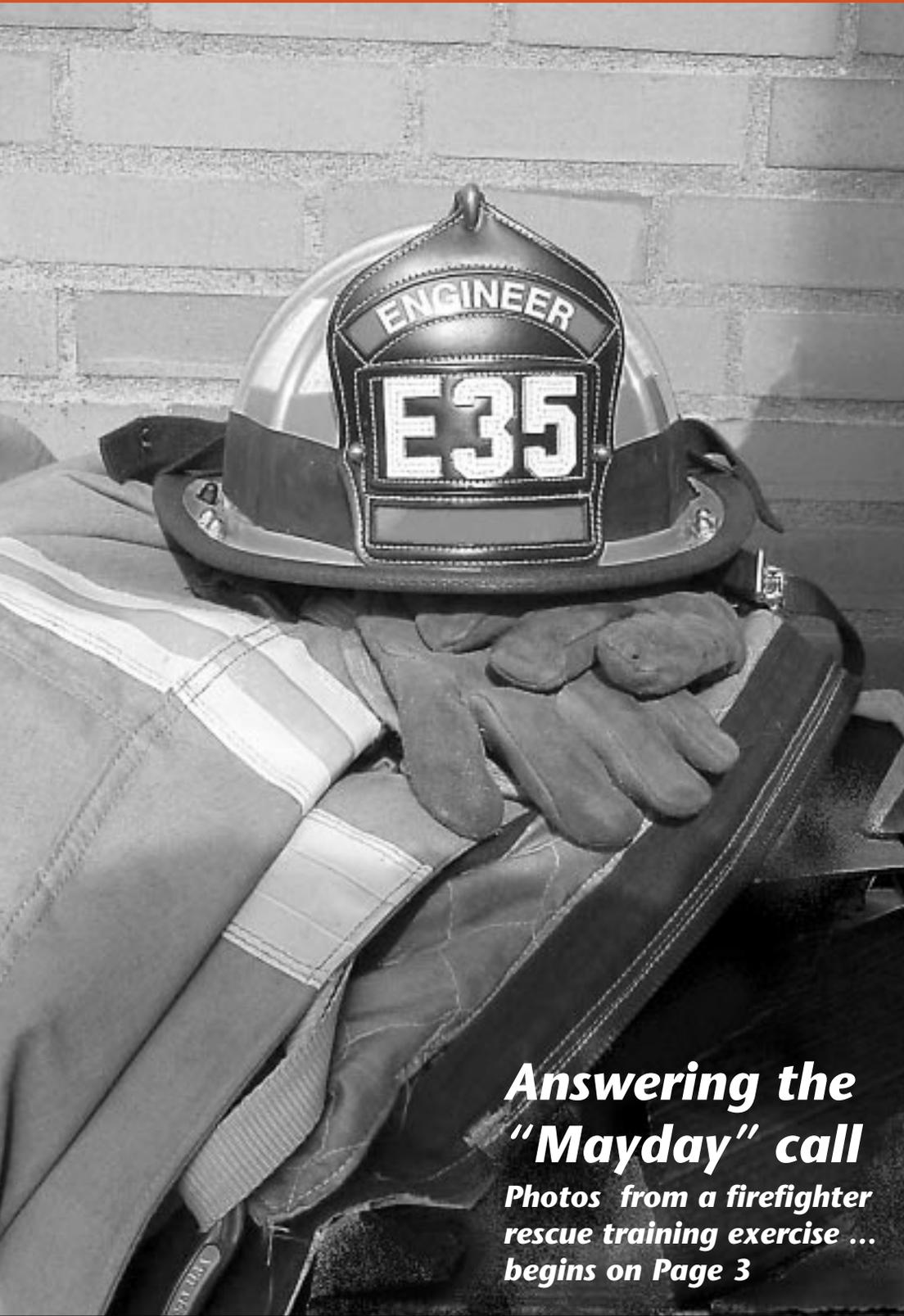


What's Inside...

- Administrator's Message 2
- Keeping firefighters safe 3-6
- Answering the "Mayday" call (cover story) 3-6
- From dull to SHARP 7
- Oregon workers' compensation costs remain unchanged for 2004 8
- Start planning for the 2004 Safety Break for Oregon! 8
- Safety Notes 9-10
- Spanish "Excavaciones" 11
- English "Excavations" 12
- Five students receive Workers' Memorial Scholarship awards 13
- Oregon adopts new safety rules for logging and forest-related industries 14
- Lou Savage joins DCBS as policy advisor 14
- Timber Products in White City receives VPP Merit award 15
- Joint Emphasis Program: Ergonomics in Construction ... 16
- Oregon OSHA implements new on-line training registration services 16
- Profiles 17
- Giving (and Getting) the Best 18



**Answering the
"Mayday" call**
Photos from a firefighter
rescue training exercise ...
begins on Page 3

www.orosha.org

Administrator's Message

Governor Ted Kulongoski recently announced that the workers' compensation premiums paid by Oregon employers will not increase in 2004. It's great news, and I invite you to read more about it on Page 8 of *Resource*.

We have a great record for managing the safety and health of our workforce. Oregon's public-sector and private-sector employers have entered into partnerships among management, labor, and OR-OSHA that foster a climate in which we can be proactive on safety issues. Oregon has enjoyed 12 consecutive years of reduced on-the-job injuries, and we reduced our annual rate of fatal workplace injuries 48 percent between 1991 and 2001.

Every life lost on the job is one too many. The loss leaves behind a family, a work team, and a community to grieve. We shared in the grief experienced last year when Coos Bay lost three brave, dedicated firefighters who were responding to a structure fire. This issue of *Resource* focuses on the safety of those workers we ask to rush into harm's way to rescue our loved ones and protect property from fire. We will share with you some lessons learned from the Coos Bay tragedy and how fire departments in Oregon are moving forward to protect our fire-service personnel, preserving their opportunity to return home safely at the end of their shift.

We are also moving into autumn. This is an ideal time of year to focus your time and energy as an employer on training for your workers. Ongoing training is vital to creating a culture of workplace safety, and implementing an effective training program is one more step toward achieving self-sufficiency for your workplace-safety-and-health needs.

Oregon OSHA has expanded the number of training workshops for safety committees this year. During the past few years, safety-committee violations have been among the most frequently issued citations written up by OR-OSHA compliance officers. Safety committees keep a workplace running safely. They provide a formal mechanism for employers and their employees to regularly examine workplace safety issues. Of course, keeping workers safe keeps workers' compensation premiums low.



Peter De Luca

Don't forget about the training needs of your administrative and human resources staff. New injury-and-illness record-keeping requirements went into effect in 2002 with additional changes for the 2004 log, so make sure that your staff is proficient at filling out an OSHA 300 log.

