

RESOURCE

March, April, May (2002)



“... the rest of the best.”
- see Page 4

OR-OSHA Sends Relief To New York

By Brian Hauck, OR-OSHA Industrial Hygienist

Since last Sept. 11, fire fighters, policemen, construction workers, and other support workers have labored around the clock to rescue and/or recover the remains of victims from the terrorist attacks on the World Trade Center in New York City. OSHA has played a key role in the support of this effort and has worked alongside the recovery workers.

Oregon OSHA volunteered to send reinforcement workers to New York, and in January, Russ Reasoner and I, both industrial hygienists from the Portland field office of OR-OSHA, went to New York to work on the OSHA air-sampling team.

We found a World Trade Center District that was now a pit, 16 acres wide and 78 feet deep - a pit full of



Ironworker cutting metal with a torch

twisted metal beams, rebar, and mud. Seven buildings, including the twin towers, were demolished, and buildings for blocks around had major damage. The scene was described by most as “organized chaos.”

See “WTC,” page 8

Peter De Luca elected to lead State Plan Association

Peter De Luca, administrator of the Oregon Occupational Safety and Health Division (OR-OSHA) was elected chairperson of the Occupational Safety and Health State Plan Association (OSHSPA) in October 2001.

OSHSPA is an association of member states that administer occupational safety and health plans that have been approved by federal OSHA. Currently 25 states, Puerto Rico, and the Virgin Islands administer federally approved occupational safety and health plans.

As chairperson, De Luca functions as the principal executive officer of the Association and presides at all meetings of the directors and of the membership. Additionally, De Luca represents the member states on federal OSHA’s executive board, comprising the assis-

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Hearing conservation for at-risk workers



Brenda Pittman, above, says her favorite sound is falling rain. "Hearing loss can really screw up the ability to hear rain."

By Tomás Schwabe, OR-OSHA Training Specialist

OR-OSHA funds an innovative hearing-conservation training program!

OR-OSHA is funding "Hearing Conservation for At-Risk Workers" because this hearing-conservation training program is different from existing programs in that it reaches workers who have already lost some of their hearing.

Brenda Pittman, certified industrial hygienist and safety professional with the Oregon Department of Transportation, brought forth the vision, leadership, and commitment to workers' safety and health to create this program.

"Hearing Conservation for At-Risk Workers" is available at no cost to Oregon employees and employers through the OR-OSHA Resource Center. It recognizes that workers in the Pacific Northwest's expanding industrial base come from high-noise working backgrounds including construction, timber, transportation, and military service.

The number of employees hired with preexisting hearing loss is increasing, and the number of workers who suffer further hearing loss while employed in noise-hazardous jobs is increasing.

"Hearing Conservation for At-Risk Workers" dispels myths and provides accurate and clear information. The training materials target mid-career construction and trades workers who have mild to moderate hearing loss and are trying to manage their exposure to prevent further hearing loss. Noise-exposure-control strategies, earplug selection, and hearing aid use in noise hazardous areas are some of the topics presented.

Nervous about teaching hearing conservation? This training program was written for the non-teaching professional and leads you through the training process. It includes a 15-minute video, PowerPoint presentation, and associated exercises and course materials.

Pittman has 15 years' experience as an industrial hygienist and safety specialist in manufacturing, military, and government. She co-manages a hearing-conservation program for more than 1,500 employees. Her educational background includes a bachelor's degree from Colorado State in environmental health and a master's degree from Oregon State in health and safety administration.

Pittman's work experience with the U.S. Navy included noise surveys on some of the loudest equipment in the world: jets, big guns, sonar, and ships. Out of the hundreds of noise surveys she conducted, the strangest noise Pittman ever measured was background noise in a sound-proof room at the Naval Postgraduate School, where, she said, "You could measure the sound of your heartbeat."

To borrow "Hearing Conservation for At-Risk Workers" from OR-OSHA, call (800) 922-2689 (toll-free) and request program #405. You may download the training materials from ODOT's Web site and purchase the video for a nominal cost. Order forms, the PowerPoint presentation, and course activities and curricula are available at www.odot.state.or.us/centralsafety.

The OR-OSHA Training and Education Grant Program, which funded Pittman's project, was established more than 10 years ago through a project jointly sponsored by the AFL-CIO and Associated Oregon Industries. It funds dynamic, innovative, and creative programs by nonprofit organizations to help reduce work-related injuries and illnesses.

For more information about the OR-OSHA Training and Education Grant Program, or to obtain an application, please visit the OR-OSHA Web site: www.orosha.org. ■

Administrator's Message



Peter De Luca

Safety: It's a way of life.

How many times have we heard this slogan? How many times have we stopped to consider its meaning? Probably not often enough.

One of the things we look for as we inspect, consult, or evaluate a safety program is whether the workplace has a safety culture.

Where there is a safety culture, safety is a way of life. In a safety culture, all aspects of the workplace are evaluated, not just the obvious ones. But where does a company begin to develop a safety culture?

In a good safety culture, safety happens with management commitment and employee involvement. In other words, a good safety culture is both top down and bottom up. Part of the equation is individual responsibility.

Having said all this, we started off the year 2002 with what seemed like ten fatal heart attacks in the workplace. So what does this have to do with safety culture? Lots. Even when we head to jobs in workplaces with a safety culture, if we have routinely neglected our "heart health," we have overlooked our responsibility to maintain our own safety culture.

Cardiovascular health is something over which we all have a great measure of control. You choose what you eat and when you eat it. You choose how you exercise and when you do it. You choose whether or not you get regular physical examinations from a physician.

