

OREGON HEALTH & SAFETY RESOURCE

A QUARTERLY
PUBLICATION OF
OR-OSHA

AUGUST 2004

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***VPP transforms an
Oregon paper mill
into a safety leader.***

www.orosha.org



Administrator's Message

Sometimes, it seems, we have to wait for tragedy to see progress.

On July 1, Oregon marked the 90th anniversary of industrial safety regulations in our state. The Workers' Compensation Law and Employer Liability Act enacted by the 1913 Oregon Legislature defined how a company was responsible for the safety of its workers, how the families of seriously injured or killed workers would be compensated, and basic expectations for factory safety. The national movement to have states protect workers, and compensate survivors, was in large part a response to the horrific Triangle Shirtwaist Company fire in 1911 that left 146 workers dead and a gruesome mine accident in Illinois that killed 259 men and young boys. It took tragedies to initiate reform, and the impact of these reforms are still felt today.

How do people today feel about the importance of workplace safety and health? Safety and health professionals have always been advocates on the job, and it turns out that generally, as a nation, more and more of us are committed to safety at work. A recent survey of 1,000 workers and managers by CNN and the Society for Human Resource Management found that 62 percent of those polled valued workplace safety as a very important issue, compared to just 36 percent of those polled in 2002.

You can guard machinery, change processes and implement progressive policy, but what ultimately makes safety a reality is people. People are the most important part of your safety and health management program. In this edition of the Resource, we look at how the management and workers at a paper mill in Toledo, Oregon worked together to ask the question "how can we improve our safety and save lives." The answers they came up with are helping to revolutionize how many other employers around our state are doing business.



Peter De Luca

It's summertime, and the heat is on. Hopefully business is good for you and production is increasing. The Safe Jobs, Smart Business initiative is in full swing, and we'd like you to share your success stories with Oregon OSHA. We're looking for business leaders eager to educate other Oregon employers about how a focus on safety and health not only puts people first, but also translates into smart business. Read more about our progress on page 4.

Let's be careful out there! ■

RESOURCE

Oregon Health and Safety Resource is published quarterly by the Oregon Occupational Safety and Health Division of the Department of Consumer and Business Services.

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**DEPARTMENT OF
CONSUMER
& BUSINESS
SERVICES**
**Oregon Occupational
Safety & Health Division**

Healthcare Ergonomics Conference in Portland

Oregon OSHA played a part in presenting an innovative Healthcare Ergonomics Conference on July 26-28 at the Doubletree Hotel Portland Lloyd Center.

The purpose of the conference was to share real-world solutions to reducing injuries among health care providers and support service personnel. According to Workers' Compensation Division data, more than 1,500 health-care professionals in Oregon received serious injuries on the job in 2002, 68 percent of which were sprains, strains, and muscle tears. Injury prevention is crucial to Oregon's health-care industry.

"We're looking at a holistic approach to ergonomics in health care," said Lynda Enos, RN, who serves as chairperson of the Oregon Coalition for Healthcare Ergonomics. "Ergonomics isn't just for nurses or ergonomists — it matters to anyone in the health-care environment or an industry that supports health-care services. Ergonomics is about designing work environments, tasks, and equipment to fit the physical and mental capability of the worker with the goal of reducing injuries such as strains and sprains. Think broadly: home health care, emergency medical services, nursing and other patient care services, administrative support services, housekeeping, laundry, food services, facility maintenance and engineering, health-care architects — these occupations all benefit from understanding ergonomics in health care."

Presenters from Canada, Australia, and Denmark were scheduled to participate at the 2004 Healthcare Ergonomics Conference. "We were bringing people together from across the country, and especially the Pacific Northwest, to share information and discuss best practices," said Enos. "Our participants and speakers shared solutions to common problems. We wanted participants to learn that they do not have to reinvent the wheel but can adapt successes from health-care facilities in the United States and other countries."

"It was a great honor for Oregon to be the site of this innovative conference," said Peter De Luca, administrator of Oregon OSHA. "Our state continues to be on the leading edge of creating workplace safety and health solutions and sharing what we know. People look to Oregon for what is working when it comes to workplace safety and health."

Educating the public about health-care ergonomics was a goal of the conference. "Most people are not aware about safe patient handling," said Enos. "It's safer — for the health-care worker and the patient — to use mechanical equipment and devices than to manually lift and move patients."

A common concern about ergonomic improvements is the cost of converting equipment. "One of the biggest misconceptions is that implementing ergonomics in the health-care industry is going to cost a lot of money," said Enos. "That's another myth we wanted to break with the conference. Research from the past 15 years in general industry shows you get a great return on the investment. Injuries are reduced and productivity increases. As ergonomics becomes more commonplace in health-care facilities and work is less physically demanding, we also expect to see a reduction in nursing turnover and enhanced quality of patient care. Ergonomics does not have to be complex or expensive for a health-care administrator to implement."



Keynote speaker Guy Fragala, PhD urged attendees to protect health care workers from back injuries.

The conference was presented by the Oregon State Association of Occupational Health Nurses and the Oregon Coalition for Healthcare Ergonomics, a partnership which includes Associated Oregon Industries, Oregon Association of Hospitals and Health Systems, Oregon Federation of Nurses and Health Professionals Local 5017, Oregon Health Care Association, Oregon Nurses Association, Oregon OSHA, SAIF Corporation and the University of Oregon Labor Education and Research Center.

The OCHE and OSAOHN present a

**HealthCare
Ergonomics
Conference**



See 2004 conference photos on Page 20

Safe Jobs, Smart Business

The Department of Consumer and Business Services has launched a campaign to educate employers about the value of planning and incorporating workplace safety and health into their business plans. The campaign, which combines outreach, training, and public education is called "Safe Jobs, Smart Business."

"We don't want to have an economic recovery overshadowed by not only more workers getting hurt, followed by a spike in workers' compensation rates," says Cory Streisinger, director of the Department of Consumer and Business Services.

The Safe Jobs, Smart Business initiative is focusing resources in five areas:

Agriculture

A strong future for Oregon relies on agriculture. Oregon OSHA is working with agriculture industry groups to provide safety information to members, and increase employer education about the need for agricultural employers to focus on safety.

Construction

A shift in Oregon's economy is predicted to create many construction jobs in the next several years. Oregon OSHA is working with trade associations and stakeholder groups, including the Construction Contractors Board, to reach construction contractor audiences that may have been unaware of Oregon OSHA's services.

Health care

Oregon is experiencing growth in the health-care industry as the field evolves to meet the needs of an aging population. Protecting health-care workers from injury is a major goal of Oregon OSHA. The division is a member of the Oregon Coalition for Healthcare Ergonomics, which is co-sponsoring the Healthcare Ergonomics Conference in Portland this summer.

Training and Education

Initial training and skill improvement are vital for promoting the safety of workers. Oregon OSHA offers training classes and materials for loan through the Oregon OSHA Resource Center.

New Workers

Research demonstrates that workers who have been employed in jobs for less than a year are at a high risk for becoming injured. In 2002, one-third of the serious disabling injuries accepted for Workers' Compensation Division benefits in Oregon were employees who had been on the job less than a year; 10 percent of the total serious injuries occurred within that employee's first 30 days. Many factors contribute to workers being seriously injured in their first year on a job, but adequate training contributes significantly to a worker's ability to stay safe on the job.

"We're reaching out to employers and making them aware of the resources Oregon OSHA has to offer," said Kevin Weeks, Oregon OSHA public information officer. "In cases where the employer doesn't have a safety and health program in place, we're introducing them to basic principles behind creating a safer workplace."

