



# CRANE OVERSIGHT

*New rules raise bar  
for employers*

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## RESOURCE

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*On the cover:* Hamilton Construction operates six cranes on the site of the new I-5 bridge in Eugene.

# Administrator's message:

## Is it really true that "sure and steady gets it done"?

By Michael Wood

**W**hen it comes to workplace health and safety, we tend to look for "big" things – for new ideas, for clever approaches, for the one thing that will turn our efforts to reduce workplace risk into a real success. Lately, I've found myself thinking about the tortoise and the hare.

A lot of safety programs are exactly like the hare in that wonderful little story. The hare starts out fast, and bursting out of the starting blocks sure that he is on his way to the finish line. And then he becomes a bit too confident in his own success. As he looks around, he realizes that he's doing a better job than his competitors. He looks at his injury rate calculations and he convinces himself that the reductions he sees are entirely the result of the wonderful job that he is doing. And he decides that the race is in the bag.

So, he chooses that point to sit down and take a nap.

The tortoise, on the other hand, won't get as much attention. He'll just keep plugging away, with no flashy slogans. He may not even get dramatic results the first year – in fact, his boss probably won't give him a performance bonus. But he hangs in there, always pushing to see a hazard fixed and to make sure that the incident investigations are thorough and thoughtful.

At some point, of course, he will slowly make his way past the sleeping hare.

It's true of so much of life. And it's true of workplace health and safety as well. I remember several years ago listening to a discussion of the Oregon SHARP Alliance where they were sharing ideas about how to deal with the challenges of being a third-year SHARP worksite – past the initial enthusiasm but not yet ready to celebrate graduation. It's a challenge to keep workplace health and safety efforts alive during those "ordinary" times, but it's the programs that manage to do so that are able to really make a lasting change in their workplace cultures.

That's the reality behind the 2011 Governor's Occupational Safety and Health Conference, which is being organized around the theme *Safety: It's a Marathon, Not a Sprint*. It surely is. And sure and steady really does win the race.



Michael Wood, Administrator

A handwritten signature in black ink, which appears to read "Michael Wood". The signature is written in a cursive, flowing style.





# CRANE OVERSIGHT

*New rules raise bar  
for employers*

By Melanie Mesaros

The giants of the sky on construction sites across Oregon will soon be subject to a new rule, as Oregon OSHA adopts changes to the federal cranes and derricks standard, along with a few tweaks. The rule includes more detailed requirements for operators working around power lines, more responsibilities for general contractors and a requirement that would put third parties in charge of training and certification.

“It’s the most dangerous and complex piece of equipment we use – hands down,” said Dave Holland, safety manager at Hamilton Construction, who also served on a committee reviewing the crane rule changes in Oregon.

“The biggest impact for us is training,” he said. “You can’t just do all this training in house anymore.”

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**“It’s the most dangerous and complex piece of equipment we use – hands down.”**  
**Dave Holland, safety manager**

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John Kurz has been operating a crane for three decades and understands what's at stake while at the controls.

The new rule will require a third party to sign off on operator certifications and will involve more hands-on training for operators and riggers.

John Kurz, one of Hamilton's most experienced crane operators, has been at the controls of a 140-ton Manitowoc for 30 years. He said having stronger requirements for operators is a good thing.

"Something can happen in an instant," Kurz said. "You have to have enough time in the seat. It just has to be automatic."

For Kurz, the potential for an accident is with him every day.

"The thought never leaves your mind," he said. "The sad thing is everybody makes mistakes, but when we do, it impacts everybody."

Todd Burnett operates a newer model crane for Hamilton, a 110-ton Link-belt. He said it's a job that requires a certain frame of mind.

"Sure, anyone can make a crane go up and down, but you have to understand all the what-ifs," Burnett said.



Several cranes coordinate picks on the I-5 bridge project in Eugene.



Dave Holland poses with one of 20 cranes in the company's fleet.