Many people who think they make safe work choices are making very unsafe personal choices. While not all heart attacks can be avoided, many can - and those that occur would be less severe if the victims took better care of their own cardiovascular health.

We all know what needs to be done: Shed a few pounds. Start a walking program. Get up off that couch and put your body in motion. Reduce your stress and cholesterol levels.

It isn't hard. It starts at home. Heart attacks and traffic accidents comprise the bulk of workplace fatalities. By taking care of ourselves at home as well as we do at work, we may just end up living longer and not becoming another workplace statistic. Safety really is a way of life. ■

RESOURCE



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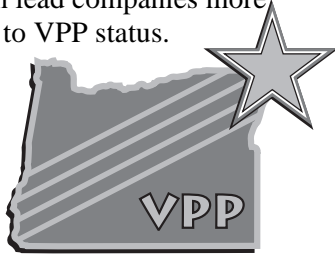
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SHARP: a natural steppingstone to VPP

In Oregon, VPP is the best of the best, and SHARP is the rest of the best

By Mark Hurliman, VPP/SHARP Coordinator, OR-OSHA Central

Although SHARP and VPP are separate programs, SHARP participation can lead companies more smoothly to VPP status.



VPP

Voluntary Protection Programs are cooperative compliance programs initiated by OSHA in 1982 to encourage companies to exceed minimum OSHA safety requirements. VPPs emphasize the importance of excellence in occupational-safety-and-health programs. Oregon OSHA adopted VPP in 1996.

The VPP concept recognizes that enforcement of safety regulations alone can never fully achieve the objectives of the *Occupational Safety and Health Act*.

VPP is not “just another program” –it’s a “process” that helps participants accomplish work more safely. VPP serves as a “road-map,” leading participants through four key areas necessary to effective safety-and-health programs:

- Management/leadership/employee involvement
- Worksite analysis
- Hazard prevention and control
- Safety and health training

VPP companies integrate these elements into their safety-and-health management systems. VPP is a partnership in which management, labor, and Oregon OSHA work together with a company that has implemented a strong safety-and-health program:

- Management agrees to operate a program that meets established criteria.

- Employees agree to participate in the program and work with management to ensure a safe and healthful workplace.
- Oregon OSHA provides resources to help improve workplace safety and health on a continuing basis.

SHARP

Oregon OSHA’s *Safety and Health Achievement Recognition Program* is a recognition program developed to provide a road map and an incentive for Oregon employers and employees to work together to find and correct hazards, develop and implement effective safety-and-health programs, continuously improve, and become self-sufficient in managing occupational safety and health.

SHARP is a program of Oregon OSHA’s Consultation and Services Section. The goal of SHARP is to recognize employers that have achieved an exemplary level of occupational-safety-and-health management, to reduce injuries and illnesses, and to provide a means for showing other employers that occupational safety and health can work - for everyone.

There are a couple of things all Oregon employers should know about SHARP: It isn’t SHARP certificates or inspection exemptions that make SHARP special. What makes SHARP special is that Oregon employers can form partnerships with Oregon OSHA consultants to make lasting improvements to their systems for managing safety and health. It’s those

lasting improvements that make the program special. They are why so many SHARP employers tell us that they’re glad they went through the process.

The second thing that makes SHARP special is that it causes employers and employees to accept nothing less than continuous improvement – and once they attain that “mind-set” of constantly striving for continuous improvement, there is little they cannot accomplish.

The journey

The journey to SHARP status comes about through a process in which Oregon OSHA consultation staff conduct an initial assessment of a company interested in participating, to let the company know how well it is managing safety and health and to identify its strengths and weaknesses. Once that happens, the company can focus its energy where it is most needed. The company develops an action plan and begins working toward its goal. Oregon OSHA consultation staff return, as needed, to provide assistance and guidance. When the company is ready, a consultant conducts a final assessment, and, if the company qualifies, recommends it for SHARP approval. SHARP approval lasts one year. In order to re-qualify, SHARP companies are expected to work toward continuous improvement of their safety-and-health-management systems.

The journey to VPP can be somewhat arduous and lonely if a company has not been through a program or process such as SHARP. Companies that achieve VPP status in the United States are among the best safety-and-health performers in the world. That status is something that companies achieve largely on their own, with little assistance from OSHA. Instead,



See “SHARP,” page 5

“SHARP,” from page 4

assistance comes from companies that have already achieved VPP status and from members of the Voluntary Protection Program Participants Association.

The journey to VPP status is less arduous for SHARP participants. If a company has achieved SHARP status, it will have a written safety-and-health-management program that is effective and that involves employees. It serves as a foundation for a VPP-quality safety program, and fine-tuning is all that is necessary.

Feedback from participants in Oregon’s SHARP and VPP programs has been positive. It’s rewarding for all parties involved to see safety taken seriously and accidents happening less often.

Jim Schwindt, plant manager of Georgia-Pacific’s sawmill and planer in Philomath, said, “The great thing about the Oregon OSHA program is that we were given an opportunity to improve. The SHARP consultants worked with us on training and documentation. Then we came together for a final inspection and they checked everything.

“What has amazed me most is that everyone has been willing to take on extra tasks in order to implement the changes necessary. This is an amazing workforce! Not only did workers do what it took to enter SHARP, they also set records for production and profit.

We feel a lot more comfortable about our VPP application having gone through the Oregon SHARP program,” concluded Schwindt. “It was a good experience.”

