Welcome!

Welcome to our sixth issue of this first edition of the UCSD Outreach Trainer Newsletter. This is our final issue for 2013 and it comes just in time for the holidays. Really that has nothing to do with our scheduling, but I’m so happy that the winter holidays are close and that winter break is also coming soon.

In this issue of the newsletter, we have some interesting updated information. There are some new efforts underway from OSHA about injury and illness reporting, hazardous chemical information, silica exposure and some interesting reports about maritime issues. Please check the update sections for General Industry, Construction and Maritime.

We also have five new websites where trainers can get media for creating interesting Outreach training courses. Our Outreach Trainer Spotlight showcases Shawn Loughran. He has been very busy performing Outreach training classes in the Maritime specialty.

Finally, the news that will help our trainers is that requested Outreach cards may be laminated prior to sending them to the trainers. Check the UCSD Outreach Program Update section.

New Outreach Trainer Resources!
We’ve changed the look of the Resource Page
Check out the new information on page 5

One more item: I’d really like to hear from Outreach trainers whether this newsletter is useful to you. And if you see anything wrong with the picture to the left, please send me an email at hgribow@ucsd.edu, or our main Outreach address oshatraining@ucsd.edu.

- Harold Gribow, Executive Editor

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January & February Refresher Courses
- Hawaii: OSHA 503—General Industry, Jan 13-15
- Phoenix: OSHA 502—Construction, Jan 21-23
- Sacramento: OSHA 502—Construction, Jan 27-29
- Sacramento: OSHA 5029—Cal/OSHA Construction, Jan 30
- Claremont: OSHA 502—Construction, Feb 10-12
- Claremont: OSHA 5029—Cal/OSHA Construction, Feb 13
- Tucson: OSHA 502—Construction, Feb 18-20
- San Leandro: OSHA 502—Construction, Feb 24-26

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Before You Conduct a Training Class

In order to create a training program that's effective, a trainer needs to know the purpose of the presentation and/or what problem is to be solved. You might try to follow these steps as you design your program:

- Conduct a needs analysis. Determine what is the purpose of this effort
- Identify your desired audience
- Enlist support from those who may assist in accomplishing training objectives
- Determine how you'll know if the training was effective, in other words, what is the measurement tool that will show that you didn't waste your time
- Follow up with some of the attendees and ask them if what was learned actually was put into practice, if so or why not
- Use the feedback you gain to modify your next presentation on the same subject
**General Industry**  by Harold Gribow

**OSHA Issues A Proposed Rule To Improve Tracking Of Workplace Injuries And Illnesses.**
The Occupational Safety and Health Administration has issued a proposed rule to improve workplace safety and health through improved tracking of workplace injuries and illnesses. The announcement follows the Bureau of Labor Statistics' release of its annual Occupational Injuries and Illnesses report, which estimates that three million workers were injured on the job in 2012.

"Three million injuries are three million too many," said Assistant Secretary of Labor for Occupational Safety and Health Dr. David Michaels. "With the changes being proposed in this rule, employers, employees, the government and researchers will have better access to data that will encourage earlier abatement of hazards and result in improved programs to reduce workplace hazards and prevent injuries, illnesses and fatalities."

The public will have 90 days, through Feb. 6, 2014, to submit written comments on the proposed rule. On Jan. 9, 2014, OSHA will hold a public meeting on the proposed rule in Washington, D.C. The proposed rule was developed following a series of stakeholder meetings in 2010 to help OSHA gather information about electronic submission of establishment-specific injury and illness data. OSHA is proposing to amend its current recordkeeping regulations to add requirements for the electronic submission of injury and illness information employers are already required to keep under existing standards, Part 1904.

The first proposed new requirement is for establishments with more than 250 employees (and who are already required to keep records) to electronically submit the records on a quarterly basis to OSHA. OSHA is also proposing that establishments with 20 or more employees, in certain industries with high injury and illness rates, be required to submit electronically only their summary of work-related injuries and illnesses to OSHA once a year.

Currently, many such firms report this information to OSHA under OSHA's Data Initiative. OSHA plans to eventually post the data online. Timely, establishment-specific injury and illness data will help OSHA target its compliance assistance and enforcement resources more effectively by identifying workplaces where workers are at greater risk, and enable employers to compare their injury rates with others in the same industry. Additional information on the proposed rule can be found here and here.

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**Maritime**  by Jeff Lewis

**We are able to make Significant Contributions to the American Shipbuilding Industry**
The U.S. Department of Labor's Occupational Safety and Health Administration forged an alliance with the Shipyard Workers Union to promote workplace safety and health, provide guidance and training programs for shipyard workers and raise awareness of hazardous operations onboard ships during building and repair periods.

Through the alliance, OSHA and the Shipyard Workers Union will work jointly to develop effective training and education programs for shipyard workers and OSHA personnel. The alliance will focus on emergency response, confined spaces onboard ships, respirator use and toxic metals. The alliance was signed on July 9, 2013 at the offices of the Shipyard Workers Union in San Diego, California.

On July 24, 2013, the U.S. Department of Transportation’s Maritime Administration (MARAD) announced $9.46 million to help improve 12 shipyards in 10 states.

On July 29, 2013, OSHA cited Guam Industrial Services Inc. in Santa Rita, doing business as Guam Shipyard, for a total of 61 alleged violations of workplace safety and health standards. The company faces a total of $293,450 in proposed fines. The alleged violations include 46 serious, seven repeat and eight other-than-serious violations.

