

Health and Safety

# RESOURCE

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Volume 52 — online

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## RESOURCE

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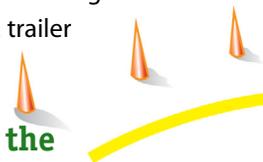
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# We must not turn away from death in the workplace – the reality is too important

By Michael Wood

Each April provides a particular opportunity to focus on the challenges of death in the workplace. We know that we have done a great deal over the past decades to push the risks down, but we also know that each year the list of names we acknowledge on Workers Memorial Day is simply too long.

This year comes with a special challenge. Whatever we can say about causation and statistical aberration, the number of workers who died in Oregon workplaces during 2016 reflects a sharp upward spike. Each year, we remind ourselves that these are not simply statistics, but individual stories of lives cut short. This year, there are far too many such stories.

In my comments at the GOSH conference, I announced that 2016 saw a 50 percent increase in the number of workers who died in Oregon workplaces, when we use the more comprehensive method of identifying such fatalities that we have used in recent years. But I also shared my concern that the numbers for 2016 simply confirm what appears to



Oregon OSHA Administrator



“We must face those deaths – those stories of loss – the reality of lives cut short before their time. ... Because only in facing that stark reality, can we overcome it.”

be a longer-term reality – our overall downward trend in workplace fatalities appears to have flattened out over the past five years. Even if 2016 is an aberration – a statistical “outlier” – the overall trend is not what it should be. And I honestly shared my thoughts about where that leaves us as we look to the future.

Generally, those who heard my comments told me that they were “challenging” and even “inspirational.” However, I also received feedback suggesting that they were “discouraging” and perhaps even “rude” – ill-suited to the occasion. I understand that we often attend such events in the hope of being re-energized by positive and inspirational messages. But when it comes to fatalities in Oregon workplaces, the news this year is simply not positive. There is no way to honestly pretend that it is.

We can face the real risks of death in our workplaces head on. We can honestly confront them as they occur, and we can truly strive to identify their causes and to eliminate those causes and to mitigate the underlying hazards. Or we can turn away and search for a more positive message. We can pretend that the problems and tragedies will go away on their own.

We do have that choice, I suppose. But for most of us, there really is only one choice. We must face those deaths – those stories of loss – the reality of lives cut short before their time. Whether it is one unnecessary death, or 10, or 30, or 50, we must face the reality. Because only in facing that stark reality, can we overcome it. And we must do better.

**Editor's note:** The annual Workers Memorial Day ceremony is noon, Friday, April 28, at the Capitol Mall outside the Labor and Industries Building in Salem.

# Don't miss out



## Education: Upcoming April–June workshops —

Safety Meetings and Committees . . . . .	Wilsonville	•	4/13/2017	•	8 a.m.
Safety and the Supervisor . . . . .	Wilsonville	•	4/13/2017	•	1 p.m.
Lockout/Tagout and Machine Safeguarding . . . . .	Eugene	•	5/17/2017	•	8 a.m.
Fall Protection . . . . .	Eugene	•	5/17/2017	•	1 p.m.
Safety Meetings and Committees . . . . .	Medford	•	5/25/2017	•	8 a.m.
Accident Investigation . . . . .	Medford	•	5/25/2017	•	1 p.m.
Hazard Identification and Control . . . . .	Salem	•	6/6/2017	•	8 a.m.
Fall Protection . . . . .	Salem	•	6/6/2017	•	1 p.m.
Hazard Identification and Control . . . . .	Milwaukie	•	6/14/2017	•	8 a.m.
Fall Protection . . . . .	Milwaukie	•	6/14/2017	•	1 p.m.

For more information: [osha.oregon.gov/edu/Pages/index.aspx](http://osha.oregon.gov/edu/Pages/index.aspx)

For the most recent public education schedule updates: [osha.oregon.gov/edu/Pages/workshops.aspx](http://osha.oregon.gov/edu/Pages/workshops.aspx)



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[www.regionxvpppa.org](http://www.regionxvpppa.org)  
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## Safety Accountability: It's Everyone's Responsibility

June 5 & 6, 2017



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by Al Arguedas

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Pendleton Convention Center • Pendleton, Oregon

The 11<sup>th</sup> annual event focuses on helping organizations strengthen their safety culture. Topics featured include:

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- Safety committee series
- Ladder safety
- Ergonomics
- Forklift safety

- Fall Protection
- Slips, Trips, and Falls
- Lightning Safety series
- ... and more!

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**Worker Protection Standard** (June 5; 3 CEUs) . . . . \$15

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Learn more – Register at:  
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# Did you know?

**Just as you lay the foundation for a building by placing forms, setting the rebar, and pouring the footings, you lay the foundation for a safe workplace with the following seven activities:**

- Management leadership
- Hazard anticipation and detection
- Hazard prevention and control
- Planning and evaluation
- Administration and supervision
- Safety and health training
- Employee participation

You can manage workplace safety just as you manage any other part of your business – with commitment, perseverance, and the support of your most valuable asset: your employees.

