

## Why have a workplace safety & health program?

Taking risks is part of running a business. You take risks in product development, marketing, and advertising in order to stay competitive. But there are some risks that should never be taken. One of these is risking the safety and health of those who work for you.

If you want to reduce the costs and risk associated with workplace injuries, illnesses, and fatalities, you should place as much emphasis on safety and health issues as other management issues such as production, sales, and quality control. Establishing a safety and health management plan helps you do this because, in developing the plan, you identify what has to be done to promote the safety and health of workers. In the process, you outline policies and procedures to achieve your safety and health goals.

All businesses — big and small — must have effective safety and health programs. However, the smaller the business the harder it is to develop a plan that successfully prevents injuries and illnesses. For those of you struggling to find the time, money, and resources for in-

jury and illness prevention, Oregon OSHA provides free workshops (#100 - Safety & Health Management and #116 - Safety & Health Program Evaluation) and offers training materials online (Oregon OSHA's Safety and the Small Business Employer) to help you.

### Why all the urgency?

Consider the following Oregon injury and illness statistics:

- Insurers accept approximately 30,000 workers' compensation claims for disabling injuries every year.
- Employers record roughly 80,000 workplace injuries and illnesses each year.
- Workers lose more than 800,000 workdays each year due to occupational injuries and illnesses.
- In 1996, 14 percent of all employers had at least one accepted disabling claim.
- Businesses with fewer than 20 employees account for about 18 percent of all injuries and illnesses.

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## COSHA honors conference supporters

The Central Oregon Safety and Health Association (COSHA) held an appreciation lunch March 14 in Bend for conference supporters Oregon OSHA, Deschutes County Road Department, JW Business Solutions, Deschutes Brewery, Pepsi-Cola Bottling Co. of Bend, St. Charles Medical Center, PG&E, National Energy Group, Therapeutic Associates, Liberty Northwest, and Kerr McGee Forest Products Division of the Dalles.

"Thanks to generous support from both the public and private sectors, the 2000 Central Oregon Occupational Safety and Health Conference was a huge success," said Dennis Morris, conference planning chair. "Now it's time to mark your calendars for this year's conference."

See "COSHA," page 16

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- Workers in their first year on a new job account for 42 percent of accepted disabling claims.
- The average cost of a single disabling claim is more than \$9,000.
- A minor first-aid call can cost \$100 or more.

Here’s an example that shows how injury and illness costs add up: Say you have a service business with a few employees, and you gross \$100,000 this year. With a 10 percent profit margin, you might anticipate a profit of \$10,000.

If you have just 10 first-aid calls in a year, at \$100 each, you’ll lose \$1,000 and your profit margin drops to nine percent. Add just ten more first-aid calls and you’ll realize only an eight percent profit. If you have one accepted disabling claim (at \$10,000) your profit margin would be zero. Two disabling claims and you’re \$10,000 in the hole!

Here’s a second example — the same business, but with a gross of \$1 million this year and a projected ten-percent profit margin: Two disabling injuries, at \$10,000 each, plus the hidden, indirect costs of accidents (estimated to be two to 10 times the direct costs) that can include time lost for the injured employee, work-mates, and supervisor; loss of efficiency due to break-up of crew; repairs to damaged tools and equipment and the time the damaged equipment is out of service; cost of training new workers; missed orders and deadlines due to work stoppage and lost production. As you see, larger companies can quickly be operating at a loss with workplace injuries.

And, while the dollar costs of workplace injuries and illnesses are staggering, they don’t begin to reflect the quality-of-life costs to those who are injured and their families and friends. ■

## Safety and the Small Business Employer 2001 Schedule

Oregon OSHA is pleased to announce that our Public Education Section is preparing to visit your community in 2001 and present our “Safety And The Small Business Employer” (SATSBE) workshop. These free workshops are designed to help small-business owners develop their safety and health program.

**By attending two one-hour noon meetings (bring your lunch if you like), you will receive:**

- The program overview
- Instructor’s manuals
- Employee training manual
- 10 abbreviated training modules
- A guide to written requirements
- 16 master forms suitable for copying

**Workshops are scheduled for:**

- **Florence** *Phase I: 4/17 & Phase II: 5/1*  
*Lane Community College, Room 158 North, 3149 Oak Street, Florence*
- **Newport** *Phase I: 4/18 & Phase II: 5/2*  
*Newport Public Library, 35 NW Nye Street, Newport*
- **Lincoln City** *Phase I: 4/19 & Phase II: 5/3*  
*Oregon Coast Community College Taft Center, 1206 SE 48th St, Lincoln City*
- **Roseburg** *Phase I: 5/22 & Phase II: 6/5*  
*Umpqua Community College, Snyder Hall, 1140 College Rd, Winchester*
- **Sweet Home** *Phase I: 5/23 & Phase II: 6/6*  
*Sweet Home Community Center, 880 18th Ave, Sweet Home*
- **Cottage Grove** *Phase I: 5/24 & Phase II: 6/7*  
*Lane Community Center, Shepherd Room, 700 E Gibbs, Cottage Grove*
- **Prineville (7-8 a.m.)** *Phase I: 7/17 & Phase II: 7/31*  
*Prineville Public Library, Broughton Rm, 175 NW Meadowlakes Dr, Prineville*
- **Bend** *Phase I: 7/18 & Phase II: 8/1*  
*Boyle Education Center, Rm 155, 2600 nW College Way, Bend*
- **Eugene** *Phase I: 7/19 & Phase II: 8/2*  
*Eugene Area Chamber of Commerce, 1401 Willamette St, Eugene*
- **Ontario** *Phase I: 8/14 & Phase II: 8/28*  
*Four Rivers Cultural Center, 676 SW 6th Ave, Ontario*
- **Baker** *Phase I: 8/15 & Phase II: 8/29*  
*Baker County Library, Conference Rm, 2400 Resort St, Baker*
- **La Grande** *Phase I: 8/16 & Phase II: 8/30*  
*Eastern Oregon University, Hoke Center Rm 201, One University Blvd, La Grande*

**For more information call (503) 947-7443, or visit: [www.orosha.org/education.htm](http://www.orosha.org/education.htm)**

***Oregon OSHA would like to extend a special thank you to our “advance men” a group of safety professionals who have been promoting the benefits of safety and health and Oregon OSHA’s small business workshops by making presentations to Rotary Clubs, Chambers of Commerce, and other groups where business people meet. See “Award Winners, Small Business Outreach Program,” on page 5.***

# Administrator's Message



Peter De Luca

Today is going to be the hottest May 22nd on record in Oregon. That means it is summer, albeit summer is officially a month away.

Summer is typically our busiest season. Unemployment drops. Business booms. Buildings rise. People are busy in the fields, woods, and factories.

Summer is also our most hazardous season. More accidents and injuries occur between June and Sep-

tember than during any other quarter of the year. There seems to be a crush to get things done before the rains return.

People hurry. People take shortcuts. People drive too fast. People lift too much. People don't get enough sleep. People don't pay attention. People just take too many chances.

We have recently experienced new lows in accidents, injuries, and fatalities. This is a good trend. Let's keep it up.

June is National Safety Month. It comes at the start of this very busy season. Perhaps there is a reason for this. Whether there is or not, let's make this month a reason to rededicate ourselves to safety.

Safety is all about going home at night the same condition we came to work in the morning. But it takes hard work. It takes management commitment. It takes worker involvement. Most of all, it takes ev-

erybody paying attention and working together for a common goal.

