Welcome!

Well, I hope you all survived the summer of 2014 and that many of you went on great vacations with your families (or not, if you preferred) and are back at work and ready to finish 2014.

Here at UCSD Outreach Trainer Newsletter headquarters, I’m writing this around the “Ides” of September as we had a record-breaking rainstorm early this week. Over three inches of rain fell at the Phoenix airport and some of our suburbs had 6 inches or more. It’s been a wet and exciting late summer for us.

But back to business – Some hot items from OSHA are detailed in this issue. The most recent is the dramatic changes to the Federal OSHA requirements for injury reporting. You’ll find more information on this subject in the General Industry Update section on Page 4.

OSHA recently sent out a request to increase the number of subscribers to the OSHA Quick Takes newsletter. At this point there are only 72,000 subscribers and OSHA would like there to be at least 100,000. See our Trainer Resources on page 7 for more information about Quick Takes.

Other hot items are:
- Preliminary figures for the 2013 BLS Census of Fatal Occupational Injuries
- The NFPA has revised standard 70E

We’ll cover these items and more in this issue of the UCSD Outreach Trainer Newsletter, but there’s one more thing I’d like to know – why are so many of our Spotlighted Trainers located in Nevada? What’s up with the rest of you?

Isn’t there a big demand for 10 and 30 Hour classes in California, Hawaii, or Arizona? I’d really like to see one Arizona Outreach Trainer spotlighted sometime, but maybe I have a personal interest in that.

Thanks for reading,

Harold Gribow, Senior Editor

Inside this issue:
The Outreach Trainer Spotlight 2
Outreach Program 2
UC San Diego Trainer Tip of the Month 3
From the General Industry Editor 4
From the Construction Editor 5
From the Maritime Editor 6
UCSD OTIEC Contact Information 7
Trainer Resources 7

November—December Refresher Courses
- Reno: OSHA 502—Construction, November 3-5
- San Diego: OSHA 503—General Industry, November 3-5
- San Diego: OSHA 502—Construction, November 17-19
- Honolulu: OSHA 502—Construction, November 17-19
- San Diego: OSHA 5029—Cal/OSHA Construction, November 20
- San Diego: OSHA 5402—Maritime, December 1-3
- San Diego: OSHA 5602—Disaster Site, December 12
Outreach Trainer Spotlight – Patrick Trujillo

Patrick Trujillo is our spotlighted Outreach Trainer for this issue. I asked him to answer a few questions about himself and his business.

Please tell us a little about yourself and your business.

My name is Patrick Trujillo and I am an electrician by trade working in both construction and inside industry for approximately 30 years. I have been training OSHA 10 Hour Construction Outreach classes for 10 plus years in Utah, California, New Mexico and now Nevada. My safety experience began on the construction job site when the contractor I was working for needed a safety representative on his job as required by the general contractor. This is when I started seeing the true importance of safety, which has brought me this far in the safety field.

What is your audience for Outreach classes?

Being in the safety field has brought me from a job site safety rep doing basic safety monitoring of fellow employees on the usage of safety glasses and hard hats to what I do now. For the past 7 years I have been fortunate enough to be able to teach my trade to young people entering the construction field. The best part is doing the safety part to foster a more personalized relationship with all of our trainers & we encourage you to reach out for all of your Outreach needs.

I’m working in Las Vegas Nevada at a school called Advanced Training Institute. We are currently running an Electrical and HVAC program. Both of these courses require an OSHA 10 Card so these students are graduating from a 9 month program with a lot of hands on which requires safety training so they are prepped for the field.

Do you do 10 or 30 hour classes or both?

At this school I have only been doing the 10 but we are reviewing the possibility of offering the 30 very soon.

How did you develop your training materials?

Networking with other trainers. We trade information on training websites for different types of safety equipment, different thoughts on accident prevention and personal Injuries sustained on construction jobs.

Do you have any techniques to make your Outreach classes more interesting and engaging?

Working with a young group, ages 17 thru 25, pictures of accidents, injuries and even injury reports speak a million words.

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

Increasing. In the state of Nevada OSHA 10 and 30 cards expire after 5 years which I feel is a good thing because there is always new safety equipment and technology evolving in the field. OSHA regulations are changing more often which the people can be made aware of. The example Nevada is setting others will follow.

Outreach Program by Stephanie MacGilfrey

UCSD’s Outreach Department has completed our first full year of streamlining all Outreach duties to our office staff here in La Jolla. We believe this process significantly reduces turnaround time on card processing and our ability to serve our approximately 2,000 trainers. If you have questions, please don’t hesitate to contact Alisha and Sonja in the Outreach Department. It is our goal to foster a more personalized relationship with all of our trainers & we encourage you to reach out for all of your Outreach needs.

