

Triumph over tragedy

Two young women honored with
Workers' Memorial Scholarships

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2009 GOSH Conference announces call for award nominations

Businesses, organizations, and individuals now have the opportunity to nominate safety and health leaders for the upcoming 2009 Oregon Governor's Occupational Safety and Health Conference (GOSH).

The 2009 GOSH Conference, scheduled for March 9-12 at the Oregon Convention Center in Portland, will feature more than 30 full-day workshops and 80 single-topic classes. It is designed to educate managers and workers about safety and health issues.

Award nomination forms are available on the GOSH Web site, www.oregongosh.com. Completed nomination forms must be received by Oct. 17, 2008. Both private- and public-sector employers are eligible.

Oregon OSHA partners with the Columbia-Willamette Chapter of the American Society of Safety Engineers to sponsor the conference.



GOSH CONFERENCE

- WORKSHOPS
- SESSIONS
- EXHIBITS
- AWARDS

For information visit:
www.assecwc.org or www.oregongosh.com
Contact the Conference Section:
(503) 378-3272
oregon.gosh@state.or.us

Oregon Convention Center • Portland
March 9-12, 2009



A joint effort of ASSE,
Columbia-Willamette Chapter
and Oregon OSHA



OREGON GOVERNOR'S OCCUPATIONAL SAFETY & HEALTH CONFERENCE

RESOURCE

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Administrator's message: Cultivating Safety and Health Leadership

By Michael Wood

One of Oregon OSHA's strategic goals is to encourage employer self-sufficiency in the pursuit of workplace health and safety. An important mechanism for creating that self-sufficiency can be found in our recognition programs, both SHARP (Safety and Health Achievement Recognition Program) and VPP (Voluntary Protection Program).

These programs provide Oregon OSHA with a way to acknowledge employers and workers who achieve some meaningful level of safety and health excellence – and with the VPP Star, to recognize employers who truly set a new standard of achievement in effectively managing health and safety issues.

As I told the SHARP Alliance at its membership meeting last December, the real value of the programs is not limited to the work we do with individual worksites in their pursuit of self-sufficiency. Much of the value of these programs is in the work that they do with one another, both in modeling excellence and in providing practical, “from the trenches” mentoring in how to deal with real-world challenges.

In the conversation at the meeting, for example, new SHARP participants expressed concern about how to keep energy up around their efforts after they had achieved first-year certification. And many of the longer-term participants not only provided sound advice, but also shared their own stories about the challenges that they faced. One safety director, for example, said that after his company's second-year slide, his slogan became “remember what happened in the second year” – using that example to avoid future complacency.

At each year's VPP Participants Association Conference for Region X (the Northwest and Alaska), many of the employers who attend are not actually VPP employers – instead, they are considering or actively pursuing VPP. They hope to learn from those who have been

there. But even employers who have achieved VPP status come to learn from the experiences others have had. They recognize that VPP status is not a final destination, but yet another milestone in a continuing journey. And they understand that one of the best guidebooks can be found in the experiences of other employers traveling the same road.

Every few months, I participate in a VPP recognition ceremony. Each time, Oregon OSHA SHARP/VPP Program Manager Mark Hurliman makes it very clear that VPP status carries with it a number of obligations – key among them Oregon OSHA's expectation that VPP employers will serve as a health and safety resource in their industry and community. Many employers take that responsibility very seriously – as do the employers who created the Oregon SHARP Alliance.

You can learn more about the Alliance on its Web site – www.sharpalliance.org. I'd particularly encourage you to take a look at the comments under the “PRAISE” button on the site. And the ideals expressed on this page are not just for the Web site, but have been put into practice in a number of ways – for example, the Alliance is the primary sponsor and driving force behind the creation of the Blue Mountain Safety and Health Conference, which held its second annual session in La Grande last June.

In VPP and SHARP Oregon OSHA is indeed cultivating self-sufficiency on the part of employers. But, more important by far, we also are cultivating true workplace health and safety leadership. And that's an effort of which all of Oregon can be proud.



Michael Wood, Administrator

Triumph over tragedy

Two young women honored with Workers' Memorial Scholarships

By Melanie Mesaros

Oregon OSHA's 2008 scholarship winners overcome loss to pursue college and dreams beyond



Annette Smith

Annette Smith was three months old when her father, Kevin Maready, was working as a logger on a site near Philomath, Ore.

