Welcome!

Hello again to all the UCSD-authorized OSHA Outreach Trainers. I hope you all had a nice summer and are ready for the change in weather, although where I live in Phoenix, summer won’t be gone until after Halloween.

In this issue, you’ll notice a change in the Page 7 “Resources” section. For most of us, autumn is around the corner and this is the time of year when safety and health training usually pick up.

We’ll be looking at several sources for safety materials with a description of each one. Don’t worry about the previous materials – there will be a link to our site where we’ll keep all the resources we’ve listed previously.

New Outreach Trainer Resources!

We’ve changed the look of the Resource Page
Check out the new information on page 7

Also, I had the opportunity to teach an international class in June in Manila, Philippines. The class was the OSHA 511, General Industry Standards course and was well attended by the management team and safety and health staff of a company called LaFarge Cement Services Philippines. I’ll describe the trip in detail on page 6.

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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October & November Refresher Courses

- Las Vegas: OSHA 502—Construction, Oct 7-9
- San Diego: OSHA 5402—Maritime, Oct 21-23
- San Diego: OSHA 502—Construction, Nov 12-14
- San Diego: OSHA 5029—Cal/OSHA Construction, Nov 15
- Phoenix: OSHA 503—General Industry, Nov 18-20
World Safety Organization (WSO) Report  by Jeff Beeler

On September 8 – 11, 2013 the University of California, San Diego Extension/International Safety Education Institute (ISEI) hosted the 26th Annual World Safety Organization’s Environmental and Occupational Safety and Health Professional Development Symposium in San Diego.

The World Safety Organization (WSO) was founded in 1975 as a result of an international conference, organized by the Safety Organization of the Philippine Islands (SOPI), in Manila, Philippines. There were over 1,000 delegates from over 20 counties represented at that conference. On that occasion the conference delegates agreed on the need for an international exchange of information, programs, new research methods and data, in the areas of safety, environment, and all associated fields. In 1987 the WSO received a Consultative Status from the United Nations. For more information about the WSO go to www.worldsafety.org.

The UCSD/ISEI became members of the WSO last year and agreed to host the event for this year. The event was attended by representatives from many countries such as Nigeria, Philippines, Malaysia, Taiwan, Australia, Panama, Qatar, India, United Arab Emirates and of course the USA. There were two great keynote speakers on Monday morning and many educational session held throughout the 3 days.

On Monday evening an Awards Banquet was held where UCSD/ISEI received two awards: the WSO Concerned Company Award and the WSO Educational Award for our work in extending safety training internationally. Our director, Scott MacKay, was on-hand to receive the award.

Talks were held between the WSO board members, our director, Scott MacKay, and myself to begin efforts to form a partnership to have our ISEI training programs approved by the WSO and to link the training to the certification offered by them. We are planning to have our outreach programs approved soon and to start working on some of our advanced training later this year. For more information on the UCSD’s International Safety Education Institute go to isei.ucsd.edu.

We encourage our students and alumni to join this organization and attend the 27th Annual Symposium next year in Denver, Colorado or in Manila, Philippines in 2015.

UC San Diego Trainer Tip Of the Month  by Jeff Beeler

Remember that preparation is the key to successful presenting

Here are a few items to consider:

- Make sure the lighting is sufficient for the students to see the material and take notes but there’s no glare on the screen.
- Make sure the seating is facing front and that students don’t have to twist continually to see the screen and instructor.
- Set up your audio-visual equipment early to be sure everything works. Sometimes a thumb drive and a “house” computer don’t always work well together due to operating system or PowerPoint version variations.
- Project your presentation on the screen and sit at the back of the room to be sure you can read the type. A minimum font size for PowerPoint is 24 point.
- Check out the bathroom facilities, exit routes, heating and A/C controls, light switches, etc., ahead of time.