Our trainers are an integral part of the team that makes the UCSD OTIEC the largest in Region IX. Open communication is important to us and we are here to ensure that you have all necessary training materials to help you adhere to the OSHA guidelines. It is a collaborative effort and shared knowledge is key to success in the classroom. I plan to work closely with our trainers to discover our “best practices” and to create a network of shared information for all of our Outreach Trainers. In the coming months, please look for a survey that will identify best practices and ways we can better serve you—we want to hear from all of you.

On another note, if you are subject to an audit or course observation from our department, please ensure that you comply in a timely manner to our requests. Audits and observations are not necessarily punitive—they are required by Federal OSHA and offer us the opportunity to work with our trainers ensuring they are providing the highest quality training possible. UCSD faculty can offer advice and additional educational tools for your courses. Don’t panic if you receive one of these letters in the mail! I will help you with this process to ensure that you are compliant with the guidelines and continue to set the gold standard when providing safety training courses.

osha.ucsd.edu/newsletter ● oshatraining@ucsd.edu
David Michaels, PhD, MPH, the Assistant Secretary of Labor for Occupational Safety and Health issued the OSHA® Training Standards Policy Statement of April 28, 2010. This document holds each employer accountable to ensure that each employee understands the training that they receive.

Okay, how do we do that and prove it? Remember, if it is not in writing, it never happened.

Through the years, my experience in Community College and University settings along with a myriad of site-specific and topic-specific proprietary training has provided numerous opportunities to develop a method to actually document 100% comprehension of training, at the time of training. The ability to document this is virtually invaluable to employers as they are now able to prove each employee’s understanding of the concepts and principles at the time of training, thereby fulfilling the requirements established by Dr. Michaels.

Here’s how…

- Provide each class participant the “topic exercise” (a.k.a. the quiz) at the start of each topic presentation (i.e. the 12 question test for the required Introduction to OSHA® module).
- Present the topic, ensuring that all questions are covered during the presentation.
- Review the “topic exercise” (a.k.a. the quiz) at the conclusion of the presentation, ensuring that each participant identifies the proper answer for each question and has their name at the top of the page.
- Collect all of the “topic exercises” (a.k.a. the quizzes) at the close of the presentation.
- Repeat for each 10-Hour or 30-Hour topic presented through the entire program.

You now have a document from each class participant for each topic presented that has the proper answer identified on the document, and the participant’s name is at the top of the document.

Maintain these among your required course records (recall that retention is required for a minimum of five (5) years). Scanning into software is completely acceptable, and is what I do for all of the records.

When your employer (or your client for the independent Outreach Trainers) asks for proof of training, you now are able to provide a document that proves each employee had 100% comprehension at the conclusion of training. My experience has shown that employers truly appreciate this documentation, especially when issues of employee misconduct arise.

Use this approach not only for OSHA Outreach Training programs but for any/all other training projects you undertake and many of your problems will be solved before they occur.
In addition to the new reporting requirements, OSHA has also updated the list of industries that, due to relatively low occupational injury and illness rates, are exempt from the requirement to routinely keep injury and illness records using the North American Industry Classification System to classify establishments by industry. The new rule maintains the exemption for any employer with 10 or fewer employees, regardless of their industry classification, from the requirement to routinely keep records of worker injuries and illnesses.

For more information about the new rule, visit OSHA’s website at http://www.osha.gov/recordkeeping2014.

The National Fire Prevention Association has revised the NFPA 70 E standards

The new standard has stunning changes including:
1. Elimination of HRC 0 moving all electrical work into arc rated clothing (non-melting clothing required under AR clothing).
2. New RISK BASED Assessment Tables with strong requirements for proper equipment maintenance.
3. Elimination of PPE for all closed-door operations (unwisely this covers ALL voltages) but the chance that any company meets the maintenance requirements is slim.
4. Term HRC is gone. Look for clothing companies to start using ARC.
5. Most ARC PPE in Tables is raised. No lowering for risk in tables.

"Hospitalizations and amputations are sentinel events, indicating that serious hazards are likely to be present at a workplace and that an intervention is warranted to protect the other workers at the establishment," said Dr. David Michaels, assistant secretary of labor for occupational safety and health.
Construction Fatalities Are On The Rise

Being the safety geek that I am, it is not surprising that I was reading the statistics provided by the U.S. Bureau of Labor, Census of Fatal Occupational Injuries. Of course, I was especially interested in the construction fatalities and thought that I would share some of my findings.