As the turn of logs was being hauled up the hill, one of the logs in the turn hit a stump, causing the log to swing around and strike him. He had blown a stop whistle, but it was too late.

"He died before I was old enough to form memories," she shared. "My mom always said he had a strong work ethic and I think he'd be proud of me for working so hard."

At 24, Smith is a second-year law student at the University of Oregon and the first person in her immediate family to attend college. Her older brother dropped out of high school and her sister, once accepted to Oregon State University, got scared just before classes began and never attended because of the fear and uncertainty of student debt.

"I always knew I was going to go to college," said Smith. "My dad didn't finish junior high

and my mom got pregnant when she was 15. I knew I did not want to follow that path because of how hard it was for them."

After the logging accident, Smith's mother struggled with being a single parent with three young children. It wasn't just a financial burden.

"It was really hard for my mom," she said. "We didn't have pictures of him (her father) around the house because it was too painful a reminder. It was really sad."

While she may not have personal memories of her father, Smith does have striking memories

of his absence. In first grade, Smith recalls her teacher handing out pictures of all the students in her class so they could create individualized Father's Day cards.

"I told the teacher I didn't have a dad to give a card to," said Smith. "She said you can make it and then just throw it away. I remember being really upset by that."

Smith, whose passion is working with children, is hoping to turn her professional focus to family law and child advocacy. Growing up in a single-parent home has allowed her to relate to what the kids are going through.

"I want to be the one who stands up for them," Smith said.

In 2007, she volunteered at the New Orleans Legal Assistance Corporation following Hurricane Katrina and she has also worked



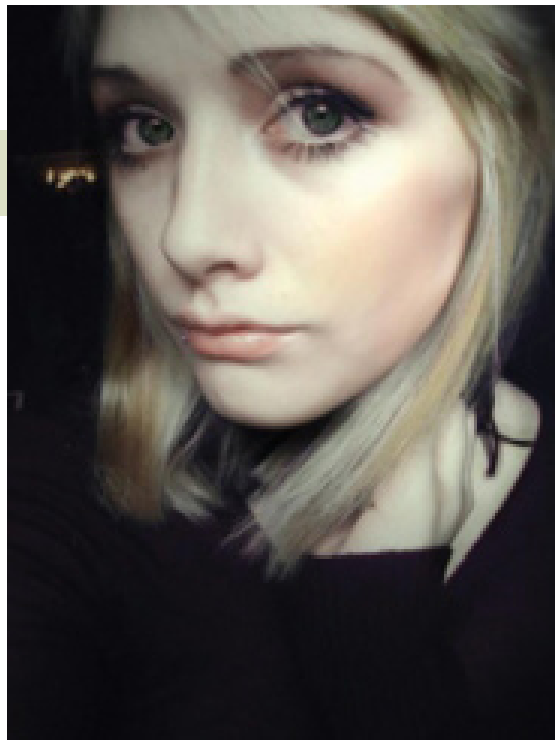
Annette Smith at the University of Oregon Law School.

with Lane County's homeless. The \$5,000 scholarship will help her focus more on school and less on her student debt.

"It's sort of like my dad being able to help pay for college, even though he isn't here," she said.

Hannah Haley was 14 years old and had just started her first year at Estacada High School when her father, Paul Haley, died on the job. He was a trucker, and while hauling heavy equipment on a road outside of Eugene, Ore., the road gave way under his truck.

"His rig tumbled 150 feet down an embankment; he was ejected and crushed beneath the wreckage," Hannah wrote in her application essay.



Hannah Haley

Continued on page 6

Triumph over tragedy

Continued

Haley, who graduated from Estacada High School in 2008, dreams of working in the German film industry. The 18-year-old, who loves everything German, also wants to make documentary films about environmental issues. She is attending San Francisco State University where she plans to study German and attain a Master of Fine Arts degree in film.

“The story of my dad has inspired me to pursue what I want the most, and do whatever makes me happy,” Haley said. “In his memory, I’m going to try my best to follow my dreams no matter what.”

Her father’s dream was to play football for the University of Oregon and eventually play professional football. He earned sports scholarships to Oregon State University, but his parents convinced him to join the family’s trucking business instead. It later went bankrupt.

