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RESOURCE

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The state OSHA plan – effective if used

By Michael Wood

Last month, I had the opportunity to travel to Montana to speak to a labor-management advisory committee that is struggling to develop more effective strategies to address the high injury and fatality rates in that state. They invited me as the current chair of the Occupational Safety and Health State Plan Association, which is made up of state OSHA programs from around the country.

Montana is considering pursuit of a full state plan, covering both the private and public sectors, which would make it the first program to take that course since the early days of the Occupational Safety and Health Act (there have been recent state plans created, but they have been public-sector only, leaving private-sector enforcement in federal hands). Because of my contact with other state programs around the country, I was able to talk about various approaches to a wide range of issues. But it was Oregon’s experience that proved most useful.

Oregon has a clear record of success using a comprehensive approach to injury prevention to bring workers’ compensation costs under control. That, after all, is the story of the past two and a half decades. Government, business, and workers have succeeded in demonstrating that the best way to control claims costs is to prevent the claims in the first place.

The government portion of that partnership largely takes the form of Oregon OSHA. Oregon OSHA itself reflects a recognition that we can most effectively eliminate and reduce hazards in the workplace using a wide range of tools. Educational materials, on-site consultations, outreach training activities, conferences and other collaborative efforts, and meaningful enforcement all play a role in Oregon’s success.

Montana has embarked on many of those activities, but they are unable to coordinate their various education and consultation efforts with the enforcement activities in the state because enforcement remains in the hands of federal OSHA. Even geography is against them, with the state’s primary offices in Helena and the federal OSHA office located in Billings, on the other end of the state.

I encouraged them to seriously consider taking control of their own destiny. With the size of their workers’ compensation bill, it seems clear that they could develop a program that would pay for itself after a few years.

But I also cautioned them against treating the state plan as a magic solution that would fix their problems simply through its creation. It can be an effective tool, but even the best tool is effective only if it is used. Here in Oregon, we had a state plan for more than 15 years before we really began to use it effectively, following the comprehensive workers’ compensation reforms that began around 1990. It wasn’t enough to have a state plan.

It may be nice to dream of magic bullets, but they aren’t real. Our past successes have been the result of hard work, and our future successes will require the same creativity and dedication.
Protection starts with the proper personal protective equipment and planning the job.

**Dangerous dust**

**Painting contractor invests in lead safety program to prevent exposures**

By Melanie Mesaros

Before Robert Chapman finishes up for the day, he and his Sisu Painting crew vacuum dust off each other’s coveralls. Then, he removes his mask and goggles and bags the clothing for washing. It’s part of the company’s process to ensure workers are not exposed to lead from the aging home they are refinishing.

“It’s not that complicated to follow the rules, but you need to think about the steps needed,” he said.

For this job — a home built before 1978 — the workers spray water as they scrape off old exterior paint. The work practice helps reduce dust and can prevent exposures.

“It doesn’t take much lead to have an overexposure,” said Penny Wolf-McCormick, Oregon OSHA’s Portland health enforcement manager.

“You may not have symptoms, but the lead will still be adversely affecting your body.”

Continued on page 5
Dangerous dust continued

Lead can damage a person’s nerves, stomach, intestines, kidneys, reproductive functions, and red blood cells. Symptoms usually build up slowly from repeated exposure to small amounts of lead.

Wolf-McCormick said Oregon OSHA inspections show inexperienced workers or those trying to finish a job quickly have the most overexposures.

Sisu Painting owner Nancy Long created her safety program a few years ago after contacting Oregon OSHA for help.

“I was under the impression that Environmental Protection Agency and OSHA rules were the same,” she said. “Then, I realized I needed to take other measures to protect my staff – things like providing a handwashing station and keeping training records.”

Wolf-McCormick said it’s critical for workers to wash up before eating, drinking, or even smoking.

Continued on page 6
Dangerous dust continued

“If you have lead dust or particles on your hands and you eat a sandwich, you are eating the lead,” she said. “The particles may not be visible on your hands so hand washing is really important.”

