

What's Inside...

- Administrator's Message..... 2
- Holding the line on workers' comp rates 3
- Bend aircraft manufacturer revs up its safety-and-health program 4-5
- 2005 GOSH Conference aims to improve workplace safety 6
- Oregon OSHA and Portland General Electric collaborate for worker safety 7
- Safety Notes (English/Spanish) 9-12
- Oregon OSHA introduces class to improve vehicle safety at work 13
- SHARP employer – EWEB..... 14
- A safety video could save your life 15
- Natasha Whitaker awarded 2004 Workers' Memorial Scholarship 16
- Oregon OSHA Training Workshops..... 17-18

***Rev up your safety
and health program!***

www.orosha.org

Administrator's Message

Oregon, we have a problem that I need to discuss with you. I don't want to shock you, but the majority of the workplace deaths reported to Oregon OSHA are heart attacks. These heart attacks are not occurring just in sedentary professions or among older workers, but also among workers in their 30s and 40s. We see more heart attacks during a 12-month period than any other cause of death in Oregon's workplaces.

When a company loses a worker through death, everyone loses. Workers represent an investment of time, training, and emotion. The death of a person we know diminishes us all, regardless of the cause of death. Whether it is a violent death or a quiet heart attack, a big hole is left in the workplace family.

Today, heart attacks are more preventable than ever. Diet, exercise, and lifestyle choices either create the conditions for heart attacks or create the conditions for preventing them. Employer-sponsored wellness and exercise programs not only contribute to long life, they also make for more productive and more alert workers. And workers who are alert work more safely in general, and are less likely to be involved in accidents.

One component of Oregon's success story when it comes to our workers' compensation system (see Page 3) is the joint commitment from both employers and labor to create injury-free and accident-free workplaces, which results in businesses that are competitive and home to a safe and healthy workforce.

Employers can exert significant influence over the lifestyle choices an employee decides to follow. A lunchroom that offers healthy choices instead of junk food may help workers eat better. On-site fitness rooms, flu shots for workers (where vaccines are available), even an on-site physical therapist that visits a worksite for a few hours every week can help keep employees ready to focus on work.

Some of you are gearing up for holiday season production, some are winding down from a busy summer; many never let up. This is the time of year to focus on getting your workers properly trained. Oregon OSHA provides a number of opportunities to improve your safety and health management through regional training workshops and



Peter De Luca

an expanding number of classes offered via the Internet. You can read more about Oregon OSHA training workshops in this issue of *Resource*.

Companies across Oregon are experiencing a great return on the investment made in the safety and health of their workers. Make sure those workers have the training resources they need. Consider implementing a wellness or employee health program today, and let's reduce the number of heart attacks occurring at work. Everyone deserves to make it home from work safely every day.

Let's be careful out there.

RESOURCE

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*If you have questions about the information in **Resource**, please call (503) 947-7428.*

For general information, technical answers or information about Oregon OSHA services, please call (503) 378-3272 or toll-free within Oregon, (800) 922-2689.



Governor to Oregon businesses: ***“We’re holding the line on workers’ comp rates”***

Oregon Governor Ted Kulongoski announced on September 28 that the pure premium rate assessed for workers’ compensation insurance would remain unchanged for 2005. The news contrasts with recent decisions by Washington and California to seek premium increases of 3.5 to 3.7 percent for the coming year.

Oregon’s average “pure” premium rate for workers’ compensation insurance will remain flat in 2005, marking three years of stable rates after 12 consecutive years of rate reductions — a national record worth billions in accumulated cost savings to Oregon employers. The governor also announced that one of the state business fees that pays for workers’ compensation and workplace safety programs will be reduced next year, saving Oregon businesses \$2.6 million.

“Oregon’s ability to compete for business in the national and global marketplace is critical to our economic future — and the record-breaking success and continued strength of our workers’ compensation system is one of our key competitive advantages,” Governor Kulongoski said. “Businesses that relocate to Oregon from neighboring states often tell us that our low workers’ comp rates are one of the primary reasons they choose to come here. I’m proud to stand here in partnership with business and labor to affirm that we are not going to let up on our commitment to keeping our workers’ compensation system strong.”

Oregon’s national ranking in workers’ compensation costs has fallen from sixth most expensive in the nation in 1986 to 35th by 2002. During that time, maximum benefits for permanently disabled workers in Oregon have increased dramatically to a compensation level close to the national median. Meanwhile, increased emphasis on workplace safety has driven down Oregon injury and illness rates by more than 50 percent in the private sector and more than 31 percent in the public sector since 1988.

On average, employers in Oregon can expect to pay about the same amount for their workers’ compensation insurance premiums in 2005 as they did in 2004. Because of the fee reduction, businesses and other employers will pay \$2.6 million less to the state in actual workers’ compensation fee dollars than they did in 2004.

“Over the past year we’ve cut administrative costs,” said Cory Streisinger, the director of the Department of Consumer & Business Services. “We’ve also taken on streamlining projects that aim to make it simpler and less time-consuming for businesses and insurers to work with us, ranging from outright elimination of certain reports to development of simpler forms and easier-to-understand workplace safety standards.”

“In the end, the workers’ compensation system is all about keeping workers safe on the job so that they can be productive for their employers, support themselves and their families, and come home to their loved ones at night as healthy as they were in the morning,” Governor Kulongoski said. “And when accidents do happen, this is about making sure workers and their families get the medical and financial benefits they need.”

The governor also pointed out that the state continues to search for ways to improve efficiency and reduce the cost of the workers’ compensation system. The new premium and assessment rates will go into effect January 1, 2005.



Governor Ted Kulongoski with DCBS Director Cory Streisinger announcing 2005 rates.

“Oregon’s ability to compete for business in the national and global marketplace is critical to our economic future — and the record-breaking success and continued strength of our workers’ compensation system is one of our key competitive advantages”

– Governor Ted Kulongoski

Bend aircraft manufacturer revs up its safety-and-health program with help from Oregon OSHA



Requesting workplace safety-and-health assistance from Oregon OSHA is a great step toward creating a safer place to work. For one central Oregon employer, it has meant several thousand dollars in cost savings and a happier workforce.