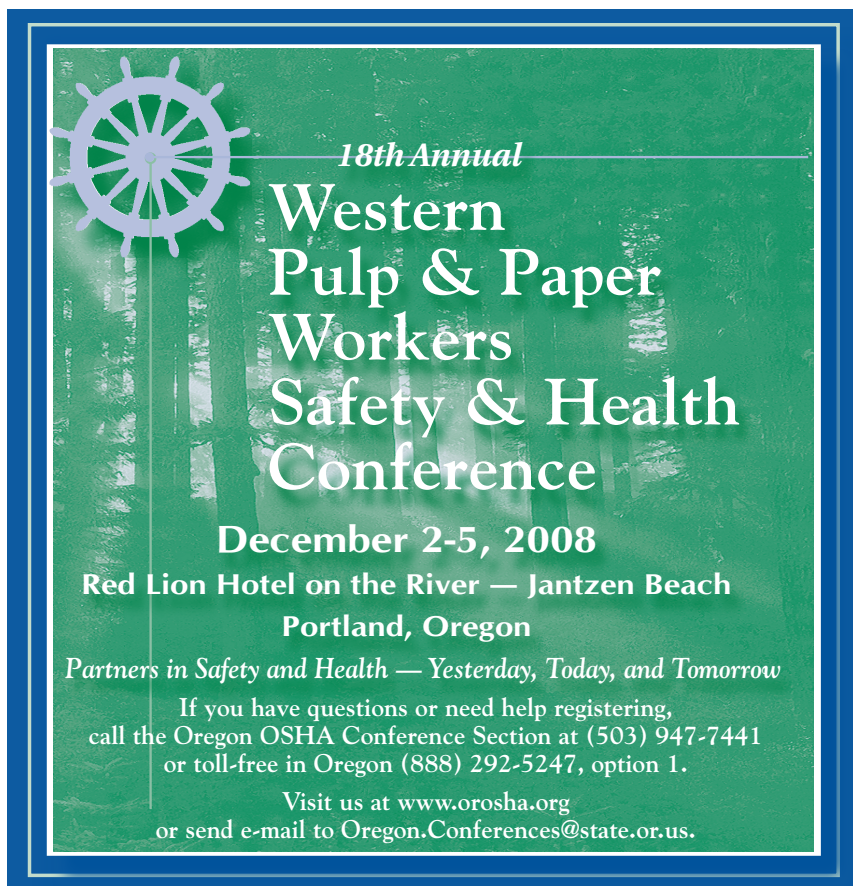
Although she is not German and has never visited Germany, Haley said the country, its culture, and its language fascinate her.

“It came over me like a plague while I was watching music television,” she said. “A video came on that sounded really weird, and I asked my mother what it was. She said she thought it was German. After that, I started studying German language and culture.”

Estacada High School does not offer German in its language curriculum, so she taught herself and now speaks it fluently. She plans to travel abroad to Germany as a cultural exchange student during her sophomore year of college. She wants to live out her dreams there while furthering her interest in foreign film.

When asked what her father might say about her winning the \$3,000 scholarship award, Haley said, “He would say, ‘Right on.’ That was his motto for anything that was good. ‘Right on.’”

Editor’s note: Excerpts of this article came from the Aug. 13, 2008, Estacada News story on Hannah Haley, written by Vanessa Van Hoorhis.



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Visit us at www.orosha.org
or send e-mail to Oregon.Conferences@state.or.us.