**"Something can happen in an instant. You have to have enough time in the seat. It just has to be automatic."  
– John Kurz, crane operator**

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## Crane oversight, *continued from page 5*

The new rule will also require construction companies to update their own crane programs by incorporating the new requirements. The higher level of accountability is something Holland welcomes.

“The old rule was 40 years old and equipment was different,” said Holland. “The new rule may be more complex but it makes it much safer for workers.” ■



- 1) Bruce Ellingsen rigging the load on the I-5 bridge project site.
- 2) Multiple cranes work in concert on the project, expected to be completed in 2013.
- 3) A sign reminds workers of the equipment danger.



**NEW!**

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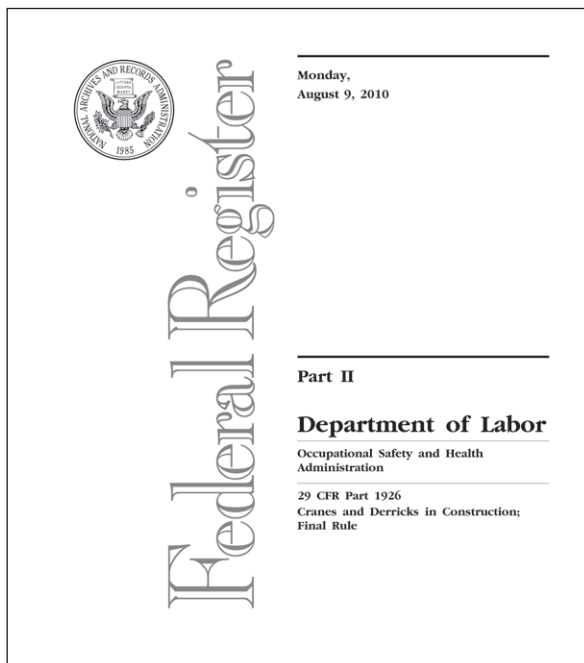
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**OregonOSHA**

# Introducing Oregon OSHA's new crane standard for the construction industry

By Ellis Brasch

On Aug. 9, 2010, Federal OSHA rolled out its new Cranes and Derricks in Construction standard in the Federal Register. The 273-page "final rule" was nearly 12 years in the making and revised the 40-year-old Cranes, Derricks, Hoists, Elevators, and Conveyors standard.



In Oregon, and the 26 other states that run their own job safety and health programs, the news meant regulators had to adopt the new standard or create new rules that are just as effective within six months.

Six months may sound like plenty of time to put Oregon OSHA's name on an OSHA standard, but Subpart CC—Cranes and Derricks in

Construction is not any OSHA standard. (If you're wondering about that "CC" designation, it happened because the feds had exhausted the alphabet in labeling other construction rules. "AA" and "BB" are reserved for rules not yet written.) The new standard's 40,486 words and 43 individual rules address every aspect of crane safety, including the causes of typical crane-related accidents, such as:

- Contacting an overhead powerline
- Exceeding the rated lifting capacity
- Operating on unstable ground
- "Two-blocking" failure (caused when a crane's hook contacts the boom tip, causing the hoist line to break)
- Striking a worker in the crane's work zone
- Striking an object because an operator's, rigger's, or signaler's vision is blocked

On Feb. 9, 2011, Oregon OSHA will adopt most of Subpart CC; the agency will also change some existing construction rules and create a couple of new rules to accommodate the standard. Those of you who don't do construction work with cranes or derricks can relax because these rules don't apply to you. But if you use any power-operated equipment for construction work "that can hoist, lower, and horizontally move a suspended load," that equipment and the operators may be covered by Subpart CC.

Cranes and Derricks in Construction runs the length of a short novel but don't save it for bedside reading. Understanding how to comply with the standard's new rules can be challenging,



particularly if you don't have a safety manager to parse the rules. Fortunately, Oregon OSHA will have a publication available by mid-April that explains key requirements such as ground conditions, powerline safety, certification requirements for operators, and qualifications for riggers and signal persons.

