

Health and Safety

RESOURCE

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On the cover: Headquartered in the Hood River Valley, Diamond Fruit Growers has served a variety of agricultural markets for more than 100 years. It views workplace safety as critical to its current and future success.

RESOURCE

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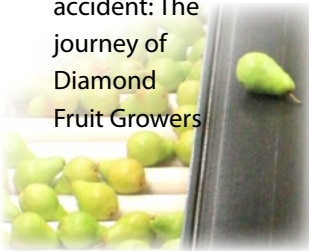
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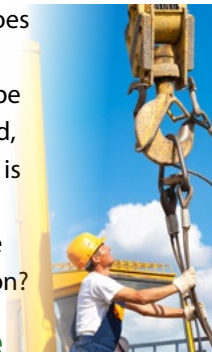


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Safety discussions must grapple with loss of experience, expertise

By Michael Wood

Like many organizations, Oregon OSHA has faced a number of retirements in recent years, and it doesn't appear that the pace will be lessening any time soon.

At the end of May, our longtime rules coordinator, Sue Joye, took with her a wealth of expertise in Oregon rulemaking, and Oregon OSHA's rulemaking in particular. At the same time, yet another of our senior field investigators, John Murphy, also retired. John joins a number of highly experienced consultation and enforcement staff who have left our ranks in recent years. And, of course, we've seen recent changes in our management ranks as well – at the end of June we will be losing our statewide enforcement manager, Gary Beck, to retirement and his twin grandsons.

While we wish each of these individuals well, and we celebrate their achievements on behalf of Oregon workers and their employers over the years, it is undeniable that their departure results in a loss of accumulated experience and training that cannot be readily replaced. Don't get me wrong – we are very happy with the folks who have joined our ranks during the last year or two as well. And we have a number of capable folks working their way up the ranks. But it's undeniable in a job such as this one that there is no real substitute for experience.



Oregon OSHA Administrator



“For us, that loss of expertise can be a troublesome issue and it means we will have to work harder to generate those skills in the future.”

We do try to transfer at least some of that experience by using senior staff to assist us in training newer hires, or in passing on particular lessons or areas of expertise. And when we can, we have selected replacements for retirees early enough to allow genuine transition time. But we probably haven't done as much as we should to really gather the accumulated expertise we are losing and to transfer that expertise to our newer hires.

For us, that loss of expertise can be a troublesome issue and it means we will have to work harder to generate those skills in the future. But when an employer loses a long-term safety professional in a critical role or a skilled operator who has run key equipment for decades, the consequences can be downright dangerous.

We know that even mature safety and health activities, such as those represented by the Voluntary Protection Program and the best SHARP employers, can struggle with the loss of key personnel. Too often, even well-documented programs rely on one or two employees to maintain and access that documentation – and if they leave, the documentation falls by the wayside.

That's why it is important not only to document key safety activities, but also to distribute that documentation widely through the organization – machine-located standard operating procedures can do a lot more good for operators than the same documents kept in a binder in someone's office. And simple hazard assessments that involve a wider group of workers usually can be better sustained than more “elegant” products that are the work of one or two specialists.

The loss of expertise due to staff retirement and turnover is not a challenge that will be going away any time soon. If anything, we can all expect the problem to become more widespread as tenures are measured in years – and even months – rather than decades. And that means that it's worth spending some time in your safety discussions – including conversations with your safety committee – talking about how you will meet those challenges. The consequences of failing to do so can be truly dangerous.

Don't miss out





SAVE THE DATE!

September 19 & 20, 2017

**Riverhouse on the Deschutes
Bend, Oregon**

osha.oregon.gov/conferences

Questions? Contact the Conference Section, 503-947-7411

This conference is a joint effort of the Central Oregon Safety & Health Association (COSHA) and Oregon OSHA.

Education: *Upcoming June–July workshops —*



Hazard Identification and Control	Salem	6/6/17	8 a.m.
Fall Protection	Salem	6/6/17	1 p.m.
Hazard Identification and Control	Milwaukie	6/14/17	8 a.m.
Fall Protection	Milwaukie	6/14/17	1 p.m.
Accident Investigation.	Klamath Falls	7/26/17	8 a.m.
Hazard Identification and Control	Klamath Falls	7/26/17	1 p.m.

For more information: osha.oregon.gov/edu/Pages/index.aspx
 For the most recent public education schedule updates:
osha.oregon.gov/edu/Pages/workshops.aspx



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October 17-19, 2017
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osha.oregon.gov/conferences



Did you know?



Cultivating a safe workplace requires commitment and know-how on the part of employers. Oregon OSHA's most violated agriculture rules include: toilet

and hand washing facilities for hand labor work, living areas and site requirements for agricultural labor housing, no safety committees or safety meetings, and no written hazard communication program.

Here is a brief checklist to be mindful of when promoting safe practices on the farm:

- You display the Oregon OSHA Job Safety and Health poster where employees will see it.
- You either have an effective safety committee or hold effective safety meetings that bring labor and management together to promote workplace safety and health.
- You provide basic sanitation facilities and supplies for agricultural workers who prepare, prune, plant, harvest, package, or do other field-crop hand labor.
- You registered farm labor housing with Oregon OSHA by contacting the agency at least 45 days before the first day of operation or occupancy of any housing and related facilities which were not previously registered.

For more details about providing a safe agricultural workplace, read the Oregon OSHA publication "Cultivate a Safe Agricultural Workplace!"

know?

datapoints:

In 2016, the top five Oregon OSHA standards cited during inspections in the agriculture industry were as follows:

- **Requirements for safety meetings –** violations, 28; initial penalties, \$0
- **Toilet and hand-washing facilities for hand labor work –** violations, 17; initial penalties, \$1,310
- **Living areas for agricultural labor housing –** violations, 15; initial penalties, \$200
- **Site requirements for agricultural labor housing –** violations, 15; initial penalties, \$0
- **Field sanitation notice –** violations, 12; initial penalties, \$500

Quotable:

We farm workers are closest to food production. We were the first to recognize the serious health hazards of agriculture pesticides to both consumers and ourselves."