Oregon OSHA's most downloaded publications

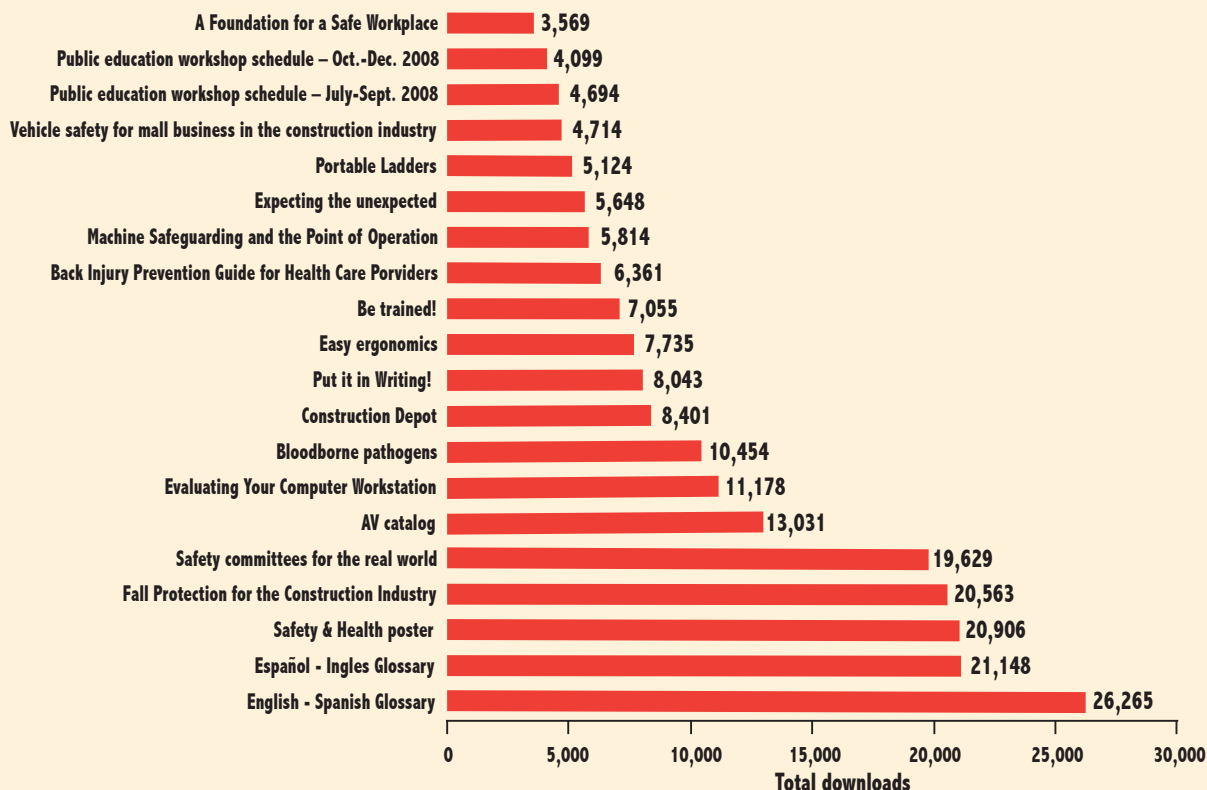
Topping the list of Oregon OSHA's most-downloaded publications between Jan. 1 and July 31, 2008, are the English/Spanish and Spanish/English glossary. Tomas Schwabe, a senior safety and health instructor with the agency, created the glossary a few years ago and it's consistently among the top five downloads.

The glossary is primarily used to assist trainers, including those who work with companies who have a large number of Hispanic workers. Those who write training materials also rely on it.

"I never anticipated that it would be so popular," said Schwabe, who wrote the glossary as a side project. He started developing training programs in Spanish and became frustrated by having to look up certain words, especially some lesser-used terms.

Fall protection and safety committees are other topics that top the download list, along with machine safeguarding at the point of operation.

