

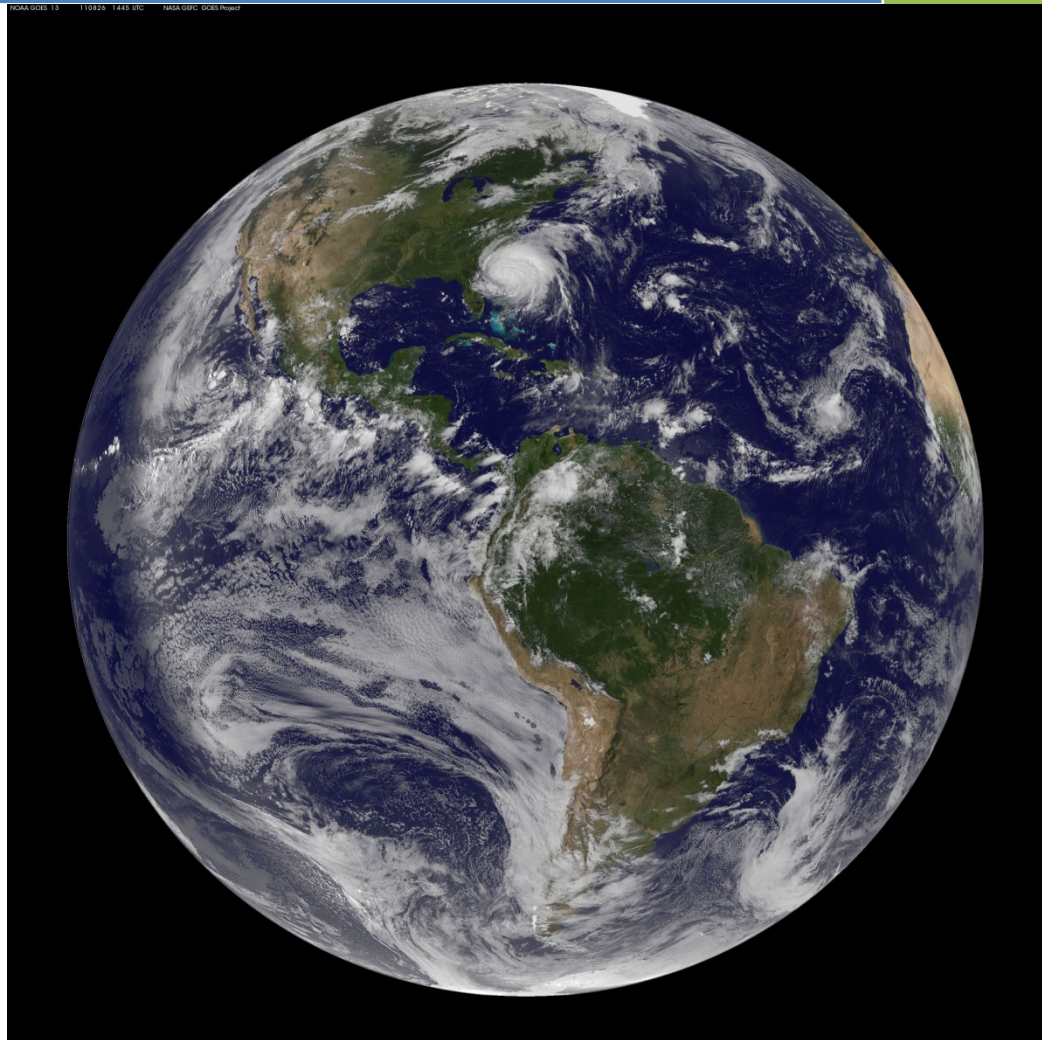


# VETERANS of SAFETY

# 2015

## VOS March Newsletter

NOAA GOES 13 110923 1445 UTC NASA GSFC GOES Project



**Message from VOS Newsletter editor Mark Rater:**  
Make sure to visit our website at <http://vetsofsafety.org/>  
to get more information from VOS. Have a good safe  
day.