– Cesar Chavez, American labor leader and civil rights activist (1927 – 1993)



Diamond Fruit Growers, a 104-year-old farmer-owned cooperative, handles and ships high-quality pears.

Safety is no accident: The journey of Diamond Fruit Growers

By Aaron Corvin

Diamond Fruit Growers Inc. has served a variety of agricultural markets for more than 100 years, becoming one of the largest shippers of fresh pears in North America.

The farmer-owned cooperative's journey to business success is replete with accomplishments in sustaining family farmers and managing warehouse operations that handle and ship high-quality pears.

Yet the company, headquartered in the Hood River Valley, also moves forward on another trek that it sees as fundamental to its current and future success: continuously cultivating a safe place to work.

The company created the mantra "Safety is no accident: The journey to zero." It forms the core philosophy of the company's safety committee.

To say it is working would be an understatement. For example, the company received the 2017 Oregon Governor's Occupational Safety and Health Conference Safety Committee Award.

Indeed, the company understands that keeping people safe on the job amounts to staving complacency in the eye and overcoming it – during every safety committee meeting and during every work day.

"Employee safety at Diamond Fruit doesn't just occur by accident, but rather through strategic and measurable planning that is constantly monitored and communicated," said Mike Moore, human resources/safety coordinator for the company. "The safety of our employees is also a journey, where the destination is zero employee accidents."





Diamond Fruit Growers' safety committee won the 2017 Oregon Governor's Occupational Safety & Health Conference Safety Committee Award. Back row, left to right: Alejandro Gutierrez, Rod Walton, Amador Valle, Mike Moore. Front row, left to right: Denise Patton, Maria Morales, Millie Guisto, Linda Gray.

Strong safety committees

A strong safety committee is a critical component of building a culture of safety. It's a sounding board for identifying hazards. It's a place for employees and managers to work together to fix those hazards.

If you are an employer in Oregon, your business must have a safety committee or hold safety meetings – unless you are the sole owner and the only employee of a corporation.

General industry and construction employers must follow the safety committee and meeting requirements under Oregon OSHA's rules for those industries.

Likewise, **agriculture** and **forest activities** employers must follow the requirements for safety committees and meetings for their respective industries.

If the rules seem daunting, then check out Oregon OSHA's quick guides to safety committees and safety meetings for **agriculture and for general industry and construction**.

Oregon OSHA's most violated agriculture rules include no safety committees or safety meetings. In 2016, for all industries, rules about safety committees or safety meetings were the No. 2 most-cited standards during Oregon OSHA inspections. Documentation of safety committee meetings was No. 4.



Stockpiling accomplishments

Diamond Fruit Growers exemplifies the benefits of developing and maintaining an active and effective safety committee.

Its accomplishments are as plentiful as the crops grown by the cooperative's growers. They include:

- Replacing wooden ladders with new fiberglass ladders
- Implementing a work order system to regularly address concerns
- Implementing a companywide weekly five-minute safety talks ("This demonstrates that Diamond Fruit takes safety seriously at all levels of the company," according to Moore)
- Installing an empty box conveyor system
- Replacing deteriorated asphalt surface with concrete surface in packing warehouse
- Covering or cutting shaft ends on packing line equipment
- Implementing defined pedestrian walkways, providing a safe place for employees to travel
- Replacing strip curtains to improve visibility of entering forklifts
- Addressing machine guarding deficiencies
- Filling a gap in packing house floor to remove trip hazard
- Installing shatter-proof lighting in cold storage



Diamond Fruit Growers created a mantra that goes to the heart of its operations: "Safety is no accident: The journey to zero." The goal is zero employee accidents.

For Moore, safety is a personal value. He measures success, he said, when employees are "able to return home at the end of their shift in the same physical condition as when they reported to work."

Summer through fall will be a very busy time for Diamond Fruit's growers, Moore said, as they harvest and deliver crops to the warehouse.

And safety stands foremost in Moore's mind.

"Then, the work begins for us at the warehouse level," he said, describing the 104-year-old cooperative's process. "Communication with and observing employees in action, as well as providing and using personal protective equipment, will be critical components to employee safety." ■

“Employee safety at Diamond Fruit doesn't just occur by accident, but rather through strategic and measurable planning.”

— Mike Moore



Aided by a strong safety committee, Diamond Fruit Growers has implemented numerous safety measures, including replacing strip curtains to improve visibility of entering forklifts.