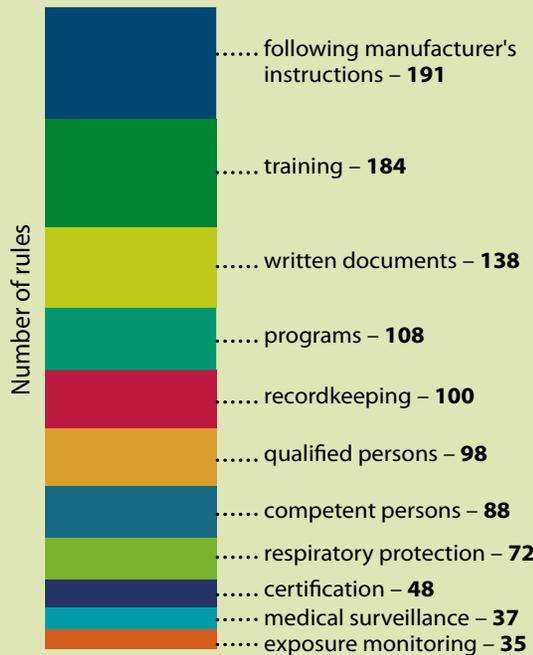
**For more information, visit Oregon OSHA's publication, "The Foundation of a Safe Workplace."**



## datapoints:

**Have you ever wondered how many Oregon OSHA safety and health rules have requirements for things like "recordkeeping," "employee training," and "respiratory protection"?**

How many Oregon OSHA rules have requirements for...



Source: Oregon OSHA's Safety Director's Companion

**So far this year, the top five Oregon OSHA standards cited during inspections are as follows:**

- **General fall protection** – violations, 76; initial penalties, \$106,610
- **Documentation of safety committee meetings** – violations, 38; initial penalties, \$400
- **Rules about safety committees or safety meetings** – violations, 31; initial penalties, \$3,180
- **Requirements for use of ladders** – violations, 29; initial penalties, \$13,780
- **Written hazard communication program** – violations, 24; initial penalties, \$1,350

## Quotable:

***Safety is a journey. It never stops.***

– David Soloman, Employee Safety Manager  
Oregon Department of Transportation

# The evolution of safer workplaces

By Aaron Corvin

## *Developing and maintaining a culture of workplace safety and health is no short trip to success.*

It takes commitment to a journey. It involves teamwork and communication on the part of managers and workers. It amounts to building safety into work processes and equipment to better shield workers from harm.

Those and other points were driven home by on-the-job safety leaders in private industry and government during a panel discussion, "Safety Culture Evolution," that was held as part of the Oregon Governor's Occupational Safety and Health Conference, from March 6-9.

"Culture isn't something that happens overnight," said Tim Hart, vice president of western operations for Duro-Last Roofing Inc. "Safety is something that, as you progress, it becomes ingrained in you. You look for things that will cause people injury."



Although they work for different organizations, six safety leaders touched on similar themes as they discussed practical steps toward building safer workplaces.

Hart joined five others on the panel: Rick Johnson, human resources manager for the Purdy paint brush manufacturing plant in Portland; Stephanie Simpson, a brushmaker at the Purdy facility and key safety leader there; Maria LeMay, environmental, health, and safety engineer for Intel Corp. in Hillsboro; Don Smith, region 5 safety manager for the Oregon Department of Transportation; and David Soloman, employee safety manager for ODOT.

Soloman said people's mindsets influence work practices and, in turn, an organization's culture. If a work practice is unsafe, but someone believes otherwise because it has yet to cause an injury, then it's only a matter of time before injury occurs.

"If you're doing something unsafe," Soloman said, "eventually it's going to come around and bite you."

### Develop action plans

LeMay spoke of safety as a journey taken in stages.

The first stage – a lack of emphasis on safety – is where you don't want to linger. The next stage is about meeting the minimum legal requirements but falling far short of implementing a safety management system and of focusing on preventing injuries.

The final stage is the journey's prize: Safety is fully integrated into your company's day-to-day operations and stands as a personal value for everyone involved.

The vehicles for getting there are teamwork and communication on the part of managers and workers, LeMay said. Teamwork begins with managers gathering input to understand the in-the-trenches safety concerns of workers. A critical piece of gathering input and sparking a discussion is an employee safety survey, LeMay said. And the last thing you want to do as a manager is let the survey gather dust on a shelf.

"Develop action plans," she said. "You will never get someone to respond to a survey if they think it went into a vortex never to be seen again."



“

***Develop action plans.”***

— *Maria LeMay, environmental, health,  
and safety engineer for Intel Corp., Hillsboro*

Hart said support for safety from the top is essential. That's the philosophy at Duro-Last Roofing's manufacturing plant in Grants Pass, which has achieved Star Site status, the highest achievement for companies participating in Oregon OSHA's Voluntary Protection Program.

"Our company starts every single meeting we have, no matter what we're talking about, with safety," he said. When employees see managers practicing safety, Hart added, then "they're all in."