Most downloaded Oregon OSHA publications: Jan 1-July 31, 2008



Accident Report

Accident type | Amputation of fingers

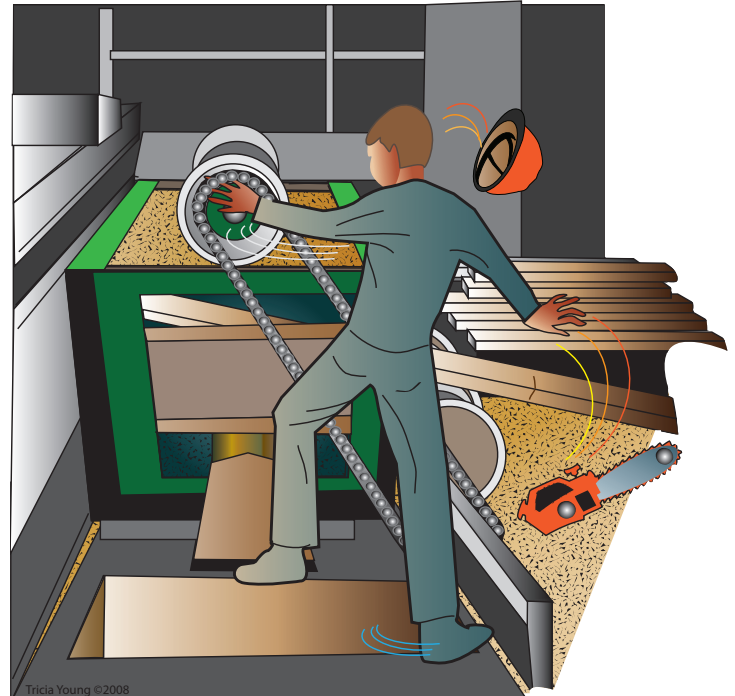
Industry | Lumber company

Employee job title | Mill worker

Description of accident

Scrap wood generated from the milling process is often discarded onto chipper feed conveyors. The conveyor then delivers the scrap material to the chipper intake. While standing on both of the conveyor's top edges, a worker was clearing a jam at the edger outfeed by using a chain saw. As the worker proceeded to start the chain saw and position himself to make the cut, the chain saw jerked forward. He lost his balance and fell towards the chipper feed conveyor. While trying to break his fall, he reached out with his left hand and caught the unguarded nip point of a chain-driven sprocket. It took a few seconds after the fall for a co-worker to notice and shutdown the conveyor feed.

The worker's hand was pulled through the chain and sprocket and his thumb and index finger were amputated. Two of his other fingers were partly amputated and his wrist had multiple fractures. Doctors were able to re-attach the worker's thumb but couldn't save his index finger.



Investigation findings

Lockout/tagout procedures were not being followed and the unsafe method to free the jammed lumber was routinely used in the plant. The investigation determined this employee wasn't wearing the minimum PPE required – eye protection and chaps. After the accident, floor grating was installed and a new guard was placed on the chain sprocket. The company also reviewed its lockout/tagout procedures and use of PPE.

Applicable standards

OAR 437-001-0760(1)(a) The employer shall ensure that workers are properly supervised in the safe operation of any machinery, tool, equipment, process, or practice which they are authorized to use or apply.

OAR 437-002-0313(2) The employer shall fully guard feed conveyors for chippers, hogs, burners, and other dangerous machines to prevent workers from falling into the conveyor.

29 CFR 1910.219(f)(3) All sprocket wheels and chains shall be enclosed unless they are more than seven feet above the floor or platform.

29 CFR 1910.147(c)(4)(i) The employer shall ensure that workers utilize control of hazardous energy procedures when engaged in activities that require the worker to place any part of his body in point of operation or where an associated danger zone exists during a machine operating cycle.

OAR 437-0020137(3) The employer shall ensure that workers using a chain saw wear chaps or leg protectors that cover the leg from the upper thigh to the mid-calf.

Oregon OSHA to increase tower-crane inspections

Oregon OSHA will ramp up inspections of tower cranes at construction sites throughout Oregon in response to deadly accidents this year around the country.

“We haven’t had a deadly tower-crane accident in Oregon in more than two decades, which is fortunate,” said Oregon OSHA Administrator Michael Wood. “However, we want to ensure that employers are fulfilling their responsibility to inspect cranes and ensure operators are properly trained.”

Inspectors will be looking at, among other things, crane operator qualifications, maintenance and inspection records, and training records. The new inspection program does not include mobile cranes. Oregon OSHA will evaluate the program’s effectiveness and findings in July 2009.

From 2003 to 2007, the state issued 27 citations, including operators failing to carry a card, or training-related violations, including at least one case of an inadequately trained operator.



Tower crane at work in northwest Portland

M. Mesaros

Dallas retirement home awarded \$647,830 Oregon OSHA grant

New patient-lifting equipment and training for employees will help workers at Dallas Retirement Village, thanks to a \$647,830 grant from Oregon OSHA to develop safe patient-handling practices.

Earlier this year, another grant was awarded to Good Shepherd Medical Center in Hermiston to focus on safe patient handling. The grant money comes from the Workers’ Benefit Fund, maintained by the Department of Consumer and Business Services.

On average, nurses lift a cumulative nine tons a week – the equivalent of 28 Double Decker buses per year. Sprains and strains among nurses and other health care workers comprise a significant portion of all workplace injuries, with more than 500 reported each year in Oregon.

