

Southern Oregon

AMERICAN SOCIETY OF SAFETY ENGINEERS Chapter

"SAFETY AND HEALTH FAVORITES"

By Mary Hoskins, Communications Chair

One of the benefits of belonging to the ASSE safety community is the opportunity to learn from other safety professionals and share information. Recently, I asked several of my ASSE favorites to list their "go to" resources and web sites. In the internet age, the amount of information is almost overwhelming – and many sites are less than reputable. It helps to ask seasoned, trusted colleagues for the resources they find to be most credible and useful. I've compiled the following list with the help of Chris Lawrence of Knife River; Mike Hill of Timber Products Spectrum; Susan Riehlman of Jackson County Roads and Parks; Mark Hurliman of Oregon OSHA; and Heather Grogan of Workers' Compensation Division.

ORGANIZATION SITES:

- ASSE www.asse.org
- VPP www.vppa.org
- Sharp Alliance www.sharpalliance.org
- National Safety Council www.nsc.org
- Association of Occupational Health Professionals www.aohp.org
- ANSI (American National Standards Institute) www.ansi.org
- Timber Operators Council (TOC) www.toc.org
- Associated General Contractors (AGC) www.agc-oregon.org
- Industrial Hygiene (ACGIH) www.acgih.org
- American Red Cross www.redcross.org

GOVERNMENT AND UNIVERSITY SITES:

- Oregon OSHA www.orosha.org
- Federal OSHA www.osha.gov
- NIOSH www.cdc.gov/niosh
- Washington (WISHA) www.lni.wa.gov
- Cal OSHA www.dir.ca.gov
- MSHA www.msha.gov
- National Institutes of Health www.nih.gov
- CROET at OHSU www.croetweb.com
- National Traffic Safety www.nhtsa.dot.gov



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For more ASSE information, visit our web site at:
<http://www.asse-southernoregon.org>

"SAFETY AND HEALTH FAVORITES"*Continued from Page 1***SAFETY NEWSLETTERS, SAFETY COMMUNITIES, ALL AROUND NEWS:**

OSHA Quick Takes QuickTakes@dol.gov
 Occupational Hazards/Ergonomics www.occupationalhazards.com
www.safetycommunity.com
www.esh.llnl.gov
[www2.dupont.com/safety and protection](http://www2.dupont.com/safety_and_protection)
www.ohsonline.com
www.brassmein.com
www.pacificemployers.com

VIDEOS FOR TRAINING:

www.csb.gov
 Oregon OSHA AV Library: www.orosha.org
 And: check with your company's insurance carrier for free videos

INSURANCE RESOURCES:

Liberty Mutual www.libertymutual.com
 SAIF www.saif.com
 CAN www.cna.com
 Seabright www.sbic.com

CONSULTANTS/IDEAS AND INSPIRATION:

Carl Potter carl@potterandassociates.com
 Scott Geller www.safetyperformance.com
 Chad Hymas www.chadhymas.com
 Greg Bell www.waterthebamboo.com
 Steve Hanamura www.hanamuraconsulting.com
 Bill George www.billgeorge.org
 BST (behavioral safety) www.bstsolutions.com

BEST FREE MSDS SEARCHES, CHEMICAL INFORMATION:

www.sfm.state.or.us/CR2K
www.msdssearch.com
www.ull.chemistry.uakron.edu
www.cdc.gov/niosh

INDUSTRY-SPECIFIC AND SPECIALTY RESOURCES:

Agriculture www.nasdonline.org
 Oregon Nurses (ONA) www.oregonrn.org
 Trucking (Washington State – TIRES program) www.KeepTruckingSafe.org



"SAFETY AND HEALTH FAVORITES"*Continued from Page 1***ERGONOMICS, JOB ACCOMMODATION, ERGONOMIC PRODUCTS:**www.ergoweb.comwww.usernomics.comJob Accommodation Network www.jan.wvu.eduAccess Technologies www.accesstechnologiesinc.orgCornell University www.ergo.human.cornell.eduErgonomics Center of North Carolina . www.TheErgonomicsCenter.comHumantech Inc. www.humantech.comUCLA www.ergonomics.ucla.eduMaterial Handling Institute of America www.mhia.orgPatient lifting (LIKO) www.safeliftingportal.com**STATISTICS, REPORTS:**Bureau of Labor Statistics (federal) www.bls.gov/homeFederal OSHA www.osha.gov/oshstats