Let's honor National Safety Month by recommitting ourselves to going home in the same condition as that in which we came to work. Employers and managers: Take a little time to communicate your commitment to safety. Workers: Take the time to be safe. Everyone: Slow down, pay attention, and most of all — BE CAREFUL OUT THERE! ■

## RESOURCE



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# Oregon employers and employees receive safety awards



**Portland** - Eighteen Oregon employers and employees received awards for outstanding achievement in workplace safety and health at the Governor's Occupational Safety and Health Conference (GOSH) recently held in Portland.

Master of ceremonies at the awards luncheon was Channel 6 KOIN newscaster Ken Boddie. Richard Terrill, administrator, Region X, U.S. Department of Labor/OSHA; Peter De Luca, administrator, Oregon OSHA; and Philip Lemmons, president of the Columbia-Willamette Chapter of the American Society of Safety Engineers were present to help celebrate the award winners.

The biennial GOSH conference is the largest occupational safety and health conference on the West Coast. The conference is a joint effort of the American Society of Safety Engineers (ASSE), Columbia-Willamette Chapter, and the Department of Consumer and Business Services Oregon Occupational Safety and Health Division (Oregon OSHA).

## The Award Winners



### **Hal Westbrook, Douglas County Forest Products**

This award recognized the extraordinary efforts of the recipient to further occupational safety and health. Peter De Luca, administrator of Oregon OSHA was impressed with the change in the relationship between Douglas County Forest Products

(DCFP) and Oregon OSHA, which changed from one fraught with conflicts, to one which has made DCFP ready to enter the Safety and Health Achievement Recognition Program. In his tenure as administrator, De Luca has seldom seen such a dramatic change. (Award category: Administrator's Award.)

fore the Oregon OSHA Small Business Program was scheduled in the community. Their effort was made to help small business move toward a higher level of occupational safety and health, and this award recognizes their spirit of volunteerism and partnership. (Award category: Administrator's Partnership Award.)



### **Metro Regional Environmental Management-Environmental Services, Medford**

Tenacity and high-quality work are the hallmarks of

Metro's Environmental Services Safety Committee. Although committee members work at operating facilities away from the company headquarters, they've raised employee safety awareness companywide, ensured that safety goals were met, and significantly reduced back and repetitive motion injuries. Each year, the company's two regional transfer stations help over 350,000 customers deliver more than 700,000 tons of solid waste. Last year alone, Metro's hazardous-waste program handled more than 2.7 million pounds of hazardous waste. Since Metro's Latex Recycling Facility opened in 1999, the facility processed 100,000 gallons of recycled latex paint. These endeavors could not have been accomplished without the ongoing safety training, work practices documentation, and reporting provided by this committee! (Award category: Safety Committee, Large Employer, more than 99 employees.)



### **Small Business Outreach Program: Daniel Sabatino, Bruce Poinsette, Ken Greenhill, Bob Langager, and Mike Benjamin**

This group of ASSE members, without urging from Oregon OSHA, took it upon themselves to produce a Powerpoint presentation and provide speakers as a prelude to Oregon OSHA's small-business training sessions. These individuals met with the Oregon OSHA administrator to volunteer as presenters of this special program about two weeks be-

See "GOSH," page 5



### Walsh Construction Company

The safety committee at Walsh Construction Company goes way beyond the routine weekly or monthly safety meetings. The

committee's main function is to study the set-up and construction process of each project and make recommendations that promote a hazard-free work environment. Due to the committee's efforts, Walsh has a corporate protocol for conducting effective accident investigations and quickly returning injured workers to work following injuries. As part of this process, accident information is communicated to all employees and recommendations are made to prevent recurrence. The committee also implemented a stretch-and-flex program to reduce muscle strain and sprain injuries. (Award category: Safety Committee, Large Employer, more than 99 employees.)



### Boise Cascade, Salem Converting Central Safety Committee

The Salem Central Safety Committee (CSC) at Boise Cascade enjoys dreaming

up new ideas to get employees excited about safety. Favorites include the "Park for Safety" program in which safety-test participants are chosen for a reserved parking spot, the "Gold Broom Award" that recognizes specific areas of the plant for housekeeping performance, the "Safety Suggestion Contest" in which employees submit ideas in hopes of winning a monthly prize, and a quarterly inspection that holds supervisors and employees accountable. The group works hard to involve plant employees in activities, inviting all employees to attend CSC meetings and join subcommittee planning groups to implement safety ideas.

Incident rates at Boise Cascade's Salem converting plant have dropped dramatically, with a current record of 15 months during which there have been no recordable injuries! (Award category: Safety Committee, Medium Employer, 31 to 99 employees.)

### Mt. Angel Beverage Company Safety Committee

The safety committee at Mt. Angel Beverage Company works closely with management to quickly respond to safety concerns before injuries occur. For example, when an employee asked a safety committee member to look into air quality, tests were conducted and improvements to air handling and lift-truck exhaust were promptly made. When another employee expressed concern over a pinch point on the lid-feed machine, the supervisor of maintenance, a safety committee member, responded to the issue that same afternoon in a safety committee meeting, then took steps to resolve the problem.

Thanks to the committee's quick thinking and rapid response time, Mt. Angel Beverage Company maintains low injury occurrences. The committee's reputation has resulted in a growing list of employees who want to serve on the committee! (Award category: Safety Committee Award, Medium Employer, 31 to 99 employees.)  
*Photo not available.*



### Pioneer Cut Stock

The challenges associated with being in the secondary wood products industry have not stopped Pioneer Cut Stock from succeeding in the area of safety. From the very first day on the job, the importance of safety is instilled in employees. An extensive review of safety procedures is conducted by a human resource manager, supervisor, and safety representative, followed by a two- or three-day one-on-one training session with the quality-control department. The message of safety is continually reinforced through bi-weekly safety tailgate meetings, employee safety suggestions, monthly safety slogan awards, monthly safety and health committee meetings, monthly safety walk-through inspections, bimonthly safety and health committee training meetings, bimonthly ergonomic action team meetings, hazard alert identification forms, annual Oregon OSHA required training, quarterly safety recognition programs, and more! The incident rate at Pioneer Cut Stock is 1.9 percent, in an industry whose average is 7.2! For its efforts, the company has earned SHARP recognition for two consecutive years. (Award category: Large Employer, more than 99 employees.)



### Dunkin & Bush, Inc.

This industrial painting contractor recently earned a round of applause by client Weyerhaeuser

Company. According to Weyerhaeuser vice president and Springfield mill manager Randy Nebel, "Dunkin & Bush achieved several safety milestones here, including seven years without a lost-time injury and 5½ years without an OSHA-recordable injury. The company's employees have become safety role models for our mill site."

In addition to Weyerhaeuser's vote of approval, Dunkin & Bush earned the Painting and Decorators of America's top safety excellence award in its category for five of the last six years. And from June 1999 to June 2000, Dunkin & Bush maintained a 3.39 percent incident rate compared to Oregon's 8.2 percent average. What's its secret? All employees, including supervisors, are held responsible for unsafe acts through follow-up counseling, and the first item on the agenda of every supervisor and manager meeting is safety. (Award category: Medium Employer, 31 to 99 employees.)



### Kerry Clark Company

As a family-owned commercial tree thinning operation in a high-hazard industry, Kerry Clark Company turned to Oregon OSHA Consultative Services Section for help in developing an illness

and injury prevention program. Due to the high level of participation by employees in the program, and the company's accident-reduction efforts, Kerry Clark Company has been recognized as a second-year SHARP employer. Recently, Kerry Clark Company joined with other SHARP award recipients and Oregon OSHA to form a nonprofit organization called Oregon SHARP Alliance. The alliance's mission is to promote safety and health management and cooperation among companies and government for the betterment of all workers. (Award category: Small Employer, fewer than 30 employees.)



