Welcome!

As I’m preparing the last column of 2014, I’m thinking about how fast this year has gone by.

And I’m also thinking of reminding you that if this one year goes by so quickly, four years will go by almost as fast.

So this would be a good time for you to take a look at your Outreach Authorization cards and check the expiration dates.

Both of mine (General Industry and Construction) expired in 2014. I noticed in time to take the Construction Update but I was too late to take the three-day Update for General Industry. I was fine either way because it’s always nice to see another UCSD instructor in action.

Take a look at your Outreach cards today and check your expiration dates.

In this month’s issue we’ll see Several hot items from OSHA

- Cool new trainer resources
- A Trainer Tip from Jeff Beeler
- An Outreach Trainer Spotlight from a trainer in Arizona, Sharon Powers.

I’ve wondered out loud several times about why our spotlight-ed trainers seem to be mostly from Nevada, but this time Sharon has been very busy with Construction 10 and 30 hour courses and she’s our busiest for this period.

This last item is kind of personal for me. After two complete years of this newsletter, six issues per year, I’m wondering if it’s still useful to our Outreach Instructors.

In an effort to ensure we are offering you information you can use and in a format you find valuable, we plan to send out a brief survey to all our readers in December 2014. Please be on the look out for this email and accept our thanks in advance for your invaluable input.

Thanks for reading,

Harold Gribow, Senior Editor

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January—February Refresher Courses

- Phoenix: OSHA 502—Construction, January 26-28
- Claremont: OSHA 503—General Industry, February 9-11
- San Diego: OSHA 502—Construction, February 9-11
- Claremont: OSHA 5039—Cal/OSHA General Industry, February 12
- Phoenix: OSHA 503—General Industry, February 17-19

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Outreach Trainer Spotlight – Sharon Powers

Sharon Powers from Tucson, Arizona, is our spotlighted Outreach Trainer for this issue. I asked her to answer a few questions about herself and her business.

Please tell us a little about yourself and your business.
I’m a born and bred Iowa girl who, after graduation from college, settled in Tucson, AZ. I began work at the Duval Mine near Green Valley, AZ, and as a result of my college degree and medical background, I was promoted into the Duval Mine’s safety department. In 2006, with more than 30+ years of experience in construction, mining and general industry, I started POWERS SAFETY SERVICES LLC. “Our main goal is safety training for every employee in the work place. We place emphasis on safe work practices and we encourage everyone to live safely at home as well as at work.”

What is your main audience for Outreach classes?
My clients and client referrals employ workers who require safety training for specific work sites and/or specific work procedures. I have had the pleasure of having several young people “shadow” me as I work. This is an opportunity I relish – being able to work and show the future how important being safe is at all times.

Do you do 10 or 30-hour classes or both?
I am able to conduct OSHA 10 and OSHA 30 classes for workers in both the construction and general industry fields. I am a Registered Safety Professional trained to teach both construction and general industry standards. I have been an OSHA Authorized Outreach Instructor for 18+ years.

How did you go about developing your training materials?
Safety matters have always interested me. I began doing research on various safety techniques and I saved articles, bought safety tapes/DVDs and watched my passion grow into handout materials that I liberally use in all my safety training classes as an OSHA Authorized Outreach Instructor. I customize my training classes for each company, focusing on their specific needs.

Do you have any training techniques that help make your Outreach classes more interesting and engaging?
Reality, along with a sense of humor, help to capture and retain attendee interest. I use both techniques in my safety classes. Once I realize my students understand and accept my company motto (Stay Current · Stay Trained · Stay Safe™), I know I have been successful.

Do you see the demand for Outreach classes changing in the next five years?
I see the demand for Outreach classes continuing to grow. Mainly because owners realize the importance of working with well informed, trained workers on their project sites. I place emphasis on safe work practices and encourage everyone to live safely at home as well as at work.

Any final comments you’d like to make?
I do not care for the “on line” 10-Hour and 30-Hour classes. There is no instructor contact or feedback and no local interest into accidents.

Outreach Program by Stephanie MacGilfrey

The holidays are swiftly approaching and the year is drawing to an end. Time definitely flies by.

We are still working out the final testing on Version 2 of the Outreach Reporting Tool. It seems to be smooth sailing for our trainers in terms of receiving their cards in a timely manner.