The Lancair Company builds FAA-certified high-technology small aircraft in its production facility at Bend Municipal Airport, where it employs over 400 workers around the clock to meet delivery goals on the world-renowned “Columbia” line of small aircraft. As production increased, though, so did workplace hazards and the company’s workers’ compensation claims rate made it difficult to insure.

Eighteen months ago, Lancair hired Leilani Monson as occupational safety coordinator. The former surgical nurse and retired firefighter/paramedic was struck by how much needed to be done right away to address basic safety-and-health compliance.

“Some of the problems included lack of knowledge about basic OSHA regulations,” said Monson. “*Can we do this?*” was a major question.”

That’s where the Oregon OSHA Bend field office consultation team of Bruce DeRosier, Kevin Kilroy, and Cory Stengel entered the picture. Monson contacted Oregon OSHA’s consultation program to take advantage of a no-cost safety-and-health assessment of Lancair’s operations.

“They spent two days at our plant going through everything,” said Monson. “They outlined what some of our problems were, and things that were going right. Then they delivered some recommendations for changes that we were able to make right away.”

One of the greatest challenges at the plant was the sanding room, where composite parts are sanded smooth to meet aircraft design tolerances. A professionally designed booth was in use, but particles posed a problem.

“The dust was so thick in that room you couldn’t see across it,” said Monson.

One low-tech answer was to have technicians sand components over suction workstations that pull dust into a standard workbench-style vacuum cleaner. Today, the shop environment is cleaned up to the point where respiratory mask use is voluntary.



No robotic assembly lines here. This Lancair Columbia is assembled by a team of technicians who benefit from ergonomic process improvements that save muscles — and money.

Part of the safety-and-health transition at Lancair included thinking about things differently.

“We had a couple of instances where a person backed into an operator using a table saw,” said Monson. “Nobody was injured, but a hazard existed. Our team thought about it and came up with an interesting answer: let’s turn the machine 90 degrees so that people don’t run into it.” Monson looked to the ceiling with an ironic “light bulb comes on” look. “Sometimes we miss the obvious ways to create a safer workplace.”

Improvements to safety and health in the workplace had a price tag, but Lancair executives made the minor resource commitment, and the company has enjoyed tremendous benefits.

“We have been able to save \$20,000 to \$40,000 a month based on some simple improvements,” said Monson. “We saved a tremendous amount on our workers’ compensation costs. More important, people who may have been getting injured before are now able to work and avoid becoming injury statistics.”

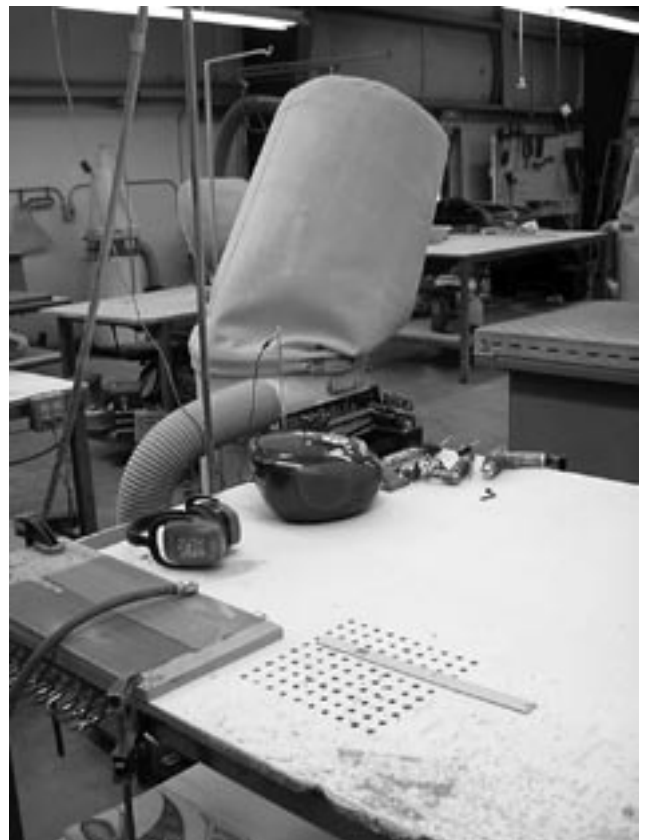
Those savings come to almost \$500,000 a year in direct savings, but Monson figured the indirect savings go much higher.

“Safety rules our bottom line,” said Monson. “It improves our productivity, makes workers happier, and saves us thousands of dollars in the long run.”

In addition to consultation services, Monson has taken advantage of Oregon OSHA’s safety-and-health training classes in Bend. Her interactions with Oregon OSHA proved so positive that Monson, a registered nurse in her previous career, chose to pursue a degree in occupational safety and health to follow her passion for safety and health in the workplace.

Monson said she hopes that other employers across Oregon will have an experience similar to Lancair’s by calling for assistance. “One of the best resources in the state is Oregon OSHA,” said Monson. “The consultants are very knowledgeable and will point you in the right direction.”

You can request a no-cost Oregon OSHA consultation by filling out an online request on the Oregon OSHA Web site, www.orosha.org, under “Consultation” or by calling toll-free in Oregon, (800) 922-2689. Employers and workers interested in regional safety-and-health training classes can also get more information on the Oregon OSHA Web site, www.orosha.org, under “Education.”



Vacuum workstations such as this one helped turn this sanding room, with dust levels well in excess of acceptable standards, into a space where PPE use is optional.

2005 GOSH Conference aims to improve workplace safety

Planning is under way for the 2005 Oregon Governor's Occupational Safety and Health (GOSH) Conference, February 28 to March 3, at the Oregon Convention Center in Portland. The 2005 theme of the biennial event is "Safety and Health Expedition: Advancing Industry Knowledge and Practices."

Providing innovative safety-and-health training at a reasonable cost is a hallmark of the biennial conference, organized as a partnership between Oregon OSHA and the American Society of Safety Engineers Columbia-Willamette Chapter.

"During the past decade, I've attended several national safety conferences," said Kimberly Gamble, safety and health director for Andersen Construction and 2005 GOSH conference chair. "The GOSH Conference has been as good, or better, in technical content for half the cost."