Scott Pedersen, safety and environmental coordinator at Philomath, said, “SHARP matches consultants with businesses to analyze and correct safety hazards and develop a program for safety recognition. Their (the consultants’) goal is to make you self-sufficient in these areas by helping you develop an action plan to use at your facility.”

Sandra Owen of Georgia-Pacific’s sawmill and planer in Coos Bay had this to say about using SHARP to get to VPP: “With the SHARP program as our first step, we are now using the VPP process as a tool to raise our safety standards and to become an in-

dustry leader in safety. These two programs have been the foundation for this process. The safety documentation provides solid, consistent safety programs. But it has been the employee involvement that has become the vital tool. It is rewarding to observe the employees’ interest, participation, and input. The safety program belongs to the employees and the VPP process further enables employees to have ownership and pride in their safety program.”

“VPP is so much about employee involvement,” said **Bill Goodman**, Georgia-Pacific’s Coos Bay plant manager. “And that’s what we’ve worked so hard to improve. SHARP has helped us a great deal in our quest for VPP.

“We are working to strengthen our programs and increase employee involvement as we transition to the national program. It’s great to see all of the employees at the Coos Bay operation thinking more and more about their safety. Our primary goal is to be injury-free, and acceptance into these programs helps us reach that goal.” ■

STEP up to SHARP

Oregon employers receive SHARP recognition



Members of the safety committee at **Portland General Electric’s Coal-Fired Power Plant in Boardman**, proudly display the SHARP award from OR-OSHA. Pictured from left are Richard Wicks, Lyle Bliss, Sherri Stogner, Kim Petersen, Dave Knight (committee chairman), Ron Heiple, and Boardman’s safety coordinator, Bob Conner.



Members of **Portland General Electric’s Coyote Springs Plant** safety committee proudly display the SHARP award. Pictured from left are David Sparks (OR-OSHA), Dan Turley, Vice President Steve Quennoz, plant manager Mark Bell, Don Vandeventer, Larry Hull, and CEO and president, Peggy Fowler.

A shocking experience that could save your life

By Ellis Brasch, OR-OSHA Management Analyst

At this moment, you're probably not thinking about your heart. You can be thankful for a specialized group of cells high in its upper right side that keep it beating with a steady stream of electrical impulses. However, each year in this country, for an estimated 225,000 people, those electrical impulses suddenly become chaotic because of disease or trauma, such as electric shock, allergic reaction, or drug overdose.

This abnormal rhythm, called ventricular fibrillation, can cause the heart to stop beating; without immediate treatment, fewer than five percent of victims survive. The most effective treatment is an electric shock delivered through the chest wall directly to the heart by a device called a defibrillator.

Until recently, defibrillators were used primarily in hospitals and on some ambulances. This made it difficult to help victims in public places or on the job. But now defibrillators are portable, more affordable, and easy to operate. About the only thing that hasn't improved is the name: automatic external defibrillators – or AEDs.

AEDs: How they work

Today's AEDs are battery powered and about the size of a thick hardcover book. A microprocessor inside the unit analyzes the victim's heart rhythm and advises the user if a shock is necessary. The unit will not deliver a shock if it senses that one is not necessary. The shock is delivered through two monitoring pads that are placed on a victim's chest. Most AEDs guide the operator through the steps necessary to deliver a shock with visible or audible prompts.

Administered within three minutes of an attack, the electric shock can restore the normal rhythm to the victim's heart and can increase survival rates dramati-

cally – from less than five percent if nothing is done to nearly 75 percent. (By comparison, cardio-pulmonary resuscitation, or CPR, administered immediately, increases survival rates by about 30 percent.)

Training advised

Most AEDs are safe and easy to use; but users need to know more than just how to operate them. For example, untrained users may not recognize cardiac-arrest emergencies or they may not know how to use an AED safely, endangering themselves and others. AED users must also know how to attach the device's monitoring pads, whom to contact for additional emergency support, and how to do CPR.

Where to get AED training

The Red Cross offers AED and CPR training as well first-aid training. The American Heart Association offers CPR and AED training through their community training centers. Contact your local Red Cross or American Heart Association office for more information. Many fire departments, hospitals, and ambulance services also offer training. Check your Yellow Pages under "First Aid Instruction" for other providers.

Purchasing an AED

Should you purchase an AED for your workplace? Consider the following factors:

- **Unit cost** – AEDs cost between \$3,000 and \$4,500 each.
- **Physician oversight** – Current Food and Drug Administration rules require those who purchase an AED to present a physician's prescription for the device.
- **Response time** – An AED is most effective when you can ensure a response time of three minutes or less from collapse of a victim to the start of treatment with a trained rescuer.
- **Work-related risks** – Risk factors associated with heart disease and cardiac arrest include the following: shift work; strenuous and stressful jobs; older workers; extremely hot or cold environments; tasks with exposure to electrical hazards; and tasks with exposure to hazardous substances such as carbon monoxide, carbon disulfide, halogenated hydrocarbons, lead, and arsenic.



An AED unit is roughly the size of a portable computer. The AED unit above is shown next to a videocassette.

See "Shocking," page 8

Oregon OSHA's mission:
"To advance and improve
workplace safety and health
for all workers in Oregon."

2001 Report to

Stakeholders

March 2002

Introduction

Welcome to the third *OR-OSHA Report to Stakeholders*, developed by OR-OSHA to communicate to customers the activities undertaken to promote safety and health for all Oregon workers.

Last year, we indicated that this report would be a freestanding report on alternating years, however, to reduce costs, OR-OSHA has decided to provide it in *Resource* on an annual basis.