According to Wolf-McCormick, addressing work practices, using good hygiene, and wearing personal protective equipment are key measures to prevent exposures. Also, employers must have blood lead testing done to determine a worker’s baseline and exposure over time.

“The blood sampling can tell you whether the controls you are using are really working,” said Wolf-McCormick. “It can also tell you if you have workers who are taking their masks off or not washing their hands before eating.”

Chapman, a licensed and certified painter, said he assumes lead is present in older homes and doesn’t take chances.

“Everyday we clean, even if we aren’t done,” he said.

Long limits the number of lead jobs her workers perform each year, sometimes turning down 10 jobs a week.

“I can’t have Robert exposed to lead all summer,” she said.

Assume employees are exposed to lead at levels above the PEL until you have done air monitoring to determine their exposures. You must provide all of the following until you can show they’re exposed below the action level:

- Appropriate respirators (N95 HEPA, N100)
- Protective clothing such as goggles, gloves, and long sleeves
- Clean areas for changing and storing clothes (using a HEPA vacuum can help with dust)
- Handwashing facilities
- Blood sampling for lead
- Training that covers lead health hazards and all parts of the lead standard

Whether it’s prep work for a painting job or paint removal, any time the paint is disturbed, OSHA rules apply. Assume that homes built before 1978 have lead paint.
Protecting remodelers from lead exposures

By Ellis Brasch

Let’s assume your employees are about to remodel a home built in 1970. Because the home was built before 1978, it’s possible that some lead paint is present. How do you protect them?

First, determine if lead is present in areas where they will be working. You could hire a certified lead-based-paint inspector or have samples of the paint analyzed by an environmental lab. You could also use a lead check stick, but they may not be 100 percent reliable.

If lead is present, you must determine whether your employees’ work will expose them at or above the action level, 30 micrograms of lead per cubic meter of air averaged over eight hours. The most common way to do this is to use air-monitoring equipment to sample the air your employees breathe while they are working. You can do air monitoring yourself if you know how and if you have the right equipment, which you can rent. You can also hire a consultant, or your workers’ compensation insurance carrier may be able to help.

There’s a big problem, however, with monitoring your employees’ exposure to lead while they work: They could be overexposed, and you don’t want that to happen unless they are protected.

While doing air monitoring, you must assume your employees are exposed to lead above the action level. You must do a minimum of six things (known as interim protective measures) to ensure that your employees are protected:

• Provide your employees with appropriate respirators.
• Provide your employees with appropriate protective clothing.
• Provide clean areas for your employees to change and store their clothing.
• Provide handwashing facilities for your employees.
• Ensure that your employees have their blood sampled for lead.
• Provide training for your employees that covers lead health hazards and all parts of Oregon OSHA’s lead standard for the construction industry (1926.62).

Continued on page 8

Oregon OSHA’s Chris Zimmer contributed to this article.
If your employees do any of the following jobs, you must also do the minimum six protective measures:

- Manual demolition of structures such as dry wall, windows, and siding
- Manual scraping of dry materials
- Manual sanding
- Sanding with a dust collection system
- Cutting with a torch
- Heat gun work
- Spray painting
- Sanding without dust collection systems
- Abrasive blasting
- Lead burning
- Torch burning
- Welding

Your employees’ air monitoring results will tell you the level of their exposure to lead while they are doing the remodeling work. If they are exposed at or above the action level, you must continue the six protective measures, including additional air monitoring and medical surveillance.

You must also ensure that your employees are not exposed to lead at levels greater than 50 micrograms per cubic meter of air averaged over eight hours – that’s the maximum permissible exposure limit (PEL).

You can use engineering and administrative controls to keep your employees’ exposures to lead at or below the PEL. Engineering controls include tools that can reduce your employees’ exposure to lead. For example, using a sander attached to a HEPA vacuum to reduce dust. Administrative controls change employees’ work practices and temporarily reduce their exposures. For example, prohibiting workers from working in areas that expose them to lead above the action level. If engineering and administrative controls are not effective, then your employees must also use appropriate respirators.

