

RESOURCE

December (2002), January, February (2003)

1973-2003
*Thirty Years of
 The Oregon Safe
 Employment Act*

New ergo resources available

Oregon OSHA has created a new Web page to help employers and workers find the latest information and resources available regarding advances in ergonomics.

This specialized area of Oregon OSHA's Web site, www.orosha.org, debuted on November 1.

The site contains industry-specific ergonomics information for agricultural workers, construction projects, healthcare offices, and the wood products industry as well as ergonomics for office workers. In addition to general ergonomic information, you'll also find the result of practical research and real-world best practices models to improve workplace safety. The Web site features the published findings of past recipients of Oregon OSHA's Workplace Redesign Program grants and how to borrow audiovisual training tools from the Oregon OSHA Resource Center.

The "Ergonomics for Construction" page provides analysis of frequent injuries that occur on Oregon con-

See "ergonomics," page 14

Publication Spotlight



Prepare for workplace emergencies

By Ellis Brasch, Oregon OSHA Technical/Research Management Analyst

When we think about emergencies, if we think about them at all, it's usually after we learn about them through the news. But emergencies don't respect time or place, and they can make anyone a victim. Emergencies demand attention and immediate action. That's why it's important to prepare for them.

Is your workplace prepared? Do you know what emergencies to expect? Who will lead and make decisions if an emergency occurs? Do other employees know how to respond? Oregon OSHA's new guide, "Expecting the unexpected: what to consider in planning for workplace emergencies" will help you answer these questions. The guide highlights emergencies that could affect your workplace and helps you develop an emergency plan so that you and your coworkers will respond appropriately if an unlikely event happens.

Topics covered in "Expecting the unexpected" include how to plan for earthquakes, explosions, fires, hazardous-substance releases, medical emergencies and weather-related crises. The guide also addresses planning for modern emergencies such as threats of violence and terrorism.

Where to get "Expecting the unexpected": Request copies from the OR-OSHA Resource Center (503) 947-7447, or view and print a PDF version from our Web site, www.orosha.org. ■

What's inside . . .

Frito-Lay VPP Award	2
Administrator's Message	3
GOSH Conference 2003	4
Profile: Dianna Gray	6
Safety Notes: Indoor Air Quality Q & A's	7-8
Cold Stress: Spanish & English	9-10
A question of pride	11
SHARP Update	12
Step up to SHARP	12
Newsbriefs	13



Frito-Lay Beaverton is a VPP “Star”

Silent machines aren't usually great news. Work stopped at Frito-Lay's Beaverton facility on October 17 for a good reason, however, as workers and management of the cookie-and-pretzel-production facility were honored by Oregon OSHA for an exceptional safety record, and an ongoing commitment to worker safety and health.

Managers and staff of the Beaverton factory, joined by representatives from Frito-Lay headquarters in Texas, received the 'VPP Star Award' from the Oregon OSHA Voluntary Protection Program (VPP). The Voluntary Protection Program is a national program that encourages companies to voluntarily meet rigorous standards for workplace safety and health management to protect workers and reduce injuries, especially industries that traditionally have high rates of injuries or fatalities.

"They are the fourth current and active member of the VPP Star club in Oregon," says Peter De Luca, administrator of Oregon OSHA. "The Beaverton facility had a lost-workday injury rate in 2001 that was 44 percent lower than the industry average for cookie and cracker production. That safety record happens when every person at a facility makes a commitment to working safely."



Safety champions at the Beaverton factory accept the VPP Star trophy presented by Frito-Lay's corporate headquarters.

who otherwise would have been injured," says De Luca. "Six additional people would have also experienced some sort of workplace injury. It's that commitment to safety that make Frito-Lay one of just six VPP sites in Oregon."

Frito-Lay employs 110 workers at the Beaverton factory. More than 50 workers were interviewed by the Oregon OSHA evaluation team to assess workplace safety prior to the team recommending the site for 'STAR' status.

"VPP is not 'just another program' that is implemented by a company and creates paperwork," says Mark Hurliman, VPP/SHARP program manager for Oregon OSHA. "It is a philosophy that results in improved worker motivation, continuous improvement, improved communication and reduced workers' compensation costs."

Other VPP sites in Oregon are Kerr McGee Chemical LLC in The Dalles (VPP Star Award), Georgia-Pacific Toledo pulp and paper mill (VPP Star Award), Georgia-Pacific Philomath mill (VPP Star Award), Georgia-Pacific Coos Bay mill (VPP Merit Award), and DPR Construction's Lewis & Clark Campus Housing Project in Portland (VPP Merit Award). ■



An 'honor guard' of safety-program owners raise, the VPP Star Flag over the Beaverton factory.

The total rate for all types of worker injuries at the Beaverton plant last year was 50 percent below the average for that industry.

"That means four people at the Beaverton facility did NOT miss a day of work last year due to a serious injury

For questions regarding VPP, please contact Oregon OSHA's VPP/SHARP program manager, Mark E. Hurliman, (503) 947-7437, or toll-free in Oregon, (800) 922-2689. You can find out more about VPP on Oregon OSHA's Web site, www.orosha.org.