Peter De Luca
OR-OSHA Administrator

What is OR-OSHA?

The federal Occupational Safety and Health Act of 1970 (OSHA) became an official part of national labor law effective April 28, 1971. Its purpose is to ensure, so far as possible, that every working man and woman in the nation has safe and healthful working conditions and to preserve our human resources.

Oregon passed its own occupational safety and health legislation in 1973 — the *Oregon Safe Employment Act (OSEA)* — and now operates under a state plan agreement with federal OSHA.

Oregon OSHA's mission is "to advance and improve workplace safety and health for all workers in Oregon." Oregon OSHA strives to accomplish its mission by administering the OSEAct through:

- Its comprehensive **Enforcement Program**, ensuring that Oregon's occupational safety and health rules are carried out in the workplace
- Its **Consultative Services Program**, offering no-cost, onsite safety and health evaluations by trained safety and health professionals
- Its **Standards and Technical Section**, providing technical assistance to employers and workers, and amending and adopting Oregon's occupational safety and health rules
- Its **Public Education and Conference Section**, reaching employers and safety professionals through conferences, seminars, workshops, and rule forums.

Oregon OSHA endeavors to make every contact with the public a learning experience.

Oregon OSHA's Strategic Plan

Oregon OSHA is dedicated to safety and health in the workplace and to helping employers and employees develop and implement comprehensive safety and health programs.

To better serve the employers and employees of the state of Oregon, OR-OSHA has developed a plan. The plan contains three goals OR-OSHA hopes to achieve over a five-year period. The following is a brief description of the goals and highlights of accomplishments made toward the achievement of those goals during federal fiscal year 2001 (FY 2001), which ran from October 1, 2000 to September 30, 2001.

GOAL 1

Change the workplace culture in Oregon to increase employer and worker awareness of, commitment to, and involvement with safety and health.

With this goal, Oregon OSHA is focused on helping Oregon businesses become self-sufficient in managing their safety and health programs.

Accomplishments

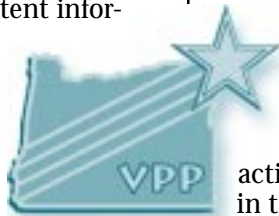
Oregon OSHA continued to provide **safety-and-health-program assistance** to employers in an effort to increase employer self-sufficiency. A major element of this goal is to

increase consultations, which include safety-and-health-program assessments. This occurred during FY 2001 in 24 percent of comprehensive consultations, up from 17 percent the previous year. Oregon employers continue to score better on the assessments. In FY 2001, 214 employers scored 50 or better, representing a 50 percent increase over FY 2000.

Another facet of improving employer self-sufficiency is implementing and maintaining effective **safety committees** in Oregon workplaces. OR-OSHA has standardized its approach to safety committees: All OR-OSHA employees who come into contact with employers have been trained to promote safety committees and provide accurate, consistent information about their implementation. Ninety-five percent of employers responding to a consultation survey indicated the contact improved the effectiveness of their safety committee.

Oregon's two safety-recognition programs, the **Voluntary Protection Program (VPP)** and the **Safety and Health Achievement Recognition Program (SHARP)**, continue to see increased participation from Oregon employers. Oregon currently has four VPP sites: Kerr-McGee; Georgia Pacific Corp. West, Toledo; Georgia Pacific Corp., Philomath; and Frito-Lay, Beaverton. Interest in the SHARP program continued to be strong, with a total of 69 SHARP-certified companies as of September 30, 2001.

Oregon OSHA places a strong emphasis on **workforce education**. The Public Education and Conference Section is devoted to assisting employers in the implementation of effective safety and health management programs. Emphasis has recently been on helping employers become self-sufficient in their own



training programs. Toward this goal, a certificate program is being developed for employers who want to increase their skills in training employees.

Along with educating those already in the workforce, Oregon OSHA is also focused on **young worker education**, which targets young people and those just entering the workforce. The goal is to create an awareness of occupational safety and health and to develop good safety habits early in workers' careers. Toward this goal, OR-OSHA developed a Web site for young workers, participated in student programs at conferences, and provided outreach to local schools and educational organizations.

Oregon OSHA has a strong commitment to creating **partnerships** with customers and stakeholders. Partnership activities during FY 2001 resulted in the successful presentation of three major safety and health conferences. Another partnership with representatives from industry, labor, and government — known as the Joint Emphasis Program or JEP — continues to provide outreach and education to the construction industry through training. This year, JEP began work on training modules focused on health hazards in the construction industry. The training is expected to be completed in early FY 2002.



GOAL 2

Improve workplace safety and health for all workers, as evidenced by fewer hazards, reduced exposures, and fewer injuries, illnesses, and fatalities.

OR-OSHA resources are being directed toward high-hazard industries. Targeted industries identified through analysis of claims data include agriculture, construction, lumber and wood products, food and kindred products, and health care.

Accomplishments

In the area of **safety hazards**, OR-OSHA continued to emphasize fall

hazards with all Oregon employers. The Enforcement Section conducted fall-emphasis-program inspections in a focused effort to reduce hazards to employees. Consultants increased fall hazard awareness by discussing hazards with employers during all consultations. The Training Section focused its efforts by conducting 36 workshops and six conference sessions on fall hazards.

OR-OSHA also continued to focus on the **health hazards** of silica, lead in construction, and noise. The Enforcement Section began conducting inspections under a local-emphasis program on noise implemented early in the fiscal year. Fourteen training sessions and three conference sessions were held on noise hazards. A stakeholder group was instrumental in the creation of a guide for employers on noise hazards. The guide is currently available through the OR-OSHA Resource Center.