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In honor of the
26th Annual International Environmental & Occupational Safety & Health Professional Development Symposium
UC San Diego’s International Safety Education Institute proudly offers a special International Safety Trainer Course.
Visit ISEI.UCSD.EDU today for more information on the course.

ISEI 5050 – Trainer Course International Construction Safety (ONLINE)

Designed to provide students with the knowledge, skills and resources necessary to provide construction safety training using the UCSD ISEI curriculum, ISEI is offering the course online for approved PTPs.

In Celebration of the upcoming World Safety Organization Professional Development Conference, the October 21–November 12, 2013 “ISEI 5050” class has been discounted to $499.
Fee: $499
October 21–November 12, 2013 (ONLINE)

Public and private health and safety training organizations who are approved by the International Safety Education Institute (ISEI), participate in the Construction Workplace Safety Training Program as Professional Training Partners (PTPs). They coordinate and supervise a network of ISEI Construction Safety Trainers who deliver training in hazard awareness and accident prevention to local workers and supervisors.
The Workplace Safety Training Program is one of the premier offerings of ISEI. This is a train-the-trainer program committed to improving construction workplace health and safety worldwide. To download an application to become a PTP, visit ISEI.ucsd.edu.

Visit isi.ucsd.edu and then click on “Completion of the ISEI Trainer Course” for additional course information as well as at the Application Form to enroll. Email isi@ucsd.edu for questions.
**Construction** by Jeff Beeler

**Heat Illness Prevention**

When the human body is unable to maintain a normal temperature, heat related illnesses can occur and even cause death.

For example: A worker is exposed to the heat of the day, possibly with high humidity. While performing the job they are also creating heat as well as losing fluid and electrolytes through sweat. These conditions can lead to heat exhaustion or the life-threatening condition, heat stroke.

With heat exhaustion, a person's cooling system is still working but is struggling to keep the body temperature regulated. A worker in this condition may be warm to the touch and look flushed, and sweaty. They will also typically be lethargic or just worn out. Generally, the worker is not hydrating properly which can be a big factor that will lead to heat stroke. This condition can be reversed in the field by taking the worker out of the heated condition and to shade or air conditioning. They need water and electrolytes to rehydrate.

Heat stroke is life-threatening because the cooling system is shut down. The body does this to preserve fluids to maintain blood pressure and avoid shock. The person may be pale, dry and hot to the touch. This is a Medical Emergency - Call 911 immediately! While waiting for medical assistance remove the worker from the heated environment, administer cooling measures as with heat exhaustion except do not attempt to give fluid by mouth. The victim may choke and aspirate it.

OSHA currently has a campaign to prevent heat illness in outdoor workers. Presently, there are no federal regulations on heat stress but Dr. David Michaels, Assistant Secretary of Labor for OSHA has said that it is a requirement for employers to provide a healthy and safe working condition to its workers. That clearly says that you can still be cited via the General Duty Clause. You can find more on the OSHA.gov website.

**Silica Standard Proposed**

OSHA has proposed a standard on the control of Silica in the workplace. This new standard should clear up any issues with determining the safe level of exposure to silica and how to control over exposures. This is currently a proposed standard so it isn’t in force yet, but you can obtain more information and some educational videos on the OSHA.gov website.

**Hazard Communication Training Materials**

There also is a website, provided by the State of Maine Department of Labor for training on the new aspects of Hazard Communication. As you know, employers will need to train their workers on the new requirements for container labeling and safety data sheets. There’s a video, a PowerPoint, sample plan, test and answer key.

**General Industry** by Harold Gribow

**Preliminary Fatality Figures from the Bureau of Labor Statistics show a decrease of 310 occupational worker fatalities.**


"I am greatly encouraged by the reduction in workplace fatalities, even in a growing economy," said Secretary of Labor Thomas E. Perez. "It is a testament to the hard work of employers, unions, health and safety professionals and the Labor Department's Occupational Safety and Health Administration and Mine Safety and Health Administration. Through collaborative education and outreach efforts, and effective law enforcement, these numbers indicate that we are absolutely moving in the right direction."