Since the economic downturn started in 2006/2007 the construction industry lost 25% of its workforce and there was a decrease in construction activities in the U.S. As you would imagine, there was a corresponding decrease in deaths and injuries.

I think most of us can agree that the economy is getting better. With that is an increase in construction - both commercial and residential. Unfortunately, when construction increases so do the deaths and injuries.

Construction had the highest number of fatalities (849) in 2012 of any of the major industries in the U.S. including transportation (783), mining (181) and agriculture (512).

In 2011 and 2012, the age range with the higher number of workers to die is between 45 and 54 years old. Fatalities in this age group have been on the rise for a few years which I expect may be due to losing more of the younger, less skilled workers during previous layoffs.

General laborers account for twice as many fatalities as any other job classification in construction. This is disturbing but doesn’t surprise me. Laborers tend to be younger, less experienced and least trained in safety, or sometimes migrant workers with little background. They are often in temporary positions or the worker is only at a specific job site for a short time.

An example is a recent fatality where the day laborer was picked up from in front of a Home Depot to work with an employer who had him enter an unprotected trench to work. There was no training on the dangers or precautions to take. A soil collapse took his life.

OSHA is aware of this problem and launched a Temporary Worker Initiative last year. The initiative increases outreach, training and enforcement on the subject.

Assistant Secretary of Labor, Dr. David Michaels stated in an August 25, 2014 communication "An employer's commitment to the safety of temporary workers should not mirror these workers' temporary status. Whether temporary or permanent, all workers always have a right to a safe and healthy workplace. Staffing agencies and the host employers are joint employers of temporary workers and both are responsible for providing and maintaining safe working conditions. Our new Recommended Practices publication highlights this joint responsibility." These practices can be found here.

The final statistical area I would like to cover has to do with the type of events involved in the fatalities. We all know that falls are the number one cause of fatalities in construction (34.6% in 2012) but do you know what is close behind?

In 2012 transportation incidents were the cause of 31.3% of the fatalities in construction. Many construction employers train their workers in fall protection and provide the needed equipment but how many construction employers provide driver’s training or policies on safe driving? This is important on and off the job site.

We all know that construction is a dangerous industry but knowing some of the statistics can help us become more aware.

As employers we might recognize where additional effort in safety may be needed. As a worker we might realize where our highest potential for injury and death is and take proper steps to avoid exposure. It comes down to safe and healthful work environments for all.
The drydock, to be named “Vigorous” because it symbolizes the resurgence of the maritime industry in Portland, arrived August 24. The 960-foot long Vigor Industrial floating drydock – more than three times the height of the Statue of Liberty – was built at an estimated total cost of $50 million and should be completely assembled and in service by November 2014. Upon completion, it will have 80,000 tons of capacity, making it the largest in the nation. The dock was designed to meet the requirements of the US Navy’s MIL-STD 1625D and the American Bureau of Shipping.

The MV Blue Marlin is a semi-submersible heavy lift ship from Dockwise Shipping of the Netherlands. Designed to transport very large semi-submersible drilling rigs above the transport ship’s deck, it is equipped with 38 cabins to accommodate 60 people, a workout room, sauna and swimming facilities. Blue Marlin and her sister ship MV Black Marlin comprise the Marlin class of heavy lift ship.
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.

- **OSHA Quick Takes** - Twice a month, a new issue of Quick Takes goes out to nearly 72,000 subscribers, including stakeholders from across industry, academia, community organizations and advocacy groups, as well as many managers and workers. Quick Takes is a great way to find out what OSHA is doing. (And it is free!)

- **Dumb Ways to Die** – I really shouldn’t tell you about this video because the song will stick in your head for days. But it might be a good way to begin a safety meeting with the right perspective, of course. (Thanks to Callie Sattler)

- **NIOSH Noise Meter** – NIOSH has a page with audible sounds reflecting noise at various decibel levels. This may be good as training examples when discussing hearing protection.

- **San Disk wireless flash drive** – An alternative to internal or cloud based storage when using an iPad for training, this wireless flash drive allows you to wirelessly stream media without the need for an Internet connection. (Thanks to Jacob Maxfield—-the most techie safety guy)

- **Tire cages and exploding truck tires** – ever wonder why tire cages are so important when working on truck tires? This video will show examples of tires exploding in cages and one time with no cage. It’s kind of 1970’s vintage, but a good demonstration if you’re teaching automotive techs. Download it from YouTube with the YTD program that we’ve discussed in previous issues.

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