Caught in, struck by, and burned: Highlights of Oregon farming accidents in 2016

by Ellis Brasch

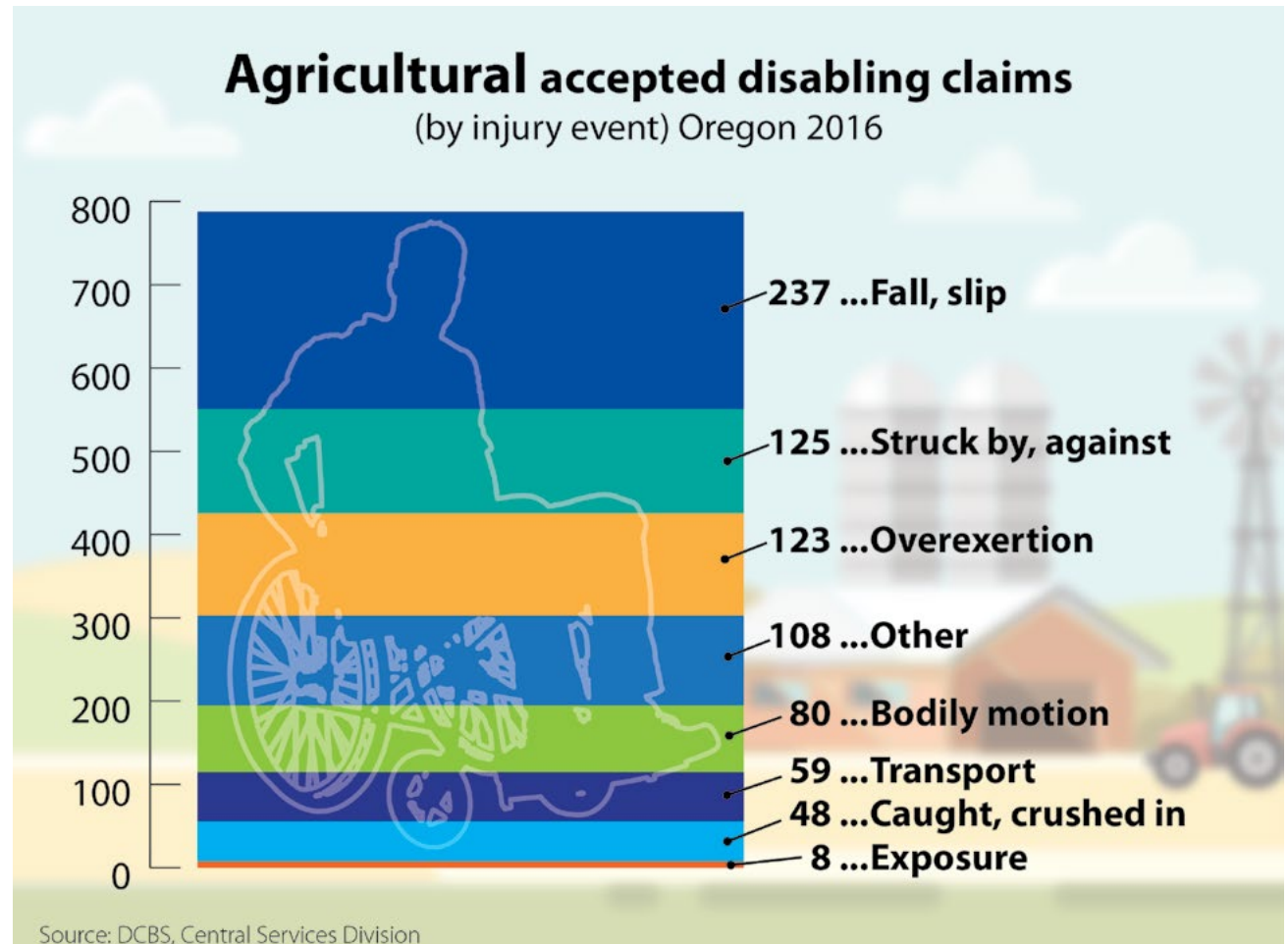
Summer is the busiest time of year for many Oregon farmers. Harvesting crops such as berries, grass seed, and wheat typically begins in late June and other crops are grown and harvested through September. Those months from June through September also account for more than 40 percent of accepted workers compensation claims for injuries.

Farming is also one of the most dangerous occupations in America. The **most current data** from the Bureau of Labor Statistics show that fatalities among U.S. agricultural workers rose to 180 in 2015, an increase of 22 percent from the 148 cases reported in 2014. Farmworkers and laborers involved in crop, nursery, and greenhouse operations recorded 106 fatalities, an increase of 33 percent from 2014 and matched highest total ever reported (in 2010) for that occupational group.

On Oregon farms, falls and slips were the most common cause of accepted workers compensation claims for nonfatal injuries in 2016 – the most current year for available data – followed by injuries from being struck by (or against) an object, and overexertion.

Six workers died on Oregon farms in 2016, and there were five other workers whose nonfatal injuries required treatment for at least one night in a hospital. Not all of these cases were specifically work-related, however. For example,

two workers had heart attacks and a third worker died from a bacterial infection after a fall. How did the work-related accidents happen? *Here are six examples:*



1 Caught in moving parts – nonfatal injury

When? May 2016

Where? Dayton

Age of worker: 32

A worker was putting potted plants on a conveyor that fed them through an unguarded opening into a machine that automatically pruned them. The wind blew one of the potted plants over and, as the worker reached into the opening to set it back up, the rotating pruning blades severely lacerated his right hand and fingers. He was taken to the hospital where he remained overnight for treatment.

Employees had been trained to stop the blades before clearing the area around the opening and written procedures for the job said that a stick should be used to clean near the blades. However, it was a common practice to reach into the machine after the blades had stopped because no sticks were provided for the task – and even though the blades had stopped, the machine's engine was still running. Maintenance staff said that unless the pruning machine was completely turned off, the blades could start turning unexpectedly.

Citations issued:

- *General equipment guarding – 437-004-1910 (4)(a)(A)*: Prevent contact with moving machinery parts by a guard, shield, or guarding by location:
- *Energy control program – 437-004-1275 (5)(a)*: Before doing any servicing or maintenance the employer must have a written energy control program with specific procedures, employee training and periodic reviews. It must ensure isolation of the equipment from the energy source and make it inoperative in a way to prevent injury.