Administrator's Message



Peter De Luca

Lies, damn lies, and statistics

Benjamin Disraeli, who was prime minister of England in 1868 and again from 1874 to 1880, once said: "There are three kinds of lies; lies, damn lies, and statistics." I have heard many variations of this quote. Not long ago, I heard a football announcer on television attribute this

quote to Yogi Berra. His partner corrected him and said it was really Harry Truman who said it. Of course, it was Benjamin Disraeli and, of course, it does not matter one little bit unless the question comes up in a game of Trivial Pursuit.

It is, nonetheless, important to recognize that statistics can be manipulated for any result you want. Because occupational safety and health is dependent on statistics, it is particularly important to bear this in mind.

Much of what we do is based on statistics. Much of the planning and adjusting of Oregon OSHA's services are based on statistics. So, we are very careful in our statistical analysis to be certain that our figures are valid and that we are indeed comparing apples to apples to show us the direction we need to head now.

One area of analysis in which we are especially careful is our annual count of worker deaths in Oregon. We will see more compensable fatalities in 2002 than we did in 2001. Last year's 34 fatality cases constituted a remarkable record low, and for 2002, we expect just a few

more than that. In Oregon, we continue a downward progression from the 54 deaths reported in 1996, and we are in a progressively different world than when the workers compensation system reported 144 deaths in 1973, the year Governor Tom McCall signed the Oregon Safe Employment Act.

Our total-case injury rates are down 20 percent from data reported five years ago. Real progress in occupational safety must be viewed over five years or a decade; we are in better shape than we were five years ago. The 'safety triangle' of business, labor, and government collaborating to reduce human suffering caused by workplace injuries is working. I look forward to the partnership continuing to improve conditions for doing business in Oregon. One year's change does not constitute a trend.

I hope that this holiday season finds you safe, healthy, and among loved ones. And remember, BE CAREFUL OUT THERE!

RESOURCE

DEPARTMENT OF
CONSUMER
& BUSINESS
SERVICES
Oregon Occupational
Safety & Health Division

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GOSH CONFERENCE

2003

*Solutions for
New Challenges
in Safety &
Health*



Finishing touches are being applied to the 2003 Oregon Governor's Occupational Safety and Health (GOSH) Conference, March 3-6, at the Oregon Convention Center in Portland.



The first Governor's Conference was held in 1944 and since then, the GOSH Conference has become known as an innovative forum to help employers and workers in Oregon and Southwest Washington create safer places to work. The conference, which was originally an annual event, is now held every two years and is recognized as one of the premier workplace-safety-and-health events on the West Coast. Now much too big for the hotel ballroom it was first held in, the 2003 GOSH Conference will celebrate a decade of occupying the Oregon Convention Center near the Rose Quarter.

Here's the long and the short of it: The conference features two days of day-long workshops to help participants get a comprehensive level of training. For those who can't commit a full day or several days, the conference offers two days of shorter, tightly focused classes.

On Wednesday, March 5, the GOSH Conference recognizes individuals, organizations, and companies who have made significant contributions to occupational safety and health during the past two years with an awards luncheon. Awards will be presented to employers, safety committees, individuals, and associations. Conference attendees are welcome to attend the luncheon, which costs \$15.

What's a convention without impressive exhibits? The 2003 GOSH Conference will feature more than 200 suppliers and distributors showing off the latest products, equipment, services, software and training materials designed to increase workplace safety and improve productivity. Contact Walter Want, Exhibits Committee chair, norwestrep@aol.com, or (503) 537-0115.

Registration fees for the 2003 Conference are \$235 for the entire four-day event, which includes lunches during the day-long workshops Monday, March 3, and Thursday, March 6, or \$135 to attend the short workshops on Tuesday and Wednesday. If you're interested in attending just one full-day workshop on the Monday or Thursday, the cost is \$110, which includes lunch. Schedule cramped? Try one of the GOSH Conference workshops on Tuesday or Wednesday for \$85.

Registration for the GOSH Conference begins in January. The 2003 conference will offer on-line registration. Point your Internet browser to www.b-there.com/breg/OR-GOSH for on-line registration beginning in January. Consult the Oregon OSHA Web site, www.orosha.org, for additional details about registration.

The GOSH Conference is a co-production of Oregon OSHA and the American Society of Safety Engineers, Columbia-Willamette Chapter. For additional information about the 2003 GOSH Conference, go to the Oregon OSHA Web site, www.orosha.org, or contact the Conferences Section of Oregon OSHA, (503) 378-3272, or toll-free (888) 292-5247, option 1.

GOSH 2003 Conference agenda at-a-glance

MONDAY, MARCH 3

Choose from 16 full-day pre-conference workshops:

- Confined spaces
- Electrical safety
- Environmental health issues
- Ergonomics
- Hazardous waste management
- Industrial hygiene for the non-IH
- Leadership skills
- Machine guarding
- Managing cultural diversity
- Medical management – recruiting and retaining workers
- Safety management systems
- Steel erection – new rules
- Terrorism and bioterrorism
- Transportation safety
- Workers' compensation management

TUESDAY, MARCH 4

Keynote: "Survival Skills for the Safety Professional"

- Skipper Kendrick, Bell Helicopter

Training sessions:

- Command Spanish for construction workers
- Confined space entry
- Construction safety and management topics
- Crisis management
- Cross-cultural communications
- Defensive driving and motor vehicle safety
- Electrical safety
- Equipment operator training program development
- Ergonomics topics for construction, healthcare, and office
- Fall protection
- Hazard assessment
- Healthcare and wellness topics
- Industrial hygiene topics
- Masonary wall bracing
- Mining safety
- Multi-cultural workforce
- Noise control
- Outsourcing
- Return-to-work programs
- Safety management topics
- Safety committee topics
- Who's in charge of your career?
- Workers' compensation issues

WEDNESDAY, MARCH 5

Training sessions:

- Adult learning principles
- Aging workforce
- Clandestine drug labs
- Construction safety and management topics
- Crisis management
- Environmental issues
- Ergonomic topics
- Hazard identification
- Healthcare topics
- Hearing conservation and noise exposure
- Home preparedness for disasters
- Incident response
- Industrial hygiene issues
- Powered industrial truck safety
- Job safety analysis
- Ladder safety
- Legal aspects of accident documentation
- Lockout/tagout
- Medical management
- OSHA recordkeeping
- Overhead crane inspection
- Personal protective assessments
- Preventing workplace violence
- Process safety management
- Project management
- Safety and health management topics
- Scaffold operations safety
- Workers' compensation issues
- Workplace violence

THURSDAY, MARCH 6

Choose from 16 full-day post-conference workshops:

- Accident investigation
- Biological hazard training
- Crisis management
- Emerging healthcare issues
- Ergonomics
- Fall protection
- Hazard control
- HAZWOPER refresher course
- Homeland security
- Industrial hygiene issues
- Safety management topics
- Semiconductor industry – environmental issues
- Strategies for improving safety committee effectiveness
- Stretching programs



Dianna Gray Senior Safety Compliance Officer, Portland Field Office

by Kevin Weeks, Public Information Officer, Administrative
Section, Oregon OSHA

“Dedicated” is the word that rolls off most people’s tongues at Oregon OSHA when you ask them to describe Dianna Gray. Gray has worked with Oregon OSHA since 1992, working first as a safety compliance officer and then an accident/fatality investigator with the agency’s Portland Field Office. She was a member of the team that investigated the 1997 Portland Airport garage collapse that killed three workers, and the Sunset Tunnel collapse in 1999 that claimed the life of state transportation worker Dennis Edwards.

She began her college studies with an interest in music therapy, but it was a tragic moment over a decade ago that made her assess life and take action to keep workers in our state safe.

Gray grew up in the Seattle, Washington area, where she graduated third of 250 students in her senior class at Renton’s Lindbergh High School. She began her studies at Willamette University in 1976, but after a year had to enter the work world. She took a position in a window-production facility and rose to a supervisor’s role during her 15 years with the company. That was until the life of one of her employees was forever altered.

“One of my employees, who was 18 years old, got his arm caught in a very large roll press machine,” says Gray. “It was a horrifying accident, and I was only a few yards away when it occurred.”

The accident had damaged the young man’s arm, and a rescue took an excruciating four minutes to extract him from the machine.

“Four minutes doesn’t seem like a long time, but it is when someone is caught and screaming in pain,” says Gray. “It didn’t hit me until I visited him in the hospital the next day. He was already wondering when he could come back to work, and when he was going to be able to do all of his normal duties before the accident had occurred. I knew that due to the extent of his injury he would never regain full use of that arm. That event really changed my life and propelled me into the world of safety.”



Dianna Gray, with her safety partner, the COSHO Bear

After several years in enforcement, Gray decided to become a safety consultant for Oregon OSHA in 1999. The new century brought a difficult change for Oregon OSHA, however. Due to funding cuts in 2001, the agency lost 17 positions. One position scheduled to be cut was that of a consultant in the Portland Field Office who was just months from retirement. Gray voluntarily changed from Consultation back to Enforcement to save the position of that long-time agency employee, an option also taken by Rod Cameron of the Oregon OSHA Eugene office. “I didn’t want to see us lose a skilled person that way,” says Gray. “It wasn’t a difficult decision for me.”

Gray was named September 2002 Employee of the Month for the Department of Consumer and Business Services, the 1,100-person state organization that includes Oregon OSHA. Brenda Comacho-Ching, consultation manager of the Portland Field Office, nominated her for the award.

“When I started here, I went on ride-alongs with Dianna and was impressed not only with her thorough work and detail, but also her being fair to the employers on the other side of the table,” says Comacho-Ching.

“I was surprised when they told me I received the award,” says Gray. “But not too surprised. I work with some great people at the Portland Field Office.” ■

Indoor Air Quality Q&As

Oregon OSHA often receives questions about indoor air quality (IAQ) in the workplace. Office buildings and public schools commonly have indoor air quality problems. Because Oregon OSHA has no specific regulations for indoor air quality, the agency is limited in how it can respond to employer requests for assistance or employee complaints.

Q Does Oregon OSHA have regulations covering indoor air quality? How does Oregon OSHA handle employee complaints of IAQ problems?