One important rule in the new standard – *Operator qualification and certification* – requires most crane operators to be certified before they can operate a crane on their own and gives them four options for being certified; but that won't take effect until Nov. 10, 2014. In the meantime, Oregon OSHA will keep the existing



A view from below one of Hamilton Construction's cranes.



photo: John Knez, Knez Building Supply

Knuckle-boom crane

*Crane operator safety training rule (437-003-0081)*, which requires operators to be trained and to have a valid operator's training card if they operate cranes of five-ton capacity or greater.

Oregon OSHA also made changes to the fall protection requirements in the new standard and adopted a new rule, *Fall protection (437-003-1423)*, which will require workers to use fall protection when they're on a crane's unguarded walking/working surface and more than 10 feet above a lower level.

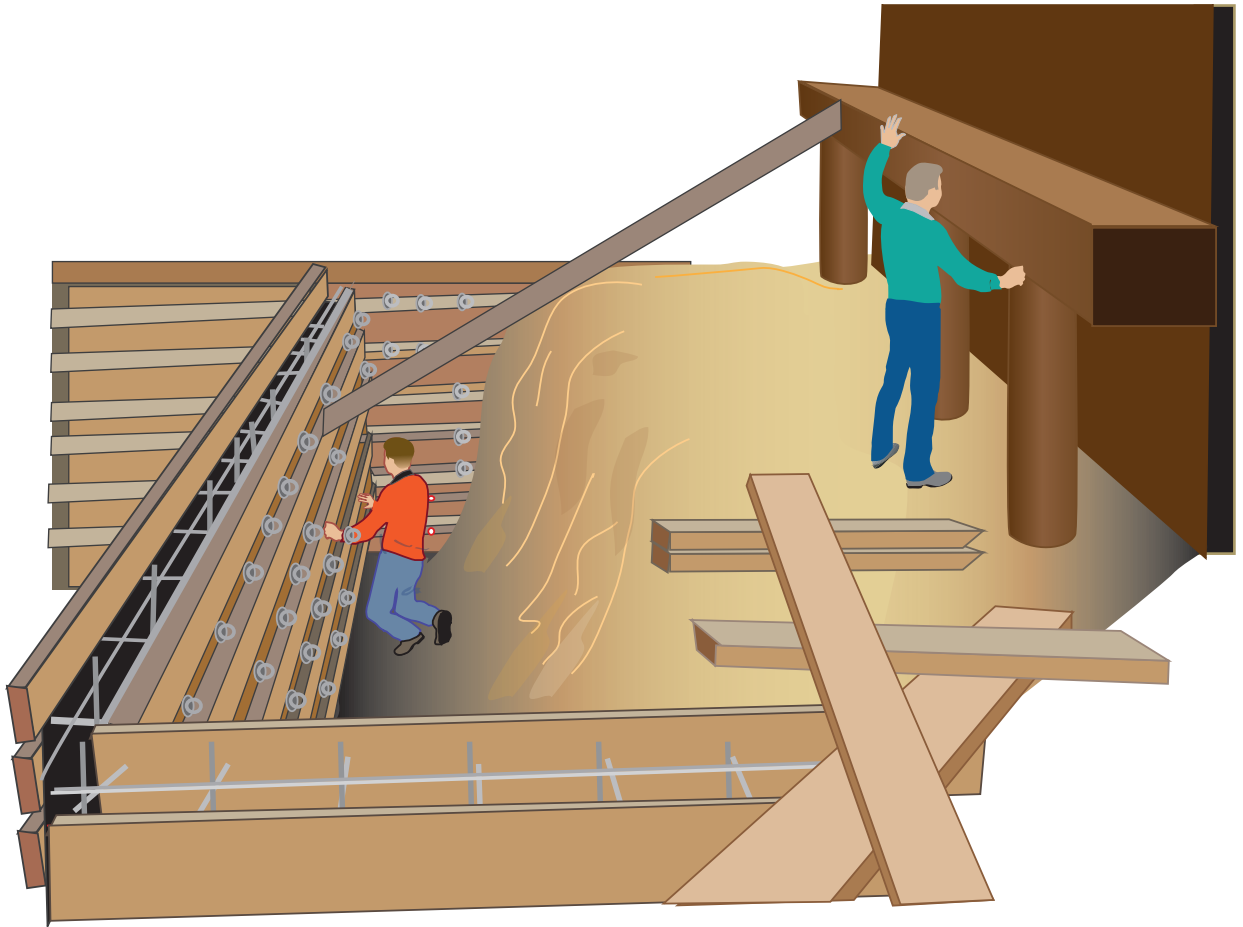
So, don't forget to mark Feb. 9 on your calendar if you do construction work with cranes or derricks. You'll find more information about Subpart CC in [Oregon OSHA's Proposed Changes to Cranes and Derricks in Construction](#). ■