2 Burned in fire – fatality

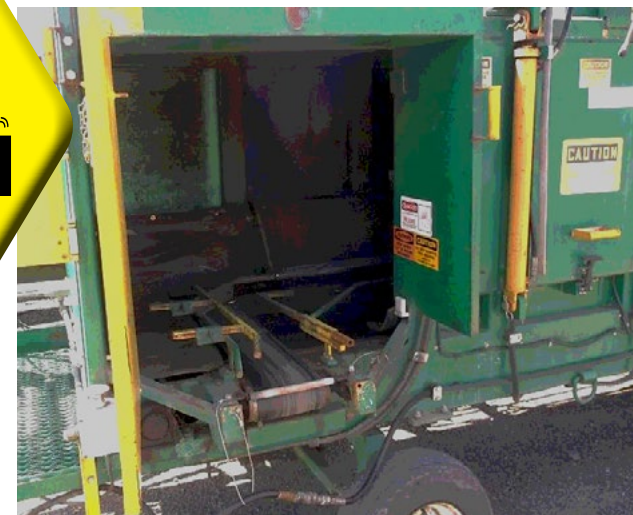
When? June 2016

Where? Hermiston

Age of worker: 62

A worker was alone in an empty onion storage facility doing demolition work on two large equipment access doors. He might have been using a right angle grinder and a reciprocating saw. A fire started while he was doing the work and his clothes were engulfed in flames. He had severe burns over 80 percent of his body and died two days later. The Umatilla fire district ruled the fire "accidental." Although the cause was never determined, contributing factors may have been a spark from grinder or the saw, combustible onion dust, and polyurethane foam that insulated the building.

No citations issued.



Opening to the pruning machine.



The onion storage facility. The worker was believed to be near the large swinging doors on the right.

3 Caught in moving parts – nonfatal injury

When? July 2016

Where? Salem

Age of worker: 45

A worker had been operating a strapping machine that was attached to a hay press. He stopped the machine to change a roll of straps, then restarted it and used a compressed air wand to blow debris away from an opening between the machine and the machine's output load plate. As he reached into the unguarded opening the machine crushed his hand and amputated his thumb. The employer had installed a platform that made it easier for workers to clean the machine and maintain it, but the platform also made it easier for workers to contact the machine's unguarded moving parts.

Citations issued:

- *Equipment guarding, functional components – 437-004-1970(5)(a)*: Guard to the fullest extent all functional components that must be exposed to operate.
- *The control of hazardous energy, energy control program – 437-004-1275(5)(a)*: Before doing any servicing or maintenance the employer must have a written energy control program with specific procedures, employee training, and periodic reviews. [The energy control program] must ensure isolation of the equipment from the energy source and make it inoperative in a way to prevent injury.



Photo illustration – artist's rendition.

4 Struck by vehicle – fatality

When? July 2016

Where? Helix

Age of worker: 27

Two workers who had been harvesting wheat were preparing to tow a semi truck up a hill in a wheat field. They were trying to connect a tow strap between the semi truck and another vehicle – a water tender – when the water tender rolled backward and struck the workers. One worker was pinned between the vehicles and died at the scene. The other worker had severe facial injuries and was air-lifted to a hospital in Spokane where he was admitted for treatment. After the accident, the vehicle's braking systems were tested on level ground and on the hill in the wheat field; both the foot pedal brake and the parking break were working properly.

Citation issued:

- *Parking – 437-004-3410(3)(d)*: If parked on a slope, the wheels of commercial and industrial vehicles must be blocked or chocked.



Photo illustration – artist's rendition.

5 Struck by equipment – nonfatal injury

When? August 2016

Where? Jefferson

Age of worker: 65

Two workers were harvesting garlic and driving separate tractors. One tractor was attached to a flatbed trailer loaded with totes. The other tractor pulled a garlic harvester equipped with an elevator that dropped the garlic bulbs into the totes. Both tractors had to move parallel to each other along each row of garlic. The drivers had driven tractors before, but never received any formal operator training or training about what to do when they reached the end of a row.

At the end of the first row, the worker who was pulling the garlic harvester raised the arm of the harvester elevator and the other driver started to back up his tractor so his co-worker had enough room to turn the harvester around. As the driver was backing up the flatbed trailer, he didn't notice that the elevator's belt was caught on his tractor's rollover protection bar and continued backing up.

The elevator arm suddenly pulled away from the rollover protection bar and struck the worker's left hand, crushing it and causing a severe laceration. The worker was taken to the hospital where he stayed overnight.

Citations issued:

- *Vehicles, training for agriculture tractor operators – 437-004-3430(1) (e):* Train all employees who drive an agricultural tractor about the operating practices... and about any other practices peculiar to the work environment. Do this training at the time of initial assignment to driving duties and at least annually after that. Employees must watch where they are going, especially at row ends, on roads, and around trees.



Photo illustration – artist's rendition.



6 Struck by vehicle – fatality

When? September 2016

Where? Independence

Age of worker: 45

Two workers were standing on a raised platform on the bed of a truck as it was slowly pushed between rows of hops by another worker driving a front-loader tractor. The hop vines were so thick that it was impossible for any of the workers to see each other.

The 32-by 94-inch platform – located directly behind the cab, 11 inches above the truck bed and 51 inches above the ground – did not have guardrails and the workers were not required to use lifelines to prevent them from falling.

The workers were guiding loose hop vines hanging from a wire at the top of the trellises into the back of the truck, which had high side boards to contain the vines. The hop vines had been previously cut off at the ground by another crew and were left hanging from the top wires to be harvested. The worker who was driving the tractor happened to look down and noticed that one of the workers had fallen from the platform. The worker was covered in vines and it looked like the truck had run over him.

The tractor driver immediately honked the tractor horn twice, which was the designated “all-stop” signal and the crew called 911. The victim was still conscious and said his “whole body hurt” but he died shortly after emergency responders arrived.

Citations issued:

- *General standards, supervision and competency – 437-004-0099(2)(c)(C):* Require employees to: Use all means and methods, including... ladders, scaffolds, guardrails, machine guards, safety belts and lifelines, necessary to work safely where employees are exposed to a hazard. ■



Photo illustration – artist's rendition.



Short takes

Workers Memorial Day honors the fallen

Government, labor, and religious leaders gathered on April 28 to remember Oregon workers who died on the job in 2016 and to renew the call to maintain safe and healthy workplaces.