“The new equipment is going to make a big difference for our nursing staff,” said Eric Nauta, certified nursing assistant at Dallas Retirement Village. “With ceiling lifts in every room and reliable, brand-new portable lifts out on the floor, we will be saving time and also a lot of back pain.”



News Briefs – continued

AFL-CIO unveils plans for fallen Workers' Memorial

After several years of effort, the Oregon AFL-CIO and other partners have unveiled plans to establish a permanent worker memorial on the Capitol Mall in Salem. A mounted bronze plaque flanked by benches, flowering cherry trees, and other landscaping will honor workers killed on the job.

The Oregon AFL-CIO signed a contract with the Oregon Parks and Recreation Department permitting the construction of a permanent memorial adjacent to the Labor and Industries Building. A formal dedication ceremony is slated for April 28, 2009, to coincide with Workers' Memorial Day. Donations will pay the cost of construction, estimated to be approximately \$20,000. Any Oregonian may contribute to the construction of the permanent worker memorial by sending donations to:

Oregon AFL-CIO
2110 State Street
Salem, OR 97301

Checks should be made payable to the Oregon AFL-CIO/Fallen Worker Memorial.



Oregon OSHA forms alliance with Oregon Restaurant Association

As part of an effort to prevent accidents and injuries in the restaurant industry, Oregon OSHA has formed an alliance with the Oregon Restaurant Association (ORA).

The alliance will help facilitate discussions about safety and health in the workplace. The ORA will work with Oregon OSHA to develop materials for online workshops and safety programs and will help promote Oregon OSHA's services, including the consultation program, to its membership.

"It's easy to underestimate the hazards faced by restaurant workers every day," said OSHA Administrator Michael Wood. "Because they are what we might consider 'ordinary,' they are taken for granted unless we make a special effort to focus attention on them. This alliance will help us raise awareness about those hazards and how easily they can be addressed, leading to fewer injuries in restaurant workplaces."



Marilyn Schuster, Oregon OSHA policy manager, Kara Thallon, ORA director of public affairs, Steve McCoid, ORA president, and Michael Wood, Oregon OSHA administrator at the alliance signing in Wilsonville.



Congratulations to Voluntary Protection Plan Merit employer Invitrogen of Eugene



New SHARP employers include:

- Boise Cascade LLC, White City Engineered Wood Products

Ask Technical

Oregon OSHA's Technical department answers more than 500 questions a month about safety and health issues. In this new feature, we'll share frequently asked questions with readers.



Q: I'm applying for a forklift operator job. Where can I get certified?

A: There are several companies that offer operator training and they may or may not give you a certificate. However, that's not what Oregon OSHA requires for operators to be certified.

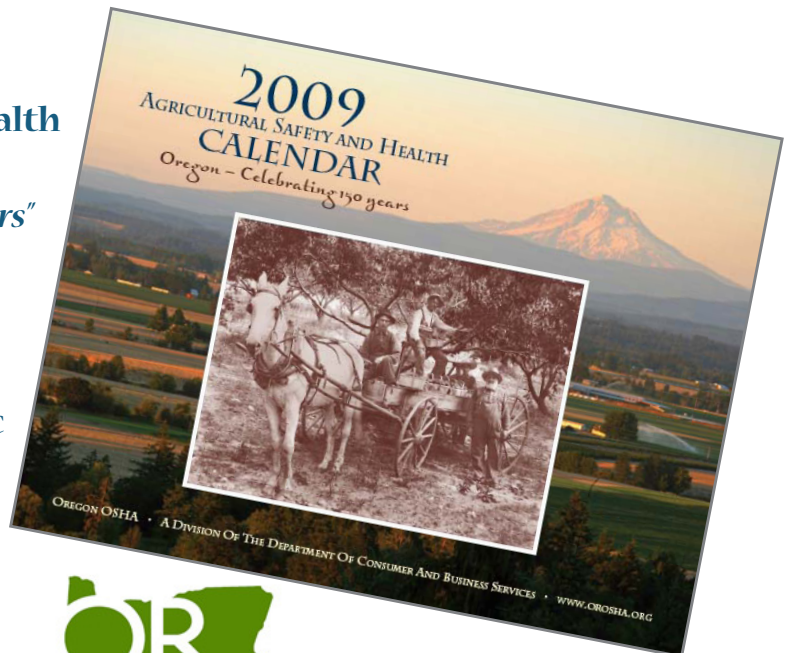
The powered industrial trucks standard requires that employers certify employees operating the company forklift. In order to certify the employee, the employer must verify through specific training outlined in the standard the employee's competence. It's a combination of formal and practical training and the employer certifies in writing the operator has been trained and evaluated.