### Snake River Correctional Institution (SRCI)

As Oregon's largest prison, with 3,000 inmates and 1,000 staff members, Snake River Correctional Institution

faces daily safety challenges ranging from traditional safety issues to the threat of inmates intentionally trying to hurt employees. The prison staff has met these challenges, accomplishing many industry firsts in the realm of safety.

In August 2000, SRCI became the first Oregon prison recognized as a SHARP employer. The prison continually evaluates its safety efforts and even designed an automated safety tracking system to rapidly report and resolve safety concerns. In addition, SRCI is the first Oregon prison to schedule its "Officers of the Day" (currently about 12 managers) to receive Oregon OSHA's hazard-identification training. Because these officers tour the prison during non-traditional workdays (weekends and holidays), their ability to address safety hazards is critical.

SRCI's success can be measured by a lost workday incident rate 23 percent below the industry average, putting SRCI on the map as one of the safest prisons in the country. (Award category: Public Employer.)



### Advanced Technology Group (ATG)

When private investors purchased ATG two years ago from a utility company, a dynamic construction company

emerged. ATG's culture encourages accountability for each employee's safety. When an unresolved safety problem arises on a job site, the manager's or superintendent's job performance is reviewed. ATG's philosophy is "there are no bad employees, only inexperienced coaches" because most employees want to be viable team members. Peer pressure among foremen and co-workers has proven to be the biggest catalyst for preventing accidents. Accident-reduction is the reason ATG's daily action task enhancement forms were created. A journeyman or apprentice walks through the

work area four times a day, documenting safety or housekeeping concerns, then communicates or corrects these issues immediately. (Award category: Employer Award — New Business, established in Oregon for five years or less.)



### **The Construction Industry Crime Prevention Program (CICP) of the Pacific Northwest**

As a nonprofit organization whose primary purpose is preventing crime in the construction industry, CICP has built an effective partnership with industry

and law enforcement agencies. When law enforcement agents expressed concern over increasing workplace conflicts resulting in unreported verbal and physical assaults, CICP took action. The association recently implemented a project entitled “Preventing Workplace Violence in the Construction Industry.” Violence-prevention training was provided to nearly 300 construction employers throughout the state of Oregon, and a survey of 186 people was conducted. CICP also developed and distributed a workplace-violence-prevention training manual. But the association didn’t stop there. To cover all the bases, it designed a CD, overhead transparencies, and video for free checkout from Oregon OSHA’s Resource Center. Through this project, CICP made great strides in preventing future incidents of conflict from resulting in terrible casualties. (Award category: Association.)



### **Pioneer Cut Stock, Inc., Maintenance Development**

Pioneer Cut Stock’s maintenance department has an above-average exposure to

workplace mechanical, electrical, machining, pipefitting and welding hazards. But its 14 employees have maintained an exceptional safety record — 1,900 workdays without a time-loss accident. Maintenance employees are responsible for the company’s hazardous-energy-control program, biweekly safety tailgate meetings on subjects from Oregon OSHA newsletters, and workplace redesigns to ensure the team meets ergonomic standards. Thanks to the maintenance department, Pioneer Cut Stock’s first SHARP rating was 87 percent — the highest in the state at that time. And the following year, the company rated 91 percent! (Award category: Team.)

### **Multnomah County Air Quality/TB Group for the Detention Center**



When seven corrections deputies and three inmates tested positive for tuberculosis (TB) in 1998, the Multnomah County Sheriff’s Office (MCSO) called Oregon OSHA Consultative Services Section. As a result of working with a consultant, an Air Quality/TB Group was formed. The group, composed of MCSO, Multnomah County Health Department; the TB Clinic; and a group from occupational health, facilities, and property management, tackled many issues brought to light during the OSHA consultation.

The team designed a comprehensive TB-prevention strategy for the entire county, rebalanced the air flow between inmate- and employee-occupied areas, and installed a new alarm system to notify staff when negative air pressure is lost. Six months into the project, the seven staff members who previously tested positive for TB found that the test results were in error. But the group continued to ensure future safety. Approximately 1,000 employees and 45,000 inmates will benefit from these improvements each year. (Award category: Team.)

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### Melanie Fernandez

A KGW advertising and marketing consultant, Melanie Fernandez has worked in the Portland television industry for 15 years. Fernandez is passionate about using television to get people thinking about work safety beyond traditional work hours. Her project, "Safety Is a Way of Life," uses public service announcements to convey safety practices such as calling your local utility company before you dig in your yard, slowing down as you enter a construction zone, and wearing personal protective equipment while doing activities at home. These spots aired in the early morning, evenings, and weekends during KGW's top-rated newscasts. Many also aired during the Olympics — ensuring that a large portion of the television-viewing population saw the spots. Fernandez built partnerships with trade associations, Oregon OSHA, writers, camera crews, and other KGW staff to create these public service announcements. (Award category: Individual.)



### Daniel Sabatino

Over the past 2½ years, corporate safety director Daniel Sabatino helped Portland-based Christenson Electric Inc. achieve a consistent decline in recordable injury cases. Sabatino's reputation throughout the safety industry is outstanding. He is also chair of the Joint Electrical Industry Safety Committee for NECA/IBEW, vice president of the American Society of Safety Engineers' Columbia-Willamette Chapter, and chair of the GOSH Program Committee. His safety advice is frequently sought by colleagues. (Award category: Safety Professional.)

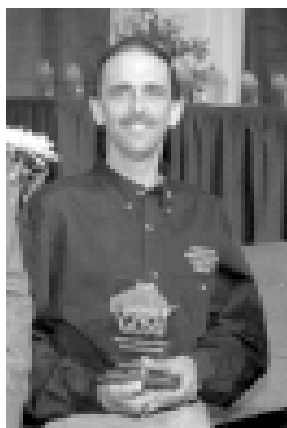
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### Mike Murphy

When Mike Murphy was hired as safety director for Portland Local 48 in 1994, there were only four safety people working for electrical contractors in Portland. Now, with about 12 full-time electrical contractor safety professionals in the area, Murphy is a leader in this

industry. For the past six years, he's been safety coordinator for the NECA/IBEW Electrical Training Center in Portland, where he trains apprentices and journeymen on all aspects of electrical safety. Murphy developed a model safety program for electrical contractors in the Portland-metro area that earned international acclaim. He also coordinates safety meetings, performs jobsite hazard analyses for electricians, and teaches classes on topics ranging from ground fault circuit interrupters to fall protection and aerial equipment. (Award category: Labor Representative.)



### Rick Goldblatt

On a rainy January evening, service electrician Rick Goldblatt was driving his Oregon Electric Group service van on a riverside road. Suddenly, a vehicle in front of him spun out of control, crossed oncoming traffic, and plunged into the river. Goldblatt pulled over, spotted the car and waded into chest-deep water to rescue a toddler, an infant, and their

mother from the flooded vehicle. While another motorist called 911, Goldblatt led the woman and two children to his service van, cranked the heat to high, and wrapped them up in everything he could find to keep them warm. Soon, an ambulance arrived and took the family away. Later that evening, the woman's husband called to thank Goldblatt and report that his family was doing fine. Goldblatt's brave and selfless act saved three lives. (Award category: Lifesaving.) ■



# SAFETY NOTES

Department of Consumer & Business Services  
Oregon Occupational Safety & Health Division  
Salem, OR 97310