Autumn is also a time for reflection on the past year's accomplishments. Take time to reflect on and to celebrate our success in keeping workers safe. Oregon employers have done a great job and deserve a round of applause for a great safety record! Let's be careful out there! ■

RESOURCE

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For general information, technical answers or information about Oregon OSHA services, please call (503) 378-3272 or toll-free within Oregon, (800) 922-2689.



Keeping firefighters safe

Providing a safe workzone is a challenge for fire departments throughout Oregon. The constraints facing firefighters are not enough money, too few volunteers, and a culture that celebrates the rough-and-ready heritage of firefighting while existing in a modern safety-oriented world.

On November 25, 2002, firefighters Randy Carpenter, Jeff Commons, and Chuck Hanners lost their lives in a structure fire that erupted at Farwest Truck and Auto Supply in downtown Coos Bay. The Oregon OSHA investigation into the fire and the resulting citation identified numerous safety and health program deficiencies at the Coos Bay Fire Department, including incident-management procedures, not having two firefighters standing by while fighting an interior structure fire, lack of written procedures for tracking personnel during a fire, respirator use and repair, and physical assessment of fire fighters.

Oregon OSHA enforces workplace-safety-and-health regulations within Oregon's fire protection service. By reference in our rules, Oregon OSHA has adopted a number of the consensus standards developed and implemented nationwide by the National Fire Protection Association (NFPA). Developing a closer working relationship with the fire community to improve worker safety is the intent of Oregon OSHA's Fire Policy Team. The team plans to develop materials to help fire districts implement standards that protect the safety of emergency responders.

"We want to help and work with fire departments so they can protect their firefighters, not shut them down," says Barry Jones, manager of enforcement for Oregon OSHA. "We understand the difficulties that the fire departments face, and we recognize the budget limitations they have. We want to work with them so that we can protect the firefighters who risk their lives for us every day."

A major goal of the Fire Policy Team is to explain what fire districts should expect from Oregon OSHA and what Oregon OSHA's expectations are from fire departments. What fire districts have expressed so far is they face many challenges in ensuring worker safety.

How large districts work

Tualatin Valley Fire and Rescue (TVF&R) is Oregon's largest fire district. The district was formed in 1988 by merging Washington County Fire District #1 and the Tualatin Rural Fire Protection District. TVF&R consists of 22 fire stations providing protection to 210 square miles of Washington and Clackamas counties.



Answering the "Mayday" call

Fire districts create realistic training scenarios to practice rescuing firefighters from a structure. Tualatin Valley Fire and Rescue graciously allowed OR-OSHA Resource to participate in a recent firefighter rescue training exercise.



Units arriving at a structure fire test their respirators and radio equipment before preparing to enter the burning building.



The entry team reaches the door of the building. Firefighters will maintain a "buddy system" inside to monitor each other's safety.

Continues on Page 4



Away from the burning building, incident command sets up to monitor the fire scene and deploy firefighters, including those from other districts offering aid. The commander tracks the positions and assignments of all firefighters on the accountability board, right in photo, above.



While firefighters work inside the burning structure, the two-person Rapid Intervention Team (RIT) stands by with the safety officer, whose duty is ensuring that safety procedures are maintained during the stress of a fire. During a real fire, the RIT's mission is to rescue a trapped or injured firefighter.

The goal of consolidation was to streamline administrative functions and provide higher value to nine communities in suburban Portland. “The bottom line is if each community funded their own departments today, there would be nine fire chiefs, nine fire marshals, nine training directors, and nine maintenance operations. It doesn’t take long to figure it out,” says Jeff Johnson, chief of Tualatin Valley Fire and Rescue. “Your operations staff generally remains unchanged. Your savings come when support and administration functions become leaner.”

“Fire departments have not done as good a job as they should at explaining to the public some of the expectations we’re faced with,” says Johnson, “either from an industry consensus-standards perspective or a regulatory perspective. I don’t think the average taxpayer has any concept of how each of us are performing against external standards or regulatory expectations.”

Challenges of a small district

The city of Amity (population 1,480) is located 20 miles from Salem. The Amity Fire District provides fire protection to Amity and to the small community of Perrydale, seven miles to the south. While at the opposite end of the operations spectrum from Tualatin Valley Fire and Rescue, Amity faces many of the same challenges.



The small, primarily volunteer-staffed fire department was struggling with 15-year-old turnouts (the thick protective suit firefighters wear) that had worn thin in places and a lowband-FM radio system from the 1960s. Amity Fire Chief Bruce Hubbard decided the best way to protect his firefighters was going after government grants. The Federal Emergency Management Agency provided \$91,000 requiring \$10,000 of matching money to be raised by the fire district. “We purchased new air packs, which was a big priority for us,” says Hubbard. “The second priority was new turnouts for everyone in the department. These new turnouts meet NFPA requirements and have a breathable liner. Our county was moving to a highband emergency radio system, and we included radios in the grant application.”

Having a long-range plan is vital for a small district facing shrinking budgets – budgets that frequently pose hard questions about equipment and training. “With the grant, we accomplished three items in our five-year plan,” says Hubbard. “Without the FEMA grant, working within our normal budget, it could have taken 20 to 25 years to accomplish that.”

Oregon OSHA understands the difficulties small fire districts have meeting their needs. “They may have a board of directors to answer and budgets to balance,” says Jones. “We know that those budget constraints play a major role in how a district complies with the rules. We certainly don’t want to put them out of business. We want to help them implement the things they need to protect their firefighters.”

Continues on Page 5

Training, training and more training

The heart of an effective fire department is in ongoing training. “You show me a great fire department and I’ll show you a fire department with a great training program,” says TVF&R’s Johnson. “There is a direct link between training and performance by an organization.”

TVF&R addressed the need to provide firefighters with the best training possible by establishing the Regional Training and Simulation Center in Sherwood. The 15-acre complex features realistic simulations of building fires, airplane crashes, railcar and semi-truck accidents involving hazardous chemicals, water rescues, and vertical rappelling. “We knew the most effective form of training for firefighters is one that puts people in live situations,” says Johnson. “The closer you can replicate real life experiences, the better people will perform when faced with the real thing. That entire center was built around the vision that we wanted to create as many real-life situations as possible where people could perform.”

Small districts rely on drill nights to transform citizens into firefighters. “It takes a minimum of two and a half months for us (Amity) to get a volunteer properly trained,” says Hubbard. “You train every Wednesday evening, a minimum of four nights a month and, if there’s a fifth week in the month, you train that Wednesday, too. We also run an academy on Saturdays and Sundays that takes up five weekends during that quarter.”