Nevertheless, Secretary Perez noted that there is still much work left to be done. "These aren't just numbers and data - they are fathers and mothers, brothers and sisters, who will never come home again. We can and must do better," he said.

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Disaster Site Outreach Program Update by Jeff Beeler

One thing we can all be sure of is that there will be some kind of a disaster in the U.S. most every year. We have earthquakes, hurricanes, tornados, floods, explosions, fires and more. When these disasters happen there will always be First Responders arriving to perform services such as rescue, firefighting, medical care, security, etc. Also responding are the unsung heroes called Skilled Support workers who work right alongside of the First Responders. The Skilled Support workers may include utility, demolition, debris removal, or heavy equipment operators and they perform those duties when the site is still in the emergency phase.

Realizing the deficiency, OSHA came up with the Disaster Site Worker Outreach Training Program. This voluntary program is similar to the programs in Construction and General Industry that train trainers to teach the 10-hour and 30-hour courses to workers. The OSHA #5600 course is a 4-day program designed to train trainers to teach a 15-hour course called OSHA #7600 “Disaster Site Worker” which covered disaster site hazards and protective measures. The outreach training includes subjects such as Incident Command, Safety & Health Hazards, CBRNE Agents (terrorism), Traumatic Incident Stress Awareness and Respiratory Protection which includes fit testing, inspections, cleaning and sanitizing.

There are some pre-requisites you must meet first. They are:
1. You must be currently authorized as an Outreach Trainer in Construction or General Industry.
2. You must have at least three years of experience as a health and safety trainer.
3. You must have completed a 40-hour (minimum) Hazardous Waste Operations and Emergency Response (HAZWOPER) training course, possess journey level credentials in the construction trades, or possess technical skills or credentials in construction work equivalent to the journey level.

In September of 2001 I responded to the World Trade Center disaster as part of the FEMA Urban Search and Rescue Team from San Diego. I was a Rescue Team Leader and we performed search and rescue duties for 10 days. Our job would have been near impossible to perform adequately if not for the Skilled Support workers assisting. We had ironworkers, heavy equipment operators, demolition workers and more. After we searched a layer of collapsed area the team of Skilled Support workers would cut and remove a layer of steel beams and other materials so we could search previously un-accessible layers. They were priceless to the success of the operation but they were also exposed to the hazards of the site.

As a result of that disaster, OSHA realized that there was a big difference between the First Responders and the Skilled Support workers; hazard training and experience. The First Responders had the experience and training to recognize the unique hazards that may be found on a disaster site. They also had extensive planning assisted by a safety officer who gave briefings before each shift. The Skilled Support worker rarely had experience working at a disaster site and usually didn’t have any training in the hazardous condition that they may face.

To keep your authorization current you must take the OSHA #5602 “Trainer Update” course every four years. There is a 90-day grace period if needed and military personnel can does not have to start the 90-day grace period until they return from overseas duty.

For information about the program click here.
To sign up for the December class visit the course page.

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**International**  
by Harold Gribow

**UCSD OTIEC goes to the Philippines!**  
As mentioned in the Welcome column, I had the opportunity to present an OSHA 511 in Manila, Philippines. The company that requested UCSD to present this class was LaFarge Cement Services Philippines. Their country safety and health director, Louie Malixi had attended the OSHA 511 in San Diego a few years ago. He was sufficiently impressed by our subject matter and trainers that he decided that his entire company should have the same training. The class consisted of their country CEO, Don Lee, his entire executive staff, the entire safety and health team, and some invited guests who do business with LaFarge. A total of 42 attendees completed the class.