A Oregon OSHA does not have specific regulations addressing indoor air quality or prohibiting smoking in offices. Oregon's Smokefree Workplace Law (ORS 433.835-433.990) requires that "an employer shall provide a place of employment that is free of tobacco smoke for all employees." This law is administered by Oregon's Department of Human Services Public Health Services. Oregon OSHA regulations protect employees from exposures to specific chemicals that can cause ill effects. These regulations specify concentrations of certain chemicals that must not be exceeded and are called "Permissible Exposure Limits" (PELs). However, PELs are usually much higher than levels found in office buildings or other non-industrial workplaces. Most complaints of smells or mold are not investigated onsite. Exceptions that would be likely to initiate an inspection include complaints of carbon-monoxide exposure, exposure resulting from high levels of chemicals during their use and the processes involved, or evidence of exposure to life-threatening infectious agents like Legionnaire's disease or histoplasma.

Q Will Oregon OSHA inspect my heating, ventilation, and air conditioning system (HVAC) to see if it is operating properly?

A Because Oregon OSHA does not have regulations regarding these ventilation systems, it does not usually inspect HVAC systems. If you believe your building has problems, you may want to contact a private HVAC consultant. Simple prevention steps employers can take include checking fan motors, fan controls, and system ductwork to see that they're intact and working properly and making sure that air discharge points are not close to air intakes, causing recirculation of contaminated air.

Q What should be done if there is mold contamination at my workplace?

A Visible mold contamination should be addressed promptly either by removing contaminated material such as rugs, ceiling tiles, or gypsum board or cleaning contaminated hard surfaces such as ductwork, cooling coils in HVAC systems, or drip pans. All cleanup operations should be conducted in such a manner that investigators, cleanup personnel, and building occupants are not exposed to the contaminated material. Because mold cannot grow without moisture, all sources of moisture or water leaks must be stopped or repaired to prevent contamination from recurring.

Q Does Oregon OSHA have any requirements for temperature control in offices?

A Oregon OSHA has no regulations for temperature in offices, although the agency may conduct investigations in workplaces in which heat stress (heat exhaustion or heat stroke) has occurred or is a possibility. Heat stress typically occurs only when temperatures are sustained above 90°F and employees are physically active. Employee exposure to cold temperatures below freezing may also require remedial measures.

Indoor Air Quality Q&As

Q What should be done during remodeling or construction in my building?

A Remodeling or construction conducted in a building occupied by office workers can expose them to significant amounts of dust, noise, and chemicals. The operation should be isolated with temporary barriers as much as possible. In multi-employer workplaces, contractors must make material safety data sheets (MSDSs) available to other employers whose employees may be exposed to hazardous chemicals. Ventilation can be increased during remodeling or construction to minimize the impact on indoor air quality. In some cases, exhaust ventilation will be needed in the construction area to remove dust or chemical vapors. Alternatively, remodeling and construction can be done after hours or on weekends. Occasionally, these operations can expose office workers to levels of contaminants above their permissible exposure limits. In these cases, if Oregon OSHA receives an employee complaint or a request for consultation from company management, it may require measures to reduce employee exposures.

Q The new carpet in my office has a strong odor. Is it a health hazard?

A While some new carpets can emit odors after installation, the gases or vapors emitted should not exceed permissible exposure limits. Some people are temporarily affected by the odors. Generally, the odors diminish within a few days or weeks. If time allows, the carpet can be installed several days prior to occupancy and maximum fresh air ventilation be provided to reduce odors when employees occupy the space.

Q Where can I get additional information on IAQ problems and how to solve them?

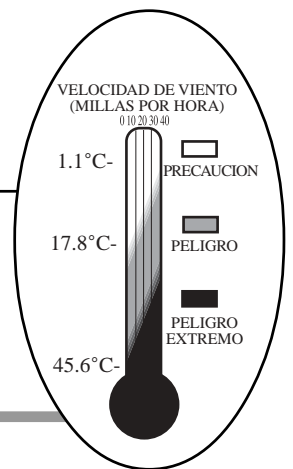
A EPA indoor air quality home page and EPA Tools for Schools at www.epa.gov/iaq. This Web site has several publications and guidelines that can be downloaded or ordered. Here are some other resources:

- National Institute for Occupational Safety and Health (NIOSH) by calling (800) 35-NIOSH or www.cdc.gov/niosh/iaqpg.html
- American Lung Association: www.lungusa.org
- “Bioaerosols: Assessment and Control.” A comprehensive 1999 publication on biologically derived airborne contaminants from the American Conference of Governmental Industrial Hygienists. To order a copy, call (513) 742-6163 or send e-mail to: comm@acgih.org.
- American Society of Heating, Refrigeration and Air-conditioning Engineers at www.ashrae.org. This organization publishes technical documents and standards on ventilation and indoor air, including the ASHRAE Standard 62-1999, Ventilation for Acceptable Indoor Air Quality.
- University of Minnesota Web site on IAQ in public schools, www.dehs.umn.edu/iaq.html
- “A Guide to Managing Indoor Air Quality in Healthcare Organizations,” published by the Joint Commission on Accreditation of Healthcare Organizations (JCHAO) in 1998. Cost is \$45. To order, call (630) 792-5800 or fax a request to (800) 676-3299 (Order code # EC-505LH).

ESTRES DEL FRIO

Departamento de Servicios para Consumidores y Negocios
División de Seguridad e Salud en el Trabajo
Salem, OR 97310

Para mayores informes llame al
(800) 843-8086 (español).