### It takes everybody

However, recognizing that safety is a journey and genuinely listening to – and acting on – employees' concerns aren't enough.

You also have to take a hard look at the processes that undergird how work gets done, as well as the equipment people use along the way, panel speakers said.



Photos: Ron Conrad

“*We always know we can do better. It takes everybody.*”

— Rick Johnson, human resources manager, Purdy

Take, for instance, the Purdy plant, where workers make paint brushes and tools by hand. Johnson summed up the company's culture this way: "We want employees in better health than when they entered the facility."

To that end, the company launched a program that empowers employees, who face ergonomic challenges, to immediately report physical discomfort to managers to prevent injuries from happening. The company also makes a physical therapist regularly available to employees – not to treat injuries but to avoid them. The company recently phased out old chairs and replaced them with new, ergonomically correct ones. And before every shift, employees stretch and flex for up to 15 minutes.

In 2004, Johnson said, the facility had 23 recordable injuries. "That was scary," he said. Since then, the number has dropped every year. In 2013, the company had no recordable injuries. Recently, the company was recommended for recertification as a VPP Star Site.

Likewise, Hart provided examples of how to build safety into work processes. Duro-Last invented a device that allows a forklift driver to drape a tarp over a load on the back of a truck. The result: Truck drivers don't have to climb a truck to cover a load, and risk falling and hurting themselves.

"They have to know you care," Hart said as he told the story of the invention. "Employees need this."

All of the panelists who spoke agreed that the journey to a culture of safety and health isn't easy and never really ends. But as long as you maintain a mindset of continuous improvement, they said, the journey inevitably fills with successes that keep you moving in the right direction.

"It's dangerous to think we can't do better," Johnson said. "We always know we can do better. It takes everybody." ■



# Develop and implement:

## A guide to Oregon OSHA's program-related rules

By Ellis Brasch

Among all of Oregon OSHA's workplace safety and health rules, there are 108 that require employers to establish a *program*. Few people – if anyone – can name all of those rules or all of the programs that the rules require (there is a list at the end of the article). However, it's quite likely that many employers have encountered at least one of those rules, which often starts with the words: “*the employer shall develop and implement a program ...*” Those rules are also a source of frustration for some employers – at least measured by the number of violations of Oregon OSHA's program-related requirements.

So what is a program, and what does it mean to develop and implement one?

A program is simply a means for achieving a goal. “Develop and implement” is a bureaucratic way of saying that, if a particular program is required for your workplace, then you must create it and make sure that your employees follow it. You also need to *maintain* it to keep it current. Of course, the devil is often in the details; some programs are more difficult to development, implement, and maintain than others.

### How to development, implement, and maintain a program in four easy steps

- 1. Review the rule that requires the program.** The more you know about the rule, the easier it is to determine what requirements affect your workplace.
- 2. Determine the program's requirements.** A required program may have different requirements for employers in different industries.
- 3. Determine what you need to do to accomplish the program's requirements.** Some required programs have very specific requirements.
- 4. Review the program periodically.** Programs do not live forever. Employees come and go and procedures and policies can change. All of those changes can affect a program's status. A program left unattended is not likely to be effective.

### Develop and implement – an example: Hazard communication

Are your employees exposed to hazardous chemicals when they are working? If the answer is “yes,” then Oregon OSHA's hazard communication standard (1910.1200) requires you to “develop, implement, and maintain” a hazard communication program.

This requirement has also been Oregon OSHA's most-violated rule every year since 2008. Employers make mistakes, and hence get cited, for one of three reasons: they don't develop the program, they don't implement the program, or they don't maintain the program.

An effective hazard communication program ensures that workers who may be exposed to hazardous chemicals know about the chemical's hazards and understand how to protect themselves.

### How to develop a hazard communication program

- Prepare a list of workplace chemicals that your employees could be exposed to.
  - Describe how you will make sure that hazardous chemical containers at your workplace have labels that identify the chemicals and provide required information about their hazards.
  - Determine where you will keep safety data sheets (they must be readily accessible to all employees).
  - Describe how you will train your employees about the chemical's hazards they are exposed to.
  - Describe how you will inform employees about the hazardous chemicals and substances they may be exposed to.
  - Describe how you will inform contractors and other employers about the hazardous chemicals and substances they may be exposed to.
- 



### Implementing a hazard communication program

- Tell employees about the program and the places in their work areas where hazardous chemicals are present.
- Tell employees where they can find the list of hazardous chemicals and the safety data sheets for those chemicals.
- Train employees about the program when they are first hired and whenever a new chemical hazard is introduced into their work area.

### Maintaining a hazard communication program

- Update your list of hazardous chemicals when you receive new chemicals. Make sure there is a safety data sheet for each chemical on the list.
- Maintain copies of any safety data sheets that are received with incoming shipments of the sealed containers of hazardous chemicals.
- Train employees about the program when they are first hired and whenever a new chemical hazard is introduced into their work area.

