



NSMS March 2006 DIGEST

Welcoming Our New 2006 NSMS Members

On behalf NSMS President Roosevelt, the NSMS Executive Committee and the NSMS Board of Directors, we like to thank all members who have renewed their 2006 membership to the National Safety Management Society. We would also like to acknowledge and welcome the following new members to our Society:

- § Stephen R. Coleman, Threat Awareness Solutions, LLC – (Euless, TX)
- § Diana M. Evans, Scholastic, Inc. – (Moberly, MO)
- § Scott Hage, State Compensation Insurance Fund – (San Francisco, CA)
- § Ricki V. LeDay, Arnold Transportation – (Grand Prairie, TX)
- § Evan Li, State Compensation Insurance Fund – (San Francisco, CA)

We appreciate your interest in furthering your skills, knowledge and abilities in the management of safety and risks, as well as your interest to networking and professional development. Welcome again to NSMS!



Calling All NSMS Members: Volunteers Are Needed for Our National Conference Planning Committee

NSMS is still seeking volunteers to form a working committee for planning our 2006 National Conference. We need the efforts and support of all members to keep the information exchange and networking possible. Without a working group, our goal of a conference may not be met this calendar year. If you are interested in participating, please email us at nsmsinc@yahoo.com or call and leave a message at (800) 321-2910. Please spread the word and get involved! Thank you.

FREE ACCESS: Online Certified Safety and Health Manager (CSHM) Educational and Exam Preparation Reference Materials

As a benefit for our current and future dues-paying members, NSMS is **permanently** offering free access to the Certified Safety and Health Manager (CSHM) preparation and educational materials. The online resources, created by NSMS member Steve Geigle, can be found at www.cshmprep.com and the only action an NSMS member take is to email Steve requesting access from that website. You will need to include your current NSMS member number (found on your membership card and certificate). Once the number is verified, you will be granted a username and password to access the online reference materials. This is a great opportunity to brush up on your safety management and technical knowledge and prepare for a successful passing of the CSHM certification examination.

OSHA Proposes \$483.7 Million Budget for Fiscal Year 2007

The Bush administration requested \$483.7 million for OSHA in fiscal year 2007—an \$11.2 million increase from final appropriations for FY 2006, OSHA deputy administrator Jonathan L. Snare announced Feb. 6. The [FY 2007 budget](#) includes increases for federal enforcement, compliance assistance, and safety and health statistics. It includes no funding for the Susan Harwood Training Grants program, redirecting those services through other OSHA training programs and using the Harwood program's \$10.1 million FY 2006 allotment to fund the agency's new information management system.

In other budget news:

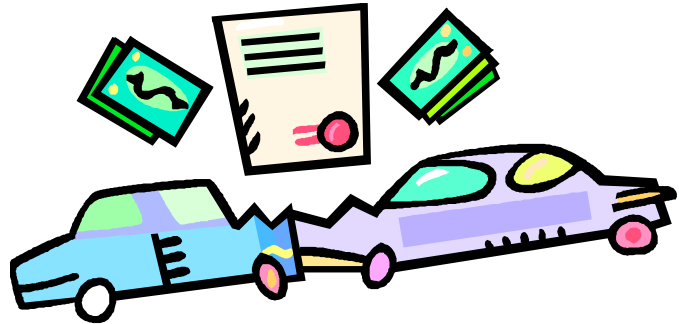
- The Mine Safety and Health Administration's FY 2007 request is \$288 million—an \$11 million increase from FY 2006.
- Under the president's budget, the Department of Labor would receive \$10.9 billion in discretionary budget authority for FY 2007, compared with \$11.3 billion in FY 2006.
- NIOSH would receive a budget of \$250 million for FY 2007. The administration's requested budget authority for NIOSH in FY 2006 was \$286 million.



OSHA Releases Guidelines on Workplace Motor Vehicle Use

OSHA recently released new guidelines for employers and employees who use motor vehicles at work. The 32-page “Guidelines for Employers to Reduce Motor Vehicle Crashes,” developed by the National Highway Traffic Safety Administration and the Vienna, VA-based Network of Employers for Traffic Safety, offers information to help employers design a workplace driver safety program.