Many training resources exist, such as the NFPA, the Oregon Department of Public Safety Standards and Training, community colleges and larger regional fire districts who provide fire-simulation training. Fire districts, at minimum, train personnel in the NFPA Fire Fighter I national training standard. But finding enough volunteers willing to commit to the demands of being a firefighter in Oregon is a challenge.



TVF&R transmits training programs to crews at 16 fire stations via a closed-circuit TV network.



Operating only with flashlights in the darkened structure, firefighters pull a hose toward the flames and search for victims. During this exercise, vaporized non-toxic mineral oil creates a dense “smoke” and a public-address speaker blares noise to simulate a real structure fire.



Command receives a radio call of “Mayday” from inside the building. A firefighter needs rescuing. RIT members don respirators.



As air tanks begin to run low (which could be in as little as 15 minutes) firefighters begin evacuating the building as their ‘low-air’ alarms begin to sound. While exhausted firefighters exit, RIT members enter the building.

Continues on Page 6



Away from the fire, crew members get fresh tanks and are ready to go back inside.



Within minutes, RIT members charge from the building, towing their rescued crewmate.



With the live training complete, firefighters debrief with Battalion Chief Dustin Morrow (at front) who shares insights about what would happen during the real thing.

Volunteers needed

Trained volunteers are 72 percent of Oregon's emergency-services workforce. All smaller districts depend on community members to answer the call to service, and even at TVF&R, 84 volunteers complement the service provided by 300 paid firefighters. According to a report issued by the state's Volunteer Firefighter Task Force in 2002, demands on emergency services have increased while 76 percent of volunteer fire districts in Oregon report operating at static or declining volunteer levels.

So why don't more people volunteer?

"The social environment has changed so much that people have less time to give to their community," says Johnson. "With work requirements, kids, and lives that are more active, there's just less time for us to give as a society. That runs head-on into the regulations and expectations for both volunteer and career firefighters."

Fire personnel who have been in service for 20 years will tell you that the fire service is not the same as it was in the 1980s. More training is required to become a firefighter; entrance requirements are much stiffer, the volume of emergency calls much higher, and the exposure to risks more pronounced. And then there's the time issue.

"The time required to become a firefighter – time away from home, to stay trained, and emergency-response calls – runs into the fact we've never had less time available away from work to do it," says Johnson. "The risks have never been greater, based on what we know now about bloodborne pathogens. Those risks are much more apparent to us than they were 20 years ago."

Still, when emergency alarms sound in Oregon, volunteers will continue to respond. Fire chiefs such as Amity's Hubbard honor the spirit of their volunteers each day.

"I have a lot of volunteers – good hard-working volunteers – they do unreal things for us, and that's what fire service is all about." ■



More on the Web:

Oregon Volunteer Firefighter Task Force report:
www.sfm.state.or.us

National Fire Protection Association:
www.nfpa.org

Department of Public Safety Standards and Training
www.oregonvos.net/dpsst/



A view from the wood products industry: **From dull to SHARP**

By Gerry Gerlach, Human Resources Manager, Pioneer Cut Stock, Prineville

Pioneer Cut Stock, Inc. (PCS) is in the secondary wood products industry. We produce solid, fingerjointed, and molded materials for door or window parts and ship them to customers all over the United States and abroad. Because of the nature of this industry, there is a high risk of work-related injuries such as cuts, strains and sprains, soft tissue damage, musculoskeletal disorders, and even amputations.

In 1993, PCS reported 38 recordable injuries to Oregon OSHA. This was about a third of its workforce. Injuries ranged from minor cuts and scrapes to amputations. There were frequent reports of strains and sprains.

There were some safety concerns, and the injuries took a terrible toll on the morale of the workers. Turnover was incredibly high. This added to safety and production problems because unskilled workers were turning out a poor-quality product. PCS had reached a point where some serious decisions had to be made — and fast.

A new manager was made safety director. He had 100-percent commitment and support from the company president and from all upper management to get the problems solved. Under the guidance of the safety director, the role of the safety committee was restructured along with the safety program itself.

The safety committee started meeting twice a month, once for its regular safety-committee meeting and a second time for a safety-training meeting. Committee members were trained to be effective safety people. The safety committee also stepped up walk-through inspections to monthly, instead of quarterly.

Safety-committee members took information from these meetings and inspections and conducted short tailgate meetings with their workmates. An ergonomic action team was formed to investigate ergonomic problems, specifically strains and sprains. This team was made up of management and labor representatives. A hazard-alert system was developed to allow any employee to report any hazardous condition or action. Safe-operation procedures and a hazardous-energy-control program were established to educate employees about actual and potential hazards. An employee-suggestion program and a monthly safety slogan program were started to get employees involved further.

In 1997, PCS got involved with Oregon OSHA's Safety and Health Achievement Recognition Program (SHARP) and started working with Oregon OSHA consultants. And in January of 2001, PCS started an employee empowerment program that took employee involvement in safety issues to the next level.

What has been the result of all these changes and the hard work? In 1998, PCS received its first-year SHARP award. In 1999, PCS received a Governor's Occupational Safety and Health Conference award for "Outstanding Safety Committee," had an incident rate of 1.9 percent (when the industry rate was 7.2 percent) and received its second-year SHARP award. In 2000, an employee of PCS was appointed to the SHARP Alliance board of directors, PCS received recognition from National Institute for Occupational Safety and Health for its innovative and proactive approach to ergonomic issues, and earned its third-year SHARP award. In 2001, PCS received two

Milestone awards from Oregon OSHA, two GOSH awards (for "Outstanding Team" and "Outstanding Employer"), and received its fourth-year SHARP award. In 2002, PCS was elected to chair the SHARP Alliance and received its fifth-year SHARP award. In 2003, PCS is starting out with another GOSH award for "Outstanding Safety Individual." All of these accomplishments came from a team effort and the determination to change and improve safety. Oregon SHARP was definitely an important instrument in that change. ■



Safety Committee members for Pioneer Cut Stock: (Left-Right) Delores Noyola, Dawn Benson, David Carroll, and Ken Falloon.

Oregon workers' compensation costs remain unchanged for 2004

Oregon employers received good news in September: Governor Ted Kulongoski announced that workers' compensation costs will remain unchanged for 2004.



Kulongoski

The rate stability is the result of administrative savings by the Department of Consumer and Business Services. Governor Kulongoski, flanked by DCBS director Cory Streisinger, Oregon OSHA administrator Peter De Luca, and representatives from the construction industry and organized labor, made the announcement from a downtown Portland construction site on September 23.

When costs are computed as a whole, Oregon employers will save approximately \$22.7 million in workers' compensation costs next year.

"Oregon's workers' compensation system gives businesses in our state a

competitive advantage," Governor Kulongoski said. "Oregon employers continue to benefit from the strength and stability of a reformed system built on consensus and cooperation among employers, workers, and government. And our administrative cost savings reaffirm that state agencies are taking very seriously their responsibility to reduce the economic burden of regulation."