For more information about assessing lead exposure levels, and to find out how to comply with Oregon OSHA’s lead standard for the construction industry, see Oregon OSHA’s fact sheet and Quick Guide to lead in construction.

Awards presented March 11, 2015

CATEGORIES

- Employer Safety Program
- Association
- Safety Committee
- Safety and Health Advocate (individual or team)
- Labor Representative
- Safety and Health Professional (industry specific)
SPECIAL THANKS
to the 2014 Safety Break participants

- Adroit Construction Co., Inc.
- American Red Cross
- American Society of Safety Engineers – Columbia Willamette Chapter
- Aramark Uniform Services
- Ashland Inc.
- Boyd Coffee Company
- Brentwood Corporation
- Cascade Composites LLC
- Central Oregon Pediatric Associates
- Central Oregon Safety Safety and Health Association
- City of Hillsboro
- City of Lake Oswego
- City of North Bend
- City of Prineville
- City of Sweet Home
- Columbia Sportswear
- Comcast Beaverton
- Comcast Cable Corvallis
- Comcast Cable Eugene
- Comcast Salem FFO
- Comcast Salem
- Comcast Tigard
- The Corvallis Clinic
- Covanta Energy
- Department of Consumer and Business Services
- Emerick Construction
- Fred Shearer & Sons
- Gaylord Industries
- Georgia Pacific
- Harry's Fresh Foods
- Hewlett-Packard Corvallis
- International Paper
- JELD-WEN Millwork Manufacturing
- Laird Plastics
- LCM Construction
- Life Technologies
- Market Contractors
- Mosaic Medical
- Multnomah County
- NuStar Energy LP
- On-the-Move Community Integration
- Oregon City Public Works
- Oregon Department of State Lands
- Oregon Heritage Farms
- Oregon Institute of Occupational Health Sciences at OHSU
- Oregon Institute of Technology
- Oregon Military Department
- Oregon Parks and Recreation – Tryon Creek
- Oregon Trucking Association
- Oregon SHARP Alliance
- The Oregon Clinic
- Pence Northwest Construction, LLC
- Port of Portland
- Portland General Electric
- Portland Habilitation Center
- Portland Public Schools
- Portland State University (University Services Building)
- Providence Health and Services
- Purdy
- R.D. Bussard & Son
- Redwood Safety Association
- Rosen Sunvisor Systems L.L.C.
- R&H Construction
- Selectemp Employment Services – Albany
- Special Districts Association of Oregon
- Standing Stone Brewing Co.
- Tec Laboratories, Inc.
- Tomco Electric, Inc.
- Tualatin Hills Park and Recreation District
- VTM Group, Inc.
- Walsh Construction
- Western Valley Cutstock Inc.
- Weyerhaeuser Company – TOPS Springfield
- Weyerhaeuser Springfield Forest Area
An installation technician operating an aerial lift was thrown from the platform and died when the lift tipped over.

After the technician and a co-worker hooked up a cellular antenna system on a 55-foot power pole, they lowered the boom on their Genie 65S articulating boom lift and stepped off the platform.

While the co-worker hooked up a meter to verify that the system was working, the technician got a camera, returned to the platform, and began raising the boom to photograph their completed work.

He was operating the lift on an eight- to 10-degree slope with counterweight on the downhill side. Although he was wearing a body harness for fall protection, he did not attach his lanyard to one of the manufacturer’s approved anchorage points on the platform.

As the technician raised the platform to its maximum height with the boom retracted, the lift suddenly tipped over, throwing him 10 feet from the platform.

Continued on page 11
Applicable standards

437-003-0073(1) – “The employer did not follow all operating and maintenance instructions and recommendations of the manufacturer when using a boom-supported elevating platform.” The employee was operating an articulating boom lift on a hillside against the manufacturer’s instructions.

437-003-0073(2) – “Workers were not using personal fall protection that complied with subdivision 3/M when working in a boom-supported elevating work platform.” The operator did not use a complete fall protection system (he did not attach his lanyard to the manufacturer’s approved anchorage points on the platform).