## Fatality Report

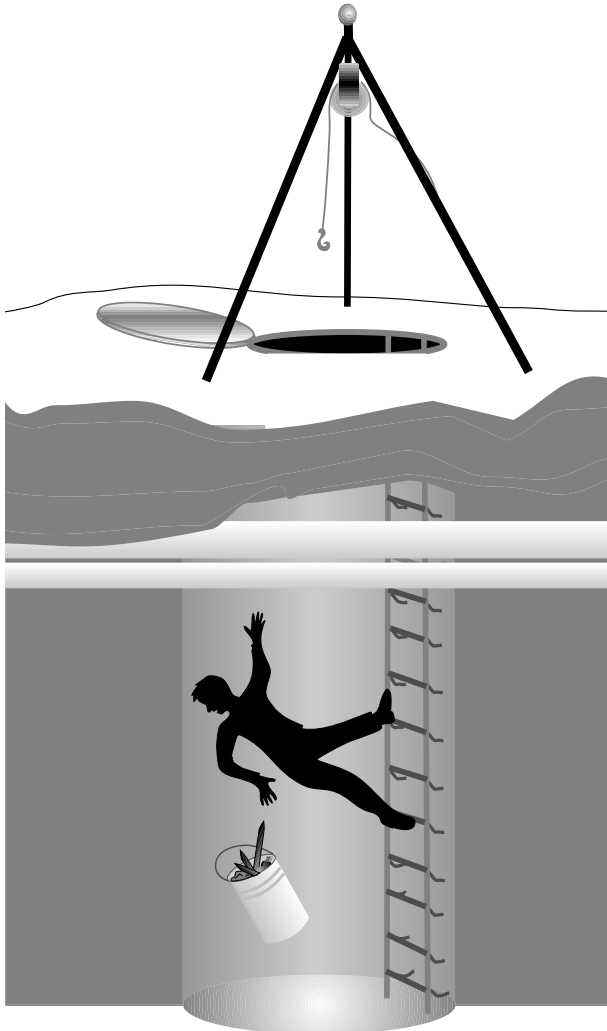
Accident type ..... Fall/impalement  
Industry ..... Trucking/Excavation  
Employee job title ..... Laborer

### Description of accident

On a fall morning, an 18-year-old laborer for a trucking and excavation company was working with two pipelayers to clean up debris in a couple of manholes. The pipelayers were working in a shallow manhole (three or four feet deep), and the laborer had entered a manhole that was approximately 16 feet deep. He had climbed into the manhole on the steel rungs built into the concrete wall of the manhole, carrying a five-gallon bucket containing a few wooden surveyor stakes and some grout. His task was to clean up any debris at the bottom of the manhole. As he worked, the laborer spoke with one of the pipelayers in the other manhole through an eight-inch pipe. The pipelayer heard the laborer preparing to leave the manhole. The laborer had picked up a couple of chunks of stone at the bottom of the hole (about 25 lbs.) and put them into his bucket.

He then attempted to climb out of the manhole carrying the bucket. He fell and was impaled on one of the stakes.

When the pipelayer who had been talking with the laborer through the pipe heard the bucket hitting the floor of the other manhole and the laborer making a sound that indicated pain, he climbed out of the shallower manhole and told the supervisor and the other pipelayer that he thought the laborer had been hurt. They called down the hole, but got no response. The supervisor went down the manhole and quickly emerged to call 911. The other pipelayer went down to assist the injured man. The bucket was retrieved with a rope, but the worker was unable to do anything for the victim. The fire department crew arrived and the laborer was pronounced dead and transported to the medical examiner's office.



### Investigation findings

The victim had tried to climb the rungs of the manhole ladder with one hand, while carrying the bucket, which weighed about 25 pounds, in the other hand. Investigators couldn't determine how far up the ladder the laborer was when he fell. The bucket should have been removed from the hole with a line. It is a violation of 29 CFR 1926.1053(b)(22) for the worker to have been carrying a load that could have caused him to lose balance and fall.

### To prevent similar accidents

- Always remove equipment and debris from excavations with the proper equipment.
- Never allow workers to ascend and descend ladders carrying loads that might cause them to lose balance.
- Employ the buddy system for workers in excavations and trenches, train employees in safe work practices, and ensure that they look out for each other and for hazards.

### Applicable standards

29 CFR 1926.1053(b)(22)

# SAFETY NOTES

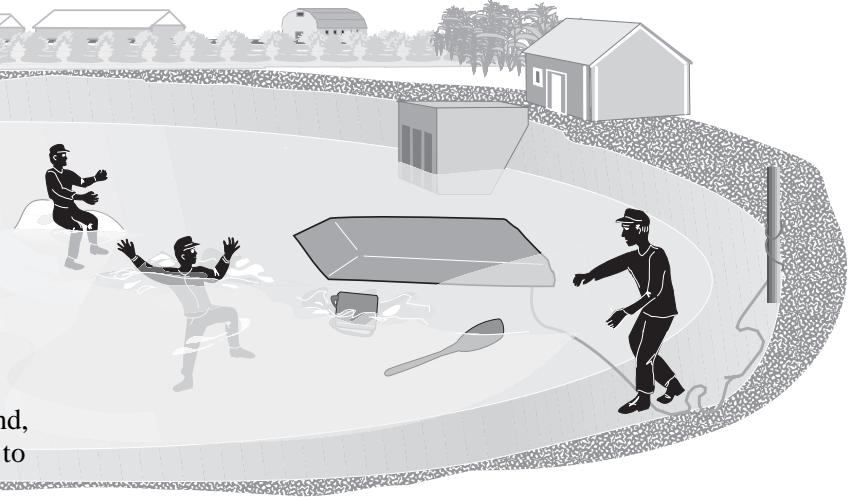
Department of Consumer & Business Services  
Oregon Occupational Safety & Health Division  
Salem, OR 97310

## Fatality Report

Accident type ..... Drowning  
Industry ..... Agricultural nursery  
Employee job title ..... Laborer

### Description of accident

At a large nursery, three workers were sent to an irrigation pond to deal with an air bubble in a pond liner that had bulged the liner to the top of the water. The men loaded four sandbags, weighing approximately 90 pounds each, into a 12-foot aluminum boat that was tethered to a metal pole on the bank. Two of the men then got into the boat and paddled into the middle of the pond, using an oar and a shovel. On the first trip, the two workers were unsuccessful at causing the bubble to deflate and allow the liner to sink to the bottom of the pond, as the sandbags slid off the bubble. They returned to shore for four more sandbags. The third man, the supervisor, remained on the bank both times.



One of the men got out of the boat onto the bubble and the other began handing sandbags to him. The man in the boat yelled that the boat was taking on water. The supervisor immediately began pulling the boat back to shore, but the worker in the boat jumped overboard. None of the three knew how to swim and although the victim was thrown a Type IV flotation device, he was not able to reach it. The victim sank, resurfaced once, was unable to grab a nylon rope thrown to him by the supervisor on the bank, and sank again. The supervisor radioed the main office for assistance, and other workers, hearing the call for help, rushed to the pond. Two workers dove into the pond to retrieve the victim, but were unable to find him. By the time the nearest water-rescue team arrived, the victim had been under 14 feet of water for about 30 minutes. Upon retrieval, he was declared dead.

### Investigation findings

The employer had not conducted a hazard assessment of the task to which these workers were set. The same crew had previously been sent on similar assignments without life preservers. The workers had not been asked by their supervisor if they could swim. There was a language barrier between workers and their supervisor. The boat used by the workers did not specify capacity, but investigation showed that similar craft have 600-pound capacities. With the sandbags and the two men, the boat was carrying approximately 784 pounds. There was no back-up boat or other means to quickly retrieve anyone who fell into the pond. A similar accident, with no injuries, in which the boat sank in shallower water, had been witnessed by the supervisor a week before this fatality, but the supervisor had not conducted an investigation or made any changes to procedure, except to tell workers not to fill sandbags so full. The boat was not properly equipped with oars, even though the supervisor knew that one of the oars had been missing since the winter before the accident.