The Oregon rate is in stark contrast to rising workers' compensation costs facing employers in California and Washington. Workers' compensation premiums in California have doubled since 2000, while premiums in Washington increased by 29 percent in 2003, and state officials in Washington recently proposed an additional 19.4 percent increase for 2004.

The workers' compensation "pure" premium rate is the average rate employers pay to their insurance company for workers' compensation coverage. It is the base premium, reflecting the actual cost of work-

place injury and illness claims, before insurer administrative expenses and profit are added. The unchanged rate for 2004 means that Oregon employers will benefit from two years of stable rates following 12 consecutive years of reductions, 1991 to 2002. The cumulative cut in workers' compensation insurance costs since 1990 is 57.4 percent, with "direct cost" savings to employers of approximately \$8.8 billion.

Two other workers' compensation premiums paid by employers will decrease in 2004. Under a plan proposed by DCBS, the workers' compensation premium assessment rate will drop to its lowest level in six years, from 8.0 percent to 7.0 percent. The assessment rate for the Workers' Benefit Fund, which supports direct benefits to injured workers, will be reduced 0.2 cents for 2004. The assessment, applied to each hour or partial hour worked by an employee covered by workers' compensation coverage, will drop to 3.4 cents in 2004.

Oregon private-sector employers have reduced workplace injuries and illnesses in the state by 46.8 percent since 1988. Thanks to continued premium reductions, Oregon's national ranking in workers' compensation costs moved from sixth most expensive in the nation in 1986 to 35th by 2002. During this time, maximum benefits for permanently disabled workers in Oregon have increased dramatically to a compensation level close to the national median. ■

Start planning for the 2004 Safety Break for Oregon!

The 2003 event was so well-received by employers that the second Safety Break for Oregon will be Wednesday, May 12. The event gives employers an opportunity to talk with employees about workplace safety and health and how it makes a positive impact on businesses' financial health.

How employers observe the 2004 Safety Break for Oregon is up to them. This year, employers held safety fairs, employee-recognition

barbecues, and ice cream receptions to mark the occasion.

Oregon OSHA will offer communications materials and tool kits to help employers organize a Safety Break for Oregon event. Watch the Oregon OSHA Web site, www.orosha.org, for an announcement about the 2004 event. ■

For additional information about the 2004 Safety Break for Oregon, call (503) 947-7428.

SAFETY NOTES

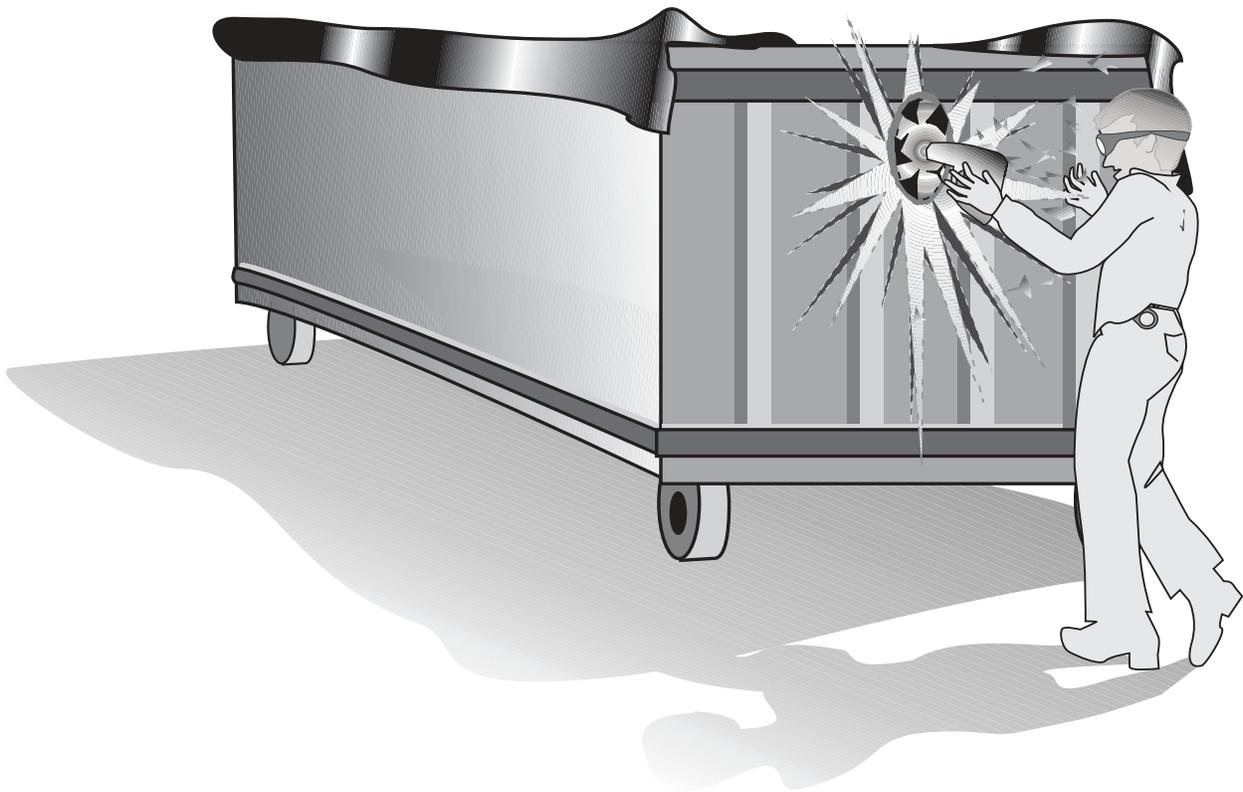
Department of Consumer & Business Services
Oregon Occupational Safety & Health Division
Salem, OR 97310

Accident Report

Accident type Struck by
Industry Vehicle Fleet Maintenance
Employee job title Maintenance Worker

Description of accident

The employee was preparing to weld a handle on a garbage dumpster by preparing the metal area with a hand-held pneumatic sander fitted with a five-inch grinding wheel. When the grinding wheel came into contact with metal, the grinding wheel exploded, striking the employee in the face with shrapnel. The employee was transported to hospital with serious injuries.



Investigation findings

The grinding wheel supplied by the employer was not designed for use in a hand-held device or a device that did not use appropriate safety guards to protect the operator from flying debris. The employer had not conducted an assessment to determine if PPE was necessary to guard against hazards. The investigation also determined the employer did not maintain written records of safety-committee meetings as required by OAR 437-001-0765.