Communication, education, and business planning are crucial elements of transforming a workplace's approach to safety. "By not planning for your business climate to improve, you could be placing your employees at higher risk of becoming injured when production suddenly jumps," says Weeks. "Injuries take a very costly toll. The human impact is difficult to measure, but the cost impact caused by one serious injury could be enough to shut down a small business."

What could you do today to improve your safety and health program where you work?

- Take simple steps and see what's working.
- Review your injury and illness records to look for trends.
- Review your training program to see if those injury areas or hazard areas can be addressed.
- Attend your next safety committee meeting.
- Get a top-level commitment for safety and health by taking your CEO on a walk-through of your building to see where hazards exist or where hazards have been corrected.

Oregon OSHA has plans for education and outreach efforts during the next several months, including sharing success stories from employers that have implemented safety-and-health-management plans in their business and providing tools to employers to help them create safer workplaces. ■

Additional information about the Safe Jobs, Smart Business initiative is available on the Oregon OSHA Web site, www.orosha.org.

Oregon OSHA Consultation Services

Oregon OSHA offers a service that has helped thousands of Oregon employers create safer workplaces and reduce their workers' compensation costs by as much as 60 percent. Work site safety, health, and ergonomic consultations by a trained professional are available to Oregon employers.

Thirty-four Oregon OSHA safety-and-health professionals across the state provide free consultations at more than 2,000 work sites each year in Oregon. Consultations, conducted at the request of an employer, evaluate any or all aspects of work site occupational safety and health. The employer determines the scope of the evaluation. Employers receiving a consultation are provided a report summarizing the visit, including recommendations for improvement. Consultations are kept confidential from Oregon OSHA's enforcement program.

"We're here to help employers," said Michelle Cattanaach, manager of consultation and services for Oregon OSHA. "We provide a wide variety of services focused on an employer's needs. We cover rule requirements but we also concentrate on best practices and practical solutions that will fit the specific industry needs of an employer. Our goal is to help employers become self-sufficient in managing their safety-and-health programs."

Oregon OSHA consultants provide a range of evaluation services to meet the needs of employers. How can we help you? Listed below is some common consultation projects.

- **New-business consultations**

If you are starting a business from the ground up, expanding a current business, or relocating to Oregon a consultant can review your plans and provide practical, economic suggestions for operating a safe workplace.

- **Safety consultations**

Oregon OSHA safety consultants will examine your workplace for safety hazards, review your written programs, evaluate your existing safety-and-health program, and the physical layout of your business to help you eliminate and prevent hazards.

- **Ergonomic consultations**

An ergonomic consultant will help you identify ergonomic risks and help you develop a safety-and-health program that can prevent strains and sprains, cumulative trauma disorders, and repetitive-motion problems.

- **Health consultations**

In a health consultation, an industrial hygiene professional will evaluate your work site for potential health hazards involving chemicals, noise, biological agents, and air contaminants. The industrial hygienist will also review the effectiveness of written safety and health programs in controlling or eliminating hazards.

No matter what the specialized needs of your business are, Oregon OSHA consultants can show you how easy it is to incorporate the basics of safety and health management into your workplace.

For employers who manage their programs to a degree that exceeds Oregon OSHA standards and whose safety and health programs focus on employee involvement, Oregon OSHA

consultation offers two recognition programs - SHARP (Safety and Health Achievement Recognition Program) and VPP (Voluntary Protection Program). SHARP recognizes employers who have made a commitment to safety and health and who are actively implementing specific elements. VPP recognizes those employers who have achieved a high degree of self-sufficiency and who regularly exceed Oregon OSHA standards. These are model employers who have incorporated safety and health into every aspect of their business.

Participation in the SHARP or VPP programs can result in a positive but unintended side effect - more business. "One area of benefit that we didn't predict with SHARP is how we have a great tool to attract new clients," said Jeff Anderson of Graphic Arts Center in Portland. "It's amazing how many large companies with well-established safety programs are now requiring their vendors to provide a safe working environment. From time to time, a client will ask for some evidence of the quality of our safety program. As a SHARP recipient, I can now send our potential clients information about our safety-and-health commitment."

"The consultant's goal is to help the employer become self-sufficient for their safety-and-health at work," said Brenda Comacho-Ching, consultation manager for Oregon OSHA's Portland field office. "Everyone benefits from employers being proactive about controlling and eliminating hazards. The consultation can be a very positive and educational experience for the employer." Customer service surveys of those employers who have requested consultation assistance, consistently show that over 90 percent of employers surveyed report being pleased with the experience.

Some employers may be hesitant to call Oregon OSHA consultation services. Employers can be assured that consultation is completely separate from enforcement. "Consultation does not share information with our enforcement section; it is a confidential service," said Robert Salinas, consultation manager for Oregon OSHA's Salem field office. "In fact, an active consulta-

See "Consultation Services" on Page 18

2004 Safety Break for Oregon

Oregon OSHA would like to thank the following employers for their support of the Safety Break for Oregon on May 12, 2004:

Accutel, Inc.

**American Red Cross,
Pacific Northwest
Regional Blood Services**

**Associated General
Contractors**

**Canby Telephone
Association**

**City of Eugene
Wastewater Division**

City of Milwaukie

**City of Portland, Bureau
of Environmental Services**

**City of Portland,
Bureau of Parks**

Comcast East Portland

ConstructaVision

**Daily Journal of Commerce
/Journal Graphics**

**Department of Consumer
& Business Services**

Depaul Industries

**Doncasters PED
Manufacturing**

**FV Martin
Trucking Company**

Hercules Incorporated

Jackson County



Employees in Salem's Labor and Industries Building enjoyed receiving safety information and a hot cup of coffee during a mid-morning Safety Break, using resources donated from personal funds.



Continued next page ...



Depaul Industries used a lunchtime Safety Break event to dedicate the new Hayden Island food processing facility in North Portland.

Employees and contractors of the American Red Cross Pacific NW Regional Blood Services enjoyed a Health and Safety Fair on May 12th. One of the more popular events was



the SafeSim™ computer driving simulation software. Volunteers took turns driving in a variety of weather conditions, facing many unexpected hazards.



Martin Transportation

National Frozen Foods

**Oregon Department of
Human Services**

**Oregon Institute of
Technology**

Oregon State Treasury

**Oregon Youth Authority,
Rogue Valley Youth
Correctional Facility**

Pioneer Cut Stock

R&H Construction

Rosendin Electric

Select Temp Medford

Select Temp Springfield

Ventura Foods

**Washington Group
International,
Umatilla Chemical Agent
Disposal Facility**

**Weyerhaeuser Springfield
Timberlands**

Whitaker-Ellis

May 11, 2005 will mark the third observance of the Safety Break for Oregon, scheduled for the second Wednesday in May. It's not too early to start planning ahead!

Forklifts are everywhere — Stay Alert!

There are more than one million forklifts or powered industrial trucks in use throughout the United States. When someone says “forklift,” they may be referring to a any of many powered industrial trucks: electric or propane forklift trucks, yard forklift trucks, order pickers, riding grip tows, tow tractors, walking pallet trucks, industrial tractors, or reach trucks.

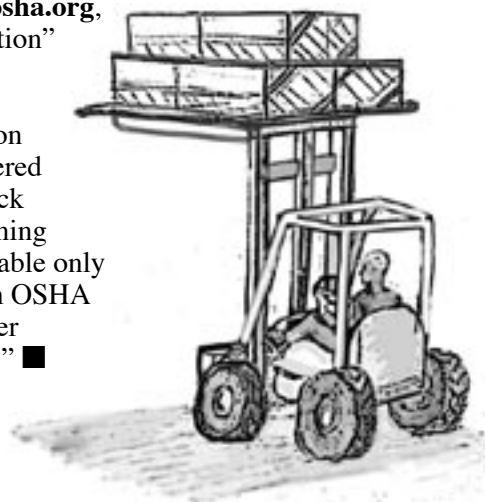
To be safe on any of them, there are certain things to look for. Here are some suggestions. (These are general guidelines - check Oregon OSHA’s guide Powered Industrial Truck Operator Training Manual on our Web site for safety guidelines for specific powered industrial trucks. Keep in mind that agricultural operations are covered under Oregon OSHA’s Division 4 rules.)