Dept of Consumer and Business Services (Oregon – Information Management Division)

www4.cbs.state.or.usOR-FACE (fatality reports) www.ohsu.edu

Readers: do you have other resources and information you find useful? If you'd like to share, please e-mail Mary Hoskins at: marhos@saif.com and we'll publish your ideas in future newsletters.

Past President Jeff Smith's Favorites:

I like EHS Today magazine they have an e-zine at: <http://ehstoday.com/> I can always find several articles in their monthly magazine that help me with a current challenge.

I also like this site <http://hazard.com> Vermont Safety Information Resources Inc. (SIRI) This is the Swiss army knife of web sites. You can do many things here- search for an MSDS sheet, download a safety poster, download a PowerPoint, take on-line training, link to many more safety sites, find a consultant, and many other useful things.

Here is a wild card, I like this site <http://www.spanishdict.com/> when I am translating from English to Spanish and vice-versa. I especially like this for making bilingual signage. Great for Spanish learning, flash cards, pronunciation and more.

Federal OSHA has two online resources that will help you stay informed of its most recent activities and developments. For a chronological list of OSHA enforcement actions, news releases, publications and interpretations, check the "What's New" section of the web site. You'll find a monthly list, in chronological order, of OSHA's newest materials. Visit: www.osha.gov/whatsnew.html If you'd like federal OSHA to alert you to the latest developments and information, you can also subscribe to a free electronic newsletter called OSHA Quick Takes. Find it at: www.osha.gov/pls/quicktakes

Southern Oregon Chapter Meeting

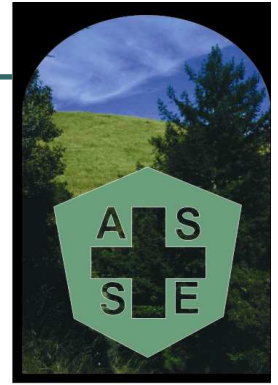
Date/Time: Tuesday, March 2nd, 2010 (No-host lunch)

Executive Committee 10:30 am; Regular Meeting 11:30 –1:00 pm

Location: Black Bear Diner

1150 E. Barnett Road- just east of the South I-5 exit (Exit 27)- Medford

Membership is not required to attend the meetings. First time attendees receive a free lunch.



March Hot Topic: Hazard Analysis and Control



A SYSTEMATIC APPROACH TO ANALYZING AND CONTROLLING HAZARDS

Presented by: Jim McNeil

Employers have a responsibility for identifying and controlling workplace hazards - it is a key element of "doing the job right" and protecting employees. Hazard recognition is a skill that can be learned and improved - every safety professional and every organization should employ a variety of hazard recognition techniques.

Jim McNeil will share an improved, systematic model that will help us maximize our opportunities to identify the hazards that are most likely to injure people in our workplaces, so we can design effective, lasting controls. About Jim McNeil: Jim is a self-employed safety consultant who was ASSE's 2009 safety professional of the year for southern Oregon. He has a lengthy track record of leading safety programs at Timber Products and Swanson Group. He holds a masters degree in industrial relations from University of Oregon. Jim is a consummate professional who is known in our region for his unwavering dedication to safe workplaces, and for encouraging and mentoring scores of safety and health professionals.

Two-day Safety Conference Coming to Eugene "2010: A Safety Odyssey"

Workers and employers are invited to attend the Cascade Occupational Safety and Health Conference, a two-day conference March 9-10, 2010, at Eugene's Valley River Inn, located at 1000 Valley River Way, that is designed to highlight the latest safety and health information.

The training, designed for anyone who wants to improve on-the-job safety and health performance, is built around the theme, "2010: A Safety Odyssey." Conference attendees can take advantage of a networking session, along with workshops focused on hazard identification, safety leadership, and accident investigation techniques. The registration fee for both days is \$150, or \$90 for single-day attendance. For more information or to register, go to www.orosha.org/conferences.