Applicable standards

1910.243-(c)-(1)
1910.132-(d)-(1)
OAR 437-01-0765 6-(b)-(A)

IMPORTANT: Many serious – even fatal – accidents involving grinders occur every year in the United States. Employers must pay attention to the safety warnings on grinding wheels and be sure grinding wheels are used on the proper tools with appropriate guarding.

SAFETY NOTES

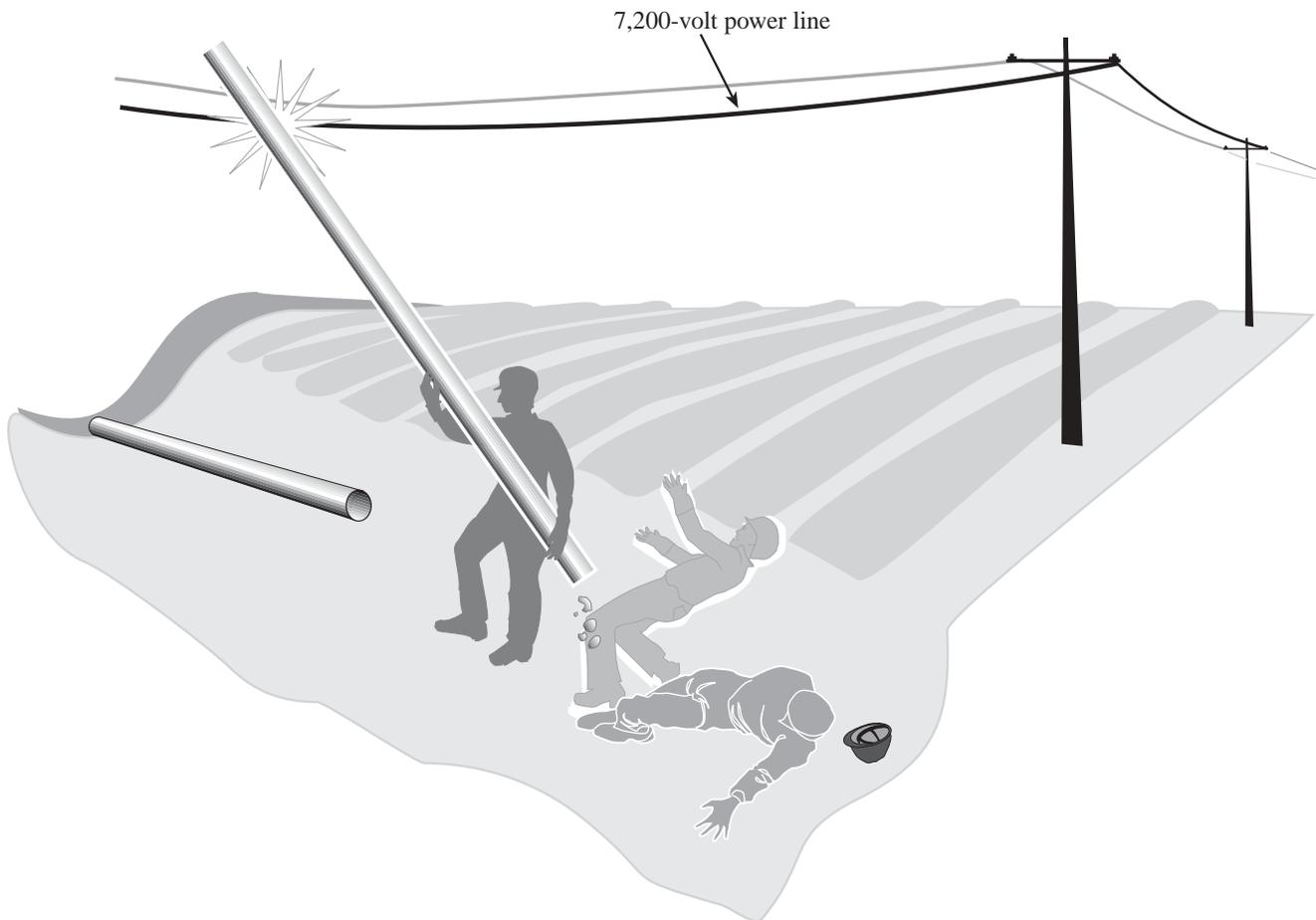
Department of Consumer & Business Services
Oregon Occupational Safety & Health Division
Salem, OR 97310

Fatality Report

Accident type... .. Electrocution
Industry... .. Agricultural crops
Employee job title... .. Ranch hand

Description of accident

The employee was setting up an irrigation pipeline and was handling aluminum pipe. The employee noticed an object inside the pipe and tipped the pipe up to remove the obstruction. The pipe contacted an overhead 7,200-volt power line, electrocuting the employee.



Investigation findings

Employees of the ranch had not been trained in the hazards of working with metal pipes in proximity to power lines. Further investigation revealed the employer did not have a written hazard communication program, did not have material safety data sheets for chemicals in use, and did not train employees in lockout-tagout procedures for work near or on energized equipment.

EXCAVACIONES

Departamento de Servicios para Consumidores y Negocios
División de Seguridad e Higiene en el Trabajo
Salem, OR 97310

Para mayores informes
llame al (800) 843-8086
(español).



¡LLAME ANTES DE CAVAR!

- ✓ Precise los lugares aproximados de las instalaciones subterráneas.
- ✓ Llame al servicio público o dueño de las instalaciones y al Centro de Notificación de Servicios Públicos Subterráneos (800) 332-2344.
- ✓ Proceda con precaución para encontrar el lugar exacto de las instalaciones.
- ✓ Apoye, proteja, o remueva la instalación en excavaciones abiertas.

Se deben hacer inspecciones diarias de las excavaciones, áreas adjuntas, sistemas protectores por una persona competente para indicios de una situación que puede resultar en posibles derrumbes, falla de los sistemas protectores, atmósferas peligrosas, u otras condiciones de peligro.



Si hay indicios de un posible derrumbe, falla del sistema protector, atmósfera peligrosa, o se encuentran otras causas de tener cuidado, a todos los trabajadores afectados se les debe retirar del peligro hasta hacerse seguro.



2 pies (0.61 metros)

A los trabajadores se les debe proporcionar un manera segura para entrar y salir de las excavaciones. Una escalera, escalera de mano, rampa, u otra manera de salida debe estar localizada en excavaciones de zanja que tienen cuatro pies (1.22 metros) o más en profundidad y a no más de 25 pies (7.62 metros) de recorrido lateral.

Escalone el material suelto alejándolo del borde de la trinchera y ponga el material, equipo y desechos por lo menos dos pies (0.61 metros) del borde.



¡NO!



¡SI!

EXCAVATIONS

Department of Consumer & Business Services
Oregon Occupational Safety & Health Division
Salem, OR 97310

For more information,
call (800) 922-2689
(English).