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# VETERANS OF SAFETY

## AN INTERNATIONAL ORGANIZATION

### Newsletter

## VOS President's Address

Warren K Brown, CSP, ARM, CSHM

Fellow Veterans of Safety,

I hope you all had an enjoyable and rewarding 2014. Your Board continues to meet on a regular basis. The board is being featured on the VOS website as each member completes a bio and picture. Mark Rater, vice president continues editing an outstanding newsletter periodically. After receiving overwhelming vote of support from participating members we are finalizing the application for a visionary scholarship thru the American Society of Safety Engineers Foundation (ASSEF) to offer a \$1000 scholarship in perpetuity in the name of the "Veterans of Safety Student Scholarship". The Board thanks those who voted and feel this will be an important action we have taken. We will have the opportunity to add money to the fund over time to make the scholarship of a higher value. If any of you want to contribute, it is a tax deductible event –if you choose to contribute send your contribution to the ASSEF in the name of the VOS Student scholarship-you will have a tax deduction and the VOS fund will grow and help a deserving student progress in the safety profession. With success on this scholarship proposal we will have a sustainable activity occurring annually on behalf of the Veterans of Safety. We look forward to serving you as we go forward.

## HOW TO CORRECT AN EMPLOYEE WHO HAS COMMITTED AN UNSAFE ACT

By Pat Conroy

Correcting an employee for an unsafe act is a delicate situation that calls for good human relation skills. The following are some tips:

### BASICS

Make absolutely certain that the employee you have observed understands the three basics of job performance, which are:

- WHAT to do,
- HOW to do it,
- WHY it is done that way.

### ASK QUESTIONS

Find out all you can from the employee's point of view.

### LISTEN

It is normal for the person to be defensive and to try to redirect attention to some other cause for the unsafe act.

### FEELINGS

Feelings and emotions are the facts you will be dealing with. They may be based on inaccurate or incomplete information, but they are offered in response to your questions.

### COMMUNICATE

Get the words straight. When words are out of order, their meaning can be misunderstood. Poor communication in a situation involving worker safety can result in tragedy.

## SELF-ACTUALIZING

Help employees to be self-actualizing. Do not try to cram your safety message. Help fellow employees discover the answer to the question in their mind, "What's in it for me?" It works wonders if you can help employees discover safety needs for themselves. In this way they can become involved in the logic, decision making, and planning that affects their safety on the job.

## FORM SAFE HABITS

If you discover an unsafe act before an accident occurs, offer the "safe way" to do the job or better said why the rule is the rule. Persuade the employee to make the "safe way" part of his or her routine.

## SINCERITY

Above all, be sincere. Your approach in the persuasion of the employee who committed an unsafe act must be born of a sincere, helpful, concerned interest in the person's health and wellbeing.

The cooperation of everyone is essential to the safety program. Understanding is the key to cooperation. Communication is the key to understanding. People simply do not care how much you know about safety until they know how much you care about their safety.