GOSH 2003 Conference Exhibit Hall



The 2005 GOSH Conference will feature topics including the safety needs of an aging workforce, designing buildings with ergonomics in mind, and preventing workplace violence. Other workshops will focus on how to train people responsible for safety training and on how to prevent sprains and strains in construction work. More than 30 full-day workshops and 80 single-topic classes will take place during the four-day conference. An awards luncheon on

Wednesday, March 2, will honor outstanding achievements in workplace safety and health.

Jack McGowan, executive director of SOLV, is scheduled to be keynote speaker. SOLV is a nonprofit organization that brings together government agencies, businesses, and individual volunteers in programs and projects to enhance the livability of Oregon. Governor Tom McCall and other community leaders established SOLV in 1969, recognizing the need for community action to address growing problems in Oregon.

The first Governor's Conference was held in 1944 and since then, the GOSH Conference (now held every two years) has become known as an innovative forum to help employers and workers in Oregon and Southwest Washington create safer places to work.

Registration for the GOSH conference will begin in December. For additional information about the 2005 GOSH Conference, go to the Oregon OSHA Web site, www.orsosha.org/conferences, or contact the Conferences Section of Oregon OSHA, (503) 378-3272, or toll-free, (888) 292-5247, option 1.

FEBRUARY 28-MARCH 3, 2005 • Oregon Convention Center • Portland, Oregon



Oregon OSHA and Portland General Electric collaborate for worker safety

A 'first' for the power transmission industry in Oregon occurred in August as Portland General Electric (PGE) entered into a collaborative agreement with Oregon OSHA allowing PGE to complete the initial evaluation for participation in the Safety and Health Achievement Recognition Program (SHARP).

The agreement places responsibility for the program's initial safety-and-health evaluations on specially trained PGE employees. These evaluations set a baseline and determine the readiness of a PGE site to participate in Oregon OSHA's SHARP program. The collaboration results in two positive outcomes: PGE worksites benefit from a higher degree of employer accountability for safety and health while Oregon OSHA is able to commit consultation resources to assist other employers.

SHARP is a recognition program that provides an incentive and road map for Oregon employers to work with their employees to find and correct hazards, to develop and implement effective safety-and-health programs, to improve continuously, and to become self-sufficient in managing occupational safety-and-health issues. Currently 86 employers in Oregon participate in the program.

"A driving principle for effective worker safety is employers becoming self-sufficient," said Peter De Luca, administrator of Oregon OSHA. "The transformation is a success when the employer no longer relies solely on government for ensuring the safety of workers. PGE benefits from safer workplaces, and Oregon OSHA is able to commit existing consultation resources to help other employers in Oregon. The collaboration between Oregon OSHA and PGE will be a tremendous benefit for PGE employees and the state."



Portland General Electric CEO Peggy Fowler signs the collaboration agreement with Peter De Luca.

"No company can serve its customers well without a safe and healthy workplace," said Peggy Fowler, PGE CEO and president, "PGE salutes the hard work of its employees in previous SHARP efforts. They demonstrated their ability to embrace a strong safety culture and independently evaluate their workplaces for hazards."

Four PGE generating plants — at Pelton Round Butte near Madras, Beaver near Clatskanie, and two in Boardman — have already received SHARP recognition. Several other PGE sites have indicated they plan to apply for SHARP recognition.

The agreement does not restrict Oregon OSHA regulatory enforcement for workplace safety at PGE work sites, and employees retain all workplace-safety-and-health rights contained in the Oregon Safe Employment Act. Oregon OSHA retains final approval of any PGE site included in the SHARP program.



PGE's team of safety managers has brought four plants up to SHARP status — and are ready for more.

Oregon employers who have been in business for more than one year are eligible to apply for SHARP regardless of size or type of business. For additional information about the SHARP program, contact Mark Hurliman, Oregon OSHA, (503) 947-7437.

One serious injury can stop the growth of your business in its tracks.

Oregon OSHA is committed to advancing workplace safety and health throughout our state. Our services help bring workers home safely to their families at the end of each day and have helped employers save \$8.8 billion in workers' compensation costs since 1990.

Training and supervision are vital for reducing injuries. Newly hired workers are especially at risk. In 2002, one-third of seriously injured workers had been on the job less than one year — 10 percent did not even make it through their first 30 days without a serious injury. Take the time to effectively train your workforce — a shortcut may cost your business in the long run.

Oregon OSHA has resources available to help you provide a safer place to work and contribute to the success of your business.

- **Consultation.** Oregon OSHA can come to your worksite and help you evaluate what your program for safety and health. Together, with an Oregon OSHA consultant, you will look for areas where improvements can be made. The consultation is free and will not trigger an enforcement action.
- **Training and Education.** Oregon OSHA offers safety-and-health workshops throughout the state, and on-line classes through the Oregon OSHA Web site. Training at your place of employment is also available. In addition, Oregon OSHA, and its safety partners, hold occupational safety-and-health conferences annually.
- **Recognition.** Employers that demonstrate commitment to workplace safety and health may qualify for Oregon OSHA's Safety and Health Achievement Recognition Program (SHARP) or Voluntary Protection Program (VPP). Successful SHARP or VPP employers with a demonstrated track record of safety are removed from Oregon OSHA's scheduled inspection list.
- **Resource Center.** Oregon OSHA has publications and more than 900 videos and CD-ROMs with the latest training in workplace safety and health. These materials are available for loan to employers. Resource Center services are also available through the Oregon OSHA Web site.

Safe jobs are smart business.

Contact Oregon OSHA at 800-922-2689
for more information, or
find us on the Web at
www.orosha.org.