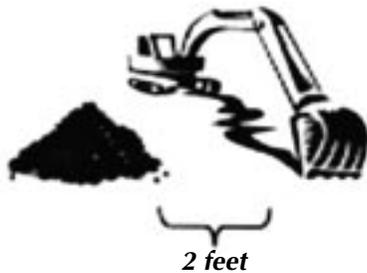
CALL BEFORE YOU DIG!

- ✓ Determine the estimated underground installation locations.
- ✓ Contact the utility/owner and Underground Utility Notification Center (800) 332-2344.
- ✓ Proceed cautiously to find the exact installation location.
- ✓ Support, protect, or remove the installation in open excavations.

Daily inspections of excavations, adjacent areas, and protective systems must be made by a Competent Person for evidence of a situation that could result in possible cave-ins, failure of protective systems, hazardous atmospheres, or other hazardous conditions.



If evidence of a possible cave-in, failure in the protective system, hazardous atmosphere, or other significant concerns are found, all affected workers must be removed from the hazard until rendered safe.



A safe means of entering and leaving excavations must be provided for workers. A stairway, ladder, ramp, or other means of egress must be located in trench excavations which are four feet or more in depth and require no more than 25 feet of lateral travel.

Scale back loose material from the edge of the trench and place all material, equipment, and spoils at least two feet from the edge.



NO!



YES!

Five students receive Workers' Memorial Scholarship awards

The Oregon Occupational Safety and Health Division (Oregon OSHA) presents scholarships to assist in the post-secondary education of spouses or children of permanently disabled or fatally injured workers. Five students received awards for the 2003-2004 academic year during a ceremony featuring Governor Ted Kulongoski on July 29. The five students receiving awards:



From left to right: Michael Parr, Natasha Whitaker, Ted Kulongoski (standing in for Phillip Nelson), Shawn Langford, and Kimberly McLaughlin.

Shawn Langford, Cornelius. Shawn was 24 when her husband died in an on-the-job accident, leaving her a widow with two children, 1 and 3. The responsibility of raising two young children prompted Shawn to withdraw from college, a decision that she has been able to reverse almost 15 years later. Shawn is attending Portland Community College and working towards a career as a dental hygienist.

Kimberly McLaughlin, Yamhill. Kimberly's father was a carpenter who died when she was eight. According to Kimberly, she learned the value of hard work from her father while very young. Following his death, she made working hard her lifetime goal. Kimberly is a 2003 graduate of Yamhill-Carlton High School and will attend Chemeketa Community College to study business. Her career plans include becoming a photographer.

Phillip T. Nelson, Ontario. Phillip's father suffered a disabling injury in an electrical accident in 1977, seven years before Phillip was born. Phillip is a 2003 graduate of Ontario High School who plans to attend Northwest Nazarene University in Nampa, Idaho. Phillip's career plans are focused on becoming a computer graphic designer and graphic artist.

Michael Parr, Jefferson. Michael's father experienced an injury that ended his career as a truck driver in 1990. A back injury in 2000 cost Michael his own dream of becoming a helicopter pilot for the U.S. Coast Guard. A setback became an opportunity for Michael to become more involved in music during high school. Michael is a 2003 graduate of Jefferson High School and plans to major in music and American Sign Language at Western Oregon University. He plans to become a professional musician and music teacher.

Natasha Whitaker, Monmouth. Natasha's father was paralyzed during a logging accident in 1974. Natasha was born in 1984, and through hard work, graduated as valedictorian from Central High School in Independence in 2002. Natasha also received a Workers' Memorial Scholarship in 2002. She attends Oregon State University in Corvallis, where she studies economics and is in the honors program. She is working toward a career in economics.

The Workers' Memorial Scholarship is open to any high school graduate, graduating high school senior, GED recipient, current college undergraduate, or graduate student who is a dependent or spouse of an Oregon worker who has been fatally injured or permanently disabled on the job. A workers' compensation claim must have been accepted for the applicant to qualify. Scholarship awards may be used at colleges within the United States. The Workers' Memorial Scholarship was established by the 1991 legislature at the request of the Oregon AFL-CIO, with support from Associated Oregon Industries.

Oregon adopts new safety rules for logging and forest-related industries

Oregon OSHA has introduced Division Seven regulations containing new Oregon Administrative Rules (OAR) for safety and health in forest-related industries. The new rules, which become effective on December 1, 2003, were developed by a committee of industry representatives working in conjunction with Oregon OSHA and are designed to protect workers in Oregon's forests.

Providing safety rules in straightforward language was a goal of the update process. "A new choker-setter could come to work and everything he needs to review is in one subsection," said Mike Lulay, technical specialist for Oregon OSHA. The new rules are more clear and concise, updated to reflect current technology in forest practices. They eliminate outdated or obsolete provisions to ensure uniformity between OR-OSHA requirements for other industries and forest-related activities. Forest activity professions covered by the updated rules include logging or timber thinning, log hauling and yarding, reforestation and stream restoration, forest road construction or maintenance, forest fire fighting, chemical application, clearing and slash disposal, marking, chipping, and timber cruising.

Three main changes in the new safety rules affect forest activity employers:

1) The elements of a basic safety and health management program are spelled out.

Rules now address management commitment, supervisor responsibilities, accident-investigation requirements, employee involvement, hazard identification, training, and annual evaluation of the safety-and-health-management program in clear language.

2) The safety standard is process oriented.

For improved understanding, rules were based on the typical sequence of processes occurring in a forest-based occupation.

3) Protective structures for machine operators are addressed.

The rules address design provisions for tip-over protective structures (TOPS) and fully enclosed cabs to protect equipment operators. Equipment manufactured after July 1, 2004, will be required to be fully enclosed to protect the equipment operator.

Training sessions to familiarize employers and workers with the new rules are being offered throughout Oregon. The training sessions will be conducted by Oregon OSHA during regional meetings of Associated Oregon Loggers chapters. Training sessions are open to the public. Contact Associated Oregon Loggers, (800) 452-6023, for information about the meetings.

The new rules are the result of public hearings during fall 2002 and over five years of meetings of the OR-OSHA Forest Activities Advisory Committee, which is made up of representatives of the logging industry, timberland owners, equipment manufacturers, organized labor, state and federal agencies, and other industry stakeholders. ■

Additional information about the rule changes and the text of the adopted rules are available on the Oregon OSHA Web site, www.orosha.org. For answers to technical questions about the safety rules, contact Mike Lulay in Oregon OSHA's Standards and Technical Section, (503) 947-7431, or toll-free in Oregon, (800) 922-2689.