## Portable Ladder Tips and Research

By Nigel Ellis

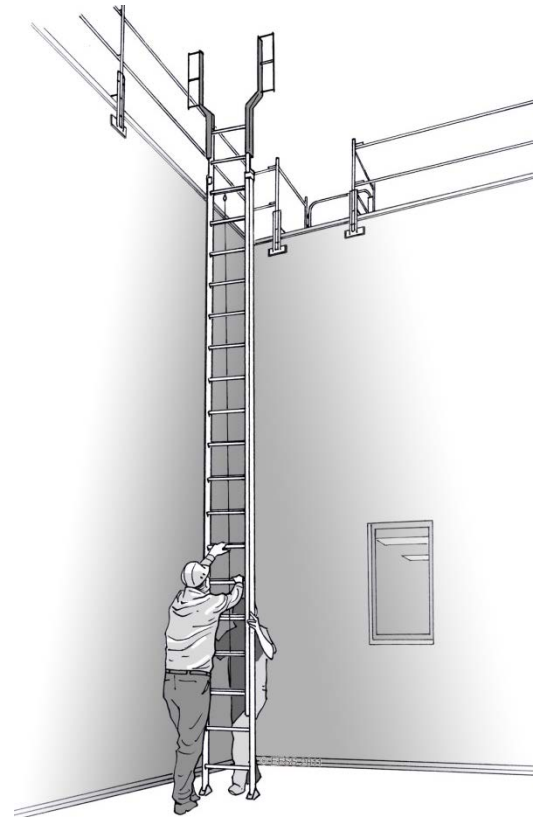
Do not use an extension ladder or stepladder if you can possibly avoid it. You do not need the high exposure to a ladder fall. Such falls are either fatal or critically injurious because we typically overreach when working.

If you do use an extension ladder, only hold the rungs; you cannot stop a fall holding the side rails. Manufacturers recommend a positive tie-off for each side rail at both top and bottom.

If you use a stepladder, try to select a model with a stable platform instead of rung at rung 3 at the top, and where you can face any direction, otherwise the work should always be perpendicular to the climbing direction

Extension ladders are used for either access to a roof/platform or to paint or otherwise maintain equipment against a wall.

When exiting onto a roof, OSHA requires a 3 ft. extension as a handhold for balance. However an OSHA interpretation 12/22/2005 allows ladder extension accessories to make up that distance. The most promising accessory is a 3 ft. bracket for each side rail which allows walk-through with a horizontal handhold set which provides Three Point Control (or measurable handhold strength for reliability). See sketch.



The Ph.D. thesis of Justin Young in 2011 revealed some interesting conclusions about ladders:

1. Always hold the rungs and never hold the siderails of a ladder when a fall starts
2. Ladder siderails promote hand sliding under dynamic conditions and cannot be held reliably
3. A 1" - 1.25" round rung is the most reliable horizontal handhold for holding body weight on a ladder when a fall starts

4. No other rung shapes are as effective at stopping a ladder fall as a horizontal round rung or grab bar
5. No shape of siderail can stop a beginning fall on a ladder
6. Only climb a portable extension ladder if the slope is 75.5 degrees
7. Only use a step-ladder (A-frame) if the feet are fully spread; never climb when collapsed which promotes sliding due to no frictional shoes
8. Always check the ladder feet for excessive wear of shoes before climbing
9. Do not lean over siderails to extend reach; move the ladder to keep proper balance
10. Stepstools up to two feet for kitchen cupboard reach: use door handles for help with balance; use solid handles to avoid trapping fingers

Ladders were involved in 179 fatal falls in 2012 out of 700 total fall fatalities per OSHA/BLS. Always treat a ladder with the respect it deserves. That is more than we as humans are presently doing.

## **S, H & E Information Update**

Edited by Warren K Brown, CSP, ARM, CSHM

### **Co-robots that work cooperatively with people**

The National Science Foundation with the National Institutes of Health, NASA and the US Department of Agriculture are funding the development of co-robots. One of the issues that will be a focus is robots that are safe for more human interaction. Also robots that interact better with humans in areas such as disaster recovery. For more information go to the NSF's NRI Program page.

### **BLS-Injury rates continue to drop**

There has been a steady decline in the rate of injuries for 11 years with a flattening during 2011-12. The rate is down to 3.3 per 100 employees in 2013. The service industries were the major source of injuries in 2013. A full recount of this information can be viewed at [www.bls.gov/news.release/osh.htm](http://www.bls.gov/news.release/osh.htm).

### **OSHA Agenda**

Subjects that may be considered are updates to the hazcom standard; confined space entry in construction; slips, trips and falls; crane operator qualifications; and workplace tracking of injuries and illnesses. A detailed agenda can be viewed at <http://1.usa.gov/1vRhKP1>.

