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Construction: Roadway Safety

You're good at your job and you love what you do. However, every time you come to work, you risk suffering an injury. The construction industry is one of the most hazardous in the United States. Some of the injuries that occur on construction sites are caused by "struck-by" incidents and electrocutions.

Having sufficient knowledge, preventing incidents caused by these hazards are easier than you might think.

Struck-By

One of the leading causes of construction worker fatalities is caused by a "struck-by." The related hazards that cause the most "struck-by" injuries are:

- Vehicles
- Falling/flying objects
- Constructing Masonry Walls

Tips to Prevent a Struck-by

- Never position yourself between moving and fixed objects.
- Wear high-visibility clothing near equipment and vehicles so that others can see you clearly.

Loss Control & Risk Management Solutions

There is never a one size fits all approach to developing a safety system. The common elements existing in almost all health and safety systems are management leadership, worker participation, hazard identification and assessment, hazard prevention and control, education and training, and program evaluation and improvement. These elements are both interrelated and interdependent but necessary to ensure the success of any program.

Call us today to discuss your organization's loss control and safety programs or learn more about the services and experience our team has to offer.

Katy Pagano
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Different Classes of High-Vis Clothing:

Class 1: Might be appropriate for work done on sidewalks or as a parking lot attendant

Class 2: Generally suitable, includes work during the daytime, on roads with lower speed limits and in areas where a physical barrier exists between traffic and workers.

Class 3: Provides the highest level of visibility for the wearer. Should be worn for duties such as working at night, in areas without a barrier protecting workers and on high-speed roadways.

It is important that workers regularly evaluate their high-vis clothing and treat it with care.

Working Near Power Lines

Hundreds of construction workers die every year while on the job. The third leading cause of these deaths is electrocutions—causing one of every ten construction worker deaths.

Working near powerlines is a high hazard to your workers. These steps can prevent injuries from contact with powerlines:

- Conduct a hazard assessment to identify and address potential safety hazards before beginning work.
- Ask the electric company to de-energize and ground overhead powerlines.
- Educate workers on safety procedures and requirements.
- Know the safe working distance for workers and equipment.

- Use non-conductive wood or fiberglass ladders
- Wear personal protective equipment (PPE), such as: rubber insulating gloves, insulating sleeves, and industrial protective helmets

Temporary Traffic Control Plan

As an employer, you are responsible for assessing the workplace to determine what hazards are present, or are likely to be present, and devise solutions to reduce the risk of injury.

Hazards at worksites must be identified based on an evaluation of the project to be completed and the layout of the worksite. To do so, layout the design of the worksite on paper to identify the significant factors that could affect traffic controls and safety in the form of a traffic control plan.

Here are some considerations to keep in mind when devising your plan:

- Obtain an overhead view of the roadway
- List the types of processes, locations within the roadway and the locations of access and egress needed for construction-related traffic.
- Identify the significant intersections and access points that may intersect within the traffic control zone.
- Identify and contact businesses and/or residents whose access points fall within the traffic control zone or would otherwise be affected by the worksite.
- Assign locations for traffic control devices (cones and barricades) and advanced warning signs to direct traffic through the work zone.
- Take environmental conditions such as illumination, weather and traffic speed into consideration.

Spring is for Cleaning: Good Housekeeping in Any Industry is Essential!

Housekeeping is an important way to keep your employees safe but is it also an OSHA requirement. Good Housekeeping can prevent injuries from happening such as:

- Slips, Trips and Falls
- Fire Hazards
- Falling Objects

What is Housekeeping?

Avoiding dangerous conditions requires a commitment to housekeeping by every individual on your team. This means spill cleanup, garbage removal, general cleaning and use of trash bins, a priority every day.

Good housekeeping also means constant vigilance. Remove any object or material that obstructs a pathway on the floor and take care of other materials that could pose a possible fire hazard or danger for co-workers.

Here are some tips to prevent some of the most common workplace hazards:

Slips, Trips and Falls

- Clean any spills or leaks immediately; if the spill requires special training, alert your supervisor.
- Replace worn or torn flooring.
- Clear walkways and work surfaces of slippery substances.
- Keep aisles and exits clear of clutter.

Fire Hazards

- Keep combustible materials in the work area only in amounts needed for the job.
- Store other combustible materials in designated locations away from ignition sources.
- Keep passageways and fire doors clear from clutter.
- Keep materials at least **18 inches** away from automatic sprinklers, fire extinguishers, and sprinkler controls.
- Report any hazards in electrical areas to your supervisor.

Falling Objects

- Close file drawers when not in use and only open one at a time to prevent tip overs.
- Always store heavier objects near the floor and out of walkways.
- Store tools, equipment and materials properly, making sure sharp edges are not exposed.

Clear Clutter

- Tidy up desks and workstations.
- Dispose of any trash or materials that are no longer needed.
- Ensure all cords are properly secured and covered.