The 46 serious safety and health violations include electrical hazards, such as failure to guard lights from damage, failure to provide effective electrical grounding for equipment, failure to provide covers on electrical box openings, and failure to ensure wiring was protected from abrasion and strain. A serious violation occurs when there is substantial probability that death or serious physical harm could result from a hazard about which the employer knew or should have known.

The seven repeat violations, totaling $145,000, include inadequate guardrails and fall prevention, failure to remove defective gear used with cranes, lack of eye protection and electrical wiring hazards.

While considering these alleged violations of workplace safety and health standards, each is addressed in the OSHA 7615 - 10-Hour Maritime for Shipyard Employment, a program we are all able to present.
Construction by Jeff Beeler

Proposed Silica Exposure Level Reduction
OSHA recently issued a proposed rule to lower the permissible exposure level of crystalline silica dust from 100 micrograms/cubic meter to 50 micrograms/cubic meter. This is an important move on OSHA’s part since it will bring the exposure level in line with the national consensus standard set by NIOSH since 1974. OSHA estimated that every year this change will save 700 lives and prevent 1,600 new cases of silicosis.

The proposed standard is based on extensive review of scientific and technical evidence, consideration of current consensus standards, and outreach to stakeholders, including meetings with the public, employer and employee organizations.

In construction, silica dust occurs in cutting, sawing, drilling, and crushing of concrete, brick, block and other stone products and in operations using sand products, such as in glass etching and sand blasting. Unfortunately, it’s been an “acceptable” exposure for many workers who ignored the hazard and an unknown hazard for many others who are not properly trained.

Exposure to silica dust can be extremely hazardous, and limiting that exposure is essential. Workers exposed to respirable crystalline silica face the risk of serious, and sometimes fatal, health effects such as silicosis, chronic obstructive pulmonary disease, lung cancer, increased risk of some lung infections such as tuberculosis, and other systemic health issues.

We can lower silica exposure with common sense, inexpensive, and effective control measures that protect workers' lives and lungs-like keeping the material wet so dust doesn't become airborne, or using a vacuum to collect dust at the point where it is created before workers can inhale it.

Since this is a proposed rule there is still time for interested parties to be involved in the process towards developing the final rule. The deadline to submit written comments and testimony was extended to January 27, 2014. Public hearing are expected to begin on March 18, 2014 in Washington D.C.

Outreach Program by Stephanie MacGilfrey

The holiday season is fast approaching and this provides an opportunity for reflection. It is our sincere hope that the recent changes to the Outreach Program simplified our course reporting processes for you.

Student Card Lamination
We implemented the card laminating option in early October and the response has been tremendous. Many of our trainers are electing to receive their cards laminated prior to student disbursement. Lamination is available as a “finishing” option on the final page of your order for $1 per card and ensures the security and longevity of your student cards.

Are you due for a trainer update?
If your trainer card is due to expire, our department will send you an email reminder enabling you to enroll in an update class in order to avoid a lapse in your trainer card. It is also important to remember that you must update with UCSD to maintain the ability to process cards through our online outreach reporting tool. Many trainers are not aware that if you update at a different OTI, you are required to process cards through that OTI for all future classes. UCSD values our outreach trainers and is striving to enhance our trainer features. We invite you to maintain your status with our OTI by attending an update at one of our locations and look forward to working with you in the future. Our upcoming update courses can be found on page 1.

Audits
Have you received an audit letter in the mail? Federal OSHA requires that we regularly monitor all trainer courses and paperwork. As a trainer, you are required to maintain the proper documentation for all of your classes and students. An audit requires that you send in the information to our department for review. If you have any questions regarding the proper information for your courses, please contact the outreach department.

A few helpful hints for all trainers:
• All training reports are due in our office 30 days from the completion of your course.
• Reports received after 30 days are considered late.
• The minimum number of students for a class is 3 and the maximum is 40.
• If you are teaching Focus Four, the fall protection component is a minimum of 1.25 hours.
• Failure to comply with the above mentioned requirements may automatically flag you for an audit by our department.

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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

9500 Gilman Dr
Dept. 0170-M
La Jolla, CA
Phone: (800) 358-9206
Fax: (858) 534-9257
E-mail: oshatraining@ucsd.edu

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. **Caterpillar** – Caterpillar is well known as a leader in safety for heavy construction equipment. They have been producing safety videos for a long time, in fact they were doing it when safety movies came on 16mm film. There are many videos on their site.

2. **Power Tool Institute (PTI)** – PTI has established itself as the preeminent organization for building global understanding of power tools and for maintaining high standards of safety in the industry. This organization has developed quite a few safety videos on this subject.

3. **Electrical Safety Foundation** – The Electrical Safety Foundation International (ESFI) is dedicated exclusively to promoting electrical safety in the home, school, and workplace. ESFI engages in public education campaigns throughout the year to prevent electrical fires, injuries, and fatalities.

4. **NIOSH Videos** - NIOSH produces videos that are available for streaming, download, or you can order DVD’s.

5. **The Electronic Library of Construction Safety and Health (ELCOSH)** - ELCOSH is a site that’s maintained by the Center for Construction Research and Training. There is quite a bit of information available including hazard information, PowerPoints and videos.

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