The document features a 10-step program outlining what an employer can do to improve traffic safety performance and minimize the risk of motor vehicle crashes. It also includes success stories from employers who have benefited from effective driver safety programs.



“Motor vehicle crashes are costly to employers and employees,” acting OSHA administrator Jonathan L. Snare said. “This new guidance document will show companies how safe-driving practices and safety-conscious behavior can help employees avoid tragedy.”

The guidelines are available for [download](#) (.pdf file) or by calling (202) 693-1888.

NIOSH Creates Avian Influenza Webpage

<http://www.cdc.gov/niosh/topics/avianflu/>

NIOSH recently posted a webpage (see URL above) aimed at protecting workers from avian influenza, or bird flu. According to the agency, the page includes background information on the disease as well as risks and guidance for protecting workers who could be exposed.

Scientists are concerned about the highly pathogenic H5N1 virus for three reasons:

- It threatens domestic poultry throughout the world, especially chickens.
- It has passed from poultry to humans and caused serious illness and death.
- It may change into a form that is highly infectious in humans and spreads easily from person to person.



The H5N1 virus is excreted in the droppings, saliva, and nasal secretions of infected birds. The virus is believed to enter humans through the mouth, nose, eyes, and lungs. Scientists believe that the virus has been transmitted to humans from contact with one of the following:

- Infected poultry that was sick or dead
- Droppings of infected poultry
- Contaminated litter
- Contaminated surfaces such as egg collection containers

Although the human health risk of exposure to low pathogenic avian influenza viruses is not known, protective measures should be taken for anyone likely to have prolonged exposure to any avian influenza virus in an enclosed setting.

Study: Anger May Lead to Injuries

Anger can increase the chances of an injury significantly—especially in men—according to a study conducted by researchers at the University of Missouri-Columbia. A research team interviewed people who had been injured, asking the injured to describe their emotions 24 hours before the injury occurred and the moment before the injury occurred, using words such as “excited,” “alert,” “irritable,” “angry” and “hostile.” Researchers found people who described themselves as feeling “irritable” had a 30 percent increased risk of injury, while those described themselves as feeling “hostile” doubled their risk of injury. To view the study, click on the following URL:

<http://www.annfamned.org/cgi/content/full/4/1/63>

Study: Young Workers Experiencing Job Strain At Increased Risk Of Drug Dependency

Young workers who experience a high amount of stress on the job could be at an increased risk of becoming drug dependent, according to a study that appeared in the March 1 *American Journal of Epidemiology*.

The researchers, led by Dr. Philip L. Reed of the Department of Epidemiology, College of Human Medicine, Michigan State University, found that work environments characterized by high job strain (low job control combined with high job demands) signaled a two- to three-fold excess risk for young adults of being drug-dependent.

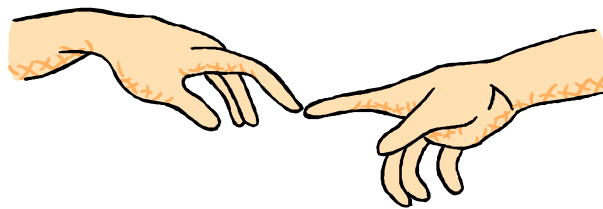
The research involved data obtained from two surveys of young adults. A total of 1,692 participants completed the first young adult assessment in 2000-2002, and a follow-up assessment was finished about a year later. For the 861 young adults with no drug dependence at the first assessment, low job control alone was associated with a two- to three-fold excess risk of developing drug dependence between the first and the second assessments.

The researchers stated that the relative risk estimates for drug dependency did not change appreciably with adjustment for factors such as individual drugs used, job characteristics, and measurements of socioeconomic status. The researchers also noted that no conclusions could be made as to why low job control is linked to drug dependence.

The current issue of the American Journal of Epidemiology can be found at <http://aje.oxfordjournals.org/current.dtl>.

Tips: Avoiding Finger, Hand and Wrist Injuries

Whether the hands are of a machine operator, lab technician or office assistant -- a worker's hands are one of their most important "tools" used in work. Yet over a quarter of a million people suffer serious (and often disabling) hand injuries each year. By recognizing hand hazards, following established safety guidelines, and using protective guards, shields, gloves, and other personal protective equipment, employers and workers can save hands from injury and disability.