Words of Wisdom:

"Teams outperform individuals acting alone...especially when performance requires multiple skills, judgments, and experience." Katzenbach and Smith, The Wisdom of Teams



More Chapter News

REGIONAL OPERATING COUNCIL (ROC) COMING TO SOUTHERN OREGON IN SEPTEMBER 2010

ASSE's Region #1 encompasses Alaska, Hawaii, California, Oregon, and Washington. In mid-September 2010, the Southern Oregon Chapter will be hosting leaders from the entire region for the fall ROC meeting. A committee, chaired by Past-President Connie Gibbs, is planning the multiple-day event, which will include meals and regional activities in addition to business meetings. Our chapter hopes to host at least one meal or event to which all members will be invited – it will be a rare opportunity to meet safety, health and environmental professionals from diverse backgrounds and a large geographical area. If you have ideas about venues or activities that will showcase southern Oregon, feel free to contact any Board member.

Chapter Membership Drive (Dec. 1, 2009– Mar. 31, 2010)

One More Month!

Remember that our Southern Oregon ASSE Chapter is looking for new members– and we're still offering an incentive to both new members and their ASSE sponsors. This is in addition to the membership initiative that Society has announced.



In southern Oregon, we're proud to be a fellowship of passionate advocates for occupational safety and health – you don't have to be an engineer to join! Our local members include safety directors, HR managers with safety responsibilities, risk managers and consultants, line supervisors and safety committee chairs; we welcome anyone who's working toward a safer world. We're part of a national and international community of professionals and associates – global leaders who have been dedicated to protecting people, property, and the environment for almost 100 years.

Continuing through March 31, 2010, all new members AND their sponsors will be entered in a prize drawing; one new member and his or her sponsor will EACH receive a \$50 gift certificate to Porter's Restaurant. We'll announce the winners at our April 6, 2010 meeting.



Employers to Celebrate Safety Break for Oregon May 12

Employee involvement key to workplace safety

Employers across Oregon are encouraged to celebrate workplace safety and health with award programs, trainings and other special events during the eighth-annual Safety Break for Oregon on Wednesday, May 12, 2010.

Oregon OSHA coordinates the one-day event, designed to raise awareness and promote the value of workplace safety and health in preventing injuries and illnesses. The voluntary event, which occurs on the second Wednesday in May, is designed to be flexible to meet an employer's safety and health program needs.

The theme for this year's event "Shine a Light on Safety," encourages employees and management to work together on safety and health concerns. The result of this cooperation can lead to fewer injuries and reduced workers' compensation costs for employers.

Companies planning to participate are encouraged to sign up online. For ideas on hosting an event, to download graphics, or for more information, go the Safety Break for Oregon Web site at www.orosha.org/subjects/safetybreak.html.

Resources and Dates to Remember

DATES TO REMEMBER:

March 1 - 31, 2010

Workplace Eye Wellness Month
www.preventblindness.org

March 1 - 31, 2010

National Nutrition Month
www.eatright.org

March 14 - 20, 2010

National Poison Prevention Week
www.poisonprevention.org



Go Red Day!

The Medford SAIF office went red "completely" on Feb. 5, 2010...National Go Red Day, sponsored by the American Heart Association, to publicize the risks of heart disease in American women (and men).

Video Contest Update

SAIF is a key member of the Oregon Young Employee Safety Coalition. We've been involved in the coordination of this year's Young Worker PSA Video Contest for high school students. (See <http://www.orosha.org/psacontest/index.html>) Here's a quick update:



- We've received 38 video entries! (We had a total of 12 last year, so this is great news.)
- We're getting ready to review and judge these videos and narrow the selection to a top 10.
- Additional judging will take place with the top 10 to select the first, second, and third place winners.
- The top 10 videos will be shown and the top three winners will be announced at a special presentation on Saturday April 10 at Northern Lights Theater in Salem. The exact time is still to be determined, but it will start between 1:00 and 2:00 PM.