1926.502(d)(15) – “Anchorages used for attachment of personal fall arrest equipment were not capable of supporting at least 5,000 pounds per employee attached.” Two employees were operating an articulating boom lift without using the approved anchorage points on the platform.

Above: The toppled lift following the accident.

Right: A crane was used to remove the lift following the accident.
Fallen Oregon workers remembered at Salem ceremony

Workers killed on the job in Oregon were remembered April 28 with a ceremony to coincide with the national Workers Memorial Day. With bagpipe and drum music in the background, the memorial service was held at the Fallen Workers Memorial outside the Labor and Industries Building in Salem. It also featured the reading of the names of Oregon workers and military personnel who died on the job in 2013 – 46 names in all.

AFL-CIO President Tom Chamberlain provided opening remarks and Oregon OSHA’s Administrator Michael Wood told the crowd a workplace is not a place where anyone goes to lose their life.

“The work is not done,” Wood said. “Far too many people die on the job in Oregon.”

The annual Workers Memorial Day serves as a nationwide day of remembrance. It recognizes the thousands of U.S. workers who die each year on the job and the more than 1 million people in the U.S. injured each year at work. The observance is traditionally held April 28 because Congress passed the Occupational Safety and Health Act on that date in 1970.

Sadly, Wood said the goal of a safe workplace for every worker in Oregon has not been achieved.

“Each of those names is a person with a story, a family, and co-workers,” Wood said. “Too many people died on the job in Oregon. We can do better. We must do better. We will do better.”

Oregon OSHA Administrator Michael Wood said more can be done to prevent workplace deaths in Oregon.
Students were asked to create a video with a teen job safety and health message and were judged on creativity, production value, youth appeal, and the overall safety and health message. All of the winning videos, as well as the other finalists, are available for viewing at http://www.youtube.com/user/OregonSafetyHealth.

The Oregon Young Employee Safety Coalition (O[yes]) organizes the contest. The sponsors are Oregon OSHA, SAIF Corporation, local Oregon chapters of the American Society of Safety Engineers, the Oregon Institute of Occupational Health Sciences at Oregon Health & Science University, the SHARP Alliance, Liberty Mutual, the Central Oregon Safety and Health Association, the SafeBuild Alliance, Oregon Health Authority, Hoffman Construction, and the Portland Daily Journal of Commerce.

Oregon OSHA Spanish language program earns OSCAR

Oregon OSHA’s PESO and Spanish language outreach efforts won an On-Site Consultation Achievement Recognition (OSCAR) at the national consultation conference. Oregon OSHA picked up the award for its 18 PESO (Spanish language) modules and statewide training offerings. Three OSCARs were awarded nationwide.
Companies across Oregon participate in Safety Break 2014

More than 70 organizations held trainings and recognized safety all-stars as part of the annual Safety Break for Oregon on May 14. The event is designed to raise awareness and promote the value of safety and health in preventing on-the-job injuries and illnesses.

Employees at R.D. Bussard & Son in Albany took part in hands-on fire extinguisher training.

“It made staff feel more confident that they would be able to respond quicker and more efficiently if there was a fire,” said Mary Cordle, who works in the company’s customer service department. “The training also covered fire extinguisher maintenance, so if there is an emergency, the fire extinguisher will be ready to go.”

Fred Shearer & Sons has been participating since 2008 and held a company barbecue with a presentation from an injured worker.

“Aramark Uniform Services, Mosaic Medical, and the Oregon Military Department each won a $100 pizza luncheon prize as part of the SHARP Alliance sponsored contest.

National stand-down for fall protection planned June 2-6

Federal OSHA is encouraging organizations to participate in a national safety stand-down June 2-6 to raise awareness about the hazards of falls, which account for the highest number of deaths in the construction industry.

“We continue to face a culture on some job sites where it’s acceptable and even normal to work without fall protection,” said Oregon OSHA Administrator Michael Wood. “Fall violations are still the No. 1 citation for the construction industry.”