Recognizing Hand Hazards

One of the most serious, yet common causes of hand injuries, is the use of unprotected or faulty machinery or equipment. Failures to use push-sticks, guards, and kill-switches, or follow appropriate lockout/tagout procedures, are among the leading industrial hand hazards. Wearing jewelry, gloves or loose-fitting clothing around moving parts can also lead to injury. Chemicals, corrosives, and other irritating substances can cause burns and skin inflammation unless appropriate hand protection is used. Temperature extremes and electrical hazards are other common causes of hand injuries. In addition, constant repetitive motion (as in assembly-line work or painting) can cause undue stress on the wrists and hands unless protective measures are taken.

Eliminating and Controlling Hand and Wrist Hazards

When planning the working day, employers and workers should use the Job Safety Analysis (JSA) process to identify the hazards in each individual phase of the job task. Hand and finger positioning is the number one cause of hand injuries. Communication and teamwork are two very important areas in determining and eliminating hazards of the job. During the JSA process, ensure that everyone is aware and knowledgeable of all hazards and risks associated with the job at hand. Taking time to identify hazards can eliminate most potential hazards for hand injuries.

The following list provides guidelines for hand safety that can help protect hands from injury and disability.

- Be alert to potential hand hazards before an accident happens.
- Use hand tools, do not use your hand as the tool.
- Perform a JSA to identify the associated hand hazards.
- Be alert to possible unguarded pinch points.
- Use push-sticks, guards, shield and other protective devices when appropriate. Do not remove guards.
- Remove any jewelry such as necklaces, rings, ear rings and wristwatches. Jewelry should not be worn within an arm's length of rotating or operating machinery, tools, or electrical switch areas.
- Be aware of proper body position when working around stationary and moving equipment.
- When working with chemicals, know your hazards by reading the material safety data sheets.
- Use proper personal protective equipment (PPE) and position your body a safe distance from chemicals as you work with them.
- Do not wear loose clothing, such as unbuttoned shirts and sleeves, loose shirttails, ties, and unzipped pant legs on coveralls when working.
- Inspect equipment and machinery before and after tasks to make sure that it is in good operating condition.
- When working with machinery, use proper guarding around moving equipment. Always replace guards when any maintenance work is completed.
- When general maintenance or repair is needed, always use proper lockout/tagout procedures specified for your work area. Ensure that all affected workers are adequately informed.
- Always wear the proper hand PPE associated with the job task. For example, wear rubber gloves when mixing chemicals, electrical gloves for any electrical work being performed, steel mesh gloves when cutting, and cotton or canvas gloves during normal daily tasks. When wearing gloves, be sure they fit properly and are rated for the specific task.
- Use brushes to wipe away debris.
- Select tools designed to keep wrists straight to help avoid repetitive motion/overuse problems.

Choosing the Right Glove

There are various ways in which fingers and hands may be injured, but the use of personal protective equipment (such as the right kind of gloves) can provide protection against many hazards. To give adequate protection, gloves should: be appropriate for the job, fit properly, and be comfortable. Choosing the right size glove will prevent the glove itself from becoming a hazard. When gloves become worn, torn, or contaminated, they should be disposed of and replaced. Remember to be alert, follow procedures, and "Never put your hand in a place that you can not see!"

For more information on Job Safety Analysis (JSA) refer to the following Texas Department of Insurance, Division of Workers' Compensation (TDI/DWC) publications -- *Job Safety Analysis STP* and *Job Safety Analysis and Task Training* -- available at <http://www.tdi.state.tx.us/wc/information/videoresources/onlinepubs.html>.

Remember to practice safety. Don't learn it by accident.

Tips courtesy of the Texas Department of Insurance, Division of Workers' Compensation: E-mail ResourceCenter@tdi.state.tx.us or call (512) 804-4620 for more information.