SAFETY NOTES

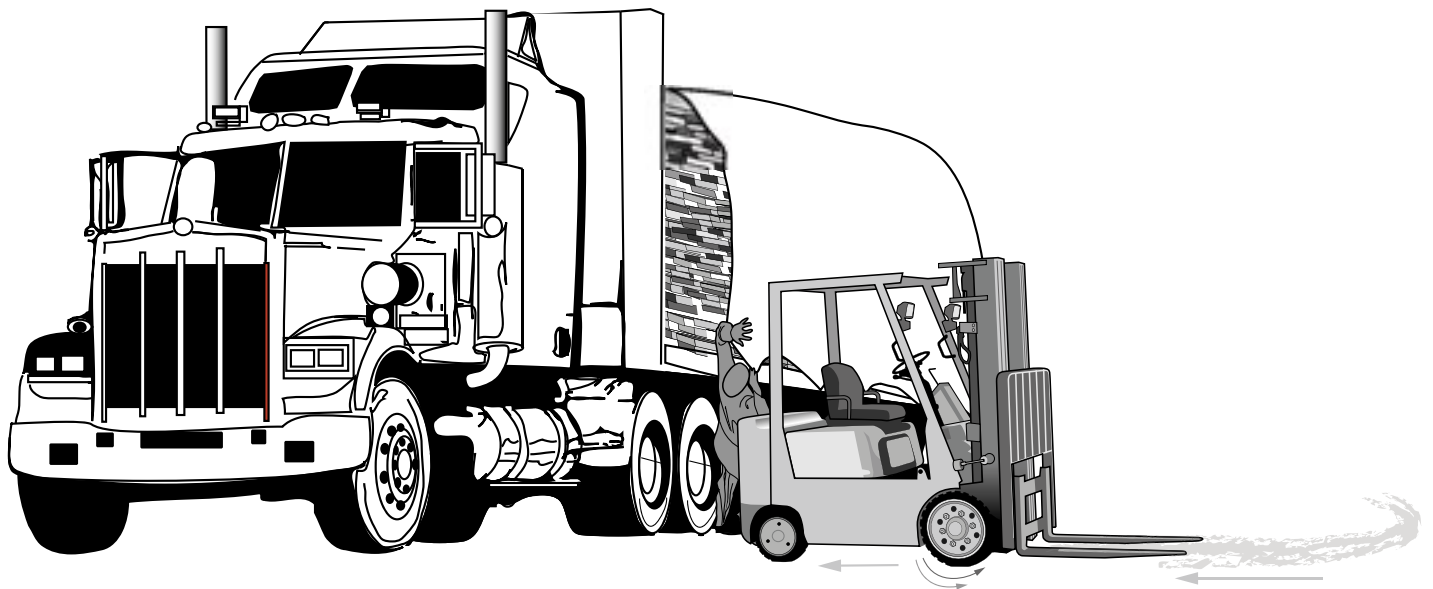
Department of Consumer & Business Services
Oregon Occupational Safety & Health Division
Salem, OR 97310

Fatality Report

Accident type Pinned
Industry Forest products
Employee job title Forklift operator

Description of accident

The employee was helping a truck driver tarp a load of lumber the employee had just placed aboard the flatbed truck. The running forklift unexpectedly reversed gears and pinned the forklift operator against the side of the truck, crushing his chest. The truck driver found the operator dead, minutes later.



Investigation findings

The forklift had been left running with the emergency brake engaged. It is not known which setting the gearshift had been placed in when the operator left the forklift, as the accident was not witnessed. The brakes of the forklift, though worn, were within manufacturer's operating limits.

Documents indicated the last confirmed inspection of the forklift occurred three months before the incident, instead of daily, as required. The employer was cited for this alleged violation of the Oregon Safe Employment Act.

Applicable standards

29 CFR 1910.178 (q)(1) or (q)(7)

NOTAS DE SEGURIDAD

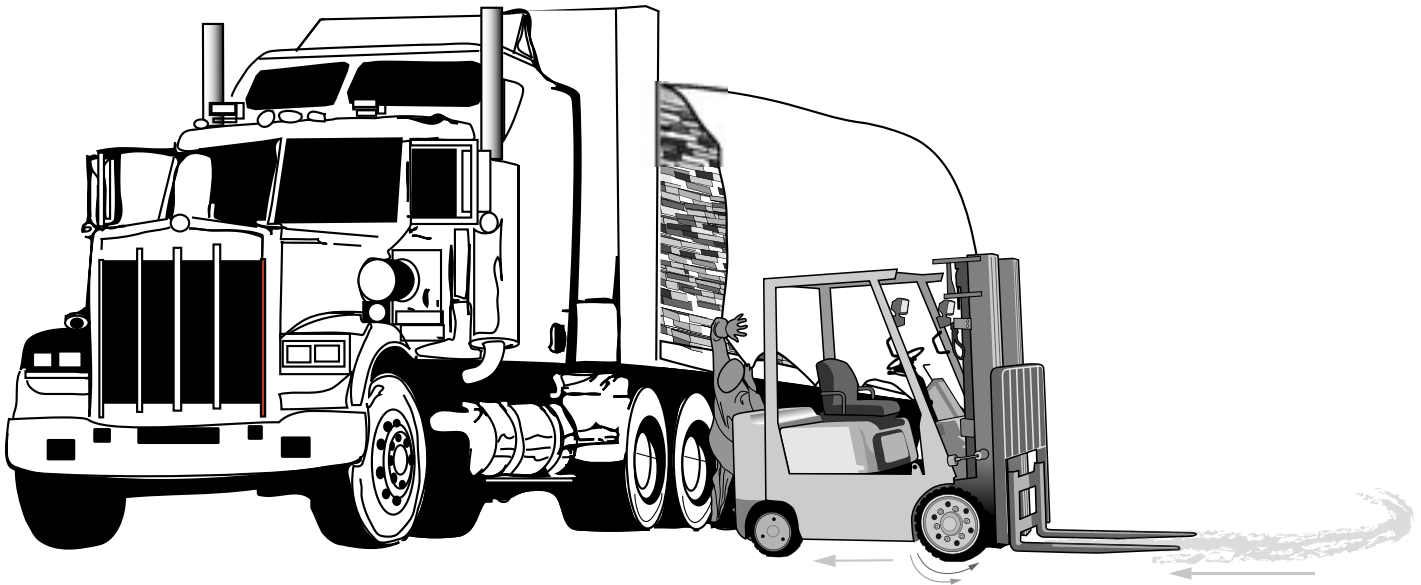
Departamento de Servicios para Consumidores y Negocios
División de Seguridad e Higiene en el Trabajo
Salem, OR 97310

Informe De Fatalidad

Tipo de accidente comprimido entre dos maquinarias
Industria..... Maderera
Título del cargo del empleado Operador de montacargas

Descripción del accidente

El empleado operador del montacargas estaba ayudando a un conductor de camión a cubrir con una carpa un cargamento de madera que el empleado había terminado de colocar en la plataforma del camión. El montacargas que no había sido apagado, inesperadamente retrocedió las marchas y comprimió al trabajador entre el montacargas y el camión, triturando su pecho. El conductor del camión encontró muerto al operador del montacargas, minutos después.



