Hello to our UCSD Outreach Trainers,

It’s summer here at Outreach Newsletter Headquarters and it’s starting to get hot! And so is the latest news from OSHA.

After many years of work, on May 1, 2015, OSHA published, in the Federal Register, the Construction Confined Spaces standard. This new standard will be effective August 3, 2015 and gives the Outreach trainers some time to work on a presentation for the Construction 10 and 30 Hour courses.

I’d like to say it’s about time, but I’ll not belabor that point and just be glad that it finally has arrived.

I’d also like to remind you that June 1st was the deadline for chemical manufacturers, importers, distributors and employers to use the new container labels and Safety Data Sheets required under the revised Hazard Communication standard.

Although many of you don’t teach Outreach courses in the state of Maine you should know that there is an effort, out for public comment right now, to establish an OSHA State Plan. The plan would be established to cover public sector employees that ordinarily are not covered by the Federal OSHA law. This would be the first state plan to be established since 1999 when Illinois created their state plan to cover public sector workers.

Finally, don’t forget about heat illness prevention now that summer is upon us. Water, Rest, Shade is the way to go to avoid worker illness from heat exposure. Don’t forget that OSHA has a heat illness prevention application for iPhone and Android smart phones.

Thanks for reading,
Harold Gribow, Senior Editor
Outreach Program  by Stephanie MacGilfrey

UCSD OTIEC Trainer Numbers
Where does the time go? As we approach the second half of the year, UCSD OTIEC is working to improve our Outreach Trainer database.

Currently our statistical figures display a steady growth increase in students trained. This increase reflects the tireless efforts of all of our trainers to share the knowledge and education to the safety community and we applaud those efforts!

- Total active trainers 2,366
- Students trained by UCSD OTIEC Outreach Trainers January – June = 20,076
- 42% of those cards are laminated.

Outreach Trainer Course Reporting
OSHA hosted a recent Directors meeting in San Antonio and the Office of Training Programs and Administration presented information pertinent to Outreach Trainers and course reporting.

If you are requesting an exception for your course, please keep in mind the following:

- OSHA approves: (Email written requests to outreach@dol.gov)
  - Contact hour/length variation
  - Alternative training methods
  - Outside of Jurisdiction
- UCSD OTIEC Approves: (Email written requests to oti-outreach@ucsd.edu)
  - Class size variations

New in OSHA Outreach
The State of Nevada recently modified Senate Bill 233 regarding the 5 year renewal requirement for the 10 hour Construction Course.

This bill passed and is effective immediately. The OSHA Construction cards will adhere to the Federal OSHA standards and guidelines.

For further information, please review the amended legislative bill.
Death by PowerPoint, and How to Avoid It

Those of you who have attended my trainer or trainer update courses know that I’m pretty compulsive in my dislike for PowerPoint presentations with overly wordy and/or animated slides. In my opinion, PowerPoint is a tool that allows the display of subject headings or talking points that are expounded upon by the instructor along with participation from the students.

Sometimes I see presentations that have random transitions for every slide, line by line animations within every slide, more lines and text than the 6X6 rule* expects, and clip art that doesn’t really apply to the material in the slide.

The other thing that bothers me is when an instructor reads the slides to her/his class and doesn’t give any further information or examples to add to the printed material.

The video link below takes you to a very funny video that illustrates just what I’m talking about. It was provided to me by one of my students in a trainer class, but I can’t remember whom it was. Anyway, I appreciate it very much.

Life After Death by PowerPoint by Don McMillan

* The 6X6 rule states that most PowerPoint slides should have no more than six lines with six words per line. That’s a good rule of thumb for most slides. Sometimes there will be a few more and sometimes less.

Editor’s note: For any of you who know that I’m not perfect because you’ve seen me violate any of the above advisory points – I try real hard, but sometimes it just doesn’t work out.

Retirement in the Office

The UCSD OTIEC home office is losing one of our fine program representatives. Linda Pelaez is retiring after almost 15 years of service to our students and instructors.

Linda has been in charge of coordinating our San Diego classes that, of course, is our largest market. She’s responsible for scheduling courses (along with Linda Savitch and Stephanie Spann), making sure the materials are there and up to date, ensuring that the instructors are present and doing it all with a smile and cheerful attitude.

She’s helped countless students and instructors with all sorts of problems, some of which you wouldn’t believe.

I’ve always said that one of the biggest reasons that the UCSD OSHA courses look so good is because of our office staff, and Linda has been such a beneficial part of it for so long, I know we’re going to miss her.

Her last day is June 29th. While we try to fill her shoes, if you need to contact our office, use oshatraining@ucsd.edu.
OSHA Update  by Harold Gribow

OSHA has issued a new rule covering confined space work in the construction industry. The rule was published in the Federal Register on May 4, 2015 and will be effective on August 3, 2015.

Confined spaces – such as manholes, crawl spaces, and tanks – are not designed for continuous occupancy and are difficult to exit in the event of an emergency. People working in confined spaces face life-threatening hazards including toxic substances, electrocutions, explosions, and asphyxiation.

This webpage contains information on the new regulation, compliance assistance documents, and other resources OSHA has to help employers and workers understand the rule. OSHA will continue to publish new guidance products in the coming months, and will post them here. Please check the website often for updates.

Construction workers often perform tasks in confined spaces - work areas that
1) are large enough for an employee to enter
2) have limited means of entry or exit
3) are not designed for continuous occupancy

These spaces can present physical and atmospheric hazards that can be prevented if addressed prior to entering the space to perform work.

This page is a starting point for finding information about these spaces, the hazards they may present, and ways to safely work in them. There are answers to Frequently Asked Questions on the website, a reader friendly version of Subpart AA and quite a bit more confined space information at osha.gov/confinedspaces

OSHA has designed and issued a new “Job Safety and Health – It’s the Law” poster.

This new poster is available in several languages other than English. OSHA regulations do not specify or require employers to display the OSHA poster in a foreign language. However, OSHA encourages employers with Spanish-speaking workers to also display the Spanish version of the poster.

OSHA poster information
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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**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.

- **Injury and Illness Prevention Program Resources** – The Injury & Illness Prevention Program (IIPP) is a written workplace safety program as required by Title 8 of the California Code of Regulations (T8CCR) section 3203. Employers must develop and implement an effective IIPP that improves the safety and health in your workplace and reduces costs by good management and employee involvement. This site provides many helpful resources to create or enhance your IIPP as required in CA

- **Seton Canada eye safety video** – Seton Canada is a supplier of safety equipment. They have an eye safety video, aimed at managers, that’s humorous but gets the point across.

- **Safety Resources Blog – Consequences of an Incident** - A good safety meeting opener – this video goes over all aspects of an incident, including legal issues, how the incident affects the business and other workers, etc.

- **Have an Exit Strategy** – Provided by the Texas Department of Insurance, this site offers advice on how to plan for exiting a building during a fire. There are links to videos as well as a computer simulation of the fire development and problems with the exit design.

- **NIOSH Simple Solutions: Ergonomics for Construction Workers** – Some of the most common injuries in construction are the result of job demands that push the human body beyond its natural limits. Workers who must often lift, stoop, kneel, twist, grip, stretch, reach overhead, or work in other awkward positions to do a job are at risk of developing a work-related musculo-skeletal disorder (WMSD). This booklet contains solutions for preventing WMSD’s in construction workers.

Looking for the full list? Please click here for a PDF with all the current resources listed.