- *Overhead guards* – Are there broken welds, missing bolts, or damaged areas?
- *Hydraulic cylinders* – Is there leakage or any damage on the lift, tilt, and attachment functions of the cylinders?
- *Mast assembly* – Are there broken welds, cracked or bent areas, or worn or missing stops?
- *Lift chains and rollers* – Is there wear damage, are there kinks, signs of rust, or any sign that lubrication is required? Squeaking?
- *Forks* – Are they cracked or bent, worn, or mismatched? Is there excessive oil or water on the forks?
- *Tires* – Are there large cuts that go around the circumference of the tire? Are there large pieces of rubber missing or separated from the rim? Are there missing lugs? Is there bond separation that may cause slippage?
- *Battery check* – Are the cell caps and terminal covers in place? Are any cables missing insulation?
- *Hydraulic fluid* - Check levels.
- *Gauges* – Are they all properly working?
- *Steering* – Is there excessive free play in the steering wheel? If you have power steering, is the pump working?
- *Brakes* – If pedal goes all the way to the floor when you apply the service brake, it’s an indication that the brakes are bad. Brakes should work in reverse as well as forward gears. Does the parking brake work? The truck should not be capable of movement when the parking brake is engaged.
- *Lights* – If equipped with lights, do the lights work properly?
- *Horn* – Does the horn work?
- *Safety seat* – If the truck is equipped with a safety seat, is it working?
- *Load-handling attachments* – Is there hesitation when hoisting or lowering the forks, when using the forward or backward tilt, or the lateral travel on the side shift? Is there excessive oil on the cylinders?
- *Propane tank* – Is the tank guard bracket properly positioned and locked down?

- *Propane hose* – Is it damaged? Hoses should not be frayed, pinched, kinked, or bound in any way. Is the connector threaded on squarely and tightly?
- *Propane Odor* – If you detect the presence of propane gas odor, turn off the tank valve and report the problem.
- *Engine oil* – Check levels.
- *Engine coolant* – Check the level. Note: Never remove the radiator cap to check the coolant level when the engine is running or while the engine is hot. Stand to the side and turn your face away. Always use a glove or rag to protect your hand.
- *Transmission fluid* – Check levels.
- *Windshield wipers* – Do they work properly?
- *Seat belts* – Do they work?
- *Safety door* – (found on stand up rider models) Is it in place?
- *Safety switch* – (found on stand up riding tow tractors) Is it working?
- *Hand guards* – (found on stand up riding tow tractors, walking pallet trucks, walking transtackers) Are they in place?
- *Tow hook* – Does it engage and release smoothly? Does the safety catch work properly?
- *Control lever* – Does the lever operate properly?
- *Safety interlock* – (found on order pickers) If the gate is open, does the vehicle run?
- *Gripper jaws* – (found on order pickers) Do the jaws open and close quickly and smoothly?
- *Work platform* – (found on order pickers) Does the platform raise and lower smoothly?

Need additional resources for forklift safety?

- Contact your equipment manufacturer for training materials specific to your needs.
- Take Oregon OSHA’s training workshop #221, Powered Industrial Truck Safety, offered throughout Oregon. Go to the Oregon OSHA Web site, www.orosha.org, under “Education” for more information.
- Consult Oregon OSHA’s Powered Industrial Truck Operator Training Manual, available only on the Oregon OSHA Web site, under “Publications.” ■



The Danger You Can't See: Carbon Monoxide Exposure from Propane Forklifts

By Nathan Sweet, Oregon OSHA Health Compliance Officer, Eugene field office

Carbon monoxide (CO) is a colorless, odorless, non-irritating gas generated by incomplete combustion, such as in internal combustion engines. A common source of carbon monoxide in the workplace is forklifts fueled by propane or gasoline. These forklifts can produce unhealthy levels of carbon monoxide when operated indoors.

Oregon OSHA's permissible exposure limit (PEL) for carbon monoxide is 50 parts per million (ppm) for an 8-hour time-weighted average. The National Institute for Occupational Safety and Health (NIOSH) recommends a lower (35-ppm) exposure limit for an 8-hour time-weighted average.

Exposure case studies

August 1998: At a plastics manufacturing plant in Iowa, 38 percent of 65 plant employees were found to have illnesses that fit within the definition of carbon monoxide poisoning. Symptoms included headache and at least one of the following: weakness, dizziness, or nausea. Two propane fueled forklifts had operated inside the plant, emitting CO at levels above 40,000 ppm (or 4 percent). Employees and their managers did not recognize that the symptoms they were experiencing were related to carbon monoxide poisoning.

November 1998: In an Iowa warehouse, employees experienced headaches, nausea, and dizziness for several days. The Iowa Department of Public Health found that propane-fueled forklifts produced CO at levels between 40,000 and 70,000 ppm (or 4 to 7 percent) and that the ventilation in the warehouse was poor - CO levels were measured as high as five times the PEL. Employees had not sought medical treatment related to the symptoms.

In 1996, The Colorado Department of Public Health and Environment (CDPHE) measured carbon monoxide concentrations at three worksites. Full-shift CO exposures along with end-exhaled CO concentrations were measured at two of the worksites. These measurements, along with exposure data from record reviews and research, brought the CDPHE to conclude that using propane-fueled forklifts indoors without monitoring emissions and without maintenance efforts aimed at reducing emissions can result in carbon monoxide poisoning.

Health Effects

CO readily attaches to hemoglobin in blood, preventing the attachment of oxygen. This formation is known as carboxyhemoglobin (COHb). A normal COHb level in the blood of a non-smoker is one to three percent. The range for heavy smokers is five to ten percent.

CO exposure symptoms can be difficult to recognize, which results in continued exposure. Early symptoms include headache, dizziness, weakness, nausea, visual disturbances, and confusion. Symptoms may develop only as CO concentrations exceed 35 ppm. When CO concentration is 200 ppm in the air, people can experience headaches and nausea after a few hours. Such conditions are a health danger, because concentrations above 1,200 ppm can cause collapse and death.

Symptoms for a range of COHb levels:

- Levels of 10-20 percent cause tightness around the forehead, possible headache, and an increase in blood vessel size at the skin.
- Levels of 20-30 percent results in headache and throbbing in the temples.
- Levels of 30-40 percent can cause people to experience severe headaches, weakness, dizziness, dimness of vision, nausea, vomiting, and collapse.
- Levels of 50-60 percent can cause fainting, increased respiration and pulse, coma with intermittent convulsions, and irregular heart action and respiration.
- Levels of 60-70 percent may result in coma and death.
- Levels of 70-80 percent can cause weak pulse and respiration, followed by death.

Control Measures

Researchers for the State of Washington found that most occupational CO poisoning is preventable. Several measures have been identified as effective in controlling employee exposure to CO from forklifts:

- Use electric forklifts indoors instead of propane-powered forklifts.
- Keep the ignition and carburetor systems of the forklift tuned based on exhaust gas emissions. Tune the ignition and carburetor so the CO concentrations in the exhaust are between four-tenths and eighth-tenths of a percent (4,000 and 8,000 ppm). This range takes into consideration the fact that nitrogen oxide (NO) and nitrogen dioxide (NO₂) concentrations in exhaust increase as CO concentrations decrease.
- Use a catalytic converter that removes CO from exhaust. These can be retrofitted for a majority of forklifts manufactured in the past 20 years.
- Avoid idling. Turn off forklift engines when not in use.
- Provide adequate ventilation.
- Install CO detectors in employee work areas.