During the stand-down, employers and workers are asked to pause their workday to talk about fall prevention in construction, and discuss topics such as ladder safety, scaffolding safety, and roofing work safety. OSHA has also launched an official national safety stand-down website with information on how to conduct a successful stand-down. Afterwards, employers will be able to provide feedback and receive a personalized certificate of participation.

The stand-down is part of OSHA’s ongoing fall prevention campaign, which was started 2012 and was developed in partnership with the National Institute for Occupational Safety and Health. More information about the campaign is available at https://www.osha.gov/stopfalls/index.html.
Oregon GOSH Conference accepting safety award nominations

Nominations are being accepted for the 2015 Oregon GOSH Awards, which will honor organizations and individuals who make extraordinary contributions to workplace safety and health.

The awards will be presented March 11, 2015, as part of the Oregon Governor’s Occupational Safety and Health (GOSH) Conference, scheduled March 9-12.

The conference, the largest of its kind in the Northwest, will be held at the Oregon Convention Center in Portland.

Nominees will compete with like-sized organizations in the following categories:

- Employer safety program
- Association
- Safety committee
- Safety and health advocate (individual or team)
- Safety and health professional (industry specific)

Applications are available at www.oregongosh.com/awards and are due Oct. 1, 2014.

Annual career fair builds interest for Oregon girls in trades

High school students donned PPE and tested trades from pole climbing to firefighting and woodworking at the Oregon Tradeswomen Inc.’s 22nd annual Women in Trades Career Fair at the NECA-IBEW Electrical Training Center in Portland May 8-10.

Gabrielle Boone, a senior at Sam Barlow High School in Gresham, put on a belt and boots to climb a tower with the help of a journeyman from Portland General Electric. She already works after school at Jiffy Lube and doesn’t mind being in a field traditionally dominated by men.

“I like hands-on jobs,” Boone said. “I never thought I’d be the type of person to sit in an office.”

Sydney Scott, who came with a Bend-based Girl Scout troop to the fair, tried her hand at torch cutting with the help of an Ironworkers Local 29 worker.

“It was hard and kind of scary trying to get it in a straight line,” she said of working with the hot torch.

Dede Montgomery, with the Oregon Institute of Occupational Health Sciences at Oregon Health & Science University, worked with a group of students to help educate them about on-the-job safety hazards.

Over 1,200 high school and middle school students attended the three-day fair, geared to draw more women into construction and other trades.
Q:
What Oregon OSHA training requirements do I need to follow when I operate an aerial lift to do construction work? Do I need to be certified?

A:
Before you operate an aerial lift for construction-related work, you must have training that meets the requirements in 1926.454 (Scaffolding, Division 3, Subdivision L). Here are the key requirements:

A person who is qualified in the “subject matter” of the lift you will use must train you. The person who trains you must be able to recognize the hazards associated with the lift and must know how to control or minimize the hazards.

**Your training must cover:**

- Electrical hazards, such as overhead power-transmission lines
- Fall hazards and methods to control them
- Ways to protect people below from falling objects
- How to use the lift
- The lift’s load capacity
- The Oregon OSHA construction rules that apply to aerial lifts

You must be retrained when you do not safely use the lift. Other reasons for retraining include worksite changes that create new hazards and changes in the types of fall protection or falling-object protection that you use.

Your employer must authorize you to operate an aerial lift, but you do not need to be certified.
Company: S.D. Deacon Corporation  
Safety manager: Roger Dale-Moore  
Workforce: 150  
Common hazards: Falls, extremity injuries during small-tool use, vehicle and mobile equipment hazards (including traffic hazards caused by working in urban areas), and musculoskeletal injuries

What is your background and safety philosophy?

I have been in construction for 25 years and have worn most hats associated with being a carpenter. I have been a laborer, carpenter’s apprentice, carpenter’s foreman, superintendent, and now safety manager. I believe safety is an integral part of the work.

We were taught to build everything straight, square, plumb, and level. I would say it should be straight, square, plumb, level, and safe.