Did you know...

OSHA has issued more than \$15 million in fines and cited Dollar General Corp. since 2017, for numerous willful, repeat and serious workplace safety violations related to unsafe conditions in more than 180 inspections nationwide.

Most of their penalties resulted from merchandise blocking exit routes, exposing workers to fire and entrapment hazards.

AEDs Saves Lives, But Require Additional Considerations

The Centers for Disease Control and Prevention estimates that approximately 600,000 Americans die from various heart diseases each year. Most of these deaths are due to the sudden loss of heart function or sudden cardiac arrest. Having an automated external defibrillator (AED) immediately available in the workplace can make the difference between life and death.

AEDs are also extremely easy to use for those who are properly trained on how to do so. Only individuals with proper training should operate an AED to avoid injuring themselves and others.

Not only do CPR and AED training courses provide information on how to effectively use these rescue techniques, but they also instruct individuals on how to protect themselves while providing care.

While having an AED on-site can make the difference between life and death, it's important to understand how to develop a program, along with additional legal and insurance considerations.

Developing an AED Program

If you purchase an AED for your facility, you must create an AED program to ensure that the machine is used properly and effectively. Consider the following recommendations when designing your own AED program.

- Establish clear responsibilities for each role in the program.
- Obtain the guidance of a physician to oversee the direction and control of your program. This person will assist you in determining where to place the AED(s), ensure that proper training is given to employees and can review your program each time an AED is used on-site.

- Program must comply with federal and state regulations, including requiring every person who may use an AED to be properly trained in CPR and AED use.
- Devise a written AED program for each location in which an AED is located.
- Share information about your AED program with emergency medical personnel to assure that proper protocol is met.
- Integrate the AED usage program into a broader emergency response action plan.
- The AED should be placed no more than five minutes away from a potential area where cardiac arrest could occur.
- Follow the manufacturer's recommendations regarding servicing, testing and replacement. Keep records of these duties as well.
- Devise an AED quality assurance program including a review of each use of the AED, training records and program evaluations.

Considerations for an AED Program

- Determine the needs of your facility – How many devices do you need and how long will it take emergency medical personnel to arrive?
- Determine your budget to purchase the equipment, train your employees and maintain the program.
- Determine if you will train existing staff or whether you will hire new staff to run the AED program.
- Consider OSHA requirements such as bloodborne pathogens training, quality assurance obligations and vaccination concerns.

Insurance Considerations

Purchasing the appropriate insurance coverage is also imperative when operating an AED program.

Have The Necessary First Aid Supplies Readily Available



Under OSHA's general industry regulations, an employer must train a person (or persons) to provide first aid if there is no clinic, infirmary or hospital near the workplace. In these situations, employers must also make first-aid supplies readily available. These supplies are often provided by employers as first-aid kits.

To create first-aid kits, employers must evaluate the hazards present in their workplace and determine what tools and supplies their employees will most likely need to provide first aid. OSHA offers employers two guidelines for building a first-aid kit:

- Employers should look at their workplace injury and illness records to determine the types of injuries their employees are most likely to encounter at their establishment.
- Employers should refer to the American National Standard Institute's (ANSI) 1998 publication titled "Minimum Requirements for Workplace First-aid Kits" and use it as an illustration of what should be included in a basic first-aid kit.

However, the specific supplies an employer must provide may vary depending on the employer's industry, operations and the unique hazards that may be present in its establishment. Employers should also consider whether additional national, industry, state or local regulations may apply.

Red Beans & Rice

Beans and chickpeas are packed with protein and fiber, which can balance out starches like rice. When eaten together, they can help prevent blood-sugar spikes and energy crashes.



Makes: 8 servings

Ingredients

- 2 cups red beans (dry)
- 8 cups water
- 1 ½ cups onion (chopped)
- 1 cup celery (chopped)
- 4 bay leaves
- 3 Tbsp. garlic (chopped)
- 1 Tbsp. parsley
- 2 tsp. dried thyme (crushed)
- 1 tsp. salt
- 1 tsp. black pepper
- 1 cup red bell pepper (chopped)
- Hot cooked rice

Preparations

1. Rinse beans thoroughly.
2. In a 5-quart pot, mix the beans, water, onion, celery and bay leaves. Bring to a boil and reduce heat.
3. Cover and cook over low heat for about 1 ½ hours or until the beans are tender. Stir and mash the beans against the side of the pan.
4. Add garlic, parsley, thyme, salt, black pepper and green peppers.
5. Cook uncovered over low heat until creamy, about 30 minutes.
6. Remove the bay leaves. Serve over hot cooked rice.

OSHA's General Duty Clause

The Occupational Safety and Health Act was enacted to regulate workplace safety and health. The Act is administered by the Occupational Safety and Health Administration (OSHA).

OSHA's general duty clause requires covered employers to provide their employees with a safe work environment. A safe work environment must be free from recognized hazards, if those hazards are causing, or are likely to cause, death or serious physical harm.