## Case Report

Incident type | Potential excavation cave-in

Industry | Construction

Employees | Carpenters



Employees were setting up forms in an excavation in beach sand that was approximately eight feet deep. The distance between the form and the excavation where employees were working ranged from two to six feet wide, exposing workers to being buried.

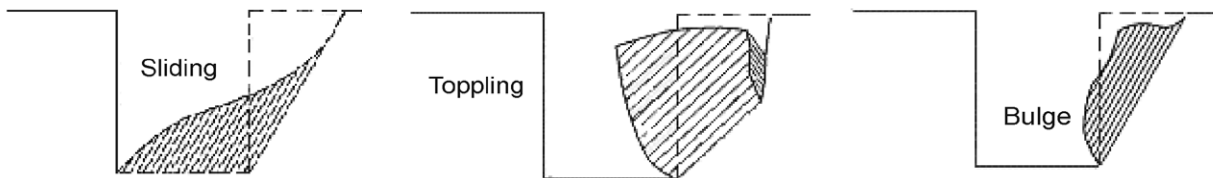
One worker was observed working on his hands and knees. The employer was a part owner of the beach home and the project consisted of shoring up the existing home and putting on an addition. It was settling due to the sand.

The employees were immediately removed from the excavation. The employer's citation for having workers in the excavation without cave-in protection was rated at a high death – a penalty of \$5,000.



### **How cave-ins occur**

Undisturbed soil stays in place because of opposing horizontal and vertical forces. When you create an excavation, you remove soil that provides horizontal support. Soil will eventually move downward into the excavation. The longer the face (a side of the excavation) remains unsupported, the more likely it is to cave in.



When you create an excavation, you remove the soil that provides horizontal support.

Items cited: 1926.652(a)(1)

Each employee in an excavation was not protected from cave-ins by an adequate protective system designed in accordance with paragraph (b) Design of sloping and benching systems or (c) Design of support systems, shield systems, and other protective systems.



## ***New senior managers named at Oregon OSHA***

Oregon OSHA welcomes two new senior managers this month. On Feb. 1, **Gary Beck** takes on the role of senior safety field operations manager, overseeing all enforcement staff in regional offices across Oregon. Beck spent nine years in the Army before coming to Oregon OSHA in 1990 as a compliance officer. He has previously served as an appeals specialist and safety analyst for the division. Beck earned his Bachelor of Science degree in agriculture education at Oregon State University.



Gary Beck

**Roy Kroker**, who started as an Oregon OSHA compliance officer in 2000, was named consultation program manager. Kroker has been the interim manager since late 2009. He is responsible for the public education program and consultants statewide. His prior experience includes work as a safety and health coordinator at Mowat Construction and HAZCON, Inc., along with founding his own consulting company.



Roy Kroker



## ***Registration open for Oregon GOSH Conference***

With more than 140 workshops and sessions, registration is now open for the Oregon Governor's Occupational Safety and Health (GOSH) Conference. It's the largest event of its kind in the Northwest and will be held March 7-10, 2011, at the Oregon Convention Center in Portland.