Tips: Improper Use of Extension, Flexible Cords

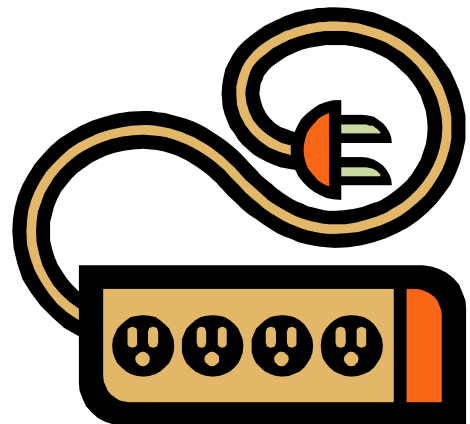
The normal wear and tear on extension and flexible cords at your site can loosen or expose wires, creating hazardous conditions (for additional information, go to http://www.osha.gov/SLTC/etools/construction/electrical_incidents/flexiblecords.html). Cords that are not 3-wire type, not designed for hard-usage, or that have been modified, increase your risk of contacting electrical current.

How To Avoid Hazards?

- Use factory-assembled cord sets.
- Use only extension cords that are three-wire type.
- Use only extension cords that are marked with a designation code for hard or extra-hard usage.
- Use only cords, connection devices, and fittings that are equipped with strain relief.
- Remove cords from receptacles by pulling on the plugs, not the cords.
- Continually audit cords on-site. Any cords found not to be marked for hard or extra-hard use, or which have been modified, must be taken out of service immediately.

Note: On Feb. 20, OSHA announced an updated version of its eTool de Construcción -- La Prevención De Fatalidades was posted to the agency's Web site.

The updated eTool uses safety and health terms from the agency's English-Spanish and Spanish-English construction dictionaries. It includes a glossary of construction safety and health terms, and a listing of topics relevant to developing and maintaining an effective workplace safety and health program. The eTool will help employers and workers identify and avoid hazards that commonly cause the most serious injuries in construction including electrical, falls, struck-by and trenching. The extension and flexible cord tips can be found in Spanish at http://www.osha.gov/SLTC/etools/construction_sp/electrical_incidents/cords.html.



Construction E-tools:

English: <http://www.osha.gov/SLTC/etools/construction>

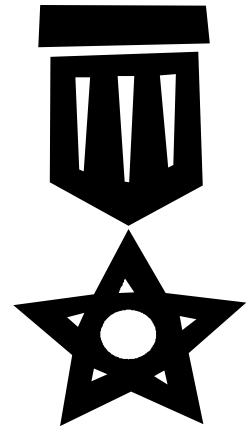
Spanish: http://www.osha.gov/SLTC/etools/construction_sp/index.html

Study: Employers Face Challenges as Injured Veterans Return from War

Employers and their insurers need to be prepared for the physically injured veterans returning from conflicts in Iraq and Afghanistan, according to a study released by the Insurance Information Institute (III).

By the time "major operations" are complete in Afghanistan and Iraq, more than two million United States military personnel, including National Guard and Reservists, will have been deployed in those theaters, many more than once. Of these, most have endured significant physical, emotional and psychological hardships. More than 2,200 have died and well more than 16,000 have been injured in Iraq alone, according to III.

"Workplace injuries that are primarily the result of injuries originally sustained during military service will generally be covered by the employer's workers compensation program or, in some states, a second injury fund," said Robert Hartwig, III's chief economist. "In addition, employers will need to adhere to the law pursuant to the Americans with Disabilities Act (ADA)."



Hartwig observed that, relevant from an insurance perspective, and a workers compensation perspective in particular, are the challenges that tens of thousands of injured service men and women and their employers will face when they rejoin the civilian workforce. Reintegration of the physically and psychologically impaired will likely present unexpected challenges to a generation of employers with no experience in dealing with such large numbers of returning veterans.

The issue of reintegrating veterans back into the social and economic fabric of America is not new. After World War II, despite programs like the "GI Bill" and government assistance with employment, home mortgages and health care, hundreds of thousands of physically injured veterans faced special challenges and even discrimination in the workplace.

In response, many states established "second injury funds" (SIFs). SIFs allowed employers (and their insurers) to cede costs of injuries that were principally the result of a worker's prior injury to a statewide plan that would redistribute those losses across all employers (insurers) in the state, according to Hartwig. Effectively, SIFs functioned as reinsurers of second injury claims.

However, Hartwig noted, the number of second injury funds has declined in recent years, with states reasoning that they are no longer needed since the enactment of the Americans with

Disability Act in 1990, which not only prohibits discrimination against disabled employees but also requires employers to make reasonable accommodations for them in the workplace.