We'd love to have you join us if you're available! There will be more info soon, but if you can carve out the time to make it to Salem on April 10, it should be a fun event and a way to further influence Oregon youth.

ASK AN EXPERT

Your safety-related questions answered by subject matter experts

Q: *In the 2010 Oregon Legislature Special Session, I understand they're adding or changing some language that affects the recent AED laws for Oregon employers. Is that true?*

A: Yes. At the time of this writing, the Oregon legislature was still in session. **Senate Bill (SB) 1006** appears headed for passage. The bill clarifies the language of the new AED law, specifying that a "place of public assembly" means a "single building" that has 50,000 square feet or more of "indoor" floor space. SB 1006 changes the law to apply to places where at least 50 (vs. 25) individuals congregate on a normal business day. SB 1006 removes language relating to limitation of liability, and it adds community colleges and state institutions of higher education to the entities which must have AEDs on site. If signed by the governor, the provisions of the bill will be effective immediately.

Q: *As part of our effort to reduce slips, trips and falls, we want to inform our employees about the benefits of anti-slip footwear. What are some of the options for proven but affordable footwear?*

A: Probably the best known option is **Shoes for Crews**. They're so confident about their products' ability to reduce slips and falls that they offer a guarantee. Shoes for Crews offers a variety of options, all affordable. Their web site is: www.shoesforcrews.com Beth Lindsay of Harry and David recently researched local options. Wal-Mart has its own brand called Treadsafe; shoe styles are priced from \$18. Curt Charley has field-tested a pair of Treadsafe shoes and found them satisfactory. Payless Shoes offers CrossTrekks for women and men, and Hunters Bay and State Street for men. Prices range from \$25-50, and Payless offers discount coupons and corporate programs.



Send your "Ask An Expert" questions to Mary Hoskins at: marhos@saif.com

Government Update

Fed OSHA Proposes Recordkeeping Change to Improve Illness Data

OSHA is proposing to revise its Occupational Injury and Illness Recording and Reporting (recordkeeping) regulation by restoring a column on the OSHA Form 300 to better identify work-related musculoskeletal disorders (MSDs). The rule does not change existing requirements for when and under what circumstances employers must record musculoskeletal disorders on their injury and illness logs. Many employers are currently required to keep a record of workplace injuries and illnesses, including work-related MSDs, on the OSHA Form 300 (Log of Work-Related Injuries and Illnesses). The proposed rule would require employers to place a check mark in a column for all MSDs they have recorded.

The proposed requirements are identical to those contained in the OSHA recordkeeping regulation that was issued in 2001. Prior to 2001, OSHA's injury and illness logs contained a column for repetitive trauma disorders that included noise and MSDs. In 2001, OSHA separated noise and MSDs into two separate columns, but the MSD column was deleted in 2003 before the provision became effective. OSHA is now proposing to restore the MSD column to the OSHA Form 300 log.

For more information, view OSHA's proposal at:

http://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=FEDERAL_REGISTER&p_id=21314

BE WELL-INFORMED, BE WELL

Helping you stay healthy, on and off the job

AVOIDING DANGEROUS DRUG INTERACTIONS

By Mary Hoskins, Communications Chair

March 14-20, 2010 is National Poison Prevention Week. You may not know it, but this event dates back to 1961, when President Kennedy declared the third week in March would be devoted to preventing accidental poisoning. The "Mr. Yuk" campaign developed out of this effort – it focused, of course, on preventing poisoning in young children.

For adults, a significant hazard is the danger of unintended drug interactions – not infrequently, we hear of deaths related to lethal combinations of prescription drugs, as well as interactions with over-the-counter medications, street drugs, alcohol, or even naturopathic remedies and nutritional supplements. Sometimes, there may even be chemical exposures in a work or home environment that can combine with medications and create adverse reactions. Polypharmacy is on the rise – many adults, especially older adults, now take 5 or more medications at a time. Many Americans are treated concurrently by multiple physicians. The estimates of drug-drug interactions for this population are as high as 20%. Nachman Brautbar, MD, described a realistic case study:



A worker injured his neck on the job and developed chronic pain syndrome and psychiatric problems. He was prescribed medications by four physicians:

1. Inderal and Lasix for high blood pressure (internist)
2. Tricyclic antidepressants, for depression (psychiatrist)
3. Xanax for sleep (family physician)
4. Propoxyphene (orthopedist)
5. Prilosec for stomach irritation (internist)
6. Over-the-counter Benadryl and Tylenol (self)

Lastly, he was prescribed Ultram, an analgesic for moderate pain, by another orthopedist with whom he had an independent consultation. He returned to light duty work with his employer and his duties included driving a vehicle.