Resultados de la investigación

El montacargas fue dejado en funcionamiento, con el freno de emergencia engranado. Ya que no hubo testigos del accidente, se desconoce la posición de la marcha en la que la palanca de cambios fue situada cuando que el operador dejó del montacargas. Aunque gastados, los frenos del montacargas, se encontraron dentro de los límites de operación del fabricante.

Documentos presentados indicaron que la última inspección confirmada del montacargas ocurrió tres meses antes del accidente, en lugar de la requerida inspección diaria. El empleador fue citado por la alegada violación del Ley de Seguridad en el Trabajo de Oregon.

Normas aplicables

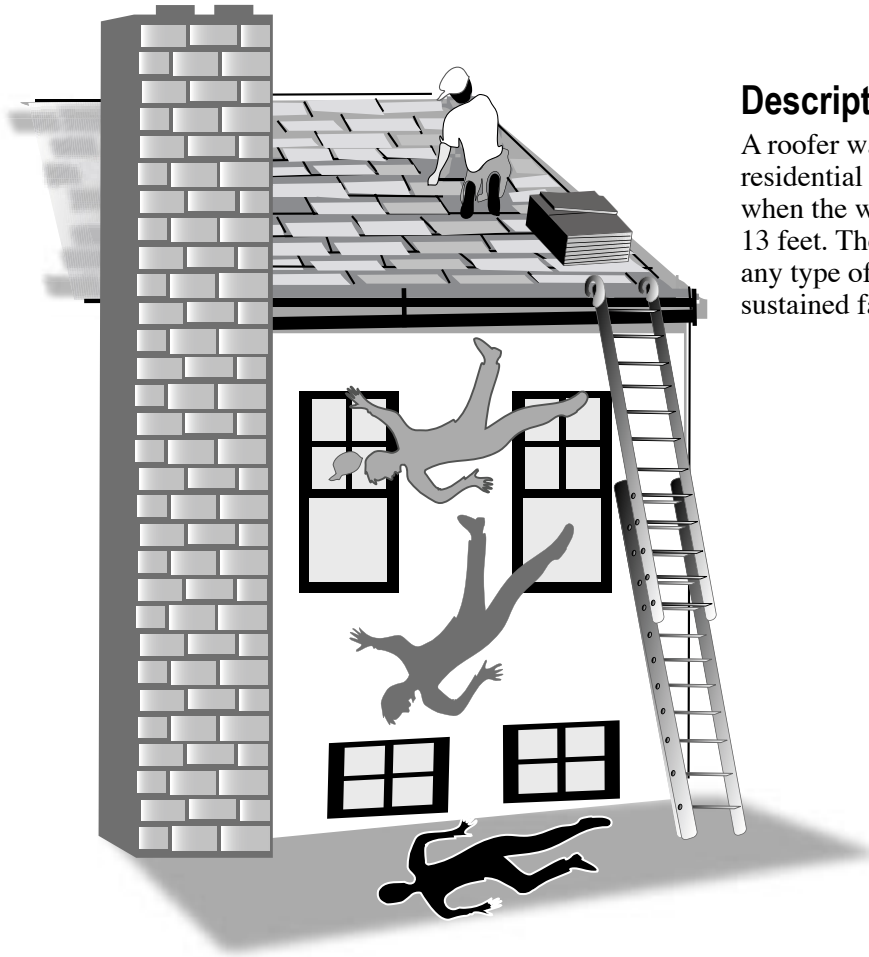
29 CFR 1910.178(q)(1) or (q)(7)

SAFETY NOTES

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

Fatality Report

Accident type Fall
Industry Roofing
Employee job title Roofer



Description of accident

A roofer was installing shingles on a residential home with an 8:12 roof pitch when the worker fell approximately 13 feet. The roofer had not been using any type of fall-protection equipment and sustained fatal head injuries from the fall.

Investigation findings

The roofer had not been provided with fall-protection equipment and the proper training to use it. The employer was cited for this alleged violation of the Oregon Safe Employment Act.

Applicable standards

OAR 437-003-0503(1)(a)
OAR 437-003-1501

NOTAS DE SEGURIDAD

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

Informe De Fatalidad

Tipo de accidenteCaída
Industria.....Techado
Título del cargo del empleado Techador



Descripción del accidente

Un techador que estaba instalando teja de madera en el techo de una casa residencial con grado de inclinación de 8:12 cayó de aproximadamente 13 pies de altura. El techador no estaba usando ningún tipo de equipo de protección contra caídas y sostuvo lesiones mortales a la cabeza a causa de la caída.

Resultados de la investigación

El techador no había sido provisto con el equipo de protección de caídas ni el entrenamiento necesario para usarlo. El empleador fue citado por esta alegada violación del Ley de Seguridad en el Trabajo de Oregon.

Normas aplicables

OAR 437-003-0503(1)(a)

OAR 437-003-1501

Oregon OSHA introduces class to improve vehicle safety at work

Motor vehicle crashes continue to be a leading cause of death at work. To help employers create safer workplaces for those who drive as a part of their jobs, the DCBS Occupational Safety and Health Division (Oregon OSHA) has introduced a workshop called *Managing Your Vehicle Safety Program*.

Oregon data for work-related fatalities between 1993 and 2002 show that highway motor vehicle accidents were the most frequent kind of fatal accident, causing 127 deaths in that period. The U.S. Bureau of Labor Statistics reports that nationally, highway motor vehicle crashes account for one quarter of all fatal work injuries.

OR-OSHA's workshop covers creating and maintaining a driver safety program, vehicle safety, fleet management safety, accident investigation, and material handling. Participants also review the Oregon OSHA safety requirements for commercial and industrial vehicles.