## Put it in writing

For some required programs, such as hazard communication, the entire program must be “in writing,” which means that you must document how you will accomplish the program’s requirements and make that information available to your employees. Other examples include respiratory protection

[1910.134(c)] and confined spaces [437-002-0146(5)]. You can find templates for these programs on Oregon OSHA “Forms” web-page that you can modify or use to write your own program.

For other required programs, only parts of the program must be in writing.

## Oregon OSHA rules that have requirements for programs

This list includes all Oregon OSHA rules that have requirements for programs. Text in red indicates that at least one of the program-related requirements must be in writing.

Division	Subdivision	Rule	Rule description
1		437-001-1035	Loss prevention services
1		437-001-1040	Required loss prevention services
1		437-001-1055	Self-insured and group self-insured employer loss prevention programs
1		437-001-1060	Self-insured and group self-insured employer loss prevention effort
2	E	437-002-0042	Emergency action plan
2	E	437-002-0043	Fire prevention plan
2	F	1910.66	Powered platforms for building maintenance

Division	Subdivision	Rule	Rule description
2	G	1910.94	Ventilation
2	G	1910.95	Occupational noise exposure
2	H	1910.109	Explosives and blasting agents
2	H	1910.119	Process safety management of highly hazardous chemicals
2	H	1910.120	Hazardous waste operations and emergency response
2	H	437-002-0118	Oregon rules for reinforced plastics manufacturing
2	I	1910.134	Respiratory protection
2	J	1910.147	The control of hazardous energy (lockout/tagout)
2	J	437-002-0141	Additional Oregon sanitation requirements

Division	Subdivision	Rule	Rule description
2	J	437-002-0146	Confined spaces
2	K	437-002-0161	Medical services and first aid
2	L	437-002-0182	Oregon rules for firefighters
2	L	437-002-0187	Portable fire extinguishers
2	N	1910.177	Servicing multi-piece and single-piece rim wheels
2	N	1910.178	Powered industrial trucks
2	N	1910.179	Overhead and gantry cranes
2	N	1910.181	Derricks
2	O	1910.217	Mechanical power presses
2	O	437-002-0256	Stationary compactors, self-contained compactors and balers
2	R	1910.272	Grain handling facilities
2	R	437-002-0310	Work procedures
2	RR	437-002-2302	Hazardous energy control procedures
2	S	1910.304	Wiring design and protection
2	Z	1910.1001	Asbestos
2	Z	1910.1003	13 carcinogens
2	Z	1910.1004	Alpha-naphthylamine
2	Z	1910.1006	Methyl chloromethyl ether
2	Z	1910.1007	3,3'-dichlorobenzidine
2	Z	1910.1008	Bis-chloromethyl ether
2	Z	1910.1009	Beta-naphthylamine
2	Z	1910.1010	Benzidine
2	Z	1910.1011	4-aminodiphenyl
2	Z	1910.1012	Ethyleneimine

Division	Subdivision	Rule	Rule description
2	Z	1910.1013	Beta-Propiolactone
2	Z	1910.1014	2-acetylaminofluorene
2	Z	1910.1015	4-dimethylaminoazobenzene
2	Z	1910.1016	N-nitrosodimethylamine
2	Z	1910.1017	Vinyl chloride
2	Z	1910.1018	Inorganic arsenic
2	Z	1910.1025	Lead
2	Z	1910.1027	Cadmium
2	Z	1910.1028	Benzene
2	Z	1910.1029	Coke oven emissions
2	Z	1910.1043	Cotton dust
2	Z	1910.1044	1,2-dibromo-3-chloropropane
2	Z	1910.1045	Acrylonitrile
2	Z	1910.1047	Ethylene oxide
2	Z	1910.1048	Formaldehyde
2	Z	1910.1050	Methylenedianiline
2	Z	1910.1051	1,3 butadine
2	Z	1910.1052	Methylene chloride
2	Z	1910.1200	Hazard communication
2	Z	437-002-0364	MOCA (4,4'-Methylene BIS (2-Chloro-Aniline)
2	Z	437-002-0373	Oregon rules for Thiram
2	Z	437-002-1025	Lead respiratory protection program
2	Z	437-002-1027	Cadmium
2	Z	437-002-1028	Benzene
2	Z	437-002-1029	Coke oven emissions respiratory protection program

Division	Subdivision	Rule	Rule description
2	Z	437-002-1044	1,2-Dibromo-3-Chloropropane respiratory protection program
2	Z	437-002-1045	Acrylonitrile respiratory protection program
2	Z	437-002-1047	Ethylene Oxide respiratory protection program
2	Z	437-002-1050	Methylenedianiline respiratory protection program
2	Z	437-002-1051	1,3-Butadiene respiratory protection program
2	Z	437-002-1052	Methylene Chloride respiratory protection program
3	C	1926.20	General safety and health provisions
3	C	1926.24	Fire protection and prevention
3	D	1926.59	Hazard communication
3	D	1926.60	Methylenedianiline (MDA)
3	D	1926.62	Lead
3	D	437-003-0062	Lead Respiratory Protection Program
3	C	437-003-0920	Project plans
3	D	437-003-3060	Methylenedianiline respiratory protection program
3	F	1926.150	Fire protection
3	K	437-003-0404	Branch circuits
3	M	437-003-0503	Training requirements
3	R	1926.761	Training
3	X	1926.1060	Training requirements
3	Z	1926.1101	Asbestos
3	Z	1926.1126	Chromium (VI)
3	Z	1926.1127	Cadmium
3	Z	1926.1152	Methylene Chloride
3	Z	437-003-1101	Asbestos respiratory protection program

