wanting to know what they need to do to get ready for SHARP or VPP! If you are your company's lone Safety Officer or you have an organized safety committee, schedule a VPP planning meeting with Babak Emami 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 can help you achieve your safety goals! Call Corina Trujillo at 602-542-1769 to start the ball rolling.



Performance Contracting Group, Inc. in Tempe, Arizona celebrates receiving SHARP status with ADOSH Consultation Supervisor Babak Emami. They received their SHARP certification on June 22, 2015. Their commitment to safety, as stated on their website, is: "Within the construction industry, real, inherent risks and dangers exist. Our goal is to ensure our employees are completely aware of, and comprehensively trained in, the processes and procedures to prevent all injuries. We believe each and every employee is accountable to create a safe environment for the protection of the health and well-being of all our employees. The safety of our employees is our primary objective and is more important than productivity, quality, and profit. Safety is paramount in our culture and must be an integral part of our thoughts, communications and actions. Safety is first, always, every day – nothing less!" Congratulations to Performance Contracting Group, Inc. for achieving this level of commitment to safety and qualifying for SHARP!



Assistant Director Jessie Atencio was on hand to congratulate CARF International on their SHARP Recertification. Left) In the group shot, from left to right: Cindy Johnson, Dov Ariew, Veronica Frisina, Kent Thompson, Brian Boon, Linda Pitney, CeCe Wilson, Betty O'Keefe, Jessie Atencio, Laura Thompson.

CARF International is an independent, non-profit organization that provides accreditation services worldwide at the request of health and human service providers. CARF International has businesses in Tucson, Washington DC, Canada and the United Kingdom. CARF Stands for "Commission on Accreditation of Rehabilitation Facilities.," and has been in existence since 1966. The Commission sets standards for care in many medical and rehabilitative settings. Congratulations!

VPP and SHARP News



The Arizona Division of Occupational Safety and Health Consultation Department presented Prudential Overall Supply with its VPP Designation on Wednesday, Oct. 28, 2015. The Arizona Division of Occupational Safety and Health (ADOSH) Consultation Department presented Prudential Overall Supply, with its "STAR Site" designation through the Voluntary Protection Program, "VPP." Companies and jobsites that are awarded the STAR designation demonstrate exemplary and comprehensive safety and health management systems.

ADOSH held a VPP Ceremony at the Prescott Service Center, where Prudential Overall Supply was awarded the STAR designation and presented with the VPP plaque and flag. During the ceremony, Jessie Atencio, Assistant Director of ADOSH, spoke on the significance of a VPP achievement and its importance to the State of Arizona.

"This is the second time Prudential Overall Supply has been recognized with the STAR designation. It's so important for companies to receive this recognition because they become the model for top safety in the workplace," said Atencio. "Prudential Overall Supply really is a STAR site when it comes to factoring in the health and safety of every employee on the team.." Congratulations Prudential Overall Supply Prescott Valley!



Concrete Designs, Inc. Celebrates their second successful SHARP audit and SHARP Recertification! The team is pictured here with CDi President Nathan Hatzel, and Fred Monreal, Director of Safety (in Safety Vest) CDI, located in Tucson, Arizona, has specialized in the design and manufacture of architectural ornamentation since 1958. The company operates in a 44,000 square-foot manufacturing facility built in 1990 which includes two state-of-the art concrete batching systems.

Congratulations Concrete Designs, Inc. on your SHARP Status!



ADOSH Out and About!



Above: ADOSH Consultants Bruce Hanna and Anthony Carnevale (top right) participate in **Arizona Construction Career Day** when Jr High and High School Students visit a jam-packed festival of activities to educate them on Construction Careers, Equipment, and Materials and, of course, Workplace Safety!

Below: ADOSH Bilingual IH Consultant Luis Lopez was at the **Mexican Consulate** in Tucson on 09/03/2015 for Labor Rights Week. Luis presented a class to the consular staff on ADOSH Services for employees and the working community. All employees have a right to work that is safe and a workplace that is safe!



Public Entities Partnership Program (P.E.P.P.) NEWS

ADOSH and Graham County Sign a Public Entity Partnership Program:

(Safford, Ariz., Nov. 4, 2015) - The ADOSH Consultation Department has entered into a Public Entity Partnership Program (P.E.P.P.) with Graham County. P.E.P.P. was designed by the ADOSH's Consultation Program in an effort to help public entities achieve a high level of safety and health awareness. Graham County is the first county to sign a P.E.P.P.; the City of Yuma was the first city to become part of the program.

"Employers recognize their responsibility to their employees to provide a safe and health workplace. Working with ADOSH helps these employers stay up-to-date and in compliance with all workplace rules and regulations," said Dale Schultz, Chairman of the Industrial Commission of Arizona. This awareness is achieved through routine visits and training tailored to aid public entities in reducing injury and illnesses for their employees.

"We are optimistic that other local entities will get involved and participate with us in the P.E.P.P.," said Jessie Atencio, assistant director and consultation and training program manager for ADOSH. "Working at a local level such as this will lead to a safer work environment for all employees."

For more information on ADOSH, Consultation Partnership Programs and the Industrial Commission of Arizona, please visit <http://www.azdosh.gov> or call (602) 542-5795.



GRAHAM COUNTY P.E.P.P. PROGRAM

(Top Row from Left to Right: Rocky Armfield, Risk Manager for Arizona Insurance Pool; Dale Schultz, Chairman of the Industrial Commission of Arizona and Jessie Atencio, Assistant Director and Consultation and Training Program Manager for the Arizona Division of Occupational Safety and Health) (Bottom Row from Supervisors Left to Right: The Graham County Board of Supervisors James Palmer, Chairman; Drew Johnson, Vice-chairman and Danny Smith, Member)

Arizona Division of
Occupational Safety & Health



800 W Washington St, Ste 200
Phoenix, AZ 85007

2675 East Broadway Road
Tucson, AZ 85716

602-542-5795 Reception

520-628-5478 Reception

602-542-1614 Fax

520-322-8008 Fax

Bill Warren, ADOSH Director

Toll Free: 855-268-5251

We're on the WEB!
<http://www.azdosh.gov>

ADOSH ADVOCATE

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