For References, see "Carbon Monoxide " on Page 20

GOSH safety and health awards recognize excellence

The 2005 GOSH Conference is committed to honoring and recognizing safety and health professionals who make a difference in the effort to maintain Oregon's record as a state with declining workplace injuries and illnesses. Do you know of an employer dedicated to advancing safety and health? Nominate him or her for one of the awards to be presented at the 2005 GOSH Conference. Categories include employers, safety committees, associations, and individuals who have gone the extra mile for safety and health. In this issue of Resource, we recognize two award winners from the 2003 GOSH Conference.



City of Portland, Bureau of Environmental Services Wastewater Group

In over 50 years of operation, the BES Wastewater Group has never had an on-the-job fatality. In 2001, the Wastewater Group did not incur a lost-time injury or illness, a remarkable feat in an industry with potential electrical, confined space, power transmission, and hazardous-gas exposures. In 2002, the agency achieved Oregon OSHA's Safety and Health Achievement Recognition Program (SHARP) status. Safety and health management programs in place at BES created a lost-work injury rate that was 36 percent below the state average in 2000 and 30 percent below the state average during 2001.

"Environmental Services Wastewater Group has developed a safety program that works and works well," said City Commissioner Dan Saltzman when the bureau received its SHARP status in 2002. "A safe workplace reduces injuries and illnesses on the job. When we work safely, we are not only more effective but also save our ratepayers money." The BES Wastewater Group includes operations at the 133-acre Columbia Boulevard Wastewater Treatment Plant in North Portland and the Tryon Creek Wastewater Treatment Plant in Lake Oswego. The agency treats Portland's wastewater, provides stormwater drainage services, and works in Portland watersheds to reduce stormwater pollution, restore native vegetation, and improve the quality of water in rivers and streams.



Jim McKune of Emerick receives a 2003 GOSH award from Dan Sabatino of ASSE and Peter De Luca of Oregon OSHA.

Emerick Construction

Emerick's commitment to safety is demonstrated by its policy that imminent, serious, and willful unsafe acts or conditions observed on a work site result in all work being stopped at that site until the worker or subcontractor is removed and safe conditions are restored. All managers and employees meet monthly to discuss safety on current projects, raise issues, and target concerns identified by Emerick's safety director. The company has received numerous safety awards, including the 2004 National Construction Excellence Award from Associated General Contractors for best construction safety performance in the United States. Emerick is marking its fourth year in the Oregon OSHA Safety and Health Achievement Recognition Program.

Emerick was recognized in the 2003 and 2004 "100 Best Companies to Work For" awards from Oregon Business Magazine, outstanding record for workers' compensation loss reduction from Associated General Contractors and SAIF Corporation in 2002, and earned "Top Project" recognition from the Daily Journal of Commerce in 2002 and 2003. Emerick was presented an excellence award from the American Concrete Institute's Oregon chapter for its work on the Oregon Shakespeare Festival expansion project in Ashland.

Employers that achieve excellence are in every community throughout Oregon. The 2005 GOSH awards provide an opportunity to recognize excellence in workplace safety and health.

Award nomination forms for the 2005 GOSH conference are now available for downloading from the Oregon OSHA Web site, www.orosha.org/conferences, or from the Web site for the Columbia-Willamette Chapter of the American Society of Safety Engineers, www.assecwc.org. Completed nomination forms must be received by October 15, 2004. Awards will be presented during the 2005 GOSH Conference, scheduled for February 28-March 3, 2005, at the Oregon Convention Center in Portland. ■

SAFETY NOTES

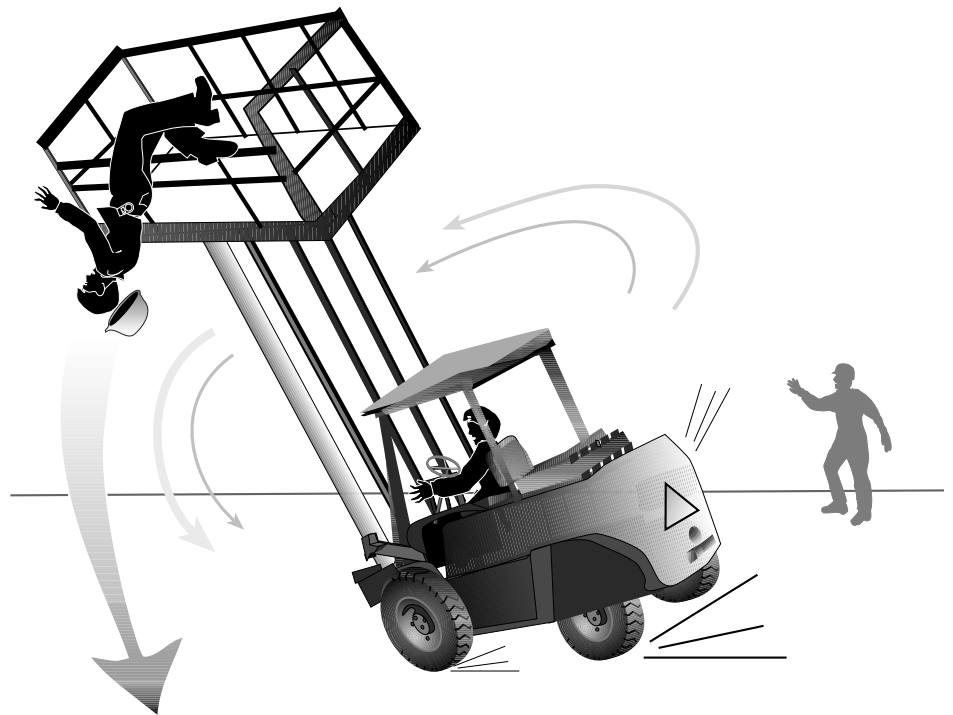
Department of Consumer & Business Services
Oregon Occupational Safety & Health Division
Salem, OR 97310

Fatality Report

Accident type Fall
Industry Manufacturing
Employee job title Truss Fabricator

Description of accident

The employee was working on a truss section while standing in a basket platform attached to the front of a forklift. While the forklift was stationary, the basket was raised to approximately 14 feet above the pavement to allow the employee to work on upper sections of the truss. An additional part was needed to complete the assembly process, so the forklift operator moved the vehicle to where the additional part was located, with the employee still on the platform. The forklift had traveled for several feet when the operator attempted to make a sharp left turn, which caused the forklift to lose stability and roll onto its side. The employee was slammed to the pavement in the basket platform and received severe head injuries. The employee died in a hospital, several days later.



Investigation findings

The forklift was in motion while the employee was on a personnel platform more than four feet above ground, a violation of OR-OSHA General Industry rules. The sharp left turn performed by the forklift's operator compromised the stability of the forklift, causing the vehicle to tip over. The investigation determined that employees were not required to perform practical exercises to demonstrate their ability to safely operate a forklift, and some operators were not aware that transporting a worker while the platform was more than four feet above ground constituted an unsafe work practice. Additional training for forklift operators, including a practical driving test, could prevent future unsafe forklift operation.