It was an interesting year in the **ergonomics** arena. Despite what happened with ergonomics on the federal level, Oregon OSHA maintained a focus on educating employers about ergonomics in the workplace, with a special emphasis on the health care industry. An ergonomics publication designed for the health care industry was distributed to more than 2,200 employers during FY 2001. This publication is available through the OR-OSHA Resource Center or on the OR-OSHA Web site. Educational offerings on ergonomic topics remained popular throughout the year, with 152 training sessions and 15 conference sessions delivered.

OR-OSHA continued to emphasize **timely customer service** in FY 2001. Response times increased in all areas, and, for imminent-danger complaints, achieved a 100-percent timely response rate.

While it is central to the mission of OR-OSHA to eliminate all workplace **fatalities**, outreach efforts were concentrated in the high-hazard construction and logging industries during FY 2001. Outreach in these industries focused on educating

employers and employees about the leading causes of fatalities. These efforts included meetings with construction organizations to promote fall protection; development of Construction Depot, a quarterly newsletter for the construction industry; and articles in OR-OSHA's Resource newsletter related to fatality reduction.

GOAL 3

Continuously strengthen public confidence through excellence in the development and delivery of OR-OSHA programs.

OR-OSHA continues to place emphasis on increasing public confidence by providing high-quality programs and services delivered by a professional staff committed to worker safety and health.

Accomplishments

Employee **competency** is key to providing professional, high-quality services. To maintain a high-quality workforce, OR-OSHA established a performance-management system based on a set of competencies identified for each job category. Individual employee development is geared toward achieving and maintaining those competencies.

During FY 2002, an **organizational climate** survey was developed and implemented late in the fiscal year to measure employee satisfaction on a variety of levels. In keeping with the organizational move toward electronic government, the survey was available to employees on OR-OSHA's internal Web site. Employees were able to respond to survey questions anonymously. Survey results will be analyzed during FY 2002, and strategies will be developed to address significant issues.

External **customer surveys** from Consultation, Public Education and Conferences, Compliance, Appeals, and the Resource Center continued to reflect satisfaction ratings between 90 percent and 99 percent during FY 2001. OR-OSHA is committed to providing quality customer service and is interested in the feedback of its customers.

OR-OSHA staff believe **collaboration** with customers and stakeholders on rule and policy-making activities is the best way to achieve success. Twelve stakeholder groups were involved with OR-OSHA rule making and policy adoption activities during FY 2001. In addition to forming stakeholder committees to provide input on specific rules and policies, OR-OSHA meets regularly with various industry groups to discuss current issues.

Highlights and statistics

OR-OSHA offers a wide variety of safety and health services to employers and employees to help ensure safe workplaces for all Oregon workers.

The Enforcement Section, made up of 52 safety compliance officers and 28 health compliance officers, conducted 5,523 inspections during FY 2001. Inspection scheduling underwent a shift in FY 2001 with the implementation of House Bill 2830, passed by the Oregon Legislature during the 1999 session. This legislation directed OR-OSHA to identify "high hazard" employers and advise them that they have a higher potential for inspection. Employers were identified by two factors: injury and illness rates greater than Oregon's average rate, and injury and illness rates above the average within their Standard Industrial Classification.

The goal of the legislation was to create a good balance between focusing resources on the places of employment believed to be the most unsafe and ensuring safety and health in all workplaces. Following passage of the law, OR-OSHA partnered with

stakeholders to revise scheduling rules. FY 2001 inspection data will be analyzed during FY 2002 to determine the impact of these changes. Upon completion of this analysis, OR-OSHA will work with stakeholders to determine if additional changes are needed to fulfill the intent of the legislation.

The Consultative Services Section is made up of 21 safety consultants, 11 health consultants, and four ergonomic consultants. A total of 2,707 consultations in the areas of safety, industrial hygiene, ergonomics, safety and health program management, and new business assistance were conducted during FY 2001. Sixty-six percent of these consultations were comprehensive and included an evaluation of the employer's safety-and-health program.

The Public Education Section provides training on a variety of safety and health topics through conferences, workshops, and on-line courses. One of the more popular sessions now offered is "Safety and the Small Business Employer," which is designed to assist small business owners in implementing a safety-and-health program.

The program is offered as two one-hour "brown bag" lunch sessions. Attendees receive industry-specific materials and 10 abbreviated training modules for use in their business. Contact OR-OSHA or visit the website for more information.

The Oregon OSHA Resource Center provides video training programs to Oregon employers and employees at no cost. The Resource Center also contains current books, topical files, technical periodicals, and more than 200 databases.

OR-OSHA's Standards and Technical Resource Section serves customers by providing interpretations of rules and standards. Technical staff work with numerous stakeholder groups to review, revise, and create safety and health rules. This



section recently released the second version of the OR-OSHA CD ROM, which contains all of OR-OSHA's standards for general industry, construction, agriculture, and forest activities. The CD also contains program directives, letters of interpretation, and OR-OSHA publications. Employers may request up to 10 copies free of charge through the OR-OSHA Resource Center.

Legislative update

The 2001 Oregon Legislature approved a reduced budget for Oregon OSHA that required the elimination of 17 positions, effective

July 1, 2001. The budget reduction was the direct result of reduced revenues from the collection of declining workers' compensation insurance premiums. OR-OSHA is funded through the state's collection of a workers' compensation premium. The amount collected has declined for the past 12 years because there are fewer work-related injuries, accidents, and fatalities.