Division	Subdivision	Rule	Rule description
3	CC	1926.1427	Operator qualification and certification
3	CC	437-003-0081	Crane Operator Safety Training Requirements
4	C	437-004-0251	Safety committees and safety meetings
4	G	437-004-0630	Noise exposure
4	I	437-004-1041	Respiratory protection
4	J	437-004-1275	The control of hazardous energy (lockout/tagout)
4	N	437-004-1700	Forklifts and other powered industrial trucks
4	W	170.104	Exemptions, workers
4	W	170.130	Pesticide safety training for workers
4	W	170.204	Exemptions, pesticide handlers
4	W	170.230	Pesticide safety training for handlers
4	W	170.240	Personal protective equipment
4	Z	437-004-9720	Thiram
4	Z	437-004-9800	Hazard communication
7	B	437-007-0100	Safety and health program
7	B	437-007-0110	Supervisory responsibilities
7	B	437-007-0145	Annual program evaluation
7	B	437-007-0105	Management commitment
7	N	437-007-1305	General requirements



# Ask Technical

**Q:** *My employees do remodeling work and frequently encounter live 240-volt electrical service lines going into residential homes. I have been told that we can work up to these lines as long as we don't touch them. Is this true?*

**A:** Your question comes up frequently, especially for siders, painters, chimney maintenance, and telecommunications installers. Residential service drops operating at less than 300 volts that are properly installed, maintained, and insulated are designed to be safe to contact – at the time they are installed.

However, over time, the lines may have been damaged, the insulating cover may have become degraded, or the lines may even carry voltages greater than 300 volts. Only the power company that owns the lines can determine if they are safe to touch, but the power company may be reluctant to do an evaluation. The employer is generally not qualified to determine the condition of the lines, and so must maintain a safe distance or request the electrical system owner to install protective barriers or de-energize the lines.

Also, when your workers are on scaffolding, they must stay at least three feet away from lines that are 300 volts or less, and at least 10 feet away from lines that are between 300 and 50,000 volts. ■



*This worker is too close to the electrical lines!*



# Short takes

## Safety leaders honored at Oregon GOSH Conference

Nine leaders in safety and health were honored with awards at the 2017 Oregon Governor's Occupational Safety and Health (GOSH) Conference, during a March 8 ceremony at the Oregon Convention Center in Portland. A panel of industry professionals judges the awards, which honor extraordinary contributions to the field of workplace safety and health. The categories include outstanding employers, individuals, associations, and teams.



### The recipients this year are as follows:

#### Association Award

- *Oregon Trucking Associations, Inc.*

#### Safety and Health Advocate (Individual) Award

- *Scott Simmons*

#### Safety and Health Advocate (Team) Awards

- *Oregon Healthy Workforce Center*
- *Samaritan Health Services Employee Health and Safety Team*

#### Safety and Health Professional Awards

- *Kiley Ross, Qorvo US Inc.*
- *Lisa Simmons, Omega Morgan*

#### Safety Committee Awards

- *Diamond Fruit Growers, Inc.*
- *Fortis Construction, Inc.*

#### Workplace Safety Program Award

- *Deschutes Brewery*

(See photos on the following page)



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

### The 2017 GOSH Safety and Health Award recipients:

#### Association Award



- Oregon Trucking Associations, Inc.

#### Safety and Health Advocate (Team) Awards



- Oregon Healthy Workforce Center

#### Safety Committee Awards



- Diamond Fruit Growers, Inc.

#### Safety and Health Professional Awards



- Kiley Ross, Qorvo US Inc.



- Samaritan Health Services Employee Health and Safety Team



- Fortis Construction, Inc.

#### Safety and Health Advocate (Individual) Award



- Scott Simmons

#### Workplace Safety Program Award



- Deschutes Brewery



- Lisa Simmons, Omega Morgan

# Oregon announces 2016 workplace deaths

Sixty-one people died on the job in Oregon during 2016, according to a preliminary report issued recently by the Department of Consumer and Business Services (DCBS). That's up from 2015's figure of 41 deaths.

The numbers are based on a new data collection program, begun in 2015, that is designed to provide a more comprehensive review of workplace deaths. Previously released figures included deaths only covered by the Oregon workers' compensation system. The new Workplace Fatalities in Oregon (WFO) program tracks on-the-job deaths, regardless of workers' compensation status. As a result, the program now also includes workplace deaths involving self-employed people, city of Portland police and fire employees, federal employees, and incidents occurring in Oregon to workers with out-of-state employers.