Applicable standards

29 CFR 1910.178 (1)(2)(ii)
29 CFR 1910.178 (1)(3)
OAR 437-002-0227 (4)(e)

NOTAS DE SEGURIDAD

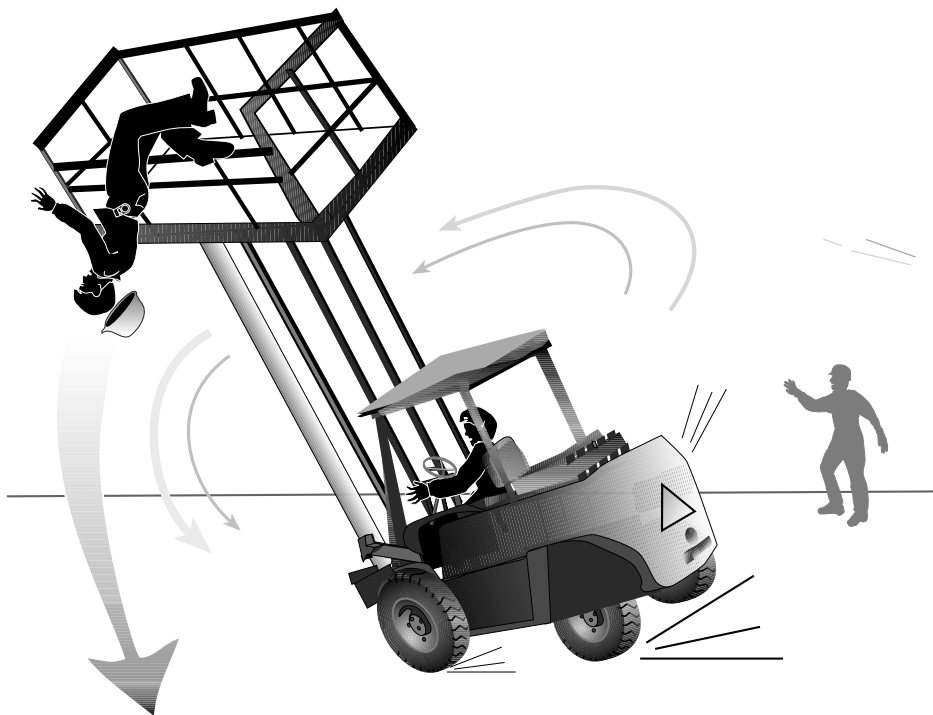
Departamento de Servicios para Consumidores y Negocios
División de Seguridad e Higiene en el Trabajo
Salem, OR 97310

Informe De Fatalidad

Tipo de accidente Caída
Industria Manufactura
Título del puesto del empleado Fabricante de Armazones

Descripción del accidente

El empleado estaba trabajando en una sección de armazón mientras estaba parado en una plataforma de canastilla sujeta a la parte delantera de un montacargas. Mientras el montacargas estaba estacionario, la canastilla fue elevada aproximadamente a 14 pies sobre el pavimento para permitirle al empleado trabajar en secciones más elevadas del armazón. Se necesitaba una parte adicional para terminar el proceso de montaje y el operador del montacargas movió el vehículo a donde la parte adicional estaba ubicada mientras que el empleado todavía estaba en la plataforma. El montacargas había viajado varios pies cuando el operador intentó dar una vuelta cerrada a la izquierda, causando que el montacargas perdiera estabilidad y se volcara a un lado. El empleado fue abotado pavimento mientras todavía estaba en la plataforma de canastilla y sufrió lesiones graves a la cabeza. Días después el empleado murió en el hospital a causa de sus lesiones graves.



Conclusiones de la investigación

El montacargas estaba en movimiento mientras el empleado estaba en una plataforma de personal a más de cuatro pies sobre el suelo, una violación de las reglas de Industria General de OR-OSHA. La vuelta cerrada a la izquierda realizada por el operador del montacargas comprometió la estabilidad del montacargas, causando que el vehículo se volcara. La investigación determinó que los empleados no estaban obligados a realizar ejercicios prácticos para demostrar su habilidad para operar un montacargas de manera segura, así mismo algunos operadores no sabían que transportar a un trabajador mientras la plataforma estaba a más de cuatro pies sobre el suelo constituía una práctica de trabajo insegura. Capacitación adicional para operadores de montacargas, incluyendo un examen práctico de manejo, podría evitar futuras condiciones de operación de montacargas inseguras.

Normas aplicables

29 CFR 1910.178 (l)(2)(ii)

29 CFR 1910.178 (l)(3)

OAR 437-002-0227 (4)(e)

INVESTIGACION DE ACCIDENTES

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

Para mayores informes
llame al (800) 943-8086
(español).

**¡Reporte
accidentes e
incidentes
inmediatamente!**

La importancia de investigaciones de accidentes e incidentes

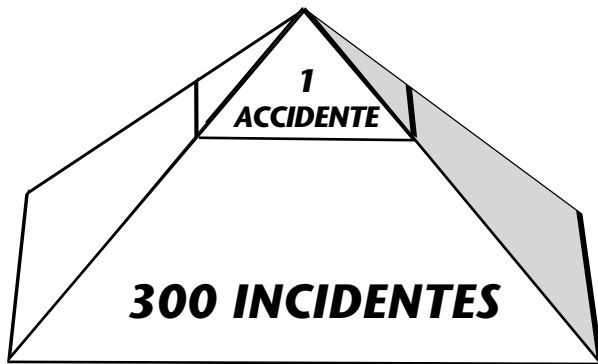
- ✓ Reducir el dolor y sufrimiento causado por los accidentes.
- ✓ Reducir las pérdidas monetarias causadas por los accidentes.

¿Que es un accidente?

- ✓ Un evento no deseado, no planeado, que causa lesiones, enfermedades o daños a la propiedad.

¿Que es un incidente?

- ✓ Un evento no deseado, no planeado, que casi causa lesiones, enfermedades, o daños a la propiedad.



¿Que dice esta pirámide?

Por cada accidente, ocurrieron
300 incidentes, o,
¡se le escaparon 300 oportunidades
para prevenir el accidente!

La razón principal de los accidentes son condiciones inseguras y actos inseguros

Ejemplos de condiciones inseguras:

- ✓ Maquinaria o equipo en mal estado de mantenimiento.
- ✓ Equipo de protección personal defectuoso o faltante.
- ✓ Guardas inexistentes en la maquinaria o equipo.
- ✓ Avisos o señales de seguridad e higiene faltantes o inadecuados.
- ✓ Falta de orden y limpieza.

Ejemplos de actos inseguros

- ✓ Llevar a cabo operaciones sin previo adiestramiento.
- ✓ Bloquear o quitar dispositivos de seguridad.
- ✓ Limpiar, engrasar, o reparar maquinaria cuando esta en movimiento.
- ✓ Trabajar sin protección en lugares peligrosos.
- ✓ Usar herramienta defectuosa.

ACCIDENT INVESTIGATION

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

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

**Report
accidents
and incidents
immediately!**

Importance of accident and incident investigations

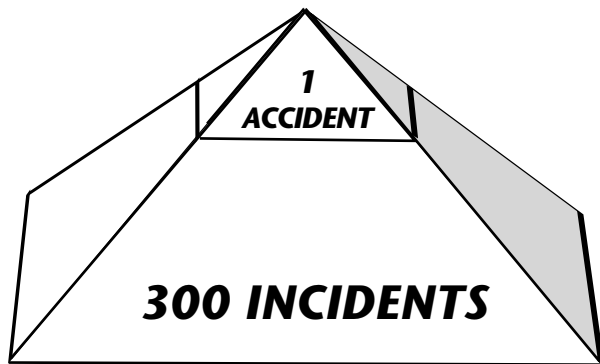
- ✓ Reduce the pain and suffering caused by accidents.
- ✓ Reduce the financial losses caused by accidents.

What is an accident?

- ✓ An unwanted, unplanned event that causes injuries, illnesses, or property damage.

What is an incident?

- ✓ An unwanted, unplanned event that almost causes injuries, illnesses, or property damage.



What is this pyramid saying?

For each accident, 300 incidents occurred or, you lost 300 chances to prevent the accident!