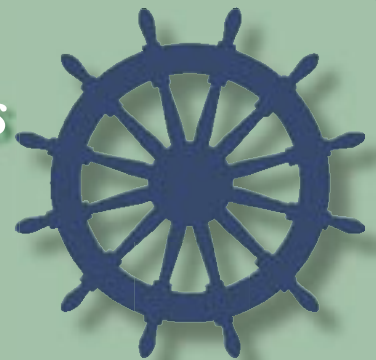
Oregon OSHA safety regulations address both commercial vehicles — such as cars, pickups, flatbed or dump trucks, public utility trucks, work-crew vans or worker transport buses — and industrial vehicles meant for non-highway use including loaders, lumber carriers, and forklifts.

Managing Your Vehicle Safety Program will be presented in Beaverton, November 18; Salem, January 27; Portland, February 3; and Eugene, February 24.

To register for the training workshop, fax your request on company letterhead to (503) 947-7462 or register on the Oregon OSHA Web site, www.orosha.org under "Education." For questions about Oregon OSHA training, call (503) 947-7443 or call toll-free within Oregon, (888) 292-5247, Option 2.

14th Annual

Western Pulp & Paper Workers Safety & Health Conference November 30-December 3, 2004 DoubleTree-Jantzen Beach Hotel Portland, Oregon



This four-and-a-half-day event is the largest safety and health conference in the West dedicated to providing quality educational opportunities for the pulp, paper, and converting industries. Past attendance has exceeded 450 people and, each year, the conference program gets better. The conference offers more than 25 workshops and sessions and 40 exhibit booths showing the latest safety-and-health products and services. An awards ceremony and dinner acknowledges safety-and-health excellence in the industry.

Awards Presentation and Dinner

Wednesday, December 1, 6 p.m. • Grand Ballroom, Salon II

Grand Prize Drawing

(You must be present to win!)

Eugene Water & Electric Board is a SHARP employer

Eugene Water & Electric Board (EWEB) became the newest member of the Safety and Health Achievement Recognition Program (SHARP) in October. EWEB is the largest power-generation utility in Lane County.

SHARP provides incentives and guidance for Oregon employers to work with their employees to find and correct hazards and become self-sufficient in managing occupational safety-and-health issues. Currently, 86 employers in Oregon participate in the program.

“The real benefit for us is the reduction in the number and severity of injuries,” says Doug Caven, EWEB safety coordinator. “Our employees benefit from improvements, and they know safety concerns they raise are being addressed.”

EWEB’s three-year average for injuries causing a day of work loss or restriction is 27 percent lower than the statewide average for power-generation utilities.

“We rely on public utility workers 24 hours a day, seven days a week, in any type of weather,” says Peter De Luca, administrator of Oregon OSHA. “EWEB shows other Oregon employers that you can make workplace safety improvements, provide a safer place to work, and make a positive statement on the bottom line even in a demanding occupation.”

Ergonomic improvements have proven to be successful for EWEB. One example is the increased use of motorized tools, including valve wrenches, that automate many tasks that had previously led to injuries.

“Turning a water distribution valve by hand several hundred times a day can be hard on shoulders,” says Caven. “By using a motorized wrench, the worker can get the job done without placing his or her body at risk.”

EWEB has also implemented process improvements such as the policy requirement that accidents must be investigated and conclusions reported within 15 days following the incident.

Projected workers’ compensation savings for EWEB this year are expected to approach \$100,000. In the past five years, the lost-time injury rate for EWEB has been reduced 66 percent. EWEB employs 450 people and provides commercial and residential services to 82,000 electric and 47,000 water customers in Lane County.



Membership in SHARP does not restrict Oregon OSHA regulatory enforcement for safety at work sites, and employees retain all the workplace safety-and-health rights of the Oregon Safe Employment Act. Oregon employers who have been in business for more than one year are eligible to apply for SHARP, regardless of size or type of business.

The Oregon SHARP Alliance advocates excellence in occupational safety and health, continuous growth of the SHARP program, and a positive relationship with Oregon OSHA.

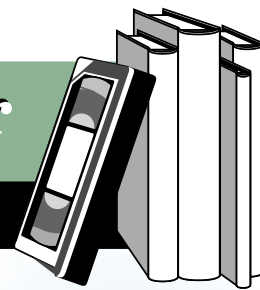
Upcoming meetings:

- **December 9, 2004** – General membership meeting, 9 a.m.-2:30 p.m.
Topic: Facility Electrical Safety, presenter Dan Sabatino, AGC
Location: AVI BioPharma, Corvallis
- **February 10, 2005** – Interim board meeting, 10 a.m.-noon,
Oregon OSHA Central Office, 350 Winter Street NE, Salem
- **March 10, 2005** – General membership meeting, 9 a.m.-2:30 p.m.
Topic: Job Hazard Analysis, presented by OR-OSHA
Location: TBA, The Dalles

For more information: www.sharpalliance.org



The OR-OSHA Resource Center and Audiovisual Library



A Safety Video Could Save Your Life

By Don Harris, AV Librarian for Oregon OSHA

There may have been no rules against it back in 1930 — but the “man at the top” should never have been there in the first place. Edward was a college professor, not a qualified construction worker. But the new gymnasium needed a roof, and Edward cheerfully volunteered to help guide the first massive central beam into place. The sight of the huge crane, with Edward riding the beam, was quite a spectacle, and a large crowd gathered to watch.

Then, without warning, Edward fell. Without time even to scream, he suddenly plummeted more than 75 feet, landing flat on his back on the unfinished concrete floor. He bounced twice, then was still. When the story was recounted to me 25 years ago, the witness who described this event, now a half-century removed from the horror, still carried a haunted look in his eyes.

Amazingly, Edward lived, but he was severely disabled and in chronic pain for the rest of his life. I knew him in his final years. Edward remained an essentially cheerful man, and an effective teacher. He never mentioned his accident, but I couldn't help noticing the pain with which he went up the stairs or his vague apprehension when he reached the top.

Whatever the final monetary cost of the completed gymnasium, the years of suffering endured by Edward make the actual cost far too high.

Today, there are rules in place that would prohibit an untrained person from assisting with any construction project. Even so, construction remains a very hazardous business, whether one is building a gymnasium or building a home.

Here at Oregon OSHA, we want every person who builds homes for a living to be able to go home intact at the end of every working day. Because of this, we offer many resources geared to helping homebuilders — including over 900 videos available for loan through Oregon OSHA's video library.