ELEMENTOS CLAVES

HIPOTERMIA: Sucede cuando la temperatura normal del cuerpo (98.6°F / 37°C), baja a menos de 95°F / 35°C. Síntomas incluyen fatiga o somnolencia, temblar incontroladamente, piel fría y azulada, habla mascullada, movimientos torpes, comportamiento irritable, irracional, o confuso.

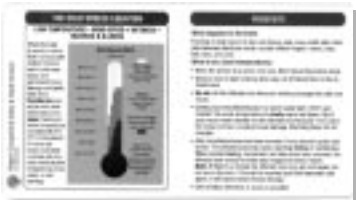
CONGELACION PARCIAL: Sucede cuando la piel y sus tejidos se congelan en capas profundas. Síntomas incluyen piel pálida de color de cera blanca, la piel se vuelve dura y entumecida. Usualmente afecta los dedos, las manos, los dedos de pies, pies, orejas, y nariz.

Si alguien tiene **HIPOTERMIA O CONGELACION PARCIAL:**

Llame por ayuda inmediatamente (ambulancia o llame al 911). Mueva la persona a un lugar caliente y seco. No deje a la persona sola. Remueva cualquier ropa mojada o apretada que puedan cortar la circulación de sangre y reponga con ropa cálida y seca o envuelva la persona en mantas. Si sucede congelación parcial, **NO FROTE** el área afectada, porque frotando causa daño a la piel y al tejido.

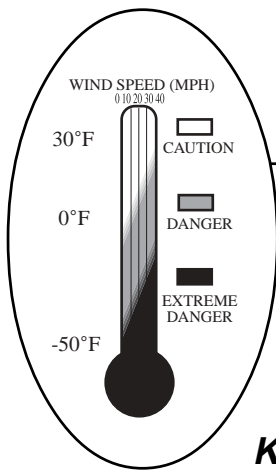
PASOS BASICOS PARA CONTROLAR EL ESTRES POR EL FRIO

- Paso 1:** Asigne a alguien la responsabilidad de encargarse de los problemas del estrés del frío.
- Paso 2:** Capacite a los trabajadores y supervisores en el control de estrés del frío, y el reconocimiento, la prevención, y curación de hipotermia y congelación parcial.
- Paso 3:** Aclimate a los trabajadores cuando empiecen a trabajar bajo condiciones frías. Asigne tareas más ligeras por 5 a 7 días. Observe cuidadosamente la reacción de los trabajadores a la labor en el frío por 5 a 7 días.
- Paso 4:** Tome en cuenta las condiciones del trabajo y de los trabajadores. Revise las condiciones del clima. Escoja ropa apropiada para condiciones con frío, lluvia, y viento. Use capas de ropa para acomodar a las temperaturas del ambiente. Use un sombrero y guantes, además ropa interior que aleje la humedad de la piel (polipropileno).
- Paso 5:** Administre las actividades de trabajo. Fije períodos de descanso en lugares cálidos y secos. Alterne las tareas entre los trabajadores. Trabaje en pareja. Cumpla el trabajo durante el tiempo del día que es más cálido. Posponga tareas no esenciales durante olas de frío. Tome bebidas calientes y dulces (agua dulce o bebidas para deportes). Evite bebidas con cafeína (café, te, o chocolate caliente). Coma comidas calientes y con muchas calorías como platillos de pasta caliente.
- Paso 6:** Establezca un plan de emergencia médico. Establezca un plan de primeros auxilios. Todos los trabajadores deben tener conocimiento de la(s) persona(s) de primeros auxilios, los requisitos de primeros auxilios y el plan de emergencia médico. Si el lugar de trabajo no está próximo a servicios de emergencia médicos, haga los preparativos para transportar a la víctima y comunicarse (por radio emisor y receptor o teléfono) con servicios de emergencia médicos. De seguimiento a todos los casos de estrés por el frío.



¡Consiga tarjetas de bolsillo de Estrés del Frío y Calor de OR-OSHA resistentes al agua gratis! Disponibles en inglés y español llamando al (800) 843-8086 o vistando www.orosha.org.

COLD STRESS



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

For more information call
(800) 922-2689 (English)

KEY ELEMENTS

HYPOTHERMIA: Occurs when normal body temperature (98.6°F / 37°C), drops below 95°F / 35°C. Symptoms include fatigue, drowsiness, uncontrolled shivering, cool, bluish skin, slurred speech, clumsy movements, irritability, irrational, or confused behavior.

FROSTBITE: Occurs when the deep layers of the skin and tissue freeze. Symptoms include pale, waxy-white skin color, skin becomes hard and numb. It usually affects the fingers, hands, toes, feet, ears, and nose.

If someone has **HYPOTHERMIA OR FROSTBITE:**

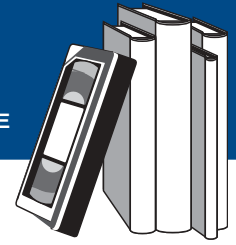
Call for emergency help (i.e., ambulance or 911). Move the person to a warm, dry area. Don't leave the person alone. Remove wet or tight clothing that may cut off blood flow. Replace with warm, dry clothing or wrap the person in blankets. If frostbite occurs, **DO NOT RUB** the affected area because rubbing damages the skin and tissue.