### To prevent similar accidents

- Conduct hazard assessments and have appropriate rescue plans for all tasks that workers may be required to do, even if the tasks may not be conducted on a regular basis.
- Train workers for the tasks they are assigned to do, and assign tasks according to knowledge, skills, and abilities.
- Equip workers properly for the tasks they are assigned to do.
- Empower workers to speak up about unsafe conditions and to suggest remedies to workplace hazards through safety committees.
- Ensure that language barriers do not get in the way of safe work practices.

### Applicable standards

ORS 654.010

# SAFETY NOTES

Department of Consumer & Business Services  
Oregon Occupational Safety & Health Division  
Salem, OR 97310

## Fatality Report

Accident type ..... Electric shock  
Industry ..... Municipal water services  
Employee job title ..... City maintenance worker

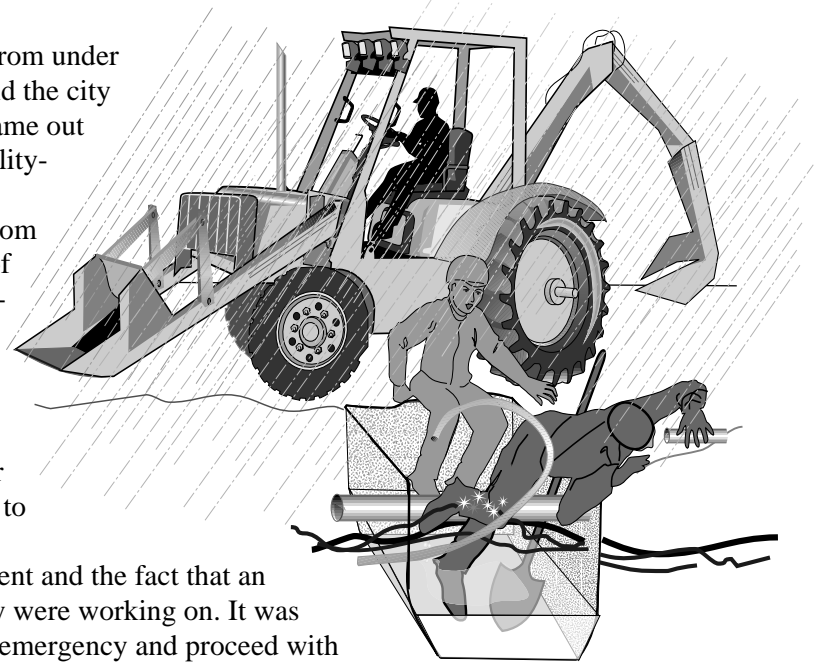
### Accident description

When a midnight stroller noticed water coming from under the asphalt in a small-town street, he called 911, and the city police called the city maintenance foreman, who came out in a downpour to investigate. He, in turn, called utility-company locators and two city employees. He instructed the employees to get repair equipment from the city maintenance shop and report to the scene of the leaking underground water main, which had begun leaking at the saddle connection at a rate of about 70-80 pounds per square inch (psi).

The foreman knew that there were underground electrical wires in the area and had been on hand when another city employee had been shocked four months before on this same water line. He stressed to the power company locator that he was concerned about precise locates because of the previous accident and the fact that an electrical transformer was located on the street they were working on. It was the foreman's decision to consider the situation an emergency and proceed with the repair, despite darkness, heavy rain, and saturated soil. The locator marked the curb with the approximate location of the electrical lines to within two feet and warned the foreman that they might find primary and secondary power lines running close to the water line. The power in the area was not cut off.

At about 3 a.m. the foreman instructed the two crew members to dig for the leaking main. At about 3:30, the locator was called to another site. The crew members uncovered three wires, later identified as 120-volt secondary power wires. When the crew members found the saddle and copper tubing and decided to replace it, they coupled new tubing to the old tubing and used the teeth of the bucket of a backhoe to "pull" the pipes through the meter box. The victim was standing in water in the trench without protective gear, holding onto the copper tubing when the coupling connecting the tubing cut into electrical wires in the trench and shocked the victim.

His co-worker jumped into the trench to help him and was also shocked and was unable to release or help the victim. The foreman then jumped into the trench and was shocked, but was able to get out. He used a wooden broom handle to push the employees free of the copper pipe. He dialed 911. Emergency technicians were unable to resuscitate the victim, who was declared dead at the hospital to which he was transported.



### Investigation findings

Investigators determined that the employer had failed to take all reasonable means to uncover and reroute or de-energize the electrical power at the excavation site and failed to provide employees adequate instruction in recognition and avoidance of underground electrical/water hazards.

### To prevent similar accidents

- Ensure employees are thoroughly trained and have the skills and equipment to do their jobs safely.
- Give safety the highest-possible priority when making decisions about expediency in dangerous situations.
- Train for appropriate procedures when electrical shock does occur: don't compound injuries and fatalities.

### Applicable standards

OAR 437-01-760(1)(b)(C)

# SAFETY NOTES

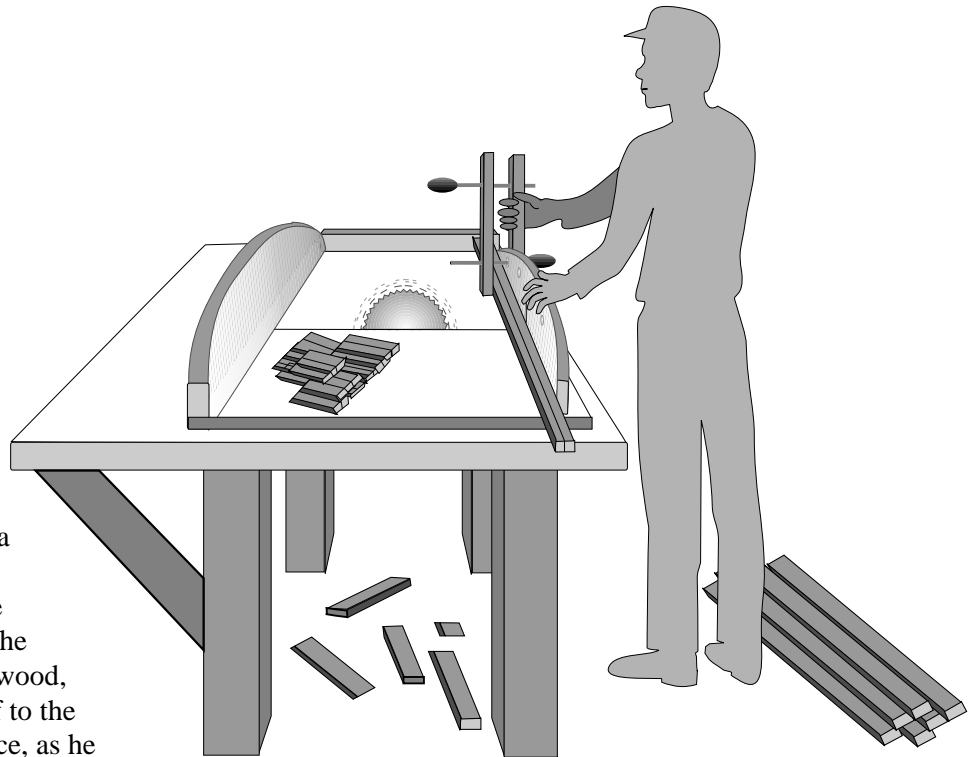
Department of Consumer & Business Services  
Oregon Occupational Safety & Health Division  
Salem, OR 97310

## Accident Report

Accident type ..... Finger amputation  
Industry ..... Retail/ Manufacturing  
Employee job title ..... Sales employee, wood shop

### **Description of accident**

A 19-year-old employee of a specialty wood retailer/door manufacturer was using a table saw to cut small pieces of wood called pen blanks. The employee, working alone in the workshop area of the business, used an in-house-made sliding cradle jig to guide the wood into the unguarded blade of the saw. As he cut the small pieces of wood, he picked them up and set them off to the left side of the blade. In this instance, as he moved cut pieces, his right hand came in contact with the table saw blade, and his little finger was amputated and his other three fingers on that hand were cut.