Looking ahead to the upcoming year, I will be working with trainers in Nevada to develop a system that will allow them to track their outreach students that are required to renew their card every 5 years. This collaboration was developed after speaking with numerous Nevada trainers about the need to streamline this process in order to better track the students that come through their classes.

As always, we welcome great brainstorm ideas from all of our trainers. If you have an idea or suggestions you would like to work on with our department and possibly see implemented into our system, please contact me at smacgilfrey@ucsd.edu so that we can discuss your ideas further.

Until the next time, have a great and safe Thanksgiving Holiday.

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Use of PowerPoint

When I teach the OSHA #500 and other safety “train the trainer” classes, I often see the student’s skill in PowerPoint is quite limited. Not that PowerPoint is the only way to instruct but it is a very good tool when used correctly.

The key with PowerPoint is that it should be a supplement to your instruction and not the focus. It should visually enhance your presentation to increase student retention. It gets to the core concept that seeing and hearing information together puts the retention at about 50% as compared to 20% without the visuals.

- The rule of thumb for bullets in PowerPoint is no more than six lines or bullets and no more than 6 words per bullet. It is of course a rule of thumb but putting too much text on a slide causes the students attention to become split between reading a busy slide and listening to the instructor. If you are going to put a paragraph of text on a slide, allow the students to read it before you comment on the information. If you push the letter “b” on your keyboard it will black out the screen after they read it and put their attention back on you.

- Another effective technique is to make each bullet drop enter the slide one at a time. This places the student’s focus on the bullet you are referring to and not anything else on the slide. This can be done by clicking on the “Animation” tab at the top of the screen and picking an “Entrance” type. To really enhance this effect, go to Effect Options and make each bullet diminish in color when the next bullet comes up so the only bullet highlighted is the one you are referring to.

There are many tricks to using PowerPoint that can make your presentation more professional and effective. Take the time to play with it and watch some YouTube videos on how to use it better.

General Industry by Harold Gribow

UCSD General Industry OSHA Outreach

Without going into a lot of boring statistics, the General Industry OSHA Outreach program at UC, San Diego, is going very strong. We are seeing more and more employers in the General Industry sector expecting OSHA Outreach training for their employees.

Many want their leadership employees to have OSHA 30-Hour training and their line level workers to have the OSHA 10-Hour card.

For some employers it’s part of their desire to join the ranks of the OSHA VPP Star Site employers. For others it’s just thought to be a best practice to make sure their workers understand OSHA protections and the expectation that their workplaces will be safe and healthful, along with the responsibility of each worker to follow safe and healthful work practices, OSHA Regulations and to conduct themselves in a manner that will enable them to go home safe and healthy at the end of a workday.

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Protecting Workers from Ebola Virus
New and updated guidelines from the Centers for Disease Control and Prevention and National Institute for Occupational Safety and Health to protect health care workers and additional compliance assistance materials are available on OSHA's Ebola page at www.osha.gov/ebola. Materials include: infection prevention and control guidelines, procedures for putting on and removing personal protective equipment for healthcare workers, and information for emergency medical responders and 911 call takers.

The OSHA Ebola page also includes an OSHA fact sheet (PDF*) on protecting workers (not in healthcare or laboratories) involved in cleaning and decontamination of surfaces that may be contaminated with Ebola virus. Check the page frequently for the latest information.

OSHA reminds employers that the OSH Act protects workers who complain to their employer, OSHA or other government agencies about unsafe or unhealthful working conditions in the workplace. You cannot be transferred, denied a raise, have your hours reduced, be fired, or punished in any other way because you used any right given to you under the OSH Act. If you have been punished or discriminated against for using your rights, you must file a complaint with OSHA within 30 days of the alleged reprisal for most complaints.

New wallet cards available
A new wallet-sized card, "OSHA Reporting Requirements for Employers," (PDF*) details the severe injuries employers are now required to report to OSHA. For employers in Federal OSHA states, the new reporting requirements go into effect on January. The card explains how employers can report by phone, online and in person.

Another new wallet card, "OSHA's Hazard Identification Training Tool," (PDF*) advertises a new training tool from OSHA designed to educate businesses about the hazard identification process using realistic workplace simulations.

OSHA has also published a new wallet card "Whistleblowers: Work without Risk," (PDF*) to educate workers about their right to raise workplace safety and health concerns, to ask OSHA to inspect their workplaces, and to be protected from retaliation for exercising these rights. The card is also available in Spanish.

Publications are available to download at no cost by visiting OSHA's publications page. To order publications, contact OSHA's Office of Communications at 202-693-1999.