The primary causes of accidents are unsafe conditions and unsafe acts.

Examples of unsafe conditions:

- ✓ Poorly maintained machinery or equipment.
- ✓ Defective or missing personal protective equipment.
- ✓ Unguarded machinery or equipment.
- ✓ Missing or inadequate warnings or safety and health signs.
- ✓ Lack of housekeeping.

Examples of unsafe acts:

- ✓ Conducting work operations without prior training.
- ✓ Blocking or removing safety devices.
- ✓ Cleaning, lubricating, or repairing equipment while it's in operation.
- ✓ Working without protection in hazardous places.
- ✓ Using defective tools.

Georgia-Pacific Toledo's road to becoming a VPP success

Visitors entering Georgia-Pacific West's pulp and paper mill in Toledo near Newport may be struck by the notion that something is quite different here. The facility housekeeping is immaculate, and visitors go through a 10-minute briefing on the safety procedures and warning systems before they are allowed access into the mill. During the early 1990s, GP Toledo had a reputation of being a perilous place to work. However, following a tragic incident, the mill began a comprehensive overhaul of its safety and health management, and urged Oregon OSHA to adopt the national Voluntary Protection Program (VPP) model.

One of the major figures in Toledo's transition, a longtime leader in the Association of Western Pulp and Paper Workers (AWPPW), Gary McDonough, is now the full-time VPP facilitator for the mill.

"In 1990, we spent 16 weeks on strike, from the beginning of the year to about April," said McDonough. "We ended 1990 with 85 recordable injuries and an incidence rate of about 16. We had to improve."

But an explosion at a liquid storage tank in the mill claimed the lives of two workers and injured four on February 5, 1993. The event transformed Toledo's approach to safety.

"We were one of the most dangerous industries in Oregon and something had to change," said McDonough. "The union vowed we would never hold safety hostage again for any reason. We needed to cooperate and collaborate. We've stuck to that."

One of the recommendations that a team of labor and management at the mill came up with was to urge Oregon OSHA to adopt the national Voluntary Protection Program in Oregon.

Today, the mill serves as a model for how a facility can transform its safety culture, set production records, and serve as mentors to other employers' improvement. So how does Toledo do it?

"It's a roadmap"

What appealed to the team transforming Toledo's safety program was VPP's established structure and criteria for implementing a safety-and-health culture.

"It's a roadmap," said McDonough. "Look at the roadmap and see if that is the direction you want to go. Every VPP site that I have participated with or read about has been able to reduce the frequency of injuries, lower their workers' compensation costs, improve productivity, and improve morale."



"We would never hold safety hostage again...We've stuck to that."

— Gary McDonough, GP Toledo VPP facilitator and AWPPW Local 13 member.

To participate in the Voluntary Protection Program, a worksite must undergo an extensive Oregon OSHA review of workplace conditions, safety records, employee safety and health programs, and regulatory compliance, including interviews with employees. Evaluators review 19 program elements including management commitment to safety, employee participation, self-inspection, safety and health training, emergency programs and drills, and preventive maintenance.

An obstacle during Toledo's period of change was that Oregon OSHA had not adopted the federal OSHA Voluntary Protection Program. But McDonough and others urged Oregon OSHA to adopt the national model, and in 1996, Oregon OSHA gave the green light for a pilot program in Oregon. Toledo met the criteria for a VPP Merit site in 1999, and in 2000 achieved VPP Star status, representing the highest level of workplace safety-and-health in VPP.

See "VPP Success" — Page 16

Adopt safety as a value in your business philosophy

"Everyone says safety is a priority," said McDonough. "But when you come down to it, it can't be, because then you wouldn't be making any money — safety has to be a value. It's a value at the Toledo mill that we manage safety, the environment inside and outside this mill, and the quality of the product we're producing. The reward is what comes off of the paper machines. We have to do that together, minute by minute, every day of the week to be successful."

Mechanical improvements in new paper machines have meant that many hazards such as exposed shafts, unguarded rollers, caustic baths and the like have been covered or removed from potential contact with the employee, making the paper process at contemporary mills seem more like baking bread. But that is not the case at Toledo. Built in 1956 (the only Georgia-Pacific mill to have been built from scratch by GP), the facility houses three, block-long 1960s paper machines that take in hot, brown pulp amid clouds of humid steam to emerge minutes later as a 27-ton roll of brown paper, ready to be converted into corrugated packaging. Some control-room systems have been updated and improved for efficiency, but as in newer mills there is still plenty of potential for someone to come too close to a roller, or to be looking elsewhere as a paper roll is hoisted into position. In all paper mills, these are times when an employee looking out for co-workers is of life-and-death importance.

Safety is about people

Programs are great, but it's people working together daily that determines whether or not VPP survives in the workplace.

"We talk about safety constantly," said McDonough. "We have programs for our employees to talk to each other and evaluate what we're doing: Am I doing a process correctly? Are there ways I can improve on what I'm doing? We look at our behaviors, and we change our behaviors. On first-aids and near misses, we write them up



GP Toledo increased its production output 25 percent the year they reached VPP Merit.

and share them, we learn from them to find out where hazards are, and how we can make things better."

Safety is a way of life for Toledo. The management team meets each day at 8 a.m. covering safety, production goals for the day,

announcements, and any equipment outages. The safety meeting for the maintenance team already got under way at 7 a.m. with a similar agenda. Production teams and managers keep an open flow of communication.

The labor and management relationship is vital for VPP's strength.

"Labor has a great interest in VPP," said McDonough. "We used to write 150 grievances per year, and take maybe 50 all the way to arbitration. We don't do that anymore. We're able to solve 90 percent of our troubles by sitting across the table and working it out ourselves. There are issues that have to go to arbitration, because of legal concerns and interpretation of contracts but we've been able to eliminate most problems. We work together."

Employee ownership

The first lines of safety in the production area are GP's safety captains. These volunteers, easy to spot in their bright red shirts and red hard hats, are well trained in the mechanics of safety, including hazard identification, report writing, and inspections.

A key element of Toledo's success is early hazard detection through frequent safety audits, a process that makes many production staff members feel more secure about their personal safety.

"The audits let production employees know we care," said Kendra Wiles, one of Toledo's safety captains. "One of the main things we stress is tracking and follow-through. I want a safety captain to feel that when they do a safety audit and identify a problem, we're going to make sure the item is going to get fixed. By tracking these items, we keep employees informed and the supervisors aware of what they need to be doing to keep a process running smoothly."

Employee ownership of safety, a crucial measurement of VPP success, thrives at Toledo. About 100 employees serve as safety captains. Additionally, one hourly employee and one salaried employee from each department at the mill make up Toledo's 12-person accident prevention committee.

"...Morale was that high"

Does VPP contribute to the economic health of a company? Gary McDonough looks around the conference room at the mill, then answers.

"We're here today having this conversation because of VPP," said McDonough. "Over 300 paper mills have shut down in the past five years. Many people expected Toledo to be among that number. VPP has helped keep this mill open. We're now producing a globally competitive product."

Some may assume that if people are busy in training, having safety meetings, or conducting safety audits that they couldn't be getting product out the door. In 1999, the first year under VPP, GP Toledo boosted its standard output of 2,200 tons per day to a new daily record of over 2,800 tons per day, a 25 percent increase in production.



"We never put new equipment in or made capital changes like that," said McDonough. "It happened because morale was that high, people felt good about their work, and the market orders came in at the right time. That said, in 2000 we went to an on-demand strategy where the mill production targets change with customer demand. Now we can speed up, slow down, or change the paper grades we're running eight or nine times a day. Because we're working as a team, we are able to change quickly and roll with the changes. Other mills haven't been successful doing that, but we have."