Each of the lives lost represents “a story ended before its time,” Michael Wood, administrator for Oregon OSHA, said during the Workers Memorial

Day ceremony in Salem. The ceremony included the reading of the names of 66 workers who died on the job in 2016.

Noting the words of Mother Jones – “Mourn the dead; fight like hell for the living” – Wood urged those who’d gathered for the ceremony to “go forward in that spirit.”

Coordinated by the Oregon AFL-CIO, the event took place at the Fallen Workers Memorial outside the Labor and Industries Building.



Michael Wood, administrator for Oregon OSHA, said “we must do better” in our struggle against death in the workplace.



By mourning the dead, we commit ourselves to preventing “needless deaths, needless sorrow,” said Tom Chamberlain, president of Oregon AFL-CIO.

Members of the Salem Firefighters Pipes and Drums played “Amazing Grace” as part of Workers Memorial Day.

Elana Pirtle-Guiney, workforce and labor policy advisor to Oregon Gov. Kate Brown, read the Workers Memorial Day proclamation. State Rep. Barbara Smith Warner read aloud the names of workers who died on the job in 2016. The Rev. Richard Davis of the Unitarian Universalist Congregation of Salem led an invocation and moment of silence. Members of the Salem Firefighters Pipes and Drums played “Amazing Grace.”

The annual Workers Memorial Day serves as a nationwide day of remembrance.

The observance is traditionally held on April 28 because Congress passed the Occupational Safety and Health Act on that date in 1970.

Parkrose High School students win safety video contest

Students at Parkrose High School in Portland won \$500 for their first-place video titled “Rewind” in an annual safety video contest that promotes young worker safety and the importance of speaking up.



The video takes a page from the Mannequin Challenge, a viral Internet trend, with young workers frozen in various scenes of workplace accidents. It imagines reversing time to eliminate hazards by wearing protective gloves, using a ladder safely, and handling electrical equipment properly.

Parkrose High School also won a matching amount of prize money. The win marks the second year in a row that Parkrose has won first place. In last year’s contest, the school won both first- and second-place prizes.

Justin Arandia, a senior at Parkrose who oversaw the video’s direction, recording, and editing, said he and his classmates learned a lot from the process.

“It’s so easy to make mistakes when trying to complete a job that involves dangerous equipment,” he said. “The public needs to be educated on how to properly use these tools to prevent any injuries.”

The other members of the Parkrose High School team are:

Sophia Swim
Anna Kotris
Eli Brave Hawk
Elizabeth Simkovic
Juney Prasad
Hunter Osborn
Eddie Penalver
Rohan Ravi
Mason Swinehart
Edwin Melo-Molina
Hector Amezola
Jacob Mansfield
Julia Bardocz
Shastina Hardman
Evelyn Ortiz-Vargas
Denis Cehic
Emiliano Flores
Kim Townsend

Second- and third-place prizes also were awarded. They are as follows:

**Second place
(\$400)**

**“Your Future’s
On Its Way”
Southridge High
School, Beaverton**

Isaac O’Farrell
Davis Keeter
Nathan Parrott
Nicholas Rex
Brendan Long

**Third place
(\$300)**

**“Speak Up”
West Albany
High School, Albany**

John Nordal
Kyle Smith

O[yes]
Oregon young
employee safety



The creators of the top videos were presented their awards in April during a special screening at Northern Lights Theatre and Pub in Salem. Sponsored by the Oregon Young Employee Safety Coalition (O[yes]), the annual video contest focuses on teen workers, who are twice as likely to be injured on the job, according to federal studies.

All of the winning videos, as well as the other finalists, are available for viewing on [YouTube](#).

Companies take a Safety Break for Oregon

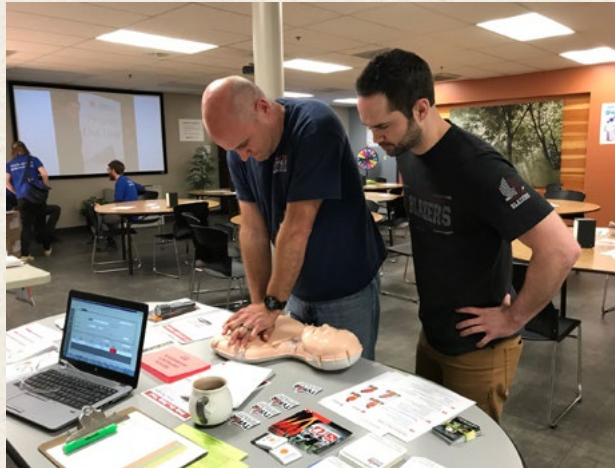
More than 60 companies, nonprofits, and local governments participated in Safety Break for Oregon on May 10. Their activities included toolbox safety discussions, games and quizzes designed to pinpoint hazards, training on fire extinguishers, and stretch exercises.

The 14th year of the event encouraged employers and workers to collaborate to bolster workplace safety and health with training, award recognition gatherings, or other creative activities.

As part of the event, the Comcast Corvallis Safety Committee, Bend Park and Recreation, and City of Portland Environmental Services each won a \$100 prize for a luncheon of their choice. The prizes were awarded to event participants in a random drawing. The Oregon SHARP Alliance sponsored the contest.



During Safety Break for Oregon, the City of Harrisburg conducted fire extinguisher training.



Gerber Gear rolled out several activities for Safety Break, including CPR training. The company ended the day with stretch exercises on the production floor.



Pacific Power employees sign a poster carrying a message about looking out for one another's safety. It was part of the company's Safety Break activities.



Pacific Power's celebration of Safety Break included a central message – "I got your back" – which emphasized the importance of teamwork.

Two safety leaders receive awards at the Northwest Safety and Health Summit

Two leaders in helping employers create and maintain comprehensive workplace safety programs were honored for their work during the Northwest Safety and Health Summit, held May 16-18 in Spokane.

