Welcome!

Hello from the UCSD Outreach Trainer Newsletter Headquarters. I’ve been using the Headquarters tag on the home location for this newsletter for a little while, and I think maybe I should clarify where this material comes from.

You may think that this all gets done in San Diego, the home office of the UCSD OSHA Training Institute Education Center, but in reality much of the writing happens in Arizona, where I and our Maritime editor, Jeff Lewis, are both based.

The Construction editor, Jeff Beeler, is in the San Diego area as are Brandon Chavez, Stephanie MacGilfrey, and Stephanie Spann – the great staff who actually make this happen by providing me with information, laying out and creating the look of the finished newsletter, and generally keeping me and the editors on deadline, which is no easy task.

And we can’t forget to thank our Trainer Spotlight participants who are located all over our region and perhaps elsewhere in the US.

This issue we have the usual updates from the three industries, a trainer tip from Jeff Beeler and some great Trainer Resources. I’d like to thank Jenny Mandeville, Rob Berryman, and Scott Wheeler for three of the resources. It really helps when other trainers provide me new ideas.

We’re just beginning summer here at Headquarters, and I hope it will be a cool one (yeah, right) and a good one for all of you.

- Harold Gribow, Senior Editor

UCSD’s OTIEC spans Region IX, which includes Arizona, California, Hawaii, Nevada and the Pacific Territories.

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June—August Refresher Courses

- Sacramento: OSHA 503—General Industry, June 2-4
- Tucson: OSHA 503—General Industry, June 16-18
- San Diego: OSHA 502—Construction, July 7-9
- Claremont: OSHA 503—General Industry, July 7-9
- Claremont: OSHA 5039—Cal/OSHA General Ind., July 10
- Las Vegas: OSHA 502—Construction, July 14-16
- Claremont: OSHA 502—Construction, August 4-6
- Claremont: OSHA 5029—Cal/OSHA Construction, August 7
- Los Angeles: OSHA 503—General Industry, August 11-13
- Los Angeles: OSHA 5039—Cal/OSHA General Ind., August 14
- Phoenix: OSHA 502—Construction, August 25-27
Outreach Trainer Spotlight – Francisco Martinez

Outreach Trainer Francisco Martinez is the most prolific UCSD-authorized OSHA Outreach Trainer for the most recent period. He is the Lead trainer for Construction Teamsters Training and Upgrading Fund of Southern California, in Fontana California. He provided us with the following answers to our Outreach Trainer Spotlight questions:

Please tell us a little about yourself and your business.

My name is Francisco (Frank) Martinez; I am Lead trainer for Construction Teamsters Training and Upgrading Fund of So. Cal. 15732 Slover Ave. Fontana, CA. (CTTUF of SC), and have been training for thirteen (13) years. We are primarily a training program focused on providing training to Teamsters in the construction industry. We also work with Grant programs such as the National Institute of Environmental Health Sciences (NIEHS) Worker Training Program providing trainings to various pre-apprenticeship training programs and non-profit/community based groups.

What is your main audience for Outreach classes?

Our main audiences are Teamsters working in the construction industry such as general construction, heavy highway, underground work, pipeline, solar power plants, bridges, rail and hazardous waste workers. We also reach out to workers that are interested in entering into the construction industry, including non-profit groups providing services to the under employed or unemployed.

Do you do 10 or 30 Hour Outreach classes or both?

I primarily teach the OSHA 10 hour Construction safety course.

How did you go about developing your training materials?

My materials come from our program in the form of a manual created many years ago using OSHA guidelines and updated on a regular basis, but I depend a great deal on the OSHA and Cal-OSHA web sites to print hand outs, quick cards, updated fatality/catastrophe reports. I also use OSHA Quick Takes to keep my students updated on OSHA’s activities in industry. And of course in our program we have an Instructor Development Program where I attend once a year to help develop my skills as a trainer and share ideas, teaching techniques and updates with other trainers in our program.

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

I try to use as many adult learner techniques as possible but having the students contribute with their real work experiences is huge, I believe that when the students feel that they are a big part of the training more is accomplished. I also try to use a mix of delivery methods such as lecture, images on screen, quick videos (very quick 2 to 3 min.), group activities and brain storming with students.

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

Yes, my students are giving me feedback that many employers are asking for the worker to possess, at a minimum, the OSHA 10 Construction Safety Card. The reasons vary from helping reduce insurance costs, but the most important in my opinion is that the students feel that with the knowledge they gain in the classes they can use to help them make better and safer decisions on the job. This helps in reducing incidents and injuries as a whole.