See "VPP Success" — Page 18

There's no silver bullet

Sharing what you know is a vital part of being committed to VPP. "Information needs to be shared," said Wiles. "I was at a SHARP Alliance meeting to mentor other facilities, and it turned out that somebody at the meeting from another facility had a great tracking process that I could use at Toledo. VPP allows you to get together and learn from each other." The staff at Toledo has stepped up to its VPP commitment by participating in more than 50 mentoring sessions for other employers during the past two years.

In a competitive business market, some employers may seek Toledo's counsel with some unrealistic expectations. Rolf Lengwenus, safety manager for GP Toledo, has met a few while the mill has been a part of VPP.

"We have people come visit here and they (snaps fingers) want the silver bullet that they can go home with tomorrow and be where Toledo is at - but it doesn't work that way," he said. "It's a long process and takes commitment. It takes a lot of trust and courage from both labor and management to participate. You need to have the trust in place to sit down across a table and have both people say 'I trust you' and have honest discussions about safety. When you are working together towards a common solution about safety, many of the other issues that were getting in the way of production disappear."

The Toledo mill has bounced back from the difficult days a decade ago to serve as a model for transforming



(L-R) Don Cadwallader with AWPPW, Edward Bortz of Georgia-Pacific, co-chair of safety captains Eddie Larson, and Peter De Luca of Oregon OSHA celebrate five more years of Toledo serving as a VPP Star site.

a work culture to make safety a value, and a way of life. How does Toledo do it? Build partnerships, empower employees, have management and labor join forces, trust each other, self-inspect, provide training and resources to employees, and focus on people.

The recertification this year of Toledo's VPP status happens to coincide with McDonough's plans to retire in a few months. "Through VPP, we've learned to work together," said McDonough. "We have fewer accidents and fewer employees hurt. It's definitely raised the morale of the workforce. People really appreciate having a safe place to earn a living and go home at the end of the shift. If you really care about the employees who work for you, and you want to create a family atmosphere where people do genuinely care about each other, try VPP. It will change your work environment." ■

Consultation Services ...continued from Page 5

tion with Oregon OSHA usually defers a scheduled enforcement inspection until the consultation is concluded."

"The consultants truly enjoy visiting employers and helping them improve their safety and health programs," said Salinas. "Employers make a positive impact by tackling safety-and-health hazards on the front end, before hazards become an issue." ■

Convinced that a consultation can help your business? Request a confidential, free Oregon OSHA consultation right now. You can call toll-free throughout Oregon, (800) 922-2689 (or 503-229-6193 in the Portland Metro area) or head to the Oregon OSHA Web site, www.orosha.org, and request a consultation online, under "Consultation."

Working Safely in the Heat

Working during the summer in Oregon, especially outdoors, can be uncomfortable when the temperature hits 90 degrees and above. Combine high temperatures, high humidity, and physical work, and you may develop a work-related heat illness. The most severe heat-induced illnesses are heat exhaustion and heat stroke. If action is not taken to promptly treat a case of heat exhaustion, the illness could progress to heat stroke, and possibly even death.

“During a sudden summer hot weather period, we generally receive four or five reports of serious heat illness in the Portland Metro area,” says Penny Wolf-McCormick, Health Enforcement Manager for Oregon OSHA’s Portland field office. Workers on construction sites may be at greater risk for heat illness due to heavy exertion, enclosed operator cabs with poor air circulation, and prolonged exposure to the sun.

Employers and co-workers should be alert for common indicators of heat exhaustion. A person coping with heat exhaustion will still sweat but may experience extreme fatigue, nausea, light-headedness or a headache. The person’s skin could be clammy, and moist, have a pale complexion and a normal or only slightly elevated body temperature.

To help a person suffering heat exhaustion:

- Move the person to a cool, shaded area. Don’t leave the person alone. If the person is dizzy or light-headed lay them on their back and raise their legs about 6-8 inches at the feet. If the person is sick to their stomach, lay them on their side.
- Loosen and remove heavy clothing.
- Have the person drink some cool water (a small cup every 15 minutes) if they are not feeling sick to their stomach.
- Try to cool the person by fanning them. Cool the skin with a spray mist of cold water or a wet cloth.
- If the person does not feel better in a few minutes, call for emergency help (911)

Workers can be at increased risk when they take certain medications. It’s important to have workers check with their doctor, nurse, or pharmacy to see if medicines they take may affect them when working in hot environments. People who have experienced a heat-induced illness in the past, or must wear personal protective equipment while on the job are at higher risk for heat illness.

If heat exhaustion goes unnoticed or is left untreated, heat stroke can result. In extreme situations, heat stroke may lead to death. Heat stroke is a different condition than heat exhaustion. There are several reactions which occur in the human body with heat stroke:

Dry, pale skin
(no sweating);
hot red skin (looks like a sunburn);
mood changes;
irritability and confusion;
seizures or fits, and
collapsing
(person will not respond to verbal commands).

Follow the same steps for responding to heat stroke as with heat exhaustion. There are some critical differences for treating this medical emergency:

- Call for emergency help immediately (ambulance or 911).
- Keep the person in a cool area; if a seizure is underway, remove objects close to the worker that they could injure themselves with.
- Try to find ice for cooling packs while medical services respond. Place ice packs in the armpits and groin area.

The ideal situation is to prevent heat illness by protecting workers. Consider the following suggestions to help protect workers. Have them:

- Learn the signs and symptoms of heat-induced illnesses and what to do to help other workers.
- Perform the heaviest, most labor-intensive work during the coolest part of the day.
- Slowly build up tolerance to the heat and the work activity (this usually takes up to two weeks).
- Use the buddy system to monitor the heat (work in pairs).
- Drink plenty of cool water (one small cup every 15-20 minutes).
- Wear light, loose fitting, breathable (such as cotton) clothing.
- Take frequent short breaks in cool, shaded areas — allow your body to cool down.
- Avoid eating large meals before working in hot environments.
- Avoid caffeine and alcoholic beverages (these beverages make the body lose water and increase the risk of heat illnesses).

A “Heat Stress Safety” pocket reminder card is available from Oregon OSHA. You can download the card from Oregon OSHA’s Web site, www.orsosha.org, under “Publications;” — look for “Heat Stress Card,” (#3333E). The National Institute for Occupational Safety and Health (NIOSH) also has a booklet with heat stress prevention tips called “Working in Hot Environments.” The booklet is available for download from NIOSH’s Web site, www.cdc.gov/niosh/hotenvt.html. ■

2004 HealthCare Ergonomics Conference – Photos

Health care and support service professionals from around Oregon attended the 2004 Healthcare Ergonomics conference in Portland (see story on page 3). The conference was an opportunity to discuss advancements in patient care and safety for the workers who care for them.



The conference was opened by Lynda Enos, RN, chair of the Oregon Coalition for Healthcare Ergonomics.



A new tool for meeting the needs of bariatric patients was a state-of-the-art ambulance on display by American Medical Response. The gurney displayed by AMR team members can support a weight load of up to 1600 pounds.

Carbon Monoxide ...continued from Page 9

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Michigan Department of Consumer and Industry Services, Bureau of Safety & Regulation, Consultation, Education & Training Division: "Carbon Monoxide." BSR/CET-929; Publication #5010 (2001).

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Exhibitors from around the world demonstrated advanced technology designed to protect workers from becoming injured.



Yorke & Curtis recognized for worker safety

Oregon OSHA administrator Peter De Luca entered the reception room with 35 blue tickets and began randomly handing them to people. But the tickets were for a lottery most people don't want to win. De Luca was among many safety officials at an awards luncheon June 9 at Yorke & Curtis' McCormick Pier condominium construction project on the Portland waterfront, just blocks from Union Station.