As part of the reduction package, OR-OSHA eliminated the Worksite Redesign Grant Program. The program was originally implemented to encourage and assist employers with innovative ergonomic solutions

to job duties that posed a risk for creating musculoskeletal disorders. At the time the program was implemented, awareness regarding ergonomic risk factors was limited, as were products that could provide solutions. Now that awareness of these risk factors has greatly increased, there are many products available on the market eliminating the need for this program.

Summary

Oregon OSHA believes the activities described in this report have resulted in safer Oregon workplaces. OR-OSHA will remain responsive to the needs of workers and employers and continue to be a leader in innovative safety and health programs. With assistance from both labor and management, OR-OSHA's goal of providing every worker in Oregon with a safe and healthful workplace can be accomplished. ■



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Brian Hauck, Oregon OSHA Industrial Hygienist

*By Cheryl Mushaney
Administrative Assistant
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OR-OSHA*

When Oregon OSHA recently established a bio-terrorism team, Brian Hauck, OR-OSHA industrial hygienist, was on it. And in January, Brian was among Oregon OSHA representatives at “Ground Zero” in New York City to do industrial hygiene testing in support of Federal OSHA.

Brian said it felt like the most dangerous place he had ever been, yet it provided the most awesome training he could receive in setting up a base camp for a major relief effort.

The OR-OSHA bio-terrorism team also includes John Miller, Nancy Graf, and Russ Reasoner. The team has attended training classes and helped build a cooperative database for agencies typically involved in emergencies.

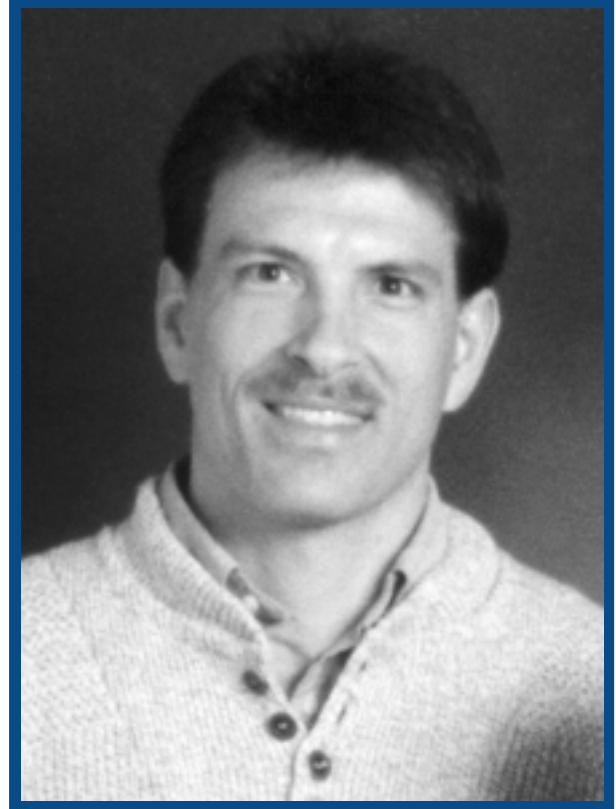
Brian feels strongly about the work he is doing. Field work is his forte, and he enjoys the challenges and the daily variety of occupational settings.

When Brian finished his bachelor’s degree in environmental health science at Eastern Kentucky University, the U.S. Navy was recruiting industrial hygienists, so he signed up. Originally from Ohio, Brian moved to the West Coast while serving in the navy. He was stationed in San Diego for six years at the second largest naval base in the world. While there, Brian participated in the “Register’s Great Annual Bicycle Ride Across Iowa.” Among the 10,000 people bicycling across Iowa, Brian met Rhonda, his future wife.

After discharge from the navy, Brian returned to Ohio to work on his master’s degree in a NIOSH (National Institute for Occupational Safety and Health) program offered at a university in his hometown. As Brian completed his degree, Rhonda joined him in Ohio. They married with his promise to her that they would return to the West Coast.

An Oregon OSHA staffer who had been in the NIOSH training (Nate Sweet from the Eugene Field Office) suggested that Brian apply for a job in Oregon.

A drive up the Columbia River Gorge gave Brian and Rhonda the feeling that Oregon was the place for them, rain and all.



Brian Hauck

Before too long, Brian became an Oregon OSHA industrial hygienist.

Rhonda is a systems analyst with the Health Division in Portland. The Haucks have purchased a home in Beaverton and have settled in with their two dogs, a vizsla and a dog that “may be” an American foxhound.

Rhonda and Brian enjoy camping, tandem biking, kayaking, rafting, and cross-country skiing in the Northwest. For the past few years, they have been part of the Columbia River Orienteering Club, which sets up cross-country skiing, biking, running, or walking trips requiring the use of a map and compass.

Brian is the youth coordinator for the club. One of his challenges as youth coordinator has been spending hours upgrading maps and setting up courses with most interesting routes. ■

See Page 1 to read the story by Brian Hauck about OR-OSHA’s contribution and relief efforts at the NY World Trade Center site.

“Shocking,” from page 6

Why is OR-OSHA is getting involved?

In 1999 and 2000, Federal OSHA recorded 815 workplace fatalities resulting from cardiac arrest. Federal OSHA has estimated AEDs used on as few as 40 percent of those who experience cardiac arrest could save 120 lives a year.

Because AEDs significantly increase the chance of survival for those who experience cardiac arrest, OR-OSHA urges you to consider whether an AED might benefit your workplace.