This year, the event features a moderated panel discussion with four Northwest business leaders. Management from L & M Industrial Fabrication, River Point Farms, Dallas Retirement Village, and ChristieCare will share their perspectives on the importance of safety and health within their organizations.

"This is a unique opportunity to hear from small business leaders on how to achieve management commitment and employee participation in safety and health," said Michael Wood, Oregon OSHA administrator. "I believe their tools for success could apply to any organization."

The conference will also feature session tracks on specialties such as health care, ergonomics, construction, emergency preparedness and response, alternative energy, safety for school districts, workplace culture, and wellness.

New to the conference this year is the Columbia Forklift Challenge. Trained forklift drivers will compete for cash in an obstacle course designed to test their skills and safe operation on Tuesday, March 8.

**For more information or to register, go to [www.oregongosh.com](http://www.oregongosh.com).**

# Annual Pulp and Paper Conference held in Jantzen Beach

Keynote speaker Bruce Wilkinson kicked off the annual Pulp and Paper Conference on Nov. 30, 2010, with his presentation “Balancing Life, Work, Family and Friends – You’ve Got to Have a Sense of Humor.”

His message centered on the concept that safety has to be about something personal.

“Safety isn’t about protecting yourself from something,” said Wilkinson. “It’s about protecting yourself for *someone*.”

He told the crowd that true learning takes place when education meets experience.

“Even in safety and health, you can find a sense of humor,” he said.

Wilkinson stressed a three-faceted approach to safety and health by focusing on policies, procedures, and practice.

“We lose respect for people when they don’t do what they say they were going to do,” he said. “It’s in the messenger. They need to have authenticity and passion.”

The four-day conference also featured workshops on forklift and electrical safety, hazard awareness, and a HAZWOPER refresher. Attendees were also able to share their safety systems and learn best practices from each other during roundtable discussions.

Awards were given to a number of safety standouts in the industry, including safety committees and individuals. For the list of winners, go to the [Association of Western Pulp & Paper Workers](#) website.



Bruce Wilkinson said it’s important to use something personal when driving home a safety message.



Conference attendees explore the exhibits.



Workers browse an exhibit featuring PPE.



## Oregon OSHA booth features new wheel of hazards game

Students and adults stopped by to spin the wheel of hazards at the Northwest Agricultural show last month. Oregon OSHA created the new game to test your knowledge of hazards by answering a question related to different safety and health categories.

Dozens of students, farm owners, and growers answered questions about issues ranging from pesticides to personal protective equipment (PPE).

Tomás Schwabe, a senior instructor with Oregon OSHA, said a teacher from Canby high school made it a requirement for students to stop by the booth and play the game.



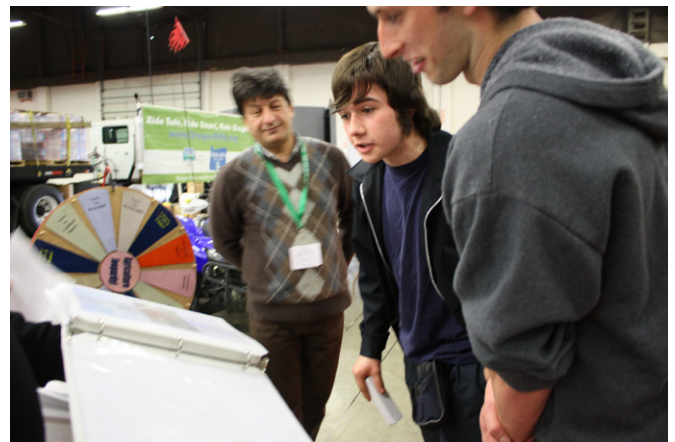
A student from Clark College in Vancouver, Wash., spins the wheel.



Oregon OSHA's Tomás Schwabe explains the answer to a question during the game.