Yorke & Curtis of Beaverton was recognized by the Department of Consumer and Business Services for its commitment to worker safety and for beginning its sixth year in the Oregon OSHA Safety and Health Achievement Recognition Program (SHARP). SHARP recognizes employers that make a commitment to improving workplace safety and reducing their injury and illness rates and who develop practices that become models for safe workplaces in Oregon.

During the past 10 years, the company has recorded over a million work hours without an injury requiring a day away from work. The human impact of that statistic sank in when De Luca asked those who had taken a ticket from him at the start of the ceremony to stand up. Those people represented, statistically, potential serious injuries during the time in which Yorke & Curtis was focusing on an injury-free workplace.



Rob Yorke of Yorke & Curtis receives the sixth-year SHARP award from Oregon OSHA's Peter De Luca.

"For us, safety means commitment, perseverance, and keeping track of the details," says Rob Yorke of Yorke & Curtis. "We have a great crew and management committed to working safely."

Yorke & Curtis also provides an incentive program that reminds employees daily about the value of working safely. "Our employees are rewarded quarterly, as well as receiving an annual award," says Yorke. "There are different methods of receiving those awards. Each person gets a fifty-dollar award when we go a quarter without a safety citation or a time-lost injury. Each year, an annual cash bonus grows each year that em-

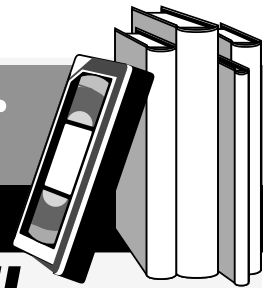
ployee has been with Yorke & Curtis. Our teamwork is very strong."

Beaverton-based Yorke and Curtis started construction work in the Portland area in 1988.

SHARP is a recognition program that provides an incentive for Oregon employers to work with their employees 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 issues. Oregon employers who have been in business for more than one year are eligible to apply for SHARP, regardless of size or type of business. ■

For additional information about the SHARP program, contact Mark Hurliman with Oregon OSHA at (503) 947-7437.

The OR-OSHA Resource Center and Audiovisual Library



Caution! Practical Ability Required!

By Don Harris, AV Librarian for Oregon OSHA

Some people have it and some people don't. 'It' is good practical ability, and I don't have it. Over time, I've gradually come to accept that fact, but it hasn't always been easy.

It started about 10 years ago. In 1993, I was a "brother-trainee" in a small monastery tucked away in the high desert of southwestern Idaho. My reputation for practical ineptitude must have preceded me, because I was instantly and firmly forbidden to touch anything hot, sharp, or having moving parts. This annoyed me. After all, the other "brother-trainee," Lewis, got to do everything. When Lewis wasn't racing around on our little three-wheeler, or running the tractor, he was up on the roof putting down new shingles. And me? "Don, when you're done straightening up, you can catalog books in the library." May I? Thank you so much!

One day, this division of labor got to be too much for me. Just after midday recreation, afternoon work assignments were handed out as usual, and Lewis got an especially entertaining assignment, involving a backhoe. Me? Library duty.

"I can't believe it," I wailed. Then I glared at my fellow trainees and whined, "I'm not completely incompetent! Lewis gets to run all over the place with chainsaws and bulldozers and I can't even use the sharp scissors unless someone is watching me!" With that, I sulked off to my usual assignments: chapel and library.

In the chapel workroom, I was still grumbling to myself as I grabbed the first tarnished item that caught my eye and started, resentfully, to polish. My mind was restless. "They think I'm a complete fool. They think I can't do anything. They think . .

." OW! I cut my thumb! I cut my thumb on a candlestick! Who would think a candlestick would have sharp edges, anyway?

With Oregon OSHA not having jurisdiction over our little community, I sucked my thumb momentarily, put a small bandage over it, and never reported the injury.

Now we move ahead, almost to the present day. I've come to Oregon OSHA, where I spend most days in the comparative safety of our very un-mechanized Resource Center. On this particular day, however, I'm taking an OSHA basic training course on forklift safety. We've finished the 'theory' portion of the class, and are now at the point of 'hands-on' instruction. Each member of the class takes a turn on the forklift, picking up a pallet, moving it several yards, and setting it down. Then it's my turn. "C'mon, Don," the instructor says cheerily; "I can hardly wait to see you on a forklift!" The rest of the class snickers.

A thousand disturbing images immediately crowd my mind. I see the forklift tipped over. I see myself under the forklift. Worse still, I see the instructor under the forklift. All I can do is try my best.

Somehow, I did it. I pulled the correct levers, picked up the pallet, moved it, and set it down. I didn't run over anyone, not even myself. The experience was very enlightening.

No, I wasn't a model of practical ability ever after. But, I was able to experience for myself what forklift drivers encounter on a daily basis. Most of all, I was struck (not literally) by how limited one's visibility is on these multi-ton machines.

This experience further height-

ened my respect for workers who contact hot surfaces, sharp edges, and moving parts daily. As one prone to routine injury near the "concrete and practical," I have the greatest appreciation for those whose occupations require practical skills and abilities. Since coming to Oregon OSHA, this appreciation has grown exponentially. So has my awareness of the need for effective safety training.

Before you attempt a potentially hazardous task, watch the task being demonstrated correctly and safely. If a candlestick safety video had been available before my ill-fated afternoon assignment those many years ago, my partial thumb-ectomy could have been avoided. Whether you're polishing candlesticks or operating a forklift, the safety training videos available through Oregon OSHA provide an easy, efficient way to see safe work practices demonstrated before attempting a dangerous job yourself. When combined with instruction from a qualified trainer and supervised hands-on practice, these videos are an invaluable resource for protecting the lives and limbs of workers in Oregon. If you've not used our video library before, try it! You'll be surprised how easy and cost-effective it is.

With that, I'd better close for now. We've got a brand-new knife safety video I want to review. This video includes an entire section on scissors. If I pay close attention, maybe I'll be able to use the sharp scissors all by myself. One can dream! ■

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."

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.

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Portland 97209-2533
(503) 229-5910
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(503) 229-6193

Eugene

1140 Willagillespie, Ste. 42
Eugene, OR 97401-2101
(541) 686-7562
Consultations:
(541) 686-7913

Pendleton

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Pendleton, OR 97801-3056
(541) 276-9175
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GOSH CONFERENCE 2005

SAFETY & HEALTH EXPEDITION

*Advancing industry
knowledge and practices*

FEBRUARY 28-MARCH 3, 2005

*Oregon Convention Center
Portland, Oregon*

SUCCESS IN OCCUPATIONAL SAFETY AND HEALTH DESERVES RECOGNITION!

Nominate an organization or individual who deserves the recognition of winning one of these *Oregon Governor's Occupational Safety & Health Conference* awards for 2005:

■ ASSOCIATION AWARD

(any association
actively promoting
workplace safety and
health is eligible for
recognition)

■ EMPLOYER AWARDS AND ■ SAFETY COMMITTEE AWARDS

up to 30 employees
31 to 99 employees
100 to 299 employees
300 to 999 employees
1,000 or more employees

■ INDIVIDUAL AWARDS

HealthCare Professional
Individual or Work Team
Industrial Hygienist
Labor Representative
Safety Professional

NOMINATIONS DUE OCTOBER 15, 2004

Download the 2005 AWARDS NOMINATION PACKET at
www.assecwc.org or www.orosha.org/conferences

Contact the Conference Section to request a packet by mail at
(503) 378-3272, or send e-mail to Oregon.GOSH@state.or.us

These prestigious awards will be presented at a luncheon on March 2, 2005, at the GOSH Conference!

440-2850 (8/04)



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Oregon Occupational
Safety & Health Division

Oregon Occupational Safety & Health Division
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