General Duty Requirements

The general duty clause requires employers to provide each employee with a work environment that is "free from recognized hazards that are causing or are likely to cause death or serious physical harm." In general, OSHA and courts across the United States have established that employers violate the general duty clause if:

1. They fail to keep the workplace free of a **hazard** to which employees were exposed.
2. The hazard was **recognized**.
3. The hazard was **causing** or was likely to cause death or serious physical harm.
4. There was a **feasible** and **useful** method to **correct** the hazard.

All four of the conditions described above must be present before OSHA can issue a citation under the general duty clause. A "hazard" is a workplace condition or practice to which employees are exposed that creates the potential for employee death or serious physical harm.

Applicability of the General Duty Clause

OSHA can enforce the general duty clause only when no hazard-specific standard applies and in situations where a recognized hazard is created in whole or in part by workplace conditions or practices that are not covered by a standard. The general duty clause may also apply in employment situations that are inherently dangerous, such as fire brigades, emergency rescue operations and confined space entry.

Reporting Serious Injuries

OSHA requires covered employers to report and record occupational injuries and illnesses. Specifically, employers are required to report serious injuries to OSHA as follows:

Employee fatalities must be reported within eight hours

Inpatient hospitalization, amputation or loss of an eye must be reported within 24 hours

Employers must report these injuries:

- By telephone to the OSHA Area Office nearest to the site of the work-related incident. Information about [OSHA Area Offices](#).
- By telephone to the 24-hour OSHA hotline (1-800-321-OSHA or 1-800-321-6742).
- Electronically, using the event reporting application that will be located on [OSHA's public website](#)

Who Must Report?

All employers under OSHA jurisdiction must report these incidents to OSHA, even employers who are exempt from routinely keeping OSHA records due to company size or industry.

DOL Targets Employers Who Put Profit Over Safety

The Department of Labor (DOL) and OSHA issued new enforcement guidance to make penalties more effective in stopping employers for repeatedly exposing workers to life threatening hazards or failing to comply with certain workplace safety and health requirements.

OSHA's Regional Administrators and Office directors now have authority to cite certain types of violations as "Instance by instance citations". OSHA has increased the citation penalties to discourage non-compliance. The new guidance covers enforcement activity in general industry, agriculture, maritime and

construction industries, which will be effective 60 days after January 26, 2023. The violations will be separated to have a higher impact to encourage employers to comply with the Occupational Safety and Health Act (OSH Act).

The DOL has released its 2023 inflation-adjusted civil monetary penalties that may be assessed on employers for violations of a wide range of federal laws, including the OSH Act. The increased amounts apply to civil penalties that are assessed after Jan. 15, 2023.

Did you know..

OSHA has an injury and illness cost estimator. Check out their cost estimator to see what an injury could cost your establishment:

[Injury and Illness Estimator](#)

Violation Type	2022	2023
Posting requirement	Up to \$14,502 for each violation	Up to \$15,625 for each violation
Other-than-serious violation	Up to \$14,502 for each violation	Up to \$15,625 for each violation
Serious violation	Up to \$14,502 for each violation	Up to \$15,625 for each violation
Willful violation	Between \$10,360 and \$145,027 per violation	Between \$11,162 and \$156,259 per violation
Uncorrected violation	Up to \$14,502 per day until the violation is corrected	Up to \$15,625 per day until the violation is corrected
Repeated	Up to \$145,027 per violation	Up to \$156,259 per violation

April Is Distracted Driving Awareness Month

Here are six safe driving practices to keep yourself—and others—safe behind the wheel:

1. Stow your phone. Remove the temptation to text or call while driving and put your phone away for the duration of your drive.
2. Avoid multitasking. Keep your focus solely on driving; never eat, smoke, groom yourself or do anything else that could take your eyes or mind off the road.
3. Plan ahead. Familiarize yourself with your driving route ahead of time to minimize time spent looking at your GPS.
4. Commit to your listening options. Decide what you're going to listen to before you start driving. Don't change playlists, skip songs or fiddle with your aux chord on the road.
5. Store your possessions safely. Secure your personal items so they won't shift or fall. If they do fall, wait to adjust them until you're safely parked.
6. Minimize passenger distractions. Use safety belts and car seats to keep children and pets stationary and safe in the backseat. Ask other passengers to keep distracting movements or conversation to a minimum.

Notable Dates:

4/17-4/21/2023:

- National Stand-Down to Prevent [Struck-By Injuries](#)
- National [Work Zone](#) Awareness Week

5/1-5/5/2023

- National [Stand-Down](#) to Prevent Workplace Falls in Construction

8/08-8/10/2023:

- OSHA In-person or Online Training event for federal agency employees. Attendance is free and open **only** to federal employees. [To participate, register between June 5 and July 14](#)

What do electricians call a power outage?



A current event