The victim's finger was put into water upon discovery of the accident. First aid was given and the victim was transported to a hospital for reattachment of the severed finger.

### **Investigation findings**

The victim (and other employees) had not been specifically trained to cut pen stock, although the task was considered part of the sales staff's duties. He was not supervised as he cut pen stock.

The saw, which was designed for cross-cutting lumber, had its blade-guard hood removed to allow for the use of the cradle jig, despite previous incidents with that procedure and recommendations concerning the hazardous situation by both the safety committee and an outside safety consultant.

### **Applicable OSHA standards**

- OAR 437-01-765(6)(b)(C)
- OAR 437-01-765(6)(g)
- 29 CFR 1910.213(d)(1)
- OAR 437-01-760(1)(a)

# Safety at Work: Things young workers should know

Are your kids applying for their first summer jobs or is your business hiring young workers this summer? These workers should know that they are responsible for following all safety and health rules and regulations that apply in their workplace and that their employers should inform them about any hazards there.

## First Aid/ Emergencies

- First-aid kit should be available in work area.
- You should not respond to accidents unless you are trained in first aid.
- Know who is the designated emergency responder in your work area.
- Be sure to report any injury at the time it happens.
- Know the emergency exits.

## Lacerations

- If you're handling a knife, always cut away from your body.
- If you do receive a cut, get first aid. Then make sure all surfaces where blood may have spilled are properly cleaned to protect you and others from bloodborne diseases.

## Eye and Ear Protection

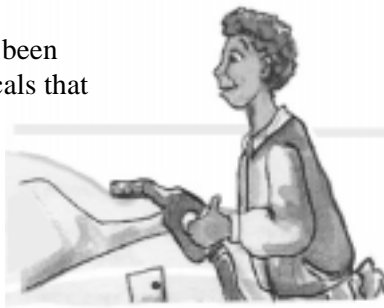
- Wear safety glasses to protect your eyes against liquid splashes or flying debris.
- Wear hearing protection when exposed to loud noises.

## Clothing

- Clothing should be appropriate to the job and work environment.
- Wear enclosed shoes. Protect your feet from falling objects, lawn mower blades, hot grease, chemical spills, etc.
- Don't wear loose clothing or dangling jewelry that can be caught in moving or rotating parts. Keep long hair restrained.

## Chemicals

- Don't use any chemicals without knowing what you need to wear to protect yourself.
- Make sure you have been trained about chemicals that you are using and their potential hazards.



## Slips, Trips, and Falls

- Floors should be kept clean and free of spills, oils, and debris.
- Electrical cords and other objects should not be allowed to extend across a walkway.
- While mopping, make sure signs warn others of the danger of wet surfaces.
- If you have to use a ladder, make sure it is secure. Never step on the top platform of any ladder, including a stepladder.

## Electrical Shock Hazards

- Never use electrical equipment when standing in water.

## Machine Operations

- Equipment or tools should not be used without proper guards.
- Never reach inside moving machinery.
- Do not wear gloves while using machines with high-speed moving parts, like drill presses.

## Manual Lifting

### *Use proper lifting techniques:*

- Let your abdomen, legs, and buttocks do the work.
- Get closer to the load. Grab the load safely, with your hands placed under the object.
- Bend your knees, with feet slightly spread for balance and stability.
- Keep your head, shoulders, and hips in a straight line as you lift. Do not twist. Turn your entire body, including your feet.
- Get help lifting.

## Violence in the Workplace

- If you're working late, keep doors locked and avoid working alone.
- If there is a robbery attempt, don't be a hero! Do not argue or struggle with the perpetrators.
- Ask for an escort to your car if it's late.

## Unsafe Conditions

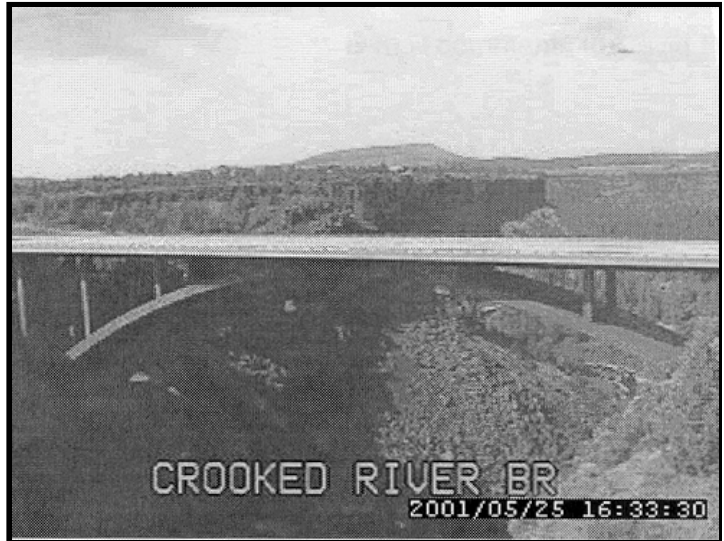
- Report any unsafe conditions or equipment to your supervisor. ■



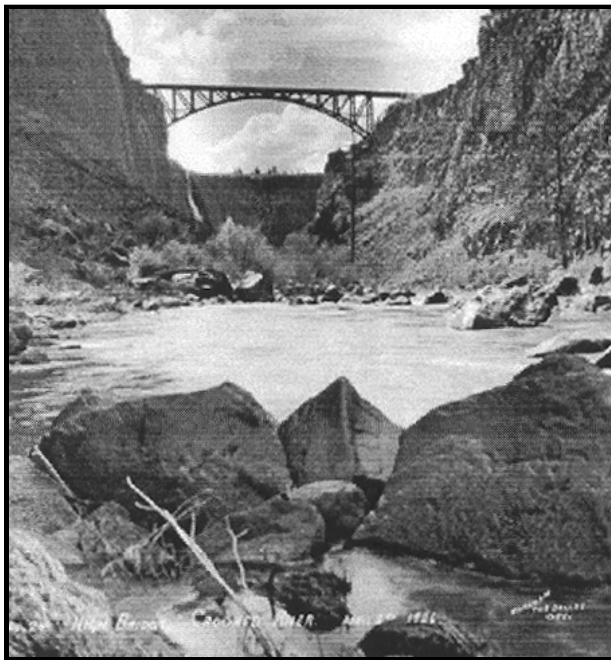
# Kudos to Crooked River Bridge Project

by Sam Drill, Safety Enforcement Manager, Oregon OSHA

On Nov. 7, 1997, Kiewitt Pacific Company started building a new bridge across the Crooked River Gorge. The bridge Kiewitt Pacific was replacing was built in 1926 at a cost of \$180,000. The new bridge would cost \$18.3 million. The new bridge, which is just up-stream from the existing bridge, is 535 feet long, 79 feet wide and 295 feet above the Crooked River. Twenty-eight thousand cubic yards of rock (2800 dump truck loads) had to be removed just to accommodate the bridge footings. The bridge contains 7,865 cubic yards of concrete, 132 miles of one-inch rebar, and 4.5 miles of high-tension cable for post tensioning. The bridge project was completed December 1, 2000.