### **EU-OSHA provides information dealing with stress**

Most everyone agrees stress is a problem but few have the resources to tackle the issue. The "Healthy Workplaces Manage Stress" campaign supplied free by EU-OSHA looks at causes and effects; how to identify; techniques for managing; resources available. The guide may be viewed at <http://bit.ly/1s01S7M>.

### **NIOSH aid for retail worker incidents**

The publication "Ergonomic Solutions for Retailers" provides solutions to manual material handling issues thru simple mechanical methods as an example. Manual material handling by humans creates a high likelihood of musculoskeletal incidents so providing guidance on how to reduce these exposures can be helpful. The guide can be accessed at <http://bit.ly/nioshretail>.

### **OSHA periodic e-newsletter**

OSHA makes available an on line periodic newsletter "Quick Takes", with updates to keep you aware of their activities. Go to [www.osha.gov/as/opa/quicktakes/qtpostcard.html](http://www.osha.gov/as/opa/quicktakes/qtpostcard.html) to learn more.



# Contractor Safety Guidelines

By Mark Rater

Contractor Safety Guidelines provide safety & environmental rules, work expectations for Contractors and their sub-contractors who are working on your properties. The Guidelines are intended to protect employees, other occupants and the property at your facility.

There are different ways to accomplish the need to communicate and document safety for your contractors. I have found that the following works well for the different companies I have worked for.

You will need to determine and define the different responsibilities / roles and scope that are needed for an effective program. Having a sponsor for the contractor that is responsible for ensuring the guidelines are provided to them before work is to start. This person will also make sure a confirmation or acceptance to the guidelines is received. Getting a certificate of liability during this process is important as well. The company sponsor will have a meeting / walk thru with the contractor to help in two way communication with contractor while on site.

Here are some areas that I have included in my Contractor Safety Guideline document:

- |                                                                                                       |                                                                  |                                               |
|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------|
| Use of your Equipment                                                                                 | Contacts Page                                                    | Access to the Property                        |
| Parking                                                                                               | Accident Investigations                                          | Accidents / First Aid / BBP                   |
| Alcohol and Drugs                                                                                     | Cafeteria / Break Areas                                          | Conduct / Dress Attire                        |
| Confined Spaces                                                                                       | Deliveries                                                       | Cranes / Derricks & Swing Loads               |
| Excavation /Trenching                                                                                 | Electrical Safety                                                | Chemical Hazard Communication (GHS)           |
| Cameras / Recording Devices                                                                           | Compressed Gas Cylinders                                         | Personal Protective Equipment (PPE)           |
| Control of Utilities and Processes                                                                    | Fall Protection                                                  | Fire Protection Impairment                    |
| Emergencies / Evacuations                                                                             | Hazardous Waste                                                  | Hot Work Permits                              |
| Powder Actuated Tools                                                                                 | Lockout /Tag out                                                 | Pneumatic – use of air                        |
| Safety Signs and Barricades                                                                           | Scaffolds                                                        | Scheduling Work Activities                    |
| Storm Water Pollution Prevention                                                                      | Noise Levels                                                     | Roofs Access and HVAC Systems                 |
| Safety Meetings                                                                                       | Work Area                                                        | Ladder use                                    |
| Vehicles                                                                                              | Weapons                                                          | Site specific notifications                   |
| Regulatory Compliance                                                                                 | Occupational Safety and Health Administration (OSHA) Inspections | Forklifts / Powered Industrial Lift Equipment |
| Personnel Lifts (Articulating Booms, Scissors Lifts, etc.)                                            |                                                                  |                                               |
| Notification Report to communicate use of / exposure to chemicals, dust, smoke/fumes, sparks or noise |                                                                  |                                               |

These rules are not intended to supersede state, federal, local regulations, or a Contractor's safety policies or procedures that may be more stringent than those established within this document.

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Note from newsletter editor

**Remember to visit our VOS website @ <http://www.vetsofsafety.org/>**