Cardiac arrest or heart attack?

They're not the same.

Many people think that “cardiac arrest” and “heart attack” describe similar life-threatening emergencies; but in fact, they're different conditions.

During cardiac arrest, the heart stops beating and the resulting loss of blood to the brain causes an immediate loss of consciousness. Cardiac arrest happens suddenly; victims have no detectable pulse or blood pressure and must be treated immediately. The most common cause of cardiac arrest is ventricular fibrillation and the only effective treatment is immediate defibrillation.

During a heart attack, blood flow to part of the heart is blocked and the blockage damages part of the heart muscle; but the heart doesn't necessarily stop beating and the victim may not lose consciousness.

AEDs: Three reasons to consider them

- Between 1999 and 2000, 815 workplace fatalities were caused by cardiac arrest.
- Most cardiac arrest deaths occur outside of a hospital.
- Administered within three minutes of an attack, defibrillation restores the normal rhythm to a victim's heart and can increase survival rates from less than five percent to nearly 75 percent. ■

“WTC,” from page 1

Ironworkers cutting metal with torches generated thick plumes of orange smoke. Huge grapplers were spinning in all directions, plucking up piles of twisted rebar and filling giant quarry trucks. The trucks were sliding up and down muddy ramps as they lumbered to and from the pit.

OSHA officers were maintaining a rigorous 24/7 vigil at the site. The intervention effort is divided into three support groups; industrial hygiene air sampling, safety monitoring, and respirator fit-testing.

A partnership between the construction companies and OSHA called for all safety and health hazards to be voluntarily abated. In this partnership, OSHA boasted a 100 percent rate of compliance.



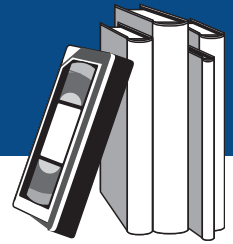
A partnership between the construction companies and OSHA called for all safety and health hazards to be voluntarily abated.

Thanks to OSHA, every worker on the site was fitted with an air-purifying respirator with dual-filtering cartridges.

In New York, OSHA has collected the largest set of industrial hygiene sampling data ever gathered at a single site. To date, 3,500 air samples have been collected at the WTC. Potential contaminants include asbestos, carbon monoxide, noise, total dust, silica, benzene, phosgene, formaldehyde, inorganic acids, lead, cadmium, mercury, and many more.

Thanks to extensive safety and health efforts at the WTC, only a modest number of over-exposures have occurred.

For a complete summary of the industrial hygiene results, see: www.osha.gov/nyc-disaster/. ■



If I Had Only Stopped to Think . . .

by Don Harris, AV Librarian for Oregon OSHA

If I had only stopped to think about it, I would have known better. I'm just too big to ride a pelican.

Maybe I'd better explain. More recently than I care to admit, my cousin Ruth and I took "the nephews" to a local park featuring those big metal animals on heavy springs. Ryan jumped on the rhino. Payton grabbed the hippo. Ruth got the elephant. I was left standing there, looking doubtfully at the remaining creature, a pelican. "C'mon," said Ruth, impatiently, "It'll be fun."

Now, coming from Ruth, "It'll be fun" is usually a sign of danger ahead. I knew this at the time, but I also feared the Wrath of Ruth. So, I didn't stop to think about it. Instead, I obediently squeezed my adult-sized self onto a mechanical bird meant for a five-year-old.

The pelican and I started to tip forward. By the time I experienced the first real twinge of panic, it was already too late. There was a painful thud, and I saw stars.

You know, it's amazing how much bark dust will fit on your forehead – not to mention in your mouth. And did anyone help me? No. While I struggled to untangle myself, my dear relatives sat shrieking with laughter at my expense. When she caught her breath, Ruth declared that the sight of me hurtling to the ground astride a pelican was just about the funniest thing she had ever seen. "It was almost slow-motion," she gurgled, "Your eyes and mouth just kept getting bigger and bigger!"

Later, the doctor asked how I managed to get bruises in such odd places. When I told him that I crashed while I was riding a pelican in the park, he looked at me sideways and wrote something in his notebook.

Today, I recognize that my accident could have been prevented. I failed to identify the hazards, and did nothing to correct the hazards. I wasn't adequately trained to operate the pelican. I performed no pre-operation inspection, and wore no personal protective equipment. I should have had a material safety data sheet for bark dust. The emergency response team was woefully inadequate. Most of all, I hadn't really stopped to think about what I was doing.

Silly? Yes, but the underlying principles aren't silly at all.

Be careful. Think before you act. This is the message of Oregon OSHA at all times and in all places. And it bears repeating as we move into spring. Oregonians are busy people, working hard in a busy world. During spring and summer, we can get so busy that even stopping to think seems like a waste of time. That's when things get dangerous.

The fact is, the busier we are, the more important stopping to think becomes. And, stopping to think includes safety training.

Safety training videos can be a helpful part of your overall safety program, presenting practical information in an effective, and interesting way. Viewing a safety video is one good way to stop and think – to remind ourselves that staying safe and healthy on the job is an integral part of getting the job done.

The OR-OSHA AV library now holds more than 900 safety-training videos available for loan at no charge (except return shipping, about \$4 per video). If you've never borrowed from the OR-OSHA AV Library before now, try it! You'll be surprised how easy it is. The positive effect on your workplace could be incalculable.