BASIC STEPS FOR CONTROLLING COLD STRESS

- Step 1:** Assign someone the responsibility for cold stress problems.
- Step 2:** Train workers and supervisors in the control of cold stress and the recognition, prevention, and treatment of hypothermia and frostbite.
- Step 3:** Acclimatize workers when they begin to work under cold conditions. Assign a lighter workload for 5-7 days, and watch workers' response to working in the cold closely for 5-7 days.
- Step 4:** Monitor the conditions of workers. Check weather conditions. Select proper clothing for cold, wet and windy conditions. Layer clothing to adjust to changing environmental temperatures. Wear a hat and gloves, in addition to underwear that will draw moisture away from the skin (polypropylene).
- Step 5:** Manage work activities. Set up rest breaks in warm, dry shelters. Rotate tasks among workers. Use the buddy system. Perform work during warmest hours. Postpone non-essential tasks during cold spells. Drink warm, sweet beverages (sports-type drinks). Avoid drinks with caffeine (coffee, tea, or hot chocolate). Eat warm, high-calorie foods like hot pasta dishes.
- Step 6:** Set up an emergency medical plan. Set up first aid program. All employees must be knowledgeable concerning the qualified first aid person(s), the first aid requirements, and emergency medical plan. If the place of employment is not in proximity to emergency medical services make arrangements for transportation of the victim and communication (two-way radio or telephone) with emergency medical services. Follow up on incidents of cold stress.

Obtain free copies of OR-OSHA's Cold and Heat Stress waterproof pocket-size cards!
Available in English and Spanish by calling (800) 922-2689 or visiting www.orosha.org.





A question of pride

By Don Harris, AV Librarian for Oregon OSHA

It seems to me that pride is a two-edged sword. Within reason, it's undoubtedly good to take pride in our families and friends, in our work, even in our homes. But the wrong kind of pride can be dangerous. *That* kind of pride once got me beaten up by a little girl with shiny shoes and auburn curls.

I was eight and eager for recess. But I was disappointed. Our teachers had organized no games that day, and I was at loose ends. Bored as only an eight-year-old can be, I wandered the playground, talking little and doing even less.

Then I noticed something that annoyed me intensely. Rather than moping around like any undirected third-grader, a small group of show-off girls had arranged a game of their own and were playing foursquare quite happily. Their obvious contentment grated on my nerves. I resolved to put a stop to it at once in the only way that made sense to me.

"*DIVE BOMBER*," I screamed, hurling myself into their midst and yanking hair in every direction.

Every direction but one, that is. As the group scattered amid piercing shrieks, one girl remained unmoved, her hair un-pulled: Lynn Nielson.*

Unfortunately, the others immediately noticed Lynn's immunity to playground piracy.

"Why don't you pull Lynn's hair?," said Joan, fumbling with her barrette.

"Yeah, why don't you pull Lynn's hair?," demanded Colleen.

"Yeah!," chimed in several others. "Why don't you —"

Now, about a hundred reasons for not pulling Lynn's hair came flooding

into my mind, some of them dating all the way back to the first grade, many of them having to do with what I suspected to be steel-toed shoes, and all of them having to do with fear. But every reason vanished as she stood with hands on hips and spoke, with an icy stare in my direction.

"Cause he knows what'll happen to him if he does, that's why."

She was so right. However, with those words, a greater fear took over: *What will they think of me if I just let her say that?* The decision was made.

Yank!

What happened next remains a confused blur. Iron pincers seized my arm. The universe spun wildly. There was a tremendous impact, followed by a lesser volley of blows from every direction at once. At length, on the ground and bleeding from a variety of minor wounds, I peered bleary-eyed through the little birds and twinkling stars to see Lynn clapping her hands together in an exaggerated gesture of "job well done" before turning back to her friends as though nothing had happened.

And, all things considered, I got off easy.

Some people aren't so lucky. Whether it's the young worker too embarrassed to ask questions before operating dangerous machinery or the veteran worker who thinks safety precautions will make them look like a "sissy," approaching workplace safety solely from the standpoint of "what people might think" can have disastrous consequences. The sad fact is, the wrong kind of pride can actually *kill you*. An unpleasant aspect of working at Oregon OSHA is the pain-

ful awareness of lives damaged or even ended because pride stood in the way of safety.

As we go into the holidays, it's good to remind ourselves that the best kind of pride has little to do with what other people might think and quite a lot to do with healthy respect for our own well-being and that of others. People in Oregon have always been noted for this kind of pride. As a people, we've never been afraid to ask questions. Face-to-face with danger, we've never been afraid to stop and look for solutions "outside the box." This progressive, proactive outlook is one of the reasons that Oregon has long been a front-runner when it comes to health and safety on the job.

We hope that it's an outlook you'll share with Oregon OSHA. Please, never let the wrong kind of pride stand in the way of your personal well being. If you have questions about health and safety at work, ask! Oregon OSHA has countless resources and services available to assist you, and we firmly believe the old saying that there's no such thing as a dumb question.

If I had understood these things at the age of eight, I would have had better manners. I would also have saved myself a visit to the nurse's office for the ministrations of a rather suspicious health professional who seemed not to believe that I had "fallen into the fence." Save yourself this kind of trouble. Avoid danger. Work safe. Let Oregon OSHA help! ■

** Names have been changed to protect the identity of the sweet little girl that beat Don up.*

SHARP Update

The Medford Rehabilitation Center operated by Southern Oregon Goodwill Industries received a safety recognition award from Oregon OSHA on September 27, honoring the center's fourth year in the Safety and Health Achievement Recognition Program.

