Welcome!

Welcome to the third issue of the UC San Diego Safety Trainer newsletter. In this issue you’ll find the usual updates for Outreach trainers in General Industry, Construction and the Maritime subjects. We also have a new column – the Outreach Trainer Spotlight. In this column we will introduce one of our busiest Outreach Trainers and ask a few pertinent questions about her- or himself, what their main audience is and how often they perform Outreach training. We also will find out what training techniques they use and how they develop their materials. We’ll try to spotlight a new Outreach Trainer every issue, so be ready if we contact you for an interview.

There are new Compliance Assistance Products available on the OSHA website. There are web resources, QuickCards, bulletins, presentations and success stories, as well as archives to past years’ postings. Check them out by clicking here.

Outreach Trainers Are You Ready?
The New Outreach Reporting Tool is Effective June 1, 2013
Learn More
(or See Page 5 for more details)

If Outreach trainers have a question, or would like to tell us about a particular training technique or training material source, please email us at oshatraining@ucsd.edu.

-Harold Gribow, Executive Editor

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July & August Refresher Courses

- Claremont: OSHA 502—Construction, July 12-14
- Claremont: OSHA 5029—Cal/OSHA Construction, July 15
- San Diego: OSHA 502—Construction, July 22-24
- Phoenix: OSHA 503—General Industry, August 5-7
- San Diego: OSHA 503—General Industry, August 12-14

Did You Know?
Trainer Courses 500, 501, 5400 and 5600 may also serve as refresher courses.

For a full list of Trainer Courses visit osha.ucsd.edu.
Outreach Trainer Spotlight – Bob Downey, CSP, CPP

Editor: *Please tell us a little about yourself and your business.*

Bob: RED Consulting has been in business since 2000. I am the firm’s principal and have been in the Safety business for more than 40 years. RED’s primary focus is safety for the construction industry in California and we do quite a bit of training including the 10 and 30-hour courses for our clients. We also perform site safety audits for clients who need evaluations of construction activities. We serve as expert witnesses and also represent the Construction Employers Association at the Cal OSHA Advisory Committee which meets 4 times per year focused on helping DOSH in its enforcement and service efforts.

Editor: *What is your main audience for Outreach classes?*

Bob: My main audience is foremen, superintendents and project managers for the OSHA 10 class, and safety coordinators for the 30-hour course. Several clients have established a training matrix that identifies recurring training for different classes of employees within their companies.

Editor: *Do you do 10 or 30 hour classes or both?*

Bob: I do both the 30 and the 10, but the primary request is for the 10-hour program. Most of my clients are California employers so I provide the California 10-hour variant rather than the federal, but when I get a request for someone who will be working in Nevada where there is a mandate for the 10-hour, I will offer the federal program.

Editor: *How did you go about developing your training materials?*

Bob: Most of my materials I’ve developed on my own. I continue to update them as regulations change. Materials are gleaned from regulatory sources, photos from my archives, and practical exercises from experience to help students understand the challenges of compliance and accident prevention. I also use videos for areas that are sometimes technically difficult to get across. A good example is rigging where videos help explain techniques in a manner that supports learning.

Editor: *Do you have any training techniques that help make your Outreach classes more interesting and engaging?*

Bob: Of course. Get the students up and involved in the learning process. Fall protection is a good example having students demonstrate inspection techniques and donning and fitting equipment, one of the areas workers often fail in to their detriment. Student work teams for problem solving is also a good technique to assist in the learning process.

Editor: *Do you see the demand for Outreach classes changing in the next five years?*

Bob: It has already increased recently because employers recognize the value. I think other states, besides the 6 that currently require this training, may mandate Outreach classes for their construction employees to assist in accident prevention.

UC San Diego Trainer Tip Of the Month by Jeff Beeler

PowerPoint: A Powerful Tool

Many instructors use PowerPoint as a tool to present their OSHA 10-hour and 30-hour classes. Not everyone knows how to properly use PowerPoint or are aware of its pitfalls.

Studies show that an adult student will retain up to 50% of the material if they are able to see the information in addition to hearing it. If PowerPoint slides are too busy it causes the student to have to struggle with trying to listen to the instructor while reading large amounts of text on the slide. A rule of thumb is no more than 6 lines of text (bullets) with no more than 6 words per line. To further improve this effort the bullets can be made to drop down one at time so the student will only focus on the bullet being discussed.

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**Construction**  
by Jeff Beeler

**Fall Protection for Trenches**

Students occasionally ask about requirements for providing fall protection around a trench. I’ve heard questions such as; “Is fall protection required if the trench is greater than 6 feet deep?” Conventional wisdom might tell us that in construction anytime a worker is exposed to an unprotected edge or side greater than six feet fall protection would be required. In fact, CFR 1926.501(b)(1) states: Each employee on a walking/work surface (horizontal and vertical surface) with an unprotected side or edge which is 6 feet (1.8 m) or more above a lower level shall be protected from falling by the use of guardrail systems, safety net systems, or personal fall arrest systems. It seems pretty clear to some that it would apply to trenches but that’s not the case.