These videos cover an amazing variety of topics, including fall protection, safe roofing, use of power tools, cranes, scaffolding — the list goes on and on. Indeed, homebuilding involves such extensive and complex work, I can't think of a single title among our current holdings that wouldn't have its application to some aspect of the industry.

Borrowing from Oregon OSHA's video library is not only easy, but very cost-effective. For about \$7 — the average cost of return shipping — you can obtain a safety video that might cost many hundreds of dollars to purchase. Of course, that return shipping cost is zero if you choose to drop the video by the Oregon OSHA Resource Center in the basement of Salem's Labor and Industries Building. The usual period of loan is two weeks, though longer loan periods may be available in cases of special need, and when the schedule allows.

Now, to be honest, some safety videos aren't exactly “fun.” But even the most boring safety video is surely much more “fun” than enduring the sort of accident suffered by Edward. As Edward learned, by bitter experience, construction isn't an activity into which a person can jump without any prior training.

The Oregon OSHA AV Library can be a great help when it comes to the observation component of worker training. The few minutes it takes to watch a safety video can provide an important opportunity for new and experienced workers to observe possible hazards in a non-hazardous setting. The information gained in those few minutes might even help to save a life.

Don Harris may be reached Monday through Friday, from 8 a.m. to 5 p.m. at (503) 947-7453, or by sending e-mail to: don.j.harris@state.or.us.

For a free copy of the current AV Catalog, call (503) 378-3272 or visit our Web site, www.orosha.org. Find it under “Publications.”

Natasha Whitaker awarded 2004 Workers Memorial Scholarship

Monmouth resident Natasha Whitaker has been awarded the 2004 Workers Memorial Scholarship by Oregon OSHA.

“We’re honored to present the award to Natasha,” said Peter DeLuca, administrator of Oregon OSHA. “The Workers Memorial Scholarship award is designed to help people whose lives have been affected by serious or fatal workplace injuries. It is very apparent that Natasha and her father and mother have overcome significant adversity to create a better life for the entire family.”

Award recommendations are made by Oregon OSHA’s Safe Employment Education and Training Advisory Committee, an advisory group consisting of stakeholders from business, organized labor, and government.

Whitaker’s father was paralyzed by a logging accident in 1974. Natasha was born in 1984. She became the valedictorian for Central High School in Independence in 2002.



Natasha Whitaker

Natasha also received a Workers’ Memorial Scholarship award in 2002 and 2003. She currently attends Oregon State University with a dual major in forestry management and economics.

Oregon OSHA presents annual scholarships to assist in the post-secondary education of spouses or children of permanently disabled or fatally injured workers. The Workers’ Memorial Scholarship was established by the 1991 legislature at the request of the Oregon AFL-CIO with support from Associated Oregon Industries.

The Workers’ Memorial Scholarship is open to any high-school graduate, graduating high-school senior, GED recipient, enrolled college undergraduate, or enrolled graduate student who is the dependent or spouse of an Oregon worker fatally injured or permanently disabled on the job. A workers’ compensation claim must have

been accepted for scholarship applicants to qualify. Scholarships may be used at any college within the United States.

OR-OSHA’s 502 Committee produces a new fall-protection booklet

Can you eliminate or minimize fall hazards for workers who set and brace wood trusses and rafters? If you’re involved in the woodframe construction industry in Oregon, see the newest publication from OR-OSHA for answers.

“*Fall Protection: Safe practices for setting and bracing wood trusses and rafters*” tells you how to anticipate fall hazards and gives you practical methods for controlling and preventing them.

Online now at www.orosha.org. Available in November at the OR-OSHA Resource Center, (503) 378-3272.

OR-OSHA established the 502 Committee, which includes OR-OSHA and industry representatives, to evaluate construction processes with difficult-to-control fall hazards and to determine appropriate fall-protection systems or methods.

Next on the 502 Committee’s agenda: fall-protection challenges in leading-edge work and exterior-wall construction in stick-framed construction.



Oregon OSHA Training Workshops

To register for the free training workshops offered by Oregon OSHA, fax your request on company letterhead to **(503) 947-7462** or register on the Oregon OSHA Web site, **www.orosha.org** under "Education." For questions about Oregon OSHA training, call **(503) 947-7443** or call toll-free within Oregon, **(888) 292-5247, Option 2**



Astoria

Clatsop Community College MERTS Campus, 6540 Liberty Lane

11/16/04 8 a.m.-noon #800 SAFETY COMMITTEE TRAINING

Beaverton

Portland Community College Capital Center, 18624 NW Walker Road

| | | |
|----------|-------------|--|
| 11/17/04 | 8 a.m.-noon | #215 CONFINED SPACE SAFETY |
| 11/17/04 | 1-5 p.m. | #221 FORKLIFT SAFETY |
| 11/18/04 | 8 a.m.-noon | #220 MANAGING YOUR VEHICLE SAFETY PROGRAM |
| 12/1/04 | 8 a.m.-noon | #401 WORKER PROTECTION STANDARD |
| 12/1/04 | 1-5 p.m. | #499 SAFETY TRAINING AND YOUR HISPANIC WORKFORCE |
| 12/2/04 | 8 a.m.-noon | #205 HAZARD COMMUNICATION PROGRAM |
| 12/14/04 | 8 a.m.-noon | #105 SAFETY TRAINING BASICS |
| 12/14/04 | 1-5 p.m. | #106 WHAT TO EXPECT FROM AN OR-OSHA INSPECTION |
| 12/15/04 | 8 a.m.-noon | #100 SAFETY AND HEALTH MANAGEMENT |
| 12/15/04 | 1-5 p.m. | #107 SELLING SAFETY TO MANAGEMENT |

Coos Bay

Southwestern Oregon Community College Newmark Center, 2110 Newmark Avenue

| | | |
|----------|---------------|---|
| 11/30/04 | 8 a.m.-5 p.m. | #199 SAFETY COMMITTEE BASIC TRAINING |
| 12/1/04 | 8 a.m.-noon | #100 SAFETY AND HEALTH MANAGEMENT |
| 12/1/04 | 1-5 p.m. | #105 SAFETY TRAINING BASICS |
| 12/2/04 | 8 a.m.-noon | #107 SELLING SAFETY TO MANAGEMENT |
| 12/2/04 | 1-5 p.m. | #116 SAFETY AND HEALTH PROGRAM EVALUATION |