Look for the
**"2009
Agricultural Safety and Health
Calendar**
Oregon — celebrating 150 years"

available mid-October
from Oregon OSHA.

The calendar features historic
photography, agricultural
events, and safety tips.
This calendar was created in
partnership with the
Oregon 150 celebration.



Going the distance

Meet a leading Oregon safety professional



Dave Parsons, AGC safety and loss consultant

Can you describe some of the daily hazards you are dealing with or detail common problems?

Depending on the time of year, the environment, and the type of business, I deal with many different hazards. One hazard that is common in all industry is heat stress and heat exhaustion. I also deal with fall protection issues; safe

ladder use; excavation and trenching safety; scaffold issues; and electrical, machine guarding, and vehicle safety.

Company: Associated General Contractors

Safety Professional: Dave Parsons, Safety and Loss Consultant

Workforce: Works with 85 companies involved in the construction field

Hazards: Heat stress; fall protection; safe ladder use; excavation and trenching safety; scaffold issues; and electrical, machine guarding, and vehicle safety

Continued on page 14

OregonOSHA



What kind of safety programs have you helped turn around?

I don't think I would call them safety programs. I would call it a safety culture. Most companies have safety programs but you have to have the commitment of upper management and employees to make it work. Safety programs are like a book. They have a beginning and an end. I prefer to call them safety processes or policies because it is an ongoing procedure. I have assisted many companies in turning their safety culture around to show that safety does pay great dividends in the long run.

In one instance, a stick framer had approximately 80 employees, some Spanish-speaking. I recommended they hire a bilingual supervisor because they have different crews, some comprised of Hispanic workers. At first, the owner was skeptical. But by taking baby steps, I was able to get the owner on board. He tried the bilingual supervisor first and other crews followed. They also appointed a safety manager to do new-hire orientation, training, and check-ups on job sites.

In the first year, they went from high-frequency claims to only one non-disabling claim. This whole process took about three years. The owner just didn't know what to do and didn't have the tools.

What obstacles have you encountered trying to change a company's safety culture?

Most individuals would say the smaller companies were the hardest to change the company safety culture. I have had the opposite experience. Many of the smaller companies want to change and are willing to put not one, but both feet forward to listen, work, and develop the elements of a successful safety culture.

I have had larger companies with a mind-set that "this is the way we do it and we are not going to change." There might be an easier way to do a process and still keep employees safe, but it's new and they don't want to listen or they listen, but don't want to take the time to do it.

Just remember, everything comes from upper management. Management sets the tone on how a company is going to respond and act when it comes to the protection of people, property, and the environment.



Dave Parsons works with a contractor on an ODOT excavation project in Portland.

What's your take on safety incentive programs?

Many companies don't use safety incentive programs because they are misused. There are

many companies throughout that still promote safety with trinkets, etc. It's true and I do believe all companies should have some type of an incentive for employees because they are required to have a disciplinary action policy. The incentive could be something as simple as recognition at a company safety meeting or drawings for prizes.

You were recently honored with the "Safety Professional of the Year" award for the region and have won past awards for your leadership. What advice do you have for other safety managers hoping to make a difference?

Get all your employees involved in the safety process. Network with other safety professionals, share experiences, and get involved. One organization that I'm very involved with is the American Society of Safety Engineers (ASSE). Through this organization, I have been able to enhance my career and meet and network with many safety professionals. The policies and procedures companies have and use every day should be developed by employees, since they are the ones doing the actual work. Empower and give each and every employee the tools to create the safety culture you need and you will be successful.



Dave Parsons

All accidents can be prevented. I address the owner of a company differently from how I approach workers. For instance, if I see someone operating a saw without safety glasses on, I make them stop and I get the supervisor so they can see what's happening. If you don't have good communication between management and employees, your safety culture isn't going to work. You need to rely on teamwork. No one can do it alone.

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A joint effort of the American Society of Safety Engineers
(ASSE), Southern Oregon Chapter, and the
Oregon Occupational Safety & Health Division
(Oregon OSHA)

Southern Oregon