Looking further into Subpart M we will find another section that applies directly to fall protection around trenches. In CFR 1926.501(b)(7)(i) it states: Each employee at the edge of an excavation 6 feet (1.8 m) or more in depth shall be protected from falling by guardrail systems, fences, or barricades when the excavations are not readily seen because of plant growth or other visual barrier. So, does this mean that we do not need fall protection if the workers can clearly see the trench? The answer is YES. In a Letter of Interpretation dated June 24, 2002 OSHA made this statement to Ned McDougald of Fresno: “Under these provisions, if the trench is not readily visible because of plant growth or other visual barrier, fall protection is required. Thus, unless the trench you are describing is obscured from view, there is no requirement for fall protection to be provided”. Now that we know OSHA does not generally require fall protection around trenches, let’s consider some safe work practices.

1. Keep workers away from trenches unless necessary.
2. Approach a trench from the end where the edge is stronger.
3. Remove slipping and tripping hazards from edge of trenches.
4. When ladders are used to access a trench or trench shield make sure it is secured and the access to the ladder is safe.

Although OSHA does not usually require fall protection around trenches, good safe work practices may still be an important consideration to prevent falls.

**Don’t Forget!**

Hazard Communication: Workers must be trained by Dec. 1, 2013

**General Industry**  
by Harold Gribow

**New From OSHA**

There are several new OSHA publications available now.

1. An InfoSheet on Toluene Safety in the Workplace. Toluene, also known as "methylenebenzene", "phenylmethane" or "toluol," is a clear, colorless liquid used in paints, thinners, lacquers, metal cleaners, fingernail polish, glues and other products. The sweet-smelling chemical is highly flammable and may catch fire if exposed to heat or flames.

2. Three fact sheets on hexavalent chromium exposure describe operations in which workers may be exposed to hexavalent chromium; summarize the known health effects; and provide recommendations for control measures to reduce worker exposures. The fact sheets are available in three industries: Aerospace/Air Transport, Bridge Painting, and Electroplating.

3. A fact sheet on welding fume that describes the types of welding, hazardous components of welding fume, health effects associated with exposure to welding fume and steps employers and workers can take to reduce exposure to welding fume.

See the link in the Welcome column on the first page for access to these and other helpful materials.

OSHA’s Hazard Communication Standard is now aligned with the United Nations’ Globally Harmonized System of Classification and Labeling of Chemicals. This update to the Hazard Communication Standard provides a common and coherent approach to classifying chemicals and communicating hazard information on labels and safety data sheets. The first deadline in the implementation phase is Dec. 1, 2013, the date by which employers must train workers on the new label elements and safety data sheet.

OSHA has prepared a number of additional materials that explain the new changes to the requirements of the HCS, including QuickCards, fact sheets, a list of frequently asked questions and a brief (PDF*) on labels and pictograms. These and other materials are available on OSHA’s Hazard Communications page.

You’ll need to remember to update your training material in the 2 Hour Introduction to OSHA presentation that is required in every Outreach class, as well as those Outreach curricula that include Hazard Communication as one of the required or optional subjects.
**Maritime**  by Jeff Lewis

**Electrical topic in the Maritime Industry OSHA Outreach Training Program**

Each Shipyard Employment 10-Hour and 30-Hour program (#7615 and #7635 programs) requires us to address Electrical Safety while it is an elective in both the Marine Terminals (#7617 and #7637 programs) and Longshoring (#7618 and #7638 programs).

To meet the requirements for Shipyard Employment (#7615 and #7635 programs), our research in the “Tool Bag” Directive (listed among the Trainer Resources at the end of this newsletter) reveals that, in addition to 29 CFR 1915 Subpart L – Electrical Machinery, the 29 CFR 1910 Subpart S - Electrical standards are applicable to Shipyard Employment (#7615 and #7635 programs). Realizing this fact about 1910 Subpart S - Electrical, we can begin our presentation development using the General Industry Electrical PowerPoint as a template to help organize learning objectives and training items for the subject and modify it to meet our needs for Shipyard Employment matters.

Please recall that 29 CFR 1910 Subpart S - Electrical does not apply to the electrical system aboard any vessel.

Marine Terminals (#7617 and #7637 programs) and Longshoring (#7618 and #7638 programs) necessitate the issues addressed by the 29 CFR 1910 Subpart S - Electrical Standards. Here also we are able to use the General Industry Electrical PowerPoint as a template to help develop our thoughts and learning objectives.