Lou Savage joins DCBS as policy advisor

Lou Savage has been appointed senior policy advisor to the director of the Oregon Department of Consumer and Business Services (DCBS). The department is the state's largest business regulatory and consumer protection agency, with programs and services related to workers' compensation, occupational safety and health, building codes, insurance, financial institutions and services, and small-business assistance.

Savage ended 10 years in private legal practice in Portland to join the director's staff at DCBS. As an attorney, he represented businesses and individuals in

licensing, enforcement, and administrative-law matters before state and federal agencies.

Before going into private practice, Savage was district director to then-Congressman (now U.S. Senator) Ron Wyden for five years. He also advised the congressman on policy issues relating to business, economic development, and housing. Savage had earlier spent eight years as executive director of Multnomah County Legal Aid, where he worked on housing and consumer cases.

"I'm extremely pleased to have Lou on board," DCBS Director Cory Streisinger said. "He brings to bear a

See "Savage joins DCBS" on Page 15

Timber Products in White City receives VPP Merit award

Timber Products Spectrum Division (TP Spectrum) in White City, Oregon, received 'VPP Merit Award' status from the Oregon OSHA Voluntary Protection Program (VPP) on May 29. The Voluntary Protection Program is a national program that encourages employers to voluntarily meet rigorous workplace-safety-and-health management standards to protect workers and reduce injuries.

"By achieving VPP status, Timber Products Spectrum Division has demonstrated that they are among the 'best of the best' for workplace safety management," says Peter De Luca, administrator of Oregon OSHA. "This facility had a lost-workday injury rate in 2002 that was 44 percent lower than the state industry average for specialty laminators. That safety record was accomplished because this mill makes a daily commitment to working safely."

To achieve VPP status, a worksite must have a three-year average injury-and-illness rate at or below the rates of other employers in the same industry. The worksite undergoes an extensive Oregon OSHA review of workplace conditions, safety records, employee safety-and-health programs and regulatory compliance. The review includes Oregon OSHA interviews with employees. Evaluators review 19 program elements, including management commitment to safety, employee participation, self-inspection, safety-and-health training, emer-

gency programs and drills, and preventative maintenance. Oregon OSHA's VPP companies are removed from routine scheduled inspection lists for the duration of their participation. Employees do not lose any rights under the program, and Oregon OSHA still investigates accidents, formal complaints, and chemical spills.

Timber Products Spectrum Division employs more than 50 people at White City, where it manufactures wood-laminate products used in furniture, shelving, cabinets, stage sets, and other applications. The company joined the Oregon OSHA Safety and Health Achievement Recognition Program (SHARP) in May 1999 before becoming a VPP site in 2003.

Timber Products Spectrum Division is one of six active VPP sites in Oregon. The others are Kerr McGee Chemical LLC in The Dalles, Georgia-Pacific Toledo pulp and paper mill, Georgia-Pacific Philomath mill, Georgia-Pacific Coos Bay mill, and Frito-Lay Beaverton. DPR Construction's Lewis & Clark Campus Housing Project in Portland was recently completed and is no longer eligible to be a VPP site. ■

For more information about VPP or SHARP, contact Mark Hurliman, Oregon OSHA VPP/SHARP program coordinator, (503) 947-7437.

"Savage joins DCBS " continued

unique background and skill set, having served as an advocate for both consumers and businesses and in both the public and private sectors. I'm confident he'll be a good match for the needs of the businesses, workers, and consumers who are served by DCBS programs." In his new position, Savage will advise Streisinger on public policy, legislative, and management issues relating to the department's regulatory and consumer protection responsibilities.

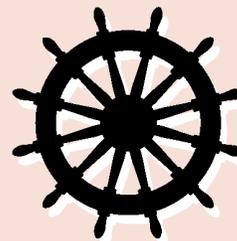
Savage holds a bachelor's degree from the University of Oregon and a law degree from the School of Law at Lewis and Clark College. He has two adult children.

Meg Reinhold, who vacated the position Savage now fills, has moved to the DCBS Workers' Compensation Division as the division's program evaluation coordinator. In that role, she will advise the division on program management issues, performance measurement, and regulatory streamlining efforts.

"I appreciate the contributions Meg has made and continues to make at DCBS," Streisinger said. "We're fortunate that she'll still be lending her expertise, energy, and commitment to the department in her new role with the Workers' Compensation Division." ■

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For registration information, call the Oregon OSHA Conference Section at (503) 947-7441 or toll-free in Oregon (888) 292-5247, option 1, or visit www.orosha.org and go to "Conferences".

Joint Emphasis Program: Ergonomics in Construction

Oregon OSHA, in conjunction with construction industry partners, is introducing a training program designed to reduce the amount of muscle sprains and strains that occur during construction. The training class is a service of the Joint Emphasis Program (JEP) partnership created by Oregon OSHA to reduce construction injuries and fatalities through education. The partnership includes representatives of management, labor, and government.

“Construction is like playing a professional sport such as basketball,” says Penny Wolf-McCormick, health enforcement manager for Oregon OSHA’s Portland field office. “It is very physically demanding work. The better shape workers are in, the less likely it is they will ache at the end of the week. As in athletics, it’s important to warm up before launching into construction work for the day.”

The course is an on-the-job training approach to reducing ergonomic injuries. Students will learn about industry-tested techniques for solving problems, including muscle warm-ups at the start of a shift and proper equipment placement to reduce repetitive muscle strain.

The “Ergonomics in Construction” training workshops will be offered in:

- Salem on November 18
- Eugene on December 4
- Beaverton on December 11
- Salem on January 20
- Portland on February 3
- Beaverton on March 11

There is no cost for the training workshop.

To register for a workshop, fax your request on company letterhead to (503) 947-7462 or register on the Oregon OSHA Web site, www.orosha.org, under “Education.” If you have questions about Oregon OSHA training, call (503) 947-7443 or toll-free within Oregon, (888) 292-5247, Option 2.

More construction ergonomics information is available in the “Ergonomics” area of the Oregon OSHA Web site. ■



Oregon OSHA implements new on-line training registration services

Oregon OSHA is now offering on-line training registration services through the www.orosha.org Web site. The on-line registration system now gives students and employers convenient access to 29 safety-and-health classes offered at various locations and 10 on-line courses.

Students can establish and maintain a personal account to track their training records and see upcoming training opportunities. The on-line registration system offers employers increased flexibility as well; they can register groups of employees for workshop training and manage their training rosters through their own company accounts.

The on-line registration system makes it easy for students and employers to do the following:

- register for workshops on-line
- preview workshop schedules by topic, date, or location
- search for Oregon OSHA classes scheduled throughout Oregon
- read workshop descriptions

The expanded on-line registration system is available on the “Education” page of the Oregon OSHA Web site, www.orosha.org. If you have questions about Oregon OSHA’s training and education services, call (503) 947-7443 or (888) 292-5247, option two, which is toll-free within Oregon. ■



Michelle McColly, Oregon OSHA Salem Central Office Operations Manager

When you walk past Michelle McColly's desk, the screensaver on her computer sums up her outlook on life: Maintain a positive attitude. McColly serves as Oregon OSHA's Office Operations Manager in Salem. The Silverton native has been making sure she and her team keep up that positive attitude every day.