UCSD OTIEC’s Honor Roll

The following trainers have taught the most students in April, 2014:

- Shawn Loughran
  San Diego, CA
- Francisco Martinez
  Fontana, CA
- William Boudrow
  San Diego, CA
- Manuel Correa
  Reno, NV
- Bill Botos
  Las Vegas, NV
- Vic John Potot
  Cebu City, Philippines
- Jim Anderson
  Phoenix, AZ
- Robert Downey
  Orangevale, CA
- Tomas Robles
  Phoenix, AZ
- Ziul Bayardo
  Las Vegas, NV

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Construction  by Jeff Beeler

The Hazards of Trenches

We all know that falls are the number one cause of fatalities in construction. This can include falls from anywhere on the construction site and can be for a variety of reasons. When it comes to hazardous environments on a construction site, trenches are high on the list. Two workers are killed by soil collapse in trenches every month. This number does not include fatalities from other trench related hazards such as falling objects, atmospheric conditions or trauma. It also does not include the hundreds of serious injuries that occur every year while working in trenches.

When soil collapses in a trench it can be caused by a combination of many factors. Surcharges, or added surface weight, such as the spoil pile, heavy equipment or buildings, can push downward and outward on the trench walls. Vibration from equipment or traffic can cause many soils to lose some of their cohesion. Wet soil can cause soil to become more fluid and less cohesive since water is a solvent.

The answer to these issues is to use one of the choices of protective systems. One of these systems includes shoring, which restores pressures back in the soil and keeps it more stable. Another method is sloping or benching the soil back at an angle so that gravity helps keep the soil intact. Lastly, we can install a trench box or shield to work in. In this method, we are expecting the soil to collapse but workers are protected within the heavy enclosure.

An interesting statistic to note is that in 98% of incidents where soil collapse buries a worker, no protective measures were being employed. Use and encourage protective systems in trenches and let’s keep our workforce safe.

Preventing Falls in Construction

A trench is an unstable environment as soon as the digging begins. Natural pressures in the earth from the weight of soil now have a release point (the open trench) and tend to push out in that direction. Soil cohesion helps to keep the walls of the trench in place for a short time.

UC San Diego Trainer Tip Of the Month  by Jeff Beeler

When training the adult student it is extremely important to acknowledge their contribution to the class. If not done, the student may feel unimportant, ignored or that their questions and responses are dumb. This can become a barrier to learning. Here are some tips to help the instructor acknowledge the student's contributions:

1. Answer the students questions completely and be sure it is the answer they needed;
2. When a student answers a question or contributes to a discussion give them credit by responding to it;
3. Allow students to challenge the instructor, material or other information—they may have a refreshing point of view and could cause a good discussion;
4. Give opportunities for the student to "teach" other students—many students are more knowledgeable on subjects than the instructor and can be a great resource;
5. Respond to the students' non-verbal as well as verbal feelings—sometimes a student will give their opinion by body language or facial expression;
6. When the instructor asks the student a question, give them the opportunity to answer it.

Make it a point to try some of these steps in your next class. You may create a whole new teaching environment.
Maritime  by Jeff Lewis

OSHA® Releases another Safety & Health Injury Prevention Sheet (SHIPS) for Shipyard Employment
There are now four (4) Safety & Health Injury Prevention Sheets (SHIPS) for the Shipyard Employment of Maritime Industry.

Shipboard Electrical joined Hot Work, Rigging, and Shipfitting in the collection of SHIPS for Maritime. These documents are 20-33 pages in length and provide a wealth of photos and safety issues regarding each of these topics. They also highlight specific hazards associated with these shipyard employment activities. They are available in PDF format from https://www.osha.gov/dts/maritime/index.html.

Federal Register Notice 2014-04-21 regarding Vertical Tandem Lifts
OSHA® is implementing a court-ordered remand of certain portions of the standard for vertical tandem lifts (VTLs). This final rule implements the remand by: Limiting the application of the corner-casting and interbox-connector inspection requirements to shore-to-ship VTLs; and removing the tandem lifts of platform containers from the scope of the VTL standard. This final rule becomes effective on July 21, 2014.

OSHA® Enforcement & Compliance Directives associated with Maritime Industry
You may recall that OSHA® Enforcement & Compliance Directives are designed to provide industry representatives, State Plan programs, and federal agencies with guidance concerning the application of occupational safety and health standards. They also provide current information and support the consistent enforcement of OSHA® regulations and standards.


Note: This Directive is no longer available on the OSHA® web site. Please contact Jeff Lewis at jglewis@ucsd.edu if you would like a copy.