The worker was involved in a car crash on the job, apparently due to a "seizure-like" occurrence. At the ER, he was found to have elevated blood levels of Ultram, Amitriptyline, and minimal levels of alcohol and opiates.

The analysis indicated that the patient was given Ultram at the same time he was taking Amitriptyline. Amitriptyline elevates the blood levels of Ultram, by inhibiting the enzyme in the liver responsible for the breakdown of Ultram. The seizure would not have occurred absent the concomitant administration of Ultram and Amitriptyline. Unfortunately, as a result of the car collision, the worker then developed post-concussion syndrome and fibromyalgia.

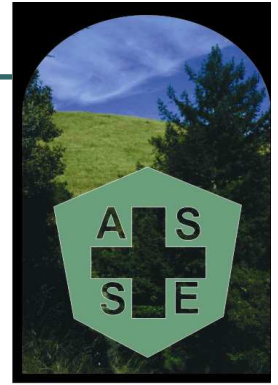
Many patients use over-the-counter herbal and non-herbal supplements, without discussion with their physicians. They may also drink alcohol in moderation and take seemingly innocuous self-prescribed medications for pain, stomach upset, and allergy symptoms. Dr. Brautbar notes, for example, that taking ginseng may increase blood pressure and heart rate, and can interfere with the anti-clotting drug Coumadin. Ginkgo also interferes with anticlotting drugs and blood thinners such as aspirin, Plavix, and Ticlid. Alcohol is a brain (CNS) depressant and is therefore additive with other CNS depressants such as antihistamines, narcotics, Valium, Xanax, and opiates.

The bottom line: make sure that you're keeping track and informing your primary physician or pharmacist about ALL the medications and supplements you're taking. If you add or change something in your regimen, don't hesitate to ask about the possible effects. You can also use drug interaction resources on the internet to check whether a particular combination might be problematic – either by reducing the effectiveness of an essential drug, or by putting you at risk for serious, even life-threatening, consequences. For drug interaction checkers, visit: www.medscape.com or www.healthline.com AARP also has a drug interaction checker at: www.healthtools.aarp.org

Training Opportunities

Redwood Safety Association (RSA) – February 25, 2010, Noon

JJ Norths, 1150 NE "E" Street, Grants Pass
Topic: Analyzing and Controlling Hazards, A Systematic Approach
Presenter: Mark Hurliman, CSHM, Oregon OSHA
For information: Mark Hurliman, OSHA, (541) 776-6016



Spanish-Language Safety Classes – Oregon OSHA

Tomas Schwabe will be in Medford to present these classes:

March 3, 2010: Morning – Safety Committees and Safety Meetings

Afternoon – Hazard Communication

March 4, 2010: Morning – Ergonomics/Back Safety

Afternoon – Safety Leadership

ASSE National Conference 2010-Safety 2010 – June 13-15, 2010

Baltimore, Maryland www.asse.org/education/expo10

The on-line registration system is now up and running for the **Fall Protection** class that we are sponsoring March 30-31. Interest seems to be running high. Please help us get the word out- and get your own folks signed up now!



Go to: https://www.regonline.com/fall_protection10

EXECUTIVE COMMITTEE 2009-2010

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Vice President: Chris Lawrence, *LTM, Knife River*– chris.lawrence@kniferiver.com

Past President: Jeff Smith, *Adroit Construction*– jeffs@adroitbuilt.com

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Treasurer: Jim McNeil, jim_saramcneil@msn.com

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heather.f.grogan@state.or.us

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Debra.Curran@providence.org

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