In preparing for returning veterans, employers and their insurers need to be aware of the following:

- Workplace injuries that are primarily the result of injuries originally sustained during military service will generally be covered by the employer's workers compensation program or, in some states, a second injury fund. In certain states, workers compensation benefits may be apportioned or partially offset by other disability payments received.
- Veterans are also entitled to lifetime medical benefits from the Veterans Administration for service-related injuries. The VA also operates a Readjustment and Counseling Service (<http://www.va.gov/rca>) to ease the transition of veterans returning to civilian life.
- Employers also must be alert to signs of possible mental health issues. Monitoring is probably wise for a period of time, especially if the returning worker's job is stressful, involves the operation of heavy machinery or equipment and/or driving. Few employers or insurance claims staffs, however, are trained to recognize the telltale signs of mental illness.
- Employers will need to adhere to the law pursuant to the Americans with Disabilities Act (ADA). Failure to comply with the terms of the ADA could result in legal action and fines by the Equal Employment Opportunity Commission. Since 1992, the EEOC has awarded \$529 million to people found to have been discriminated against in violation of the ADA, III officials said. Employers could also be subject to tort actions under their Employment Practices Liability coverage or Directors' and Officers' policies,.

For a full report on the subject, go to <http://www.iii.org/media/hottopics/additional/veterans>.

NSC, CDC Seek To Improve Safety Outside Workplace

Improving the safety and health of the American public outside of the workplace is the target of a joint effort announced by the National Safety Council and the National Center for Injury Prevention and Control of the Centers for Disease Control and Prevention (CDC).

Both organizations formalized their commitment to work together by signing a Memorandum of Understanding at the country's first-ever Off-The- Job Safety Symposium organized by the National Safety Council.

"A startling trend is unfolding as more than half of all unintentional injury deaths occur in our nation's homes and communities," said NSC President and CEO Alan C. McMillan. "The National Safety Council is moving to aggressively educate consumers and businesses alike about this emerging safety and health concern with an emphasis on preventing injuries in residential, recreational, municipal,



educational and community settings. Our partnership with CDC's Injury Center will further advance these efforts."

According to data from the NSC, falls are the leading cause of unintentional death in the home or community, followed by poisoning, choking, drowning and fire. The CDC reports current annual costs associated with falls for people age 65 or older at more than \$27 billion annually. By 2020, the CDC projects these costs will exceed \$43 billion.

The NSC is leading efforts to reduce injuries and deaths in the home. The award-winning 10-minute video, "Safe Haven: Your Home Should Be the Safe Haven You Want It to Be," identifies dangers inside the home and provides tips to correct the hazards. An interactive CD-ROM allows for a customized, room-by-room list of home safety hazards with an explanation of those hazards and detailed solutions to eliminating them.

One specific hazard in homes in the United States is a high level of indoor radon, a leading cause of lung cancer. The U.S. Surgeon General and EPA recommend all homes be tested for radon. The NSC's Indoor Air Quality Program recently added a "Radon Fix- It" program to its consumer information services. The program, funded by a grant from the EPA, includes a 24-hour radon hotline (800-SOS-RADON) and helpline (800-55-RADON) staffed by NSC air quality information specialists.

"We really believe there is potential to make a positive impact on individuals, families and communities," McMillan added. "We cannot wait until a crisis forces us to commit to working together to create safer homes and communities. By collaborating with CDC, we hope to accelerate our efforts to prevent injuries not only where we work but also where we live."

NSC: <http://www.nsc.org>.

National Center for Injury Prevention and Control: <http://www.cdc.gov/ncipc>

Safety Tip Courtesy of MSHA.

When buying a conveyor system, don't try to get a lower price by eliminating safety features. Fatalities have occurred when safety features were not used along conveyor belts. Compare systems with all standard safety features manufacturers have to offer. Is stretching a dollar worth the risk? According to conveyor manufacturers, features commonly deleted from systems to "save" money are:

- Pull cords along the conveyor.
- Stop buttons at critical locations.
- Backstops (roll-back protection).
- Start-up warning systems (audible and visual).
- Lockout devices.
- Guards

When compared to the overall cost of a conveyor system, these important features are a small portion of the total cost and should be considered an investment. Such features are vital in protecting workers from inadvertent contact with conveyor be

ANSI/AIHA Z10-2005: Occupational Health and Safety Management Systems - Are You Ready for Z10?