Research into 29 CFR 1910 Subpart S - Electrical reveals that it was adapted to align closely with the 2002 edition of the National Electrical Code® (NEC®, NFPA 70®). Additional issues to consider in your electrical safety presentation should include the 2012 edition of NFPA 70E® “Standard for Electrical Safety in the Workplace®”

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**International**  by Jeff Beeler

**ISEI: Global Safety Training**

In 2011 we launched our new International Safety Education Institute (ISEI) with the intent of continuing to provide U.S. OSHA based safety training globally after OSHA pulled their outreach training from international delivery. The OSHA Outreach Training program was used for many years by organizations around the world. In 2011 OSHA restricted the program to delivery only within their jurisdiction. This left these international organizations without access to our safety training, and the resulting cards. We responded with ISEI and have been authorizing trainers from countries such as Saudi Arabia, Philippines, India, Nigeria and others. We are presently working to approve trainers from Egypt, Columbia and China.

Involvement in this institute consists of being approved as a trainer and being affiliated with an approved Professional Training Partner (PTP). To be an approved trainer you must meet some qualifications and then take the ISEI #5050 International Safety Trainer course. You can find the qualifications at our web site at isei.ucsd.edu. The ISEI #5050 course can be delivered in person by contract or it can be taken online. Registration for the online course can be found here.

An ISEI Professional Training Partner is an individual or organization who can meet certain criteria that consists of the ability to process classes and credit cards via internet, communicate with us in English, a shipping account, and be able to provide appropriate classroom settings. These specific requirements can also be found at our web site. Authorized trainers must also be a PTP or be affiliated with one to be able to train within our program.

When a trainer has been authorized and affiliated with a PTP they will then receive the training materials to teach our 8-hour Safety Practitioner and 24-hour Safety Specialist classes. After meeting additional qualifications they may also be approved to teach our 16-hour Site Safety Technician and 16-hour Site Safety Supervisor courses. They will also be given access to our online course processing system to receive student cards and certificates.

If you are involved in safety training internationally we invite you to look into our ISEI program and consider becoming an approved trainer. Feel free to contact us if you have any questions at isei@ucsd.edu.
Outreach Reporting Tool

The End is Near... A New Beginning!
UCSD OTIEC's OSHA Outreach Department is rapidly approaching the finalization of our goal to train all of our existing trainers on the new Outreach Reporting Tool (ORT). To date, we have over 1,000 trainers now actively using our new online reporting system. Thank you to all the trainers that have invested the time to attend the training for the new system and are now actively processing reports through the ORT. The new process is effective and is significantly increasing the turnaround time for cards once they are submitted.

May is the last month to attend a Ready Talk training session. If you have not attended a session, please download the flyer with the remaining dates and register as soon as possible. The old reporting system will not be available as of June 1, 2013. All trainers submitting reports through the old system will have their reports returned to them. After June 1 a PowerPoint recording will be provided on the UCSD OSHA website. This recording will serve as training for the new system and you will be required to use the new system to process reports. It is our intent to assist all of our trainers with this system transition; we highly recommend that all trainers attend a Ready Talk training before the end of May.

The feedback from trainers continues to be extremely positive. We are ecstatic that this initial version of the program is well received with our trainers. However, with all programs there are updates and changes to reflect the changing needs of our trainers and classes. Throughout the process, many trainers have offered suggestions to improve the Outreach Reporting Tool. You were heard! Based on many of the recommendations, we decided to begin work on a phase 2 of the ORT. We consider this to project to be continually evolving into a product that all UCSD OSHA Outreach Trainers can be proud of and use to improve the quality of their classes and record keeping. Stay tuned for information regarding the updates to the ORT.

Our goal is to have increased communication with all of our trainers and offer our assistance in the delivery of your courses. It is essential that all trainers regularly visit the OSHA website to ensure that all current guidelines are conducted when teaching courses. Our department will continue to notify you of discrepancies in your reports either through email or in some cases a random audit. If you are notified that you are under audit, please ensure that all of the documentation for your classes are on file and submitted to our office for review. In most instances we are able to identify the problem and work with our trainers to rectify the issue for all courses. We are on the same team, and your success is our success! If you have questions regarding the delivery of your courses, please contact our office so that we may assist you. We look forward to working with all of you in the future to create a safer workplace, one trainer at a time.

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The UCSD OTIEC is part of UC San Diego Extension, which has served as a premier source of lifelong learning for adults seeking professional and personal growth for nearly five decades. Currently, Extension educates over 22,000 professionals annually in more than 4,600 courses and over 80 certificate programs including the multi-track Professional Certificate in Occupational Safety and Health.

The UCSD OTIEC has consistently provided quality, innovative and cutting edge occupational safety and health construction and general industry standards based education and training since 1992 when it was chosen as one of the original four OSHA Training Institute Education Centers. In addition to the U.S. Department of Labor OTIEC courses, Extension has a long history of providing courses in safety and health management and training, hazardous waste management and emergency preparedness.