OSHA launches a national dialogue on hazardous chemical exposures and permissible exposure limits in the workplace
OSHA is launching a national dialogue with stakeholders on ways to prevent work-related illness caused by exposure to hazardous substances. The first stage of this dialogue is a request for information on the management of hazardous chemical exposures in the workplace and strategies for updating permissible exposure limits.

"Many of our chemical exposure standards are dangerously out of date and do not adequately protect workers," said Assistant Secretary of Labor for Occupational Safety and Health Dr. David Michaels. "While we will continue to work on issuing and updating our workplace exposure limits, we are asking public health experts, chemical manufacturers, employers, unions and others committed to preventing workplace illnesses to help us identify new approaches to address chemical hazards."

OSHA's PELs, which are regulatory limits on the amount or concentration of a substance in the air, are intended to protect workers against the adverse health effects of exposure to hazardous substances. Ninety-five percent of OSHA's current limits, which cover fewer than 500 chemicals, have not been updated since their adoption in 1971. The agency's current PELs cover only a small fraction of the tens of thousands of chemicals in commerce, many of which are suspected of being harmful.

The comment period will close on April 8, 2015. In the coming months, OSHA will announce additional ways for the public to participate in the conversation. For more information, see the news release and visit OSHA’s Web page on preventing occupational illnesses through safer chemical management.
**Construction** by Jeff Beeler

**UCSD Construction Industry OSHA Outreach Program**

The UCSD OSHA Outreach Program for the construction industry remains the most popular of all the Outreach programs.

This is due to several factors. For instance, some state and local jurisdictions are requiring the OSHA Construction Outreach cards for public construction projects or for all construction work within the jurisdiction.

In our OSHA Region IX, the State of Nevada requires all line level construction workers to have an OSHA 10 Hour card within 15 days of hire and leadership level workers (foremen and above) must have a 30 Hour card.

These requirements, and the fact that many general contractors in our other states require 10 and 30 Hour cards, cause the UCSD OSHA Construction Outreach Program to authorize many more Outreach trainers in construction than in any of our other Outreach Programs.

**Scaffold Safety**

According to the Bureau of Labor Statistics’ Census of Fatal Occupational Injuries, there were 54 fatalities while working on scaffolds in 2009. This does not come as much of a surprise, unfortunately, since I see improperly constructed scaffolds all the time. I see supported scaffolds lacking complete planking, missing guard-railing, sitting on unstable footing and more.

The building in San Diego where we hold our classes had scaffolding covering the entire 5-story building for more than 18 months. We were constantly finding violations. My favorite was where one corner of the scaffold extended over 5’ into the parking lot. There were no barricades or warning devices. If a driver was being inattentive, there surely could have been scaffold collapse from the vehicle striking the corner.

In 2009 it was also discovered by the BLS that 72% of worker injuries on scaffolds were due to missing plank issues. Either someone fell because planks were missing or the plank fell onto someone because it was not properly placed/secured or other objects fell onto someone below because there were gaps between the planks; more likely there were planks missing.

The correction is easy – the scaffold must be fully planked. That means, if the scaffold is designed for 3 planks then it must always have all three planks in place. It is mostly there for the unexpected situations. Maybe you dropped something accidently. If the scaffold is fully planked, there is little chance that it would fall to a lower level and strike someone. Maybe you were working and paying attention to your task when you stumble and trip. With all the planks in place you would have no chance of falling to the ground.

Scaffold guard-rails have the same regard as planks. They must always be there! A top rail, mid rail and toe board. OSHA says the toe board only has to be in place if there is a chance that workers will be working below. Really, can you ever really say that no workers would be below your scaffold? If the material might fall above the toe board and through the guardrail, there should be netting or paneling put over the guardrail.

If the scaffolding has cross-members they may act as a guardrail if they are in the right position. 29 CFR 1926.451(g)(4)(xv) allows a cross-member to be used as a guardrails under certain circumstances. Cross-braces can replace normal mid-rails if they intersect between 20 inches (0.5 m) and 30 inches (0.8 m) above the work platform or as a top rail when the crossing point of two braces is between 38 inches (0.97 m) and 48 inches (1.3 m) above the work platform.