The following is a list of all the current OSHA® Directives for the Maritime Industry and are all available on the OSHA® web site:

- CPL 02-00-157 Tool Bag 2014-04-01
- CPL 02-01-049 1915 PPE Enforcement Guidance 2010-11-04
- CPL 03-00-012 Shipbreaking 2010-11-04
- CPL 02-01-051 Shipyard Enclosed & Confined Spaces 2011-05-20
- CPL 02-00-154 Tool Shed 2012-07-31
- CPL 02-00-151 Commercial Diving OPS 2011-06-13
- CPL 02-01-047 OSHA Authority WRT Vessels 2010-02-22
- CPL 02-01-028A Compliance Assistance with PIT Operator Training 2000-11-30

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BLS announces final 2012 fatal occupational injury counts, second lowest annual count on record

The revised 2012 Census of Fatal Occupational Injuries was released by the Bureau of Labor Statistics (BLS) on April 24. According to the BLS data, 4,628 people lost their lives on the job in 2012, up from the 4,383 fatalities reported in the August 2013 preliminary census results. Even with the increase, the final 2012 count is the second-lowest annual total recorded since BLS started conducting the national census in 1992. It also represents a slight decrease from the 2011 fatal injury rate for the United States. The final fatal work injury rate for 2012 (3.4 fatal injuries per 100,000 workers) is the lowest published by the program since the conversion to hours-based rates in 2006.

The CFOI compiles an annual account of all fatal work injuries by using diverse data sources to identify, verify and profile work-related fatalities. A summary of the revised 2012 fatal data is in the BLS news release*, along with links to detailed information.

Federal Register publishes OSHA’s final rule on electric power generation, transmission and distribution

OSHA’s final rule to improve workplace safety and health for workers performing electric power generation, transmission and distribution work has been published in the Federal Register.

The final rule revises OSHA’s 40-year-old construction standard for electric power line work to make it more consistent with the corresponding general industry standard and also makes some revisions to the construction and general industry requirements. In addition, the standards adopt revised approach-distance requirements and add new requirements to protect workers from electric arcs. General industry and construction standards for electrical protective equipment are also revised under the final rule.

The rule becomes effective July 10, 2014. OSHA adopted delayed compliance deadlines for certain requirements. Additional information on the final rule is here.

Outreach Program by Stephanie MacGilfrey

The OSHA Trainer Outreach Online reporting tool will undergo a facelift in the upcoming months. We are rapidly approaching the one year anniversary of the complete implementation on the online website.

We learned a great deal and are striving to ensure that we are constantly evolving to provide the highest quality of service to our outreach trainers.

Some of the immediate updates include:
• a change to the site’s elements and layout; particularly the trainer-facing pages

• adding a trainer calendaring function where trainers put in scheduled classes in advance

If you have any suggestions regarding the website or features that you would like to see on the website, please email them to Stephanie Macgilfrey at smacgilfrey@ucsd.edu.

We value your feedback and work diligently to ensure that your opinion is heard. We value our continued partnership and look forward to the next step in UCSD’s OTIEC OSHA Outreach training.

* BLS news release
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.

- ANSI Standards on-line – The American National Standards Institute (ANSI) has the ANSI IBR Portal, an online tool for free, read-only access to voluntary consensus standards that have been incorporated by reference (IBR) into federal laws and regulations. Follow this link: http://ibr.ansi.org/

- Any Video Converter – This site has download programs for Window and Mac that will convert all videos & YouTube to MP4, MP3, etc. for various media players, as well as clip, crop, rotate or merge to edit videos: Follow this link: http://www.any-video-converter.com

- Ladder Inspection and Repair - Batavia Services, Inc., has over 70 trained technicians that service ladders & ladder rack equipment over the entire U.S. Their program adheres to the standards required by the American National Standards Institute (ANSI) and to the ladder manufacturers’ own recommendations for ladder repair. Follow this link: http://www.laddermatters.com

- Remote App for iPhone - Last month in the Trainer Tip, I discussed using an iPad for showing presentations. At that time, I thought the presenter would need to be close to the iPad to advance the slides. I’ve since been shown that there’s an app for the iPhone that allows remote control of the Keynote program on the iPad via a Bluetooth connection. Follow this link: http://www.apple.com/apps/remote/

- NIOSH Compressed Gas Self-Inspection Checklist – this checklist covers regulations issued by OSHA under the General Industry standard 29 CFR 1910.101. It applies to the handling, storage, and use of compressed gases in cylinders or portable tanks. The checklist is designed for use in schools, but could be easily adapted to other businesses. Follow this link: http://www.cdc.gov/niosh/docs/2004-101/chklists/r1n29c~1.htm

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