Julie Stout, environment, health and safety manager for Georgia-Pacific (a VPP Star site) in Philomath, received the 2017 Region X Special Government Employee of the Year Award. Mark E. Hurliman, VPP/SHARP program coordinator for Oregon OSHA, received the 2017 Region X Chairperson Award.

Stout's award recognizes her work as a member of the [Special Government Employee program](#). The program allows private-sector employees to work with federal OSHA during site evaluations conducted under the [Voluntary Protection Program](#). In turn, such employees volunteer to serve on OSHA VPP teams.

The idea is to enable industry and government to team up to improve the safety and health of workplaces. Stout's accomplishments include assisting VPP onsite evaluations at Duro-Last Roofing and Sherwin-Williams Purdy; presenting information at Georgia-Pacific sawmills about OSHA's expectations for safety committees; and participating in [Oregon SHARP Alliance](#) activities.



Mark E. Hurliman, VPP/SHARP program coordinator for Oregon OSHA, and Julie Stout, environment, health and safety manager for Georgia-Pacific (a VPP Star site) in Philomath, received awards during the Northwest Safety and Health Summit in Spokane. Derek Engard, Region X VPP manager, participated in the awards ceremony.

Hurliman's award was given at the discretion of the chairperson of the nonprofit [Region X Voluntary Protection Programs Participants' Association](#) (VPPPA). The award recognizes someone the chairperson believes has exceeded expectations in serving Region X's goals and vision.

For many years, Hurliman has worked to serve all members of Region X in any way he can, according

to Rocky Simmons, chairperson of the Region X VPPPA. Hurliman has taken special care in maintaining records of the organization's history, including on its website.

"It is important to know where we started, where we have been, and where we are going," Simmons said. "With Mark's help, it's easy to follow along."

Graphic artist for Oregon OSHA to retire in July



If you want to pull readers into a story, words are never enough.

Just ask Tricia Young, graphic artist for Oregon OSHA.

With her creative mind and a stylish sense of design, she has used images and color and space to design the pages of the Health and Safety Resource newsletter to life.

After 17 years of pulling readers into a variety of stories about the realities of on-the-job hazards, Young will retire at the end of June.

Working for Oregon OSHA and the Oregon Department of Consumer and Business Services “has been a wonderful experience,” said Young, who began her career with the state of Oregon at the Secretary of State’s archives division before moving to Oregon OSHA in June 2000.

“The people have all been awesome to work with,” Young said. “The professional, humanistic approach everyone takes while handling the sobering reality of workplace dangers and hazards has given me a hope for humanity that I will always cherish.”

Young helped shepherd Resource from a modest print publication to an online-only, magazine-style journal. One of her creative roles was illustrating Safety Notes, a regular feature that distills accident reports into teachable moments.

“Over the years, I’ve probably illustrated a hundred situations that have given workers grief,” Young said. “My only hope is that the illustrations and reports will hit the readers hard enough to take the precautions they need to take to avoid repeating the same incident.”

After she retires, Young plans to garden, travel, and spend time with her grandchildren. And she looks forward to growing as an artist. “I’m hoping to be able to work on my art full-time, painting on location or in my studio as often as I choose,” she said. “I want to take some art workshops, and possibly teach painting classes through the local art associations I belong to.”



Fertile Slopes, watercolor by Patricia Young

Keeping family farms safe: The Oregon Farm Bureau's Ag Health & Safety Committee

With Oregon roots dating back to 1919 and a current membership of 66,000 family farmers and ranchers, the Oregon Farm Bureau is Oregon's largest general agriculture organization.

As the voice of Oregon agriculture, the OFB's mission is to enhance the livelihood of the organization's members and ensure the success of Oregon's family farms and ranches. Unfortunately, farming is also a dangerous vocation; that's why the [Bureau's Ag Health & Safety Committee](#) has a critical role to play in the organization's outreach effort.

The committee works to share important farm and ranch safety information with Oregon's agricultural community. "Ultimately, our goal is to save lives," says committee member and Oregon OSHA health consultant, Cory Stengel.

"The types of farm-related injuries and illnesses have not significantly changed over the long history of Oregon agriculture; it's the frequency that changes," says Stengel. "The committee's goal is to bring the frequency as close as possible to zero."

For farmers and ranchers, the committee produced [Sowing the Seeds for Safe Workplace](#), a 56-page guide designed to make farming as safe a possible. And the committee's popular [Rural Road Safety Brochure](#) reminds drivers to be alert, courteous, and patient during summer harvest season when they encounter slow-moving farm equipment on public highways.

The committee also recognizes the need to inform and educate young workers with projects such as [Safety in Agriculture for Youth](#) (SAY), funded by the National Institute of Food and Agriculture.

What's New?

New and revised Oregon OSHA publications

Revised! [Preventing exposure to hazardous chemicals in laboratories](#)

Describes the requirements in Oregon OSHA's rule on exposure to hazardous chemicals in laboratories.

Revised! [Aspectos básicos del lugar de trabajo: Información no complicada para empleadores y empleados](#) (*Spanish version of "Workplace 101: Uncomplicated information for employers and employees from Oregon OSHA"*)

Outlines employee rights and responsibilities to ensure a safe, healthful place to work. Also describes employer responsibilities and contact information for Oregon OSHA services.

Revised! [Escaleras Portátiles: Como usarlas sin sufrir caídas](#) (*Spanish version of "Portable ladders: How to use them so they won't let you down"*)

Describes safe practices for setting up and using portable ladders.

New! [Radiofrequency radiation](#) (*fact sheet*)

Explains how to keep workers from being exposed to high levels of radiofrequency radiation when working near RF-generating antennas.