Whether the numbers go up or down, DCBS is always cautious about drawing conclusions based on single-year comparisons of fatality data, which can be affected by a number of factors and may not represent a trend. The WFO numbers are preliminary and will be finalized later this year.

"While Oregon workplaces are safer today than in previous decades, there are still far too many preventable on-the-job deaths each year," said Michael Wood, administrator for the Oregon Occupational Safety and Health Administration (Oregon OSHA). "A dramatic increase such as we saw last year helps to drive that lesson home. And it certainly serves as a reminder that we must do more in our struggle against death in the workplace."

In addition to its workplace health and safety enforcement activities, [Oregon OSHA](#) offers educational workshops, consultation services, and training videos to help Oregon employers create or improve their safety and health programs.

## Other highlights of the Worker Fatalities in Oregon report include:

- Nearly half (29) of all 61 workplace deaths in 2016 were due to motor vehicle accidents, while 28 percent (17) of workers died due to contact with objects.
- The agriculture, forestry, and fishing industry had the most workplace fatalities (24) in 2016 – nearly double 2015's number of 13.



# State organizations team up on health and safety

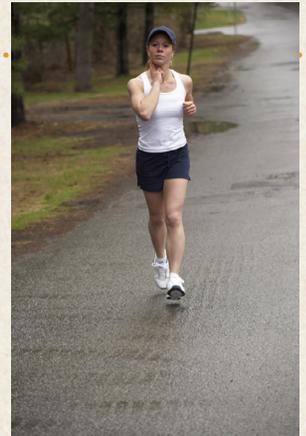
Representatives from three Oregon worker safety organizations recently signed an agreement to form an alliance that will improve the health, safety and well-being of Oregon workers. The Oregon Institute of Occupational Health Sciences at OHSU, Oregon OSHA, and SAIF committed in February to partnering on Total Worker Health, advocating for a broader approach to worker well-being beyond the workplace.

The alliance, the first of its kind nationwide, will work together to provide training, conduct research, and educate Oregon workers on their rights, in an effort to improve overall worker safety and health, and prevent workplace injuries. The organizations will expand the knowledge and application of [Total Worker Health](#) principles and practices that have been established by the National Institute for Occupational Safety and Health (NIOSH).

Total Worker Health acknowledges that people's jobs can impact their overall health, and that their lives outside of their jobs can impact their safety at work. For instance, issues like poor sleep at home can significantly increase a worker's risk of getting injured.

The Oregon Healthy Workforce Center, part of the Oregon Institute of Occupational Health Sciences at OHSU, is a NIOSH Center of Excellence in Total Worker Health. SAIF is a Total Worker Health Affiliate.

For more information, visit [Oregon OSHA](#), [SAIF.com/TWH](#), and [OHSU's Oregon Healthy Workforce Center](#).



# Oregon employers invited to take a “Safety Break”

Employers across Oregon are invited to participate in Safety Break for Oregon on Wednesday, May 10, an event aimed at raising awareness and promoting the value of safety and health in shielding workers from harm. Now in its 14th year, Safety Break encourages employers to bolster workplace safety and health with training, award recognition gatherings, or other creative activities.

Oregon OSHA coordinates Safety Break, which is voluntary for employers. Businesses and other employers can decide what activities are most beneficial to their workforce.

Safety Break encourages employees and managers to work together to identify safety and health concerns. The result of this cooperation can lead to fewer injuries and reduced workers’ compensation costs for employers.

Companies that participate will be entered to win one of three \$100 checks, to be used for a luncheon of their choice, when they [sign up online](#) by Friday, May 5. The prizes will be given to participating companies as part of a random drawing. The Oregon SHARP Alliance is sponsoring the contest.

For more information, ideas on how to host an event, or to download graphics, visit the [Safety Break for Oregon website](#).



Safety Break demonstrations and involvement from past years.



## Finalists named in high school safety video contest

High school students across the state created videos that are full of drama, music, humor, and engaging characters to bolster awareness about workplace safety – all with the central message, “Speak up. Work safe.” [The Oregon Young Employee Safety Coalition \(O\[yes\]\)](#) sponsors the annual video contest to engage teen workers, who are twice as likely to be injured on the job, according to federal studies.

The top seven finalists are now posted on YouTube for viewing:

<https://www.youtube.com/playlist?list=PLM75uPd4sBhxqPsb1WYCJ7ZzEJqQMFlEG>

### The finalists are:

- “Rapaccidents Happen” – Parkrose High School
- “Rewind” – Parkrose High School
- “Safety Doesn’t Judge Age” – North Bend High School
- “Sick Day” – Churchill High School
- “Speak Up” – West Albany High School
- “The Slip Up” – Hood River Valley High School
- “Your Future’s On Its Way” – Southridge High School

The top three entries will take home cash prizes ranging from \$300 to \$500 and will earn a matching amount for their school. Contest winners will be announced during an awards ceremony to be held later this spring.