*Construction of the new bridge is complete, and the bridge is now open to traffic.*



*The Crooked River Gorge Bridge was designed by Conde. B. McCullough, who designed many of the bridges along the Oregon coast. It was built by Kuckenberg and Wittman of Portland, Oregon for \$180,000.*

As you can see from the statistics above, the project was an enormous undertaking. From a safety standpoint, this was a project that could give a person nightmares. From the perspective of Oregon OSHA we hoped the project manager had a tight grip on the situation. Fortunately, this was the case.

During the course of the project, Oregon OSHA conducted four comprehensive inspections of the project, finding few deficiencies and none that related to fall hazards. When a workplace is 295 feet above rocks and water, this is a good thing.

Project managers Scott Hoodenpyle and Osama Martell maintained a zero tolerance policy for fall-protection violations and did an outstanding job of keeping safety on the job a top priority. They were even confident enough in their safety program to invite a bunch of OR-OSHA safety compliance officers to the job site for an educational field trip!

With the obvious potential for serious accidents, the project was completed with only one lost-time injury, which occurred when the job was in the finish-and-clean-up stage. The lost workday case incident rate (LWCIR) for this job was 1.37. The national LWCIR for bridge construction is 5.2. Kiewitt Pacific and all of the employees who worked on this project deserve recognition for the way safety was handled on this job. It was a job well done! ■

*The historic High Bridge will become part of the scenic wayside and will be open to pedestrians and bicyclists.*



## **Valerie Carroll, Administrative Assistant, Oregon OSHA**

*by Cheryl Mushaney, Administrative Assistant,  
Oregon OSHA*

**V**alerie Carroll has been a familiar face in the Eugene Field Office of OR-OSHA for nearly 10 years. She started as an office coordinator and was promoted over the years. Valerie has been part of the ergonomic team for the Eugene Field Office, and she recently took over ergonomic duties for the Medford Field Office.

She said that the best thing about working for Oregon OSHA is the people she works with. She finds her peers supportive, friendly, kind, and generous.

Valerie was raised in Toronto, Canada, and graduated from York University there with bachelor's degrees in psychology and education. She taught special education and third grade classes in Canada for five years, and her long-term goal is to teach illiterate adults.

Valerie met her husband Ron at a wedding in California; four months later, he proposed in a tower of Casa Loma in Toronto, and Valerie accepted. Although Ron's family had moved to Southern California when he was four, he was an Australian citizen. This posed some difficulties for the newlyweds: It took Valerie more than a year to get a visa to enter the United States. She lived in Southern California with her husband for four years before they moved to Eugene so Ron could study for his doctorate degree in math at the University of Oregon.

The couple has been married for 15 years and recently bought a home in north Eugene that they share with their two cats. (Valerie thinks she has the two cutest kitties in the world.) Ron is a math instructor at Lane Community College.



Valerie loves to dance, play tennis, and attend concerts and plays. She hopes to own a piano someday so she can compose classical music. She enjoys ethnic cooking, yard work, and daily walks or runs. As a member of the Japanese American Association of Lane County, Valerie participates in potlucks, cooking, and craft classes, and attends the annual Asian Celebration in Eugene.

Valerie and Ron love to travel, and, in 1999, they visited Ron's mother's birthplace in Ireland. One of the highlights of the trip for Valerie was seeing the filming of "Ballykissangel," her favorite TV show on PBS. In England, they went to the Princess Di Memorial and toured the Spencer estate. Someday, they plan to visit Australia to see Ron's birthplace and to visit the rest of his family. Valerie goes home almost every summer to visit family and friends in Toronto. ■

“COSHA,” from page 1

## 2001 conference — Sept. 5-7

COSHA and Oregon OSHA will co-sponsor the 2001 Central Oregon Occupational Safety and Health Conference at Eagle Crest in Redmond. The theme of this year’s conference is “Safety and Health Management: Tools of the Trade.” It is designed to provide attendees with tools that will help them successfully manage their safety and health programs.

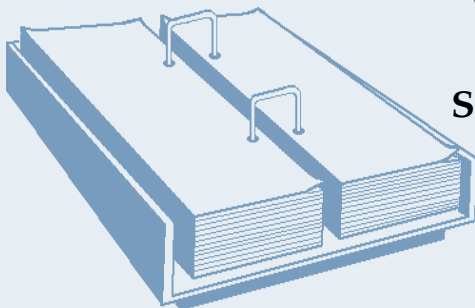
John Drebing, nationally known for his communication skills and techniques, is a featured speaker at this year’s conference. His presentation on effective safety communication is entitled “The Impossible is Just an Illusion.”

Check Oregon OSHA’s Web site for additional information, [www.orosha.org](http://www.orosha.org), or call the Oregon OSHA Conference Section, (888) 292-5247 or (503) 378-3272 (V/TTY). ■



*Conference supporters (l to r): Tom Blust, Deschutes County Road Department; Peter De Luca, Oregon OSHA; Patty Marvin, Liberty Northwest; Nikki Mills, Deschutes Brewery; Elaine Salmonson-Olson and Karen Elton, Therapeutic Associates; Jay Balsiger, Jeld-Wen; and Roger Prowell, City of Bend.*

# Mark your calendar to learn in 2001



## Central Oregon Occupational Safety & Health Conference

Safety & Health Management: Tools of the Trade

Eagle Crest Resort • Redmond, Oregon  
September 5-7, 2001

## Snake River Occupational Safety & Health Conference

Four Rivers Cultural Center • Ontario, Oregon

September 25-27, 2001

## Southern Oregon Occupational Safety & Health Conference

Smullin Center • Medford, Oregon

October 10-12, 2001

## Western Pulp & Paper Workers Safety & Health Conference

DoubleTree Hotel-Jantzen Beach • Portland, Oregon

December 4-7, 2001

**Questions? Call (888) 292-5247 or (503) 378-3272 (V/TTY)**





## Everything I Ever Needed to Know, I Learned in Aisle Nine

by Don Harris, AV Librarian, Oregon OSHA

All important messages are given somewhere between the pickle aisle and frozen foods. This isn't an Oregon OSHA rule, so please don't run to your local grocery store for safety updates. It's a family rule ... and not understanding this rule has cost me. Let me explain.

To my mother, a dear and generous soul, the grocery store is the obvious forum for delivering vital family news. The trouble comes with Mom's way of combining shopping with talking and her unshakeable conviction that her offspring possess super-sensitive hearing.

She usually begins over the mayonnaise. "Say, this looks like a good deal ... But, look down there! Oh, by the way ..." As she whizzes by me, I hear only bits and pieces of what she's saying, "... and Mildred said ... yes, this is much cheaper ... that Muriel couldn't make it Monday ..." Back and forth she runs. "... so we decided to ... where are the canned peaches ...?" By this time, Mom is two or three aisles over. I can't see her, and can barely make out her voice. Finally she reappears, "... so we finally settled on Saturday at ten ..." SLAM! A case goes into the cart "... Here! Pimentos are on sale."

On Saturday morning, when I'm blissfully dozing in a comfortable chair: Ring! Ring! "Hello?"

(Groggily).

"Where are you? (Sharply) We're all waiting."

"Mom? Waiting? Where?"

(Still more sharply) "Great-Aunt Gertie's funeral, remember?"

"Aunt Gertie died?"

"Of course. I told you."

"Told me? When?"

(Exasperated sigh). "In the grocery store on Thursday."

Because of events like these, I've learned to regard all shopping trips with my mother as potentially significant. I want to be sure to "get" any message she's giving.

I hope you don't think too harshly of me. The point behind all this isn't to display filial disrespect in public, but to highlight the importance of clear communication.