New! [Using sulfur dioxide to sanitize wine barrels and corks](#) (*fact sheet*)

Sulfur dioxide is legally classified as a pesticide under federal and Oregon laws when it is used to sanitize wine barrels and wine corks. This fact sheet explains how to properly sanitize wine barrels and wine corks.

Summer's coming: Remember, beat the heat.....

Summer officially begins on Tuesday, June 20, at 9:24 p.m. (Pacific daylight time), which means the weather *could* be getting warmer. The official three-month outlook from NOAA's [Climate Prediction Center](#) says the chances of above-normal temperatures are "slightly enhanced" for much of the Pacific Northwest, but "moderated by recent positive snow and soil moisture anomalies." On the other hand, [meteorologists at the Oregon Department of Agriculture](#) are predicting below-average temperatures and an unlikely threat of major heat-waves or prolonged periods of hot weather.

Regardless of how this summer's weather plays out, it's a good idea to be prepared for hot weather. Typically, July and August are the months when outdoor workers are most at risk for heat illness. But heat illness can be a serious threat any time workers are not prepared for hot weather, and the risk increases when the weather is hot *and* humid. Labor intensive activities such as landscaping, construction, and agriculture can easily raise the body temperature of workers who are unprepared for hot weather.



Be prepared for hot weather. Know the signs and symptoms of heat illness.

There are two types of heat illness: heat exhaustion and heat stroke

The symptoms of heat exhaustion are:

- Dizziness
- Headache
- Sweaty skin
- Weakness
- Muscle cramps
- Nausea
- Vomiting
- Fast heartbeat

If not treated, heat exhaustion can lead to heat stroke, which can be fatal.

The symptoms of heat stroke are:

- Red, dry skin
- High temperature
- Confusion
- Convulsions
- Fainting

To prevent heat illness:

- Drink water every 15 minutes, even if you aren't thirsty.
- Rest in the shade – at least five minutes – when you need to cool down.
- Wear a hat and light-colored clothing.
- Take it easy on your first days of work in the heat.
- Watch for symptoms in your co-workers.

Certain medications, wearing personal protective equipment while on the job, and a past case of heat stress create a higher risk for heat illness.

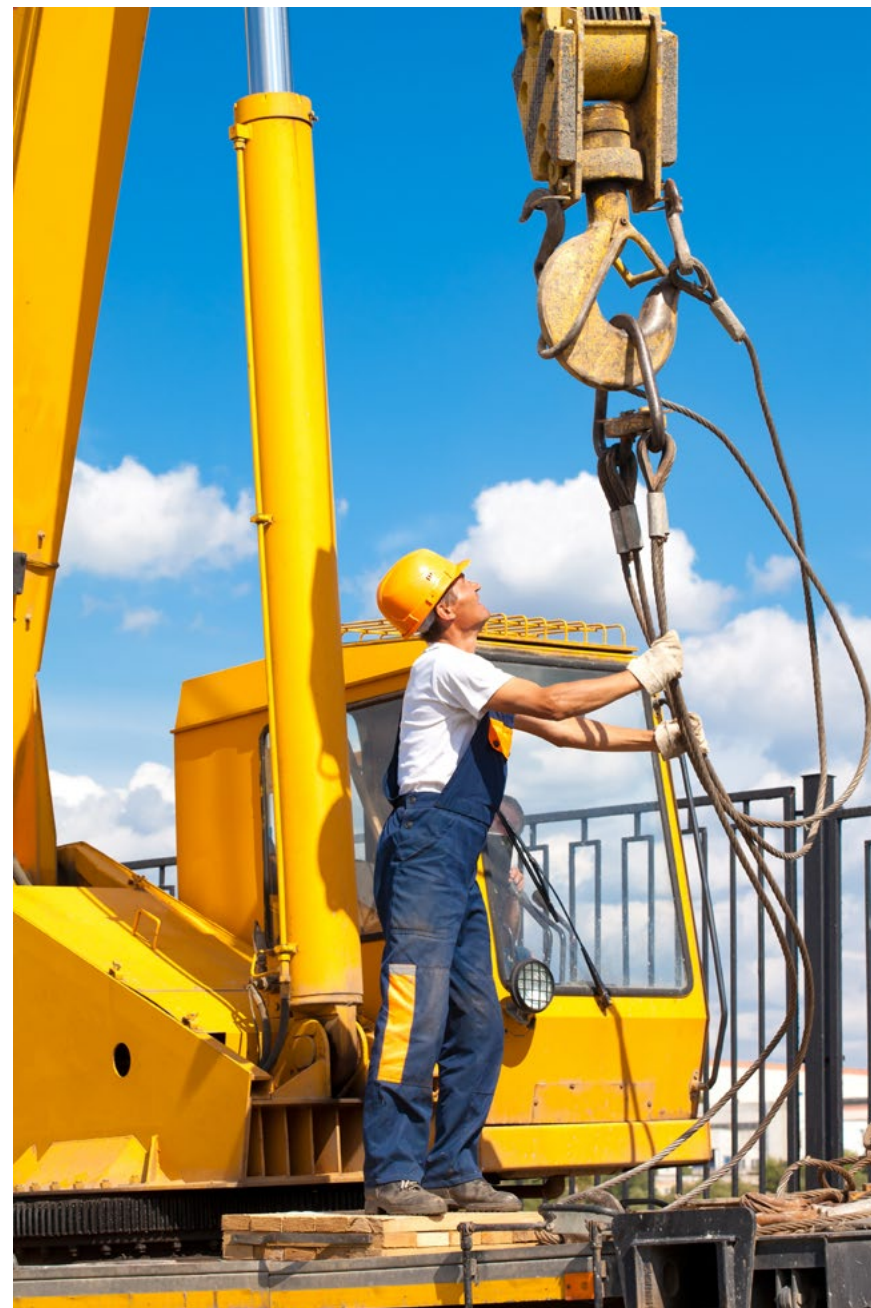
For more information about heat illness, visit Oregon OSHA's [heat stress topic page](#).