We have to incorporate safety at all levels of the work in order to create a successful quality project and a safe work environment for all workers on our projects. In the end, it’s about connecting with the workers on a regular daily basis and training, reminding, supporting, and, when necessary, correcting them to do the right thing.

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What are some of the unique safety challenges you face on current projects?

Clients want projects done faster and faster in today’s market. That acceleration creates endless opportunities for always finding time to include safety planning and execution during the work.

The Villa Sports project in Beaverton presents many safety challenges, but I would highlight the nine swimming pools as one of the largest on the site. The pools were one of the first things to start and until they are filled with water (creating another safety opportunity), they are a hole in the ground we have to find a way to work safely in and around.

Now that the economy is recovering, construction activity is picking up. How do you balance productivity with safety?

Preplanning. Preplanning. Preplanning. We start at contract and the project manager with safety requirements written in. Once a job begins, all workers on our job sites receive a safety orientation and must attend a global safety meeting each week they are on the job. Regular planning with job hazard analysis is crucial and, if done well, productivity actually increases with safety built in.
How do you keep your crew engaged in safety issues day to day?

I like to use continuous positive communication during job walks, foreman’s meetings, and safety meetings. Even when correcting or removing workers, we must stay professional and let them know we care that they get home safely.

What advice do you have for other safety and health managers hoping to make a difference?

Talk to the workers on a regular basis to really find out what’s going on and remember construction is really a lot of hard work. Stay respectful of that even when things are tough. Do your very best to overcommunicate to your managers at the highest levels the challenges and successes you see. We must be brutally honest with ourselves in order to continuously improve.

Above: Curb grade operator, Ben Manuele (left), talks with Dale-Moore on the Beaverton site.

Below: Scaffolding, working at heights, and activity around open swimming pools are some of the unique challenges on this job.

Above: Dale-Moore, works regularly with job superintendent Kevin Frank to address worksite challenges.
September 2014

The American Association for Safe Patient Handling and Movement (AASPHM), the Oregon Coalition for HealthCare Ergonomics (OCHE), and Oregon OSHA present the 5th National HealthCare Ergonomics Conference

Safe Patient Handling  — From Beginning to Advanced Program Tracks
Patient Safety Ergonomics  
What’s New in Bariatrics 
Lean Ergonomics 
Effective Wellness Programs 
Design for Human Factors 
Ergonomics for Support Services 
Program Management 
... and more!

September 8-11, 2014
Oregon Convention Center  ★  Portland, Oregon

Shared Challenges, Real Strategies, Practical Solutions across the Health Care Continuum

Goals

LEARN about current evidence-based practices related to health care worker and patient safety ergonomics. NETWORK and SHARE your knowledge with colleagues from throughout the U.S. and beyond. TRY the latest technology in ergonomics and safe patient and resident handling.

Who Should Attend

- Administrators and managers
- Nurses, aides, and therapists
- Support services staff
- Ergonomists
- Safety and health professionals
- Union representatives
- Patient advocates
- Safe patient handling and safety committee members
- Facility designers and managers
- Risk and quality managers
- Wellness program providers and coordinators

To Register and for more information visit:
www.regonline.com/hcergo14
or email oregon.conferences@state.or.us

September 24 & 25, 2014

Central Oregon Occupational Safety & Health Conference

Stopping Normalization of Deviance
Keynote by Colonel Mike Mullane
Retired pilot and Space Shuttle astronaut

Riverhouse Convention Center • Bend, Oregon

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

Topic areas include:
- Safety Committees
- Safety and Health Management
- Fire Services Safety
- Wellness
- Disaster Preparedness
- Violence Prevention
- OSHA Regulations
- Industrial Hygiene Issues
- Confined Space Series
- Hazard Analysis and Inspections

Don’t miss the exhibits featuring the latest in safety and health products and services!

Registration opens in mid-July.
Cost to attend: $45-$180

More information available at: www.regonline.com/central_oregon14
Questions? Contact the Conference Section, 503-378-3272