Most of us probably take communication for granted when it comes to our families and to our workplaces. But I wonder how many people stop to think that it might be important when dealing with a state agency like Oregon OSHA. If the response rate to the AV Library User Satisfaction Questionnaire is any indication, not many. Currently, fewer than 10 percent of our borrowers routinely complete this simple questionnaire when they borrow from us.

Don't get me wrong. We're sincerely grateful for each completed questionnaire we receive. But I can't help thinking of the many borrowers

who miss out on the opportunity for improved service by not making their questions, comments, or concerns known to us.

Please, take a few moments each time you borrow from us. Fill out the User Satisfaction Questionnaire. Or give us a call. Let us know what works for you and what doesn't. If you're looking for a specific safety video or a specific topic, tell us. Each year, many new videos are added to the AV Library as a direct result of borrower requests.

Chances are, you'll never have to go grocery shopping with my mother. But if you work in Oregon, you probably will have some contact with Oregon OSHA. This contact can be productive and beneficial on both sides if the lines of communication are kept open. We'll try to do our part. Please try to do yours.

As a final note, there really was a Great-Aunt Gertie. She worked hard all her life and lived to be 104. Oregon OSHA would like your working life to be similarly long and productive. Please let us know how we can help. ■

## NEW ARRIVALS!

SUMMER 2001

**Protecting Yourself from Pesticide Hazards in The Workplace** (English and Spanish on one tape) (#1051) 67 min. Using dramatic re-enactments of workplace injuries, this video demonstrates the importance of safe work practices, including the use of PPE, when working with pesticides.

**Arboles & Riesgos Electricos** (#1057) 20 min. Especially appropriate for agricultural workers, utility workers, and schools, the first part of this program covers the hazards of electricity in general and high-voltage in particular. The second part demonstrates safe work practices for tree trimmers. (Also available in English, #1024.)

# Ask OR-OSHA ? ? ? ? ? ? ? ? ? ? ? ? ? ? ?

Applying OR-OSHA standards to “real-life” situations may not always be “standard” procedure. Sometimes, answers and solutions to problems can be tricky. *Ask OR-OSHA* is a regular feature of *Resource* so that your questions concerning OR-OSHA standards and your business may be answered by experts. So please, *Ask OR-OSHA* by calling the Standards and Technical Section, (503) 378-3272 or e-mailing your question to tech.web@state.or.us. We’ll answer your question(s) as quickly as possible. We’ll also print selected questions and answers in this newsletter so that the answer to your questions may help others.

Oregon OSHA encourages employers to act on these recommendations, noting that the issues identified by a consultant are likely to be identified as rule violations if the employer is inspected by an Oregon OSHA compliance officer, and could result in a monetary penalty.

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**Q What happens if I call Oregon OSHA and ask for a consultation?**

**A** When an employer calls or submits an online request for a consultation, staff from the Consultative Services Section will request some basic information about the employer’s business, i.e. number of employees, the employer’s health and safety concerns, etc. Then they’ll schedule an on-site visit where they’ll discuss the employer’s goals and objectives for the consultation. They’ll also conduct a walk-through to review work processes, operations, and safety procedures.

Naturally, the time required for a consultation depends on the nature and complexity of the business and any problems that are identified. If a hazard is found that is an immediate threat to the health and safety of employees, the consultant will work with the employer at that time to ensure that the problem is corrected. Once the initial review is complete, the consultant will sit down with the employer or employer representative to review issues identified and possible corrective actions.

Before preparing a final report, the consultant may do additional on-site testing or conduct research. The final report may also include an initial assessment of the employer’s safety and health programs and recommendations on how to implement or enhance a strong safety and health program. After the report is delivered, the employer must decide how to proceed.

**Q How many consultation visits does Oregon OSHA do each year? Are these services available to all sizes of employers?**

**A** The Consultative Services Section of Oregon OSHA conducted a total of 2,505 safety, ergonomic, industrial hygiene, and new business consultations in 2000 and expects to provide the same number in 2001. Any Oregon employer, regardless of its size, can request a consultation. This service is provided at no cost to employers.

**Q Do Oregon OSHA consultants report their findings to Oregon OSHA enforcement officers?**

**A** Oregon OSHA maintains strict separation between its Consultative Services Section and its Enforcement Section. The sections have separate staff, management, and data systems so that employers can be assured calling for a consultation will not “tip off” the enforcement staff or result in a citation or penalty.

Consultation reports, as defined by ORS 654.101, are the confidential property of the employer. The Consultative Services Section will not share findings with the division’s enforcement staff, and compliance officers cannot require an employer to provide copies of consultation reports or other information gathered during a consultation.

Employers may, at their discretion, share their consultation reports with compliance officers during inspections or investigations, if they feel the information will help the compliance officer understand their safety and health program and policies. ■

# Electronic Mail Notification Service

In an effort to reduce printing and shipping costs, Oregon OSHA has created an e-mail notification service for people interested in knowing about proposed and final administrative rule changes. All notices can be sent to you by e-mail.

**YOU CAN ADD YOURSELF TO THE  
E-MAIL NOTIFICATION LIST  
RIGHT NOW:**

**<http://webboard.cbs.state.or.us:8080/~orosha>**

The new e-mail notification service is provided through the Oregon Occupational Safety and Health Division (OR-OSHA) Department of Consumer & Business Services (DCBS). This service allows you to control what you receive from Oregon OSHA and to contact us easily via e-mail with questions.

***For more information, call Brenda Price-Mathis, (503) 947-7447,  
or e-mail: [tech.web@state.or.us](mailto:tech.web@state.or.us).***

## RESOURCE

## SUBSCRIPTION FORM

*Resource is a newsletter concerning occupational safety and health in Oregon. To subscribe to this free publication or to change your mailing address on your current subscription, fill out and return this form or call (503) 947-7447.*

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**New subscription**

**Address change**

**Return to: Oregon OSHA Resource Center, 350 Winter St. NE, Salem, OR 97301-3882**

# Questions?

OR-OSHA has field offices across Oregon. If you have questions or need information, call us toll-free (800) 922-2689, or phone one of the offices listed below. (All phone numbers are V/TTY.)

## **Portland**

1750 N.W. Naito Pkwy., Ste. 12  
Portland 97209-2533  
(503) 229-5910  
Consultations:  
(503) 229-6193

## **Eugene**

1140 Willagillespie, Ste. 42  
Eugene, OR 97401-2101  
(541) 686-7562  
Consultations:  
(541) 686-7913

## **Pendleton**

721 SE Third St., Ste. 306  
Pendleton, OR 97801-3056  
(541) 276-9175  
Consultations:  
(541) 276-2353

## **Medford**

1840 Barnett Rd., Ste. D  
Medford, OR 97504-8250  
(541) 776-6030  
Consultations:  
(541) 776-6016

## **Salem**

DAS Bldg. 1st. Floor  
1225 Ferry St. SE  
Salem, OR 97305-1330  
(503) 378-3274  
Consultations:  
(503) 373-7819

## **Bend**

Red Oaks Square  
1230 NE Third St., Ste. A-115  
Bend, OR 97701-4374  
(541) 388-6066  
Consultations:  
(541) 388-6068

## **Salem Central**

350 Winter St. NE, Rm. 430  
Salem, OR 97301-3882  
(503) 378-3272  
Fax: (503) 947-7461  
Spanish-language phone:  
1(800) 843-8086

*Visit us on the Internet World Wide Web:*  
**[www.orosha.org](http://www.orosha.org)**

440-2850 (6/01)



**Oregon Occupational Safety & Health Division**  
350 Winter St. NE, Rm. 430  
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