"It was very encouraging to see the participants of the wheel game be surprised at the answers of some of the questions," Schwabe said. "It was definitely new information to them and things they did not know. Having been an educator for a number of years, it's clear to me when someone has an 'a-ha' moment."

The wheel game will be making an appearance at the Oregon GOSH Conference, March 7-10, 2011, in Portland and at the Blue Mountain Conference on June 15, 2011, in Pendleton.



Students were often surprised by some of the trivia answers.



# Donations accepted for Workers' Memorial Scholarship fund

Each year, children in Oregon must cope with a parent being taken from their lives through a workplace death. The loss can have a profound effect on a family's ability to finance higher education. The Workers' Memorial Scholarship fund was established by the 1991 Legislature at the request of the Oregon AFL-CIO to help surviving family members reach their educational goals.

Private donations to the fund can be accepted, but are not solicited by Oregon OSHA. Please make checks payable to "DCBS Workers' Memorial Scholarship Account" and mail your donation to Oregon OSHA, c/o Melanie Mesaros, P.O. Box 14480, Salem, OR 97309.



## *Congratulations to the new SHARP company:*

- Hamilton Construction, Springfield



## *Congratulations to these new VPP companies:*

- ConocoPhillips Pipe Line Company, Portland
- Roseburg Forest Products – Dillard Plywood Division, Roseburg

## Ask Technical

**Q:** *I work in an office environment and was wondering, by OSHA standards, is it OK for me to wear open-toed shoes?*

**A:** *Your employer has the responsibility to assess your work environment for hazards. If there are no unsafe conditions and no danger of foot injuries, your employer does not need to require protective footwear be used. Your employer can, of course, have internal policies about appropriate work clothing, including footwear.*

*It's also important to note that if an employee leaves an office setting for another work area requiring foot protection, appropriate footwear must be worn. This [fact sheet](#) on PPE hazard assessments could be helpful. ■*



**Are open-toed shoes OK in the office?**

# Going the distance

Meet a leading Oregon health and safety professional



**Company:** SAIF Corp.

**Health and safety consultant:** Illa Gilbert-Jones

**Workforce:** Based in Portland, Gilbert-Jones is assigned approximately 100 clients in a variety of businesses that include agriculture, social service, food service, manufacturing, and health care.

**Common Hazards:** Chemicals, noise, slips/trips/falls, and ergonomic hazards

## What is your background and safety philosophy?

I began my safety/health career in 1987 at Boeing after completing a Master of Science in Toxicology and Safety/IH at the University of Washington. In addition to aerospace, I have practiced my profession in a variety of industries: chemical at Bayer Corporation, mining at Phelps Dodge Corporation,

and paint manufacturing at ICI Paints. In these industries, my level of responsibility increased over time from a safety administrator to corporate health manager. I obtained certifications in industrial hygiene (Certified Industrial Hygienist) and safety (Certified Safety Professional).

In every position throughout my career, I would seek ways not only to improve safety and health processes, but to also find ways to give back to the profession. I have a passion for mentoring individuals just beginning their safety career and also conduct research to answer questions that contribute to knowledge in industrial hygiene and safety.

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## Going the Distance, *continued from page 17*

Last year, it came to my attention that my mentoring activities resulted in a nomination for one of the 100 Women in Safety, a project by the [American Society of Safety Engineers \(ASSE\) – Women in Safety Engineering \(WISE\)](#). I am humbled to be honored alongside major contributors.

As part of giving back, I co-authored a chapter in the 2001 edition of *Mine Health & Safety Management* and have presented research papers at the American Industrial Hygiene Conference & Exposition, Society of Toxicology Annual Meeting, and the Navy Occupational Health & Preventive Medicine Workshop. I have also participated in presenting at the Oregon GOSH Conference and the Association of Occupational Health Professionals in Healthcare.