Oregon OSHA's Safety and Health Achievement Recognition Program (SHARP) recognizes employers who make a commitment to improving workplace safety, reducing their injury and illness rates, and developing safe practices that become models for safe workplaces in Oregon. Safety-and-health-management programs in place at Southern Oregon Goodwill Industries created a lost-work injury rate in 2001 that was 65 percent lower than the state average for vocational rehabilitation services.

"Injury data has determined that we should expect eight injuries every year for this employer's location," says Oregon OSHA administrator Peter De Luca. "But Southern Oregon Goodwill Industries should be commended for keeping injuries to three this past year. Having your employees participate in the management of their safety-and-health program is crucial."

"Our relationship with Oregon OSHA and the SHARP program is the perfect partnership," says Steve Martin, loss prevention and safety manager for the Medford Rehabilitation Center. "Safety is of the utmost importance to our organization, and the SHARP program provides one more tool we utilize to meet our goals. We are the first vocational service organization to be recognized as an Oregon SHARP participant for outstanding employee awareness and involvement in safety programs."

Employees participate in monthly safety committee meetings, safety-and-health inspections, and positive-recognition programs to reinforce safe work behaviors. The Medford Rehabilitation Center was able to reduce its lost-workday injury rate 58 percent between 1999 and 2000. Southern Oregon Goodwill Industries is a private nonprofit organization that helps people who have disabilities and who experience other employment barriers to achieve their full potential. The organization operates 13 stores throughout Southern Oregon and employs more than 80 people at the Medford center.

STEP up to SHARP



Full Sail Brewery in Hood River received a safety recognition award from Oregon OSHA on October 10, honoring the company's second year in the Safety and Health Achievement Recognition Program. Safety-and-health programs in place at Full Sail Brewery created a lost-work injury rate in 2001 that was 70 percent below the state average for the brewing and bottling industry. Management and employees have developed an action plan to reduce ergonomic injuries at the Hood River facility, which recorded only one lost-time injury in 2000.

For more information about the Sharp Alliance, direct your Internet browser to www.sharpalliance.org.

For more information about the SHARP program, please contact the Oregon OSHA SHARP program manager, **Mark Hurliman, (503) 947-7437**. On the Web, you can find out more about Oregon OSHA and SHARP at www.orosha.com.

Upcoming SHARP Alliance Meetings

February 13: Interim Board Meeting 10 a.m. to noon at Oregon OSHA Central Office in Salem.

March 13: KahNeeTa Resort in Warm Springs. Topic of morning session from 9 a.m. to noon: Lockout/Tagout, with speaker Curt Shaw, industrial hygienist. General assembly meeting, 1-2 p.m.

VPP member? Headed that direction?

Mark your calendar for the
2003 VPPA Region X Conference,
May 6-8 at the Doubletree Hotel
in Pasco, Washington.

For more information about the
VPPA Conference, call (503) 947-7434

Workers' comp rates to hold steady

Would you like some good news about Oregon's economy? The Department of Consumer and Business Services (DCBS) has announced that workers' compensation premium rates in 2003 will hold steady at the 2002 rate. Employers pay three rates: pure premium, Workers' Benefit Fund, and premium assessment. All three rates will remain unchanged, although specific industries may see reductions or increases, depending on their claims history. The cumulative reduction in workers' compensation costs totals 57.4 percent from 1990 rates. For additional information about how the 2003 workers' compensation rates are established, visit the DCBS Web site, www.cbs.state.or.us.

Steel erection training to be offered

Oregon OSHA will be offering a Joint Emphasis Program to help train Oregon workers on the new safety standards adopted in 2002 for the steel erection industry. Workshops are scheduled in Beaverton on January 29, Salem on February 11, and Eugene on March 19. Contact our Public Education Section, (503) 947-7443 for more information.

Confusion surrounding N95 filter rating

Not all respirators are created equal. That is why the National Institute for Occupational Safety and Health (NIOSH) established what's known as the N95 rating standard to rate the filtration ability of respirators. But many customers who contact Oregon OSHA seem to think that N95 is an actual product.

Brian Hauck, MS CIH, from Oregon OSHA's Portland Field Office, offers this insight: "N95 certifies filtration ability and nothing else. Many respirator products carry the N95 stamp. This means the filter can successfully filter out 95 percent of the test agent. It does not measure the ability to seal, the ability to fit a person's face, or other safety issues."

There are three levels of filter efficiency and nine different types of respirator filters. Find a respirator that provides a perfect fit in each user for the unique air-filtration requirements of the job. N95 is a filter standard, not a product. Contact Oregon OSHA, (800) 922-2689, to get answers to technical questions about personal protective equipment.

Mid-Oregon Construction Safety Summit

The Central Oregon Safety and Health Association (COSHA) will be hosting the second Mid-Oregon Construction Safety Summit on February 10 in Bend, at the National Guard Armory. This one-day safety summit targets construction contractors and their employees looking for the latest in workshop training to help prevent accidents and the resultant financial losses. For more information about the second Mid-Oregon Construction Safety Summit, contact Kelli Candella, (541) 322-7104.