O[yes]

Oregon young  
employee safety



# Oregon OSHA proposes changes to Walking-Working Surfaces and Personal Protective Equipment rules in general industry

Oregon OSHA is proposing changes to its *Walking-Working Surfaces and Personal Protective Equipment* rules for general industry.

The proposed changes are the result of federal OSHA's recent final rule *Walking-Working Surfaces and Personal Protective Equipment (Fall Protection Systems)*, published in the Federal Register on Nov. 18, 2016. The federal final rule revised the previous walking-working surfaces rules in 1910 subpart D and created new rules for fall protection systems in subpart I.

Oregon OSHA is proposing to adopt OSHA's final rules with some exceptions. Oregon OSHA's proposed rules include significant revisions to Division 2, Subdivision D – *Walking-Working Surfaces*, and to the fall protection requirements Division 2, Subdivision I – *Personal Protective Equipment*. Other affected Division 2 subdivisions include Subdivision A – *General requirements*; Subdivision F – *Powered platforms*; Subdivision L – *Fire protection*; Subdivision N – *Material handling & storage*; Subdivision R – *Special industries*; and Subdivision RR – *Electrical power generation, transmission, and distribution*.



Public hearings on Oregon OSHA's proposed changes to its *Walking-Working Surfaces and Personal Protective Equipment* rules for general industry are scheduled for the following dates and cities in April:

- **Tigard:** Monday, April 3, 10 a.m., Oregon OSHA, 16760 SW Upper Boones Ferry Road, Suite 200, 97224
- **Eugene:** Wednesday, April 12, 10 a.m., Eugene City Library, Bascom Room, 100 W 10th Ave., 97401
- **Medford:** Thursday, April 13, 10 a.m., City of Medford, Lausmann Annex, Room 151, 200 S Ivy, 97501

The comment period for the proposed rules ends Thursday, April 20, 2017. To comment:

- **By letter:** Department of Consumer and Business Services/Oregon OSHA, 350 Winter St. NE, Salem OR 97301-3882
- **Email:** tech.web@oregon.gov
- **Fax:** 503-947-7461

Learn more about the proposed rules and read the proposed changes [here](#).

Oregon OSHA must complete this rule adoption process by May 18, 2017. Should these proposed rules be adopted, they tentatively will become effective Nov. 1, 2017.

# Changing Oregon OSHA's Permissible Exposure Limits

As most folks who follow workplace safety and health issues know, many of the permissible exposure limits enforced by OSHA and Oregon OSHA are out of date. Those PEL levels set decades ago – and still enforced today – may not be protecting workers.

Oregon OSHA is working to change a limited number of PELs at the state level – those that are most dated or that would have the greatest impact on workers' health. The change is happening in three phases.

Phase one ended late last year with the formation and subsequent meetings of the [Permissible Exposure Limits Advisory Committee](#), which includes stakeholders throughout Oregon and Oregon OSHA. Three meetings were held in November and December with the goal of producing a list of substances with existing PELs that Oregon OSHA would narrow in phase two. The committee recommended 17 substances.

During phase two, which ended in March, Oregon OSHA narrowed the list to 10 substances that have existing PELs:

- Benzene
- Cobalt
- Formaldehyde
- Lead
- Manganese
- Noise
- Oil mist (mineral)
- Styrene
- Sulfur dioxide
- Wood dust (nonallergenic)

Oregon OSHA is now in phase three. The goal is to select between four and six of the 10 substances and then begin rulemaking to change their existing PELs. The first two substances to be selected are lead and manganese. After these projects, additional PELs will be selected from the phase two list.



# Safety Notes

## Accident Report

22

**Event:** Fall from elevation

**Industry:** Building construction

**Worker:** Shop supervisor

### What happened?

A worker was thrown out of the basket of a boom lift as he was repositioning it on a trailer.

### How did it happen?

The shop supervisor had just loaded a 26,060-pound Genie S-60 lift onto a trailer at the company's equipment yard after the vice president asked him to take it to a project eight miles away at the north end of town. The supervisor might not have realized that the lift weighed far more than the trailer's rated carrying capacity, but this wasn't the first time he had moved heavy equipment like the Genie S-60 lift. In fact, he had done similar jobs five or six times before without a problem.

There was something else he didn't realize: Another company employee who watched him load the lift on the truck trailer thought that it was "too far back" when he pulled out of the yard.

The shop supervisor had worked for the company for 17 years, and though he wasn't in management, he supervised employees in the yard, in the shop, and on painting projects. He had no reason to suspect that anything was wrong until he was about a half mile from the drop-off site. There was a 6 percent incline in the road and the truck began to lose traction as the weight of the lift on the trailer raised the truck's rear tires off the pavement.

He stopped in the right lane, called another employee at the drop-off site, and asked him to bring traffic cones. After they placed the cones, they chocked the truck's rear tires and released the binders that secured the lift to the trailer.

He climbed into the lift basket and extended the boom out over the back of the truck. He tried to move the lift toward the front of the trailer, but for some reason, the lift moved the other way – toward the back of the trailer.