"I was raised to always give 110 percent at work," says McColly. "I was also taught the value of making quality work your signature every day."

McColly worked for three years in customer service with Molalla Telephone before joining Oregon OSHA in 1990. McColly later served as office coordinator at the Salem field office before working at Oregon OSHA's Portland field office for five and a half years. Her experiences as an administrative specialist, then a supervisor in Portland, led to McColly returning to Salem in 1999 to her current supervisory role.

As office operations manager, McColly supervises the Records Management and Citation Processing Unit, which handles the documentation and records of more than 5,600 inspections performed every year by Oregon OSHA. Central to her job is managing the integrity of legal citations being issued effectively, working collaboratively on policies and procedures, and assisting the Oregon OSHA manager of enforcement.

Co-workers will tell you they are impressed by McColly's commitment to service and the energy she brings to her job. "Attitude really does affect a person's ability to work effectively," says McColly. "Our team is committed to making each contact with any customer, whether external or a co-worker, a positive one."

It's not that McColly doesn't sometimes feel the stress: "If I start down a negative path, I do my best to just turn it off. You know, life is too short and if you want to live in a negative world, life won't be that happy for you. Always work to put a positive spin on each day."

Every day at Oregon OSHA brings new discoveries. "Dealing with tough issues but being able to work to a positive outcome, is very satisfying," says McColly. "When I can get work accomplished and have positive interactions with other people, that's a great day."

McColly unwinds by working out, running, rollerblading, working in her yard, spending time with family and friends, or volunteering her precious remaining spare time to community organizations. ■

The OR-OSHA Resource Center and Audiovisual Library

A RESOURCE FOR PROMOTING HEALTH & SAFETY IN THE WORKPLACE



Giving (and Getting) the Best

by Don Harris, OR-OSHA Resource Center Audiovisual Librarian

“I’ve got a present for you!” My grandmother’s eyes sparkled with holiday cheer as she put a festively wrapped package into my eager hands.

A present! A present! “What is it?” I danced in a circle around her, clutching the prize to my little heart.

Somehow, Grandma managed to overlook my underdeveloped manners. She smiled conspiratorially. “Something you’ve wanted for a long, long time. But” — and here she wagged a cautionary finger — “You can’t open it until after dinner.”

It was something I’d wanted for a long, long time. I knew what it was — and I could scarcely contain my joy. “It” could only be one thing, my very own projector! Since I’d first seen the commercials for this amazing toy, a real projector that showed real movies, I’d talked of little else. Despite heaps of roast turkey with all the trimmings, my mind was far away. I’d open my own little theater and show cartoons twice daily. I’d charge a nickel from little kids, a dime from big kids, and I’d make a fortune. If only dinner were over.

At last, dinner was over, and I tore into the long-awaited package. And, there it was — a brand-new, shiny, as-seen-on-TV disappointment.

Instead of the phenomenally sophisticated, outrageously entertaining projector of my dreams, what lay before me on the living-room carpet was a run-of-the-mill, distinctly unsophisticated slide projector. It got worse. I picked up a series of slides at random. Little Bo Peep. I couldn’t believe my eyes.

Grandma gazed down at me expectantly. I gazed up at her with what I’m sure was ill-concealed anguish, and forced a weak smile.

“Thank you, Grandma.”

Many years later, projectors and slide shows are essentially things of the past, but I’ve never forgotten the disappointment of not getting the expected.

The moral of the story? I was ungrateful, yes, but this bitter experience of my youth also highlights the importance of clear communication for obtaining goods and services — a principle that applies in a special way to using the resources and services available to you through Oregon OSHA’s video library.

With this in mind, I’d like to offer some tips for avoiding disappointment when looking for that “perfect” training video.

Please don’t wait until the last minute to make your request. Our most popular videos, especially those pertaining to general attitude and awareness, are heavily scheduled for loan in advance. We’ll always do our best to fill last-minute requests, but advance scheduling substantially increases your chances of getting what you want when you want it.

In general, the higher the identification number given in the AV catalog, the newer the video. But, there are some exceptions!

Which reminds me — please don’t depend entirely on the video description given in the catalog or online. While we make every effort to present accurate program descriptions, these necessarily brief descriptions remain the work of many hands over many years. Then, too, there are things one doesn’t necessarily want to say in a written description. “This video has good technical content but the narration is terrible” — this wouldn’t go over well with the producers of the video, would it?

(Incidentally, we do our best to obtain videos in which both content and presentation are of high quality — but all safety videos are not created equal).

And, of course, please, PLEASE return materials by the scheduled return date! Chances are, someone is eagerly waiting for the video you’ve just finished viewing. Keeping materials past due causes significant inconvenience for other borrowers. If you need to extend the due date, contact the video library before the currently assigned due date. We’ll do what we can to accommodate your request.

This message is probably reaching you just as the holidays are hurtling towards us. Chances are, you’ll open several packages before the season is over — including (I hope!) packages coming to you from Oregon OSHA’s Resource Center. When you open that package marked “OR-OSHA AV Library,” we don’t want you to be disappointed.

The solution? Stay in touch with us! Let us know what works for you, and what doesn’t. If you’re looking for something special, give us a call. We’ll do everything we can to provide the best possible resources for your own particular needs. ■

Don Harris is available in Oregon OSHA’s Resource Center Monday through Friday, 8 a.m. to 5 p.m. Phone (800) 922-2689, or e-mail don.j.harris@state.or.us. Visitors to the Resource Center in Salem’s Labor and Industries Building are always welcome!

For a free copy of the 2003 AV Catalog, call (503) 378-3272 or visit our Web site, www.orosha.org. Find it under “Publications.”



The Central Oregon Safety and Health Association has announced that the annual Mid-Oregon Construction Safety Summit will be February 9 at the National Guard Armory in Bend. The theme for the 2004 summit is “On the Cutting Edge of Safety.”

The 2004 summit will feature an all-new lineup of classes and provide construction workers in Central Oregon with the latest information and techniques in workplace safety and health.

New topics include masonry wall bracing, fall-protection problem solving, how the Mine Safety and Health Administration (MSHA) fits into safety and health, and safe scaffold use.

To become involved with COSHA or for additional information about the Mid-Oregon Construction Safety Summit, visit COSHA’s Web site, www.cosha.org, or call Kelli Candella, (541) 322-7104.

RESOURCE

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(541) 686-7562
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