While I was there, I also had the opportunity to meet with the Director of the Occupational Safety and Health Center (OSHC), Dr. Tes Cucueco and her staff, several of whom had also attended the 511. Philippine OSHC has a mascot that’s pictured below with me. Dr. Tes and her staff gave me an extensive tour of their department facilities and even invited me to give a “pep talk” to a group that were there for one of their training classes. She also hosted a dinner with her team and the Director of the Department of Workplace Conditions, which the OSHC is a part of. The dinner was delicious.

My host, Louie Malixi, Country Health and Safety Director for LaFarge took very good care of my wife and I and we thoroughly enjoyed our visit. We had the opportunity to have dinner with his staff so they could discuss the US OSHA safety practices and to gain ideas on how to incorporate those practices into LaFarge’s safety and health operations.

All in all it was a wonderful experience for me and I thank Lafarge and the OSHC for making our trip a very enjoyable one.

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**Outreach Program**  
by Stephanie MacGilfrey

**The Latest News on the Outreach Reporting Tool**  
I would like to extend our appreciation to all the UCSD OSHA Outreach Trainers that are utilizing the new card Online Reporting Tool. The new process allows for efficiency in our office when processing the cards for our trainers.

All outreach questions are now handled by our two staff members Sonja and Alisha. Their roles in the office are strictly dedicated to outreach alone. Please remember to email all questions regarding outreach to oti-outreach@ucsd.edu and all phone calls to 858-534-9283.

In September, we made some upgrades to the new system based on the feedback of our trainers. One of the requests that I received from numerous trainers was the ability to enter students’ addresses into the database system. OSHA requires that all trainers collect this information for all outreach courses.

By adding this feature, it enables the trainer to maintain all student information in one database. However, this feature is optional for the trainers that prefer to maintain separate databases for student addresses. Therefore, if you do not want to type in the extra information on the student roster page, it is not required.

Secondly, we incorporated a manager feature into the new system. If you are employed by a company that requires a supervisor or cashier’s department to pay for your cards, they now have the ability to log into the system to make card payments for multiple employees. If you are interested in having a manager log in for your company, please contact me directly by email at smacgilfrey@ucsd.edu and we can set this feature live on your home page.

Looking ahead, our next project entails the ability to laminate student cards for a small fee. Again, this is an additional feature that is not required. Laminated cards ensure the preservation of the student cards. Our goal is to offer laminated cards before the end of the year.

We are diligently working towards making UCSD the premier OTIEC for outreach trainers to maintain their affiliation and card processing. We value your opinions and appreciate the continual feedback regarding our new online system. Thank you for your continued support of our safety and outreach programs.

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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.

UCSD'S OSHA TRAINING INSTITUTE EDUCATION CENTER

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For a full list of Trainer Courses visit osha.ucsd.edu

Trainer Resources

Below is a collection of tools we think you will find very useful. Every month in this space we will be highlighting select resources to help you, our Trainers.

1. Worksafe BC – This organization is located in British Columbia, Canada. They have many useful videos and other publications that may be helpful with your Outreach Training classes.

2. Washington Department of Labor and Industries – This organization is in the State of Washington and has a website of downloadable video and other information for safety and health training.

3. Oregon OSHA – another state safety and health agency that provides many videos that are downloadable for training purposes. Many are also available on YouTube.

4. NIOSH Fatality Assessment and Control Evaluations (FACE) - Each day, between 12 to 13 U.S. workers die as a result of a traumatic injury on the job. Investigations conducted through the FACE program allow the identification of factors that contribute to these fatal injuries.

This information is used to develop comprehensive recommendations for preventing similar deaths. This web page provides access to NIOSH investigation reports and other safety resources.

5. Chemical Safety Board (CSB) - The CSB conducts root cause investigations of chemical accidents at fixed industrial facilities. Root causes are usually deficiencies in safety management systems, but can be any factor that would have prevented the accident if that factor had not occurred. Other accident causes often involve equipment failures, human errors, unforeseen chemical reactions or other hazards. Videos are available on-line or you may request CSB DVD compilations.

Looking for the full list? They've moved! Please click here for a PDF with all the current resources listed.

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