The lift dropped off one corner of the trailer and then fell completely off the back, throwing him out of the basket because he wasn't wearing fall-arrest gear. He was seriously injured after striking the boom, the side of the trailer, and the pavement.



## Violations

**437-001-0760(1)(b)(B):** The company had not taken all reasonable means to require employees to conduct their work in compliance with all applicable safety and health rules. The lift's weight exceeded the trailer's carrying capacity and the operating instructions on Genie S-60 control console were illegible.

**437-003-0073(2):** The shop supervisor was not using personal fall protection when he was working on a boom-supported elevating work platform.

**437-001-0704(4):** The company did not report the in-patient hospitalization to Oregon OSHA within 24 hours.



The truck and trailer; the lift's weight exceeded the trailer's carrying capacity.



The 26,060-pound Genie S-60 lift; the operating instructions on Genie S-60 control console were illegible.

# Going the Distance

**The City of Bend Fire Department is gearing up to implement a training project** – funded by a \$30,710 grant awarded by Oregon OSHA – that will reduce injuries and claims costs among firefighters by improving the efficiency of their physical movements. By helping keep firefighters free of injury and on the job, the project also aims to strengthen protection of the community.

**At issue are biomechanics:** the interconnectedness of how our bodies work. Firefighters perform a range of tasks, often in awkward positions, that can be broken down into discrete and predictable movements. When firefighters use poor biomechanics to perform a task, their biomechanical chains are vulnerable to injury.

Yet, these movements can be identified, quantified, and measured against an ideal biomechanical model. Simple exercise training (10 minutes per day) by a physical therapist can result in a stronger biomechanical chain within a few weeks.

**Company/organization:** City of Bend Fire Department

**Workforce:** 153, including volunteers

**Training grant:** Injury Prevention Through Biomechanical Resilience Training

**Benefits:** The goals of the training are reduced time-loss injuries, a healthier workforce, productive careers, and long, happy, and pain-free retirements.



City of Bend firefighters are participating in a training program aimed at improving the efficiency of their physical movements.

Under the training project, the physical therapist will observe – and potentially participate in – firefighter drills. In this way, the physical therapist will pinpoint the 10 to 12 basic movements used by firefighters to complete tasks. Based on this process, the physical therapist will prescribe remedial stretches and exercises to improve poor biomechanics.

There are other phases of the project. One is to have the physical therapist regularly available to address nagging aches and pains before they turn into serious injuries. Another is to have the physical therapist examine fire equipment – and how it's handled – in hopes of preventing injuries.

The training project manager is Engineer Scott Seaton. The grant manager is Battalion Chief Dave Howe. They elaborated on the project in an interview with Resource.

### What prompted the Bend Fire Department to pursue this training project?

A discussion with our SAIF representative disclosed that the city spent well over \$400,000 on claims costs in a five-year period, and this did not include overtime to fill time-loss injury positions. In addition, since firefighters have several days off between shifts and they are generally very active, we have experienced a high number of off-duty injuries, further driving overtime costs and forcing us to do without valuable employees. We felt that with a scientific approach and a structured therapy-based program, we could not only cut these costs and time-loss injuries, but also we could empower our employees to develop a stronger biomechanical foundation for all their lives' activities.

“We felt that with a scientific approach and a structured therapy-based program, we could not only cut these costs and time-loss injuries, but also we could empower our employees to develop a stronger biomechanical foundation for all their lives' activities.”



Scott Seaton, training project manager



Dave Howe, Battalion Chief

### What have you learned from the project so far?

We have discovered that Oregon OSHA has a strong interest in an innovative approach to employee safety and health. This project has so far been better received than we anticipated, and there is a strong interest throughout the department in making this a leading-edge program in Oregon and across the nation.

### How will you measure the project's success?

The goals of the program are reduced time-loss injuries, a healthier workforce, and, ultimately, productive careers followed by long, happy, and pain-free retirements. An obvious key to this is that the troops have to buy in, but once they realize that the goals are about making their lives better, the process will lend itself to buy-in.

In addition, it is likely that other city departments will be interested in an expansion of this idea to their personnel, and we have spoken with a neighboring fire department that is very interested in the concept. In the future, we may be able to export this concept to other fields of endeavor.

### How does this project fit into the overall history and context of your department's focus on the safety and health of firefighters?

Fire departments have become more and more invested in safety, first by virtue of the work we do, secondly because statutes have mandated an emphasis on worker safety, and finally because we have come to place our employees first, recognizing them to be our most valued resource.

We are certainly not alone in intentionally evolving a stronger, broader, and deeper attitude toward safety. Essentially, we wish our employees to be strong, healthy, and effective, with a minimum of time loss for injury (or illness) over their careers, and for them to stride purposefully and without pain as they pass through the door to retirement. ■

“An obvious key to this is that the troops have to buy in, but once they realize that the goals are about making their lives better, the process will lend itself to buy-in.”

Firefighters perform a range of tasks, often in awkward positions. The City of Bend Fire Department received a grant to study and improve the physical movements of firefighters.