Agricultural Labor Housing

Eight Willamette Valley housing operators were issued citations this summer for failing to register an agricultural labor housing facility. The citations were the result of a focused enforcement campaign by Oregon OSHA that dedicated two compliance officers to finding unregistered housing. Oregon OSHA noted a six-percent increase in the number of facilities registered in 2002. ■

“ergonomics,” from page 1

struction sites, an ergonomics checklist (in English and Spanish) to survey for hazards, key questions to ask during the preplanning process, and how to identify hazards in specialized applications such as concrete work, utility placement, mechanical systems, residential construction, drywall installation and masonry.

Oregon OSHA’s “Wood Products Ergonomics” page features detailed reports on frequent injuries reported by logging operations, saw and planing mills, and related wood products industries. This page offers tips to reduce repetitive-motion injuries in log scaling, circular blade handling, and operation of debarkers, trim saws, conveyors and other equipment.

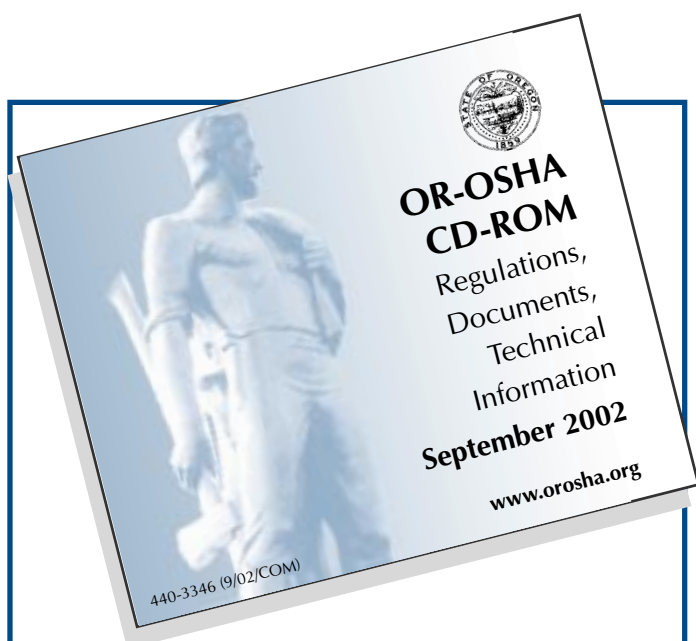
Office workers can benefit from information provided by the Web site of the Center for Research on Occupational and Environmental Toxicology (CROET) at Oregon Health Sciences University.

Training is an important part of improving ergonomic conditions. The Oregon OSHA Web site features information about the four ergonomics training courses (including one on-line) offered by Oregon OSHA and ergonomics information featured in the regional “Safety for Small Business” class presented by Oregon OSHA.

The site includes links to new “eTools” developed by the U.S. Occupational Safety and Health Administration for high-injury occupations such as grocery warehousing, baggage handling, and nursing home assistant. You’ll also find the technical and research expertise of the National Institute for Occupational Safety and Health (NIOSH) and Ergoweb.

Oregon OSHA also provides on-site support to help solve ergonomic problems at your worksite. You can request an evaluation from an ergonomics consultant directly on the new Web page.

Stop by Oregon OSHA’s Web site, www.orosha.org, to find out how ergonomics improvements can reduce your workplace injury rates and improve productivity. ■



About the OR-OSHA CD-ROM

All the information you need about Oregon OSHA is right here. The best of OR-OSHA’s Web site is on this disk. Since it’s all here, that means you can use the information anyplace there’s a computer – even at job sites and buildings with no Internet access.

Get the latest

For the most up-to-date information on OR-OSHA events, publications, regulations, legislation and technical standards, visit the OR-OSHA Web site:

www.orosha.org

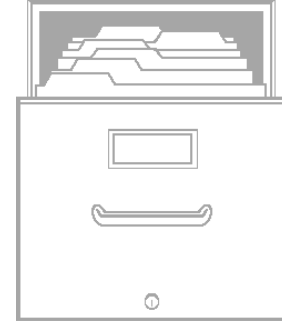
Questions?

Call (503) 378-3272

or toll free (800) 922-2689

Spanish-language phone: 1(800) 843-8086

Let's hear (and read) your success stories!



We're proud to offer you the latest information and safety topics every quarter in the Oregon Health and Safety Resource. But we realize we're missing something: you!

The best way to know that the safety and health ideas you read about in *Resource* are working is to read how you or your company has implemented safety-and-health improvements in your workplace. Sharing success stories or 'news you can use' helps improve overall workplace safety in Oregon. It is also a great opportunity to showcase your business before potential customers and peers in your industry.

*Articles should be fewer than 500 words; they are subject to editing for style and story content. For more information or to discuss story ideas, contact **Oregon Health and Safety Resource** editor, Kevin Weeks, (503) 947-7428, or send e-mail to kevin.s.weeks@state.or.us*

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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

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Pendleton, OR 97801-3056
(541) 276-9175
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Medford

1840 Barnett Rd., Ste. D
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(541) 776-6030
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DAS Bldg. 1st. Floor
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(503) 378-3274
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(503) 373-7819

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Red Oaks Square
1230 NE Third St., Ste. A-115
Bend, OR 97701-4374
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