If I had watched a park pelican safety video before my ill-fated excursion, I could have saved myself a fair amount of trauma. Your job is probably far more demanding than an evening in the park, the hazards considerably greater. Be careful this spring. Take time to think. Order that safety video from Oregon OSHA! ■

For a free copy of the 2001 AV Catalog, call (503) 378-3272 or visit our Web site, www.orosha.org under "Publications."

New! ¡Nuevo!

Spanish/English, English/Spanish Dictionary for Occupational Safety and Health

¿CANSADO DE USAR
LAS MANOS PARA COMUNICARSE?

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¡Diccionario de seguridad e higiene en
el trabajo!**

*En la construcción, puede ser importante decir: **arnés, guantes y casco** en inglés. En una fábrica podría ser necesario decir: **lentes de seguridad, montacargas, y tapones de oídos** en inglés. ¡Y si trabaja en un rancho y quiere decir: **herbicida, respirador, y navaja para injerto** en inglés, ahora ya puede!*

Español

tapones de oído
montacargas
guantes
navaja para injerto
casco
arnés
herbicida
respirador
lentes de seguridad

Inglés

ear plugs
forklift
gloves
grafting knife
hardhat
harness
herbicide
respirator
safety glasses

Encuentre las palabras utilizadas en los centros de trabajo. Localice términos para la construcción, la agricultura, las fábricas, y los restaurantes. Descubra los nombres de la herramienta, equipo y materiales. Aprenda y utilice los términos de la seguridad y salud en el trabajo para el equipo protector personal, el cierre y etiquetado de fuentes de energía, patógenos sanguíneos y mucho más.

**Este diccionario de 30,000 palabras,
se encuentra únicamente en nuestra
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www.orosha.org**

*El diccionario es producido por la
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el Trabajo (OR-OSHA), Programa de
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el Trabajo (PESO).*



Publication Spotlight

Spanish/English,
English/Spanish
Occupational
Safety and Health
Dictionary

TIRED OF USING
HANDS TO
COMMUNICATE?

**Spanish/English, English/Spanish
Occupational Safety and Health
Dictionary!**

*In construction, it can be important to say **harness, gloves and hardhat** in Spanish. In a factory, it might be essential to say **safety glasses, forklift and ear plugs** in Spanish. If you work on a farm and would like to say **herbicide, respirator, and grafting knife** in Spanish, now you can!*

English

ear plugs
forklift
gloves
grafting knife
hardhat
harness
herbicide
respirator
safety glasses

Spanish

tapones de oído
montacargas
guantes
navaja para injerto
casco
arnés
herbicida
respirador
lentes de seguridad

Find the words used in the workplace. Locate terms for construction, agriculture, manufacturing, and restaurants. Discover the names of tools, equipment, and materials. Learn and use occupational-safety-and-health terms for personal protective equipment, lockout-tagout of energy sources, bloodborne pathogens and much more.

**This 30,000 word dictionary can be found only on
our Internet Web page: www.orosha.org**

*The dictionary is produced by the
Occupational Safety and Health Division
(OR-OSHA), Spanish Occupational Safety
and Health Education Program (PESO).*

*Additional information is available on the Web,
www.orosha.org or from the Oregon OSHA
Resource Center, (503) 947-7463 or
toll-free in Oregon, (800) 922-2689.
Spanish language phone: 1(800) 843-8086*

Newest safety summit serves Central Oregon builders

By Corbet Stengel, OR-OSHA Industrial Hygienist

The Central Oregon Safety and Health Association (COSHA) pooled community resources and those of Associated General Contractors and Central Oregon Builders Association to bring Central Oregon a one-day safety and health conference designed for Central Oregon builders.

The first Mid-Oregon Construction Safety Summit was January 14 at the armory in Bend. Classes covered the main hazards leading to serious accidents and fatalities in construction in a highly visual and informational way.

Topics included fall protection, construction forklifts, electrical safety, health issues in construction, and much more. There was also a panel discussion regarding safety on multi-employer worksites.

“It’s difficult for the construction workers to make it to the Central Oregon Occupational Safety and Health Conference every September in Redmond, because it comes at a very busy time for the construction industry. We chose the middle of winter for our conference to serve one of the biggest industries in the Central Oregon region in an effective and reasonable way,” said Dennis Morris, COSHA president.

“This conference could not have been the success it was without the help of R&H Construction, Oregon



Attendees listen to Walter Want, instructor, at the fall-protection session of the COSHA Conference for construction workers.

Columbia Chapter of AGC, SAIF Corporation, COBA, and Miller Lumber,” he added.

Conference attendance exceeded expectations. COSHA plans to make this an annual event. To get more information about the summit or COSHA, call Kelli Candella, (451) 322-7104. ■

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"De Luca," from page 1

tant secretary of labor for OSHA; the deputy assistant secretaries; the heads of each OSHA directorate and federal OSHA's ten regional administrators.

The primary purpose of OSHSPA is to ensure safe and healthful working conditions for working men and women within member states, and to further assist the member states in carrying out the obligations and duties of the *Occupational Safety and Health Act* of 1970.

OSHSPA serves as a communication link among the member states and Congress, as well as various agencies of the federal government. Additionally, OSHSPA endeavors to inform Congress, labor, industry and the general public of the benefits of state plans and member states' views on workplace health and safety issues of national significance.

De Luca will serve a two-year term as chairperson. ■

For more information about OSHSPA, see the Web site: <http://www.osha.gov/fso/osp/oshspa/index.html>

Questions? OR-OSHA has field offices across Oregon. If you have questions or need information, call us toll-free (800) 922-2689, or phone one of the offices listed below. (All phone numbers are V/TTY.)

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