The American National Standards Institute (ANSI) recently adopted ANSI/AIHA Z10, Occupational Health and Safety Management Systems, as an American National Standard. This broad-reaching standard enables organizations of all sizes and types to integrate occupational health and safety (OHS) management into their overall business management systems. It is compatible with relevant OHS, environmental, and quality management standards, such as International Organization for Standardization (ISO) 9000 and 14000, and with approaches to OHS management in common use in the United States.

ANSI/ASSE Z490.1-2001: Accepted Practices in Safety, Health, and Environmental Training - Make this a part of your safety training library.

This Standard establishes criteria for safety, health, and environmental training programs, including development, delivery, evaluation and program management. The purpose of this Standard is to provide accepted practices for safety, health, and environmental training. This Standard is recommended for voluntary application by training providers of safety, health, and environmental training, and it is intended to apply to a broad range of training and training programs.

Safety Training Strategies – Hearing Conservation

Begin with a refresher of how the ear works, explaining how the noise vibrations travel over the hairs inside the Cochlea, and that as the vibrations travel over the hair they bend and move.

Over time of exposing the ear to excessive noise, or sudden impact noise, it causes the hairs to remain bent, affecting how the vibrations are interpreted to sound in the brain (hearing loss). Compare the bent hairs to an old worn toothbrush, and how the bristles lose resilience over time (showing a new toothbrush and one showing the bristles bent over and damaged).

The correlation is that using a toothbrush that has bent bristles will not be as effective, and eventually useless, as would your hearing if exposure to excessive noise is not protected, causing damage to the hairs. However, we can throw out the unusable toothbrush and buy a new one, but a person cannot buy new hearing.

Forklift Safety Training Icebreaker – “Just Right Driving”

When conducting forklift training ask how many people drove to work today. Most will raise their hand or shake their head "yes." Then ask them if they have ever driven to work and not remember driving past a common landmark or at some other time driven to a destination and didn't remember how they got there. Again most acknowledge this happening to them. Follow-up with another question by asking everyone to think back to when they first started to drive a car and how they had to think about everything, where the ignition was, where the blinkers are, where the brake is, whether it was in drive or reverse all the common things we take for granted now.

Usually in the first hours of operation up to about 10 hours we have to think about everything. Then from 10 to 100 hours we get more comfortable and can maybe even change the station on the radio as we are driving (this usually gets a chuckle). After that we can get very comfortable and forget we are driving. That is how we can arrive somewhere without realizing how we got there.



The point is the same thing can happen to us when we operate forklifts, so to combat this we want to stay in that 10 to 100 hour of operation in our minds and think about everything we are doing, but yet be comfortable enough that we are efficient in our operation. This little illustration often gets their attention and the training proceeds well.

Safety Tidbits (from "Safety Stuff" by Richard Hawk Inc. <http://www.richardhawkin.com>)

- FBI statistic: 74% of threats against federal workers are directed at IRS employees.
- Hockey pucks shoot into the stands in the U.S. an average of 12 times per game (though fewer than five people have ever been fatally injured).
- According to *Be Safe* by Melissa Heckscher, June is the safest month to get elective surgery.
- The odds that someone *in your household* (of four) will die from an accident this year: 1 in 750.
- The odds that you will die in a fire or drown are about the same: 1 in 50,000.
- It is against the law of Hawaii for a person to insert pennies in the ear.
- For reasons unknown, women's bodies reject a heart transplant more often than men's do.
- A person suffering from excessive thirst is experiencing polydipsia.

HUMOR CORNER:

Patient: Doc, I can't stop singing "The Green, Green Grass of Home."

Doctor: That sounds like Tom Jones Syndrome.

Patient: Is it common?

Doctor: It's not unusual.

Wacky Warnings

On a can of insect spray:

"Harmful to bees."

On a motorcycle mirror:

"Objects in the mirror are actually behind you."

On a mattress:

"Do not attempt to swallow."

On a TV remote control:

"Not dishwasher safe."

Source: *Uncle John's Bathroom Reader 18th Edition*