### **Since you work with a variety of businesses, what are some of the unique safety challenges you have tackled?**

There are a multitude of different approaches to solve the same problem. The value of having so many different clients is finding different, creative ways to address a problem. I find every opportunity to share great ideas. For example, Kevin Emerick, environmental health and safety manager at Woodfold Manufacturing Inc. allowed me to share their incentive program. They awarded

incentive points for safety activities that contributed to injury prevention (e.g., participation in the safety committee, leading safety training, and attending safety class on personal time). All employees had an opportunity to earn points. These points directly related to additional vacation time, which was something employees valued, especially during hunting season.

I believe that engineering control is the ultimate solution and controls such as training or personal protective equipment require “redundant” systems. For example, training by itself does not ensure safe behaviors or an effective process. I encourage my accounts to include “redundant activities” such as audits and continuous assessment in their hazard control procedures if they must rely on anything other than engineering controls.

Methods for maintaining and tracking forklift inspections have always been cumbersome. A common approach is to have a sheet for one month of inspections, which may or may not be audited by a supervisor. These sheets are often misplaced and are not visible. An approach that I have recommended is a laminated checklist with



Gilbert-Jones (right) reviews a safety checklist with Michelle Estey-Niebel, the plant's safety manager.



Gilbert-Jones talks with Greg Johnson, a worker in Blount's tool and die build unit.

signature line and dates placed visibly on the forklift. An erasable marker can be used to complete the checklist daily or prior to each shift. This checklist would be visible and can easily be audited from a distance by anyone.

### **Do you see any common threads when working with different companies?**

Companies with active safety committees supported by management contribute significantly to a safe work environment.

Blount Inc.'s safety committee serves as a great example. Their members are enthusiastic and dedicated. Michelle Estey-Niebel, Blount's safety manager, mentioned that each member takes the responsibility seriously and freely expresses concerns. Having an active safety committee also distributes safety responsibility among many.



Gilbert-Jones pictured with Blount's active safety committee.



Tony Vsetula tests a chainsaw blade manufactured at the plant for quality.

### **Has the tight economy had any impact on how you are able to approach health and safety with your clients?**

It has always been a challenge to show how safety contributes to the bottom line. Now, more than ever, it is a must. It's understood that waste affects the bottom line and that successful companies continuously improve their processes by eliminating waste. Think of it as showing management that in addition to pain and suffering, an occupational injury can result in unexpected costs (waste). Demonstrate that innovative methods to reduce the risk or to mitigate the hazard are more cost effective. Spreading the responsibility and encouraging employee participation will enhance the safety process with minimal cost. Other possible methods include combining activities to accomplish many goals. For instance, a job hazard analysis and PPE assessment can be done simultaneously.

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## Going the Distance, *continued from page 19*

### **What advice do you have for other safety and health managers hoping to make a difference?**

Be persistent. Safety and health is a field that requires dedication. There will be times when it seems there is no forward progress. With the end in mind, be persistent, flexible, and, most of all, creative in your approach. With each success, there is great satisfaction.

I also believe in continued learning. It is very important to educate yourself about changes in the field and what impacts the profession. There are several approaches to stay current in the field – obtain certifications (CIH, CSP), which provide instant credibility. Most importantly, the study process helps you to identify what you don't know so that you can decide where to focus learning efforts. Another way to stay current is to join health and safety associations such as ASSE and the American Industrial Hygiene Association (AIHA). Members of these organizations are a great resource for any professional dilemma you face.

Mentor, help others in the field, and act as an ambassador for the profession by promoting the belief that a safe and healthy workplace is the right thing to do. Sharing ideas is a core belief of mine.

I'm fortunate to work for a company that believes in continually developing the skills of safety and health professionals. It is great to work with highly experienced professionals and experts. I can rely on my co-workers to be a sounding board for new ideas and to get an honest opinion. ■



Mentoring other safety managers, such as Michelle Estey-Niebel (left), is one of Gilbert-Jones' favorite aspects of her work.