Ask Technical

Q: *If a crane's boom comes in contact with a structure during a construction project, does the crane need to be inspected? If so, who is qualified to do the inspection?*

A: If there is a reasonable probability of damage, a qualified person must inspect the crane before it is used again. A qualified person must also determine if the contact was severe enough to cause damage. [See 1926.1412, Inspections.]

Oregon OSHA defines a qualified person as one "... who, by possession of a recognized degree, certificate, or professional standing, or who by extensive knowledge, training and experience, successfully demonstrated the ability to solve/resolve problems relating to the subject matter, the work, or the project." [See 1926.1401, Definitions.] The qualified person could be a third party evaluator or an employee of the company. At a minimum, the evaluator would need to be familiar with the crane manufacturer's operating requirements.



Going the Distance

You gave a presentation – “Overcoming Self-Defeating Behaviors” – during the recent Northwest Safety and Health Summit. In what ways do self-defeating behaviors negatively affect the health and safety of workplaces?

Self-Defeating Behavior (SDB) is when we say we want something but then proceed to make sure it doesn't happen. These behaviors keep us from achieving our goals.

Stress is the core element in SDBs. An SDB can start with an incident in our life that we perceive to be negative or stressful. We don't want to feel pain so we react in a way to block or avoid the pain. Then, something else happens that triggers a similar reaction, which sets in motion a pattern of behavior that becomes an SDB. For example, you have had a bad day so you decide that you deserve a drink, even though you have already decided to reduce your drinking. SDBs can range from unhealthy lifestyle behaviors such as substance abuse, smoking, not exercising, or overeating to unrealistic expectations, self-critical thinking, excessive worry, anger, defensiveness, procrastination, disorganization, or perfectionism.

Bea Berry, president, CEO, and founder of Wellness 2000, Inc., says the influence of the digital age – and the distraction that frequently comes with it – is an emerging issue in workplace safety and health.

There is a direct correlation between worker stress and workplace accidents. Stressed workers are more apt to be thinking about their personal problems, like financial debt or a relationship issue, than focusing on the task at hand. Distraction leads to human error, which leads to accident and injury. SDBs tire us out, make us feel sick, and reduce our reaction time, all of which impairs our judgment and increases the risk of injury.

Company: Wellness 2000 Inc.

President and CEO: Bea Berry (bberry@wellness2000.com)

Workforce: 20 employees with offices in Medford; Portland; Vancouver, Wash.; and Boise, Idaho; national network of hundreds of temporary employees for contract support

Clients: 50 core clients with more than 250 locations in the U.S.

Services: Wellness 2000 helps companies develop a comprehensive, professional wellness program to help maintain a safe, healthy, and productive workforce. Services include comprehensive health and wellness screenings, employee assistance programs, training and educational programs, and vaccination services.



What can we do to overcome such negative behaviors?

Awareness is the key!

First, recognize the negative behavior and understand that it began as a coping behavior. But now, you find it has become more hurtful than helpful – preventing you from experiencing a happy, fulfilling life, and from reaching personal goals.

Once identified, begin to make changes to disrupt the behavior and replace it with other more positive and helpful responses. This takes commitment and is a long-term, ongoing process. Always remember that you are worth the effort!

Here are some steps to get started:

- **Identify the negative habit you want to change** and claim responsibility for your thoughts and actions. Write a detailed description including the actual behavior, what the circumstances and/or triggers are that start the SDB, how it impacts your work/life, and what specific things you do or say to avoid doing the healthy behavior.
- **Break the habit.** Identify and list alternative ways to react and behave. Plan and practice your new responses to challenging situations.
- **Make the change. Use the following “thought-stopping” techniques:**
 - Keep your eyes open and be aware when you start doing your SDB.
 - Stop. Do not react. Freeze.
 - Take a step back – think about your goals.
 - Don’t do your SDB!
- **Reward yourself for stopping the SDB.** Do something pleasant and healthy for yourself.
- **Surround yourself with the right people.** Share your plans with your support system and ask them to help you. Change is more likely to happen if there is accountability.
- **Get back on track when you lose your way.** There will be setbacks. That’s OK. Just recommit to making the changes and move forward.



In-person discussions with an expert on physical or emotional issues can help resolve situations and lead to positive, long-term changes in behavior.

“ Electronic communications are a large part of our lives today, but it's important that we learn to control them and not let them control us. Lack of focus is a safety issue. ”

What is the most important thing you've learned over the years about making wellness an important part of an overall workplace safety and health program?

Full engagement and visible participation of the leadership and management is key to success. Promotion of health and safety only works in a culture where top managers place a high priority on employee health and well-being as part of the company's core mission. The next step is to gain support of supervisors and leaders throughout the organization. With the organization providing full support and commitment to wellness, the employees will see the importance of the program and they will participate.

What do you see as an emerging issue or especially important challenge when it comes to creating and maintaining safe and healthy workplaces?

The influence of the digital age on our lives. Our phones and various electronic devices provide powerful tools and present major challenges to both work and lifestyles. The ability to stay in constant contact with co-workers, friends, and family is a great advantage, but can also be a constant distraction keeping us from focusing on an activity or task at hand. Granted, some calls, messages, and alerts are necessary, but many are not. Electronic communications are a large part of our lives today, but it's important that we learn to control them and not let them control us. Lack of focus is a safety issue. The need to answer a cellphone alert or use an app creates a disruption and leads to errors and accidents. We must not only be careful, we must be vigilant in managing distractions in the workplace. Safety first! ■

Some wellness programs can include in-depth fitness evaluations.



A worksite wellness program may include biometric screenings, which provide information about employees' health risks. The screenings include information about height, weight, body mass index, and blood pressure.