This is all good information to know if you find yourself working on scaffolds but the primary responsibility for assuring scaffold safety lies with the Competent Person. The Competent Person is an employer designated worker that is trained and experienced enough to recognize the known and potential hazards, and has the authority (and knowledge) to make appropriate corrections to provide for employee safety. The erection, dismantling and use of a scaffold is to be done under the supervision of the Competent Person. Before the scaffold is used it is to be inspected by the Competent Person and again every day it will be used.

The issues mentioned earlier in this article should be identified and corrected by the Competent Person. Not doing this can cause injury or death to employees working on and around scaffolds as well as exposing the company to liability.
Maritime Program at UCSD OTIEC
We have been extraordinarily fortunate here in San Diego with the Maritime Program. Most of our students are very happy with both the 5410 (Maritime Standards Course) and the 5400 (Maritime Outreach Trainer Course). We are modifying the San Diego schedule so there are no more “Maritime Marathons”…OSHA 5410 followed the next week by the OSHA 5400. Two weeks of maritime fun is not only wearing out the students, but the staff as well.

Those of you who have been doing this a while may recall that the first few years of the Maritime Outreach Program had no requirement for the OSHA 5410 Maritime Standards Course. Today, the OSHA 5410 is a prerequisite to take the OSHA 5400 unless you are already an authorized outreach trainer. Some of our OSHA 5400 alumni who did not take the OSHA 5410 have begun to realize some voids in their maritime background. Please join us at the next OSHA 5410 to address some of those issues and get more questions answered…we will do our best to keep you prepared.

There is one thing that keeps surfacing as a need on the waterfront and it is a “NAVSEA Standard Items Course”. We are seriously pursuing this issue and will gladly accept any questions and contributions as we develop this program.

We welcome any suggestions and/or recommendations from you as we move forward.

Fair Winds and Following Seas to each of you as 2014 comes to a close.

OSHA and Puget Sound Shipbuilders Alliance Launch Fall Prevention Initiative for Maritime
A new fall prevention initiative to protect maritime workers has been developed by OSHA and the Puget Sound Shipbuilders Association, in conjunction with the Naval Sea Systems Command of the United States Navy and the Puget Sound Naval Shipyard. The effort is a result of an alliance between OSHA and the PSSA to promote safer shipyards. The new maritime program mirrors OSHA’s fall protection campaign for the construction industry, modified for the additional risks and different environmental factors of working over water.

The initiative is a successful example of how OSHA’s Alliance Program can improve the health and safety of workers through cooperative efforts with trade associations, labor organizations, employers and government agencies. OSHA currently has more than 450 alliances throughout the nation with organizations committed to fostering safety and health in the workplace. (From OSHA® QuickTakes, October 15, 2014 · Vol. 13, Iss. 20)

USS Constitution Takes One Last Trip Before 3-Year Restoration
The USS Constitution, the world’s oldest commissioned warship still afloat, took a final tour of Boston Harbor in Boston before entering dry dock for a three-year restoration project, Friday, Oct. 17, 2014.

The three-mast frigate, which earned its nickname “Old Ironsides” after winning battles during the War of 1812 against Great Britain, gave a traditional 21-gun salute to Fort Independence on Castle Island, one of the oldest fortified sites in the country. It also gave a 17-gun salute at the Coast Guard’s Boston base and its all active-duty Navy crew laid a wreath in the harbor to honor the armed forces branch, which turned 239 years old this week.

Built in Boston and launched in October 1797, the USS Constitution was among the first warships of the new nation. It was commissioned by the U.S. Navy following the Revolutionary War in order to protect American merchant ships off the northern coast of Africa.

The repair work is expected to involve re-coppering the ship’s hull, replacing worn riggings, changing out old planks on the gun and berth decks and making general repairs to the stern, bow and captain’s cabin. The ship repairs will cost about $12 million to $15 million and be paid for by the Navy.

The USS Constitution is expected to be back in the water by 2017. By spring or summer 2018, it should return to its familiar spot at the Navy Yard pier, where it has been a major tourist destination, with more than 500,000 visitors a year.
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.

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Trainor 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.


- Web Resource for Residential Fall Protection - A description or purpose of each fall protection device is listed, as well as the stage of construction where the device could be used, pictures of the device in use, installation instructions, and information about the manufacturer, vendors, and cost. The site was developed by Dr. Vicki Kaskutas from Washington University School of Medicine, with support from the Center for Construction Research and Training through a National Institute for Occupational Safety and Health cooperative agreement.

- National Work Zone Safety Information Clearing House - This site is dedicated to providing

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