Eugene

*Oregon OSHA Eugene field office, 1140 Willagillespie Road, Suite 42
(in Eugene near Valley River Center and the Delta Highway)*

| | | |
|----------|-------------|--|
| 11/17/04 | 8 a.m.-noon | #112 SAFETY AND THE SUPERVISOR |
| 11/17/04 | 1-5 p.m. | #116 SAFETY AND HEALTH PROGRAM EVALUATION |
| 11/18/04 | 8 a.m.-noon | #117 INDUSTRIAL HYGIENE FOR THE NON-IH |
| 11/18/04 | 1-5 p.m. | #126 RECOGNITION AND INCENTIVE PROGRAMS |
| 12/8/04 | 8 a.m.-noon | #122 SAFETY COMMITTEE MEETING MANAGEMENT |
| 12/8/04 | 1-5 p.m. | #102 ACCIDENT INVESTIGATION |
| 12/14/04 | 8 a.m.-noon | #401 WORKER PROTECTION STANDARD |
| 12/14/04 | 1-5 p.m. | #205 HAZARD COMMUNICATION PROGRAM |
| 12/15/04 | 8 a.m.-noon | #312 HOW TO DEVELOP LEADERS – JOINT EMPHASIS PROGRAM |

Forest Grove

Jennings McCall Center, 2300 Masonic Way

11/30/04 8 a.m.-noon #800 SAFETY COMMITTEE TRAINING

Lincoln City

Oregon Coast Community College Small Business Development Center, 1206 SE 48th

11/19/04 8 a.m.-noon #800 SAFETY COMMITTEE TRAINING

Continued, Page 18

Mcminnville

Employment Department, 334 NE Norton Lane

| | | |
|----------|-------------|--|
| 11/24/04 | Noon-1 p.m. | #700 SAFETY FOR SMALL BUSINESS – PART 1 |
| 12/1/04 | 8:30-noon | #704 BACK SAFETY / #703 PERSONAL PROTECTIVE EQUIPMENT / #702 VIOLENCE IN THE WORKPLACE |
| 12/8/04 | noon-1 p.m. | #701 SAFETY FOR SMALL BUSINESS – PART 2 |

McMinnville National Guard Armory, 333 Armory Way

| | | |
|---------|---------------|--|
| 12/7/04 | 8 a.m.-5 p.m. | #199 SAFETY COMMITTEE BASIC TRAINING |
| 12/8/04 | 8 a.m.-noon | #221 FORKLIFT SAFETY |
| 12/8/04 | 1-5 p.m. | #499 SAFETY TRAINING AND YOUR HISPANIC WORKFORCE |

Ontario

Treasure Valley Community College WESE Room 10, 650 College Boulevard

| | | |
|----------|-------------|--|
| 11/16/04 | 8 a.m.-noon | #401 WORKER PROTECTION STANDARD |
| 11/16/04 | 1-5 p.m. | #205 HAZARD COMMUNICATION PROGRAM |
| 11/17/04 | 8 a.m.-noon | #499 SAFETY TRAINING AND YOUR HISPANIC WORKFORCE |

Portland

Portland Community College Small Business Development Center (Lloyd Center Mall)

| | | |
|----------|-------------|---|
| 11/23/04 | Noon-1 p.m. | #700 SAFETY FOR SMALL BUSINESS – PART 1 |
| 12/7/04 | Noon-1 p.m. | #701 SAFETY FOR SMALL BUSINESS – PART 2 |

*Sheet Metal Workers Training Center Room 221, 2379 NE 178th Avenue
(in Portland, near 181st and Interstate 84)*

| | | |
|----------|-------------|--|
| 11/17/04 | 8 a.m.-noon | #312 HOW TO DEVELOP LEADERS – JOINT EMPHASIS PROGRAM |
| 12/8/04 | 8 a.m.-noon | #122 SAFETY COMMITTEE MEETING MANAGEMENT |
| 12/8/04 | 1-5 p.m. | #126 RECOGNITION AND INCENTIVE PROGRAMS |
| 12/9/04 | 8 a.m.-noon | #201 ERGONOMICS AWARENESS |
| 12/9/04 | 1-3 p.m. | #202 ERGONOMICS – BEFORE AND AFTER |

Salem

Chemeketa Community College Training and Economic Development Center, 365 Ferry Street SE

| | | |
|----------|-------------|---|
| 12/2/04 | Noon-1 p.m. | #700 SAFETY FOR SMALL BUSINESS – PART 1 |
| 12/16/04 | Noon-1 p.m. | #701 SAFETY FOR SMALL BUSINESS – PART 2 |

Salem

Labor and Industries Building, Basement Room C, 350 Winter Street NE

| | | |
|----------|---------------|--|
| 11/16/04 | 8 a.m.-5 p.m. | #600 2-DAY TRAIN THE TRAINER |
| 12/1/04 | 8 a.m.-5 p.m. | #199 SAFETY COMMITTEE BASIC TRAINING |
| 12/2/04 | 8 a.m.-noon | #105 SAFETY TRAINING BASICS |
| 12/2/04 | 1-5 p.m. | #106 WHAT TO EXPECT FROM AN OR-OSHA INSPECTION |
| 12/15/04 | 8 a.m.-noon | #112 SAFETY AND THE SUPERVISOR |
| 12/15/04 | 1-5 p.m. | #116 SAFETY AND HEALTH PROGRAM EVALUATION |
| 12/16/04 | 8 a.m.-noon | #108 OSHA 300 RECORDKEEPING |
| 12/16/04 | 1-5 p.m. | #118 SAFETY LEADERSHIP |

Tillamook

Tillamook Bay Community College Small Business Development Center, 2510 First Street

| | | |
|----------|-------------|--------------------------------|
| 11/17/04 | 8 a.m.-noon | #800 SAFETY COMMITTEE TRAINING |
|----------|-------------|--------------------------------|

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.

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, U110
Salem, OR 97301-4282
(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

Visit us at
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