Welcome!

Happy Holidays to our Outreach Trainer group!

I hope you’re all doing well, and are enjoying the preparation for the upcoming holiday season. Here at Outreach Trainer Newsletter HQ, we’re anticipating a snowy and cold winter. (Just kidding. The holidays in Phoenix are rather disappointing that way.)

In this issue, we have some interesting information and updates for you. OSHA has been working on some really good training materials. I have to admit, OSHA and the Directorate of Training have been releasing good standards and training materials. Kudos to them for their work!

One item released by OSHA is a new set of PowerPoints and associated training aids for the 10 Hour Construction Outreach courses. I’ll explain how you can find them later in this issue. Another was a request for comments by OSHA on a new document entitled “OSHA Safety and Health Program Management Guidelines.” This looks like a nice revision to the old Guidelines from 1989 which was good, but not as explanatory as this new document. See the OSHA update section for more information.

Finally, there’s a new training program: “Safety Isn’t Temporary,” produced under a Susan Harwood grant by the Southeastern OSHA Training Institute Education Center. This program is designed for those who need to train temporary workers in basic safety and health information as well as inform them of their rights to a safe and healthy workplace. See item #1 in the Trainer Resources section at the end of this newsletter.

There are other updates from OSHA in the section below.

I hope you all enjoy your holidays!

Harold Gribow, editor
Outreach Program

The end of the year is fast approaching and as I reflect on the Outreach Department, I am honored that I continue to create new trainer collaborations and communication with all of our trainers. Thank you for your tireless commitment to the preservation of safety in the workplace. It is evident that UC San Diego maintains the best trainers in the industry and that safety for all workers is paramount in all of your courses. I look forward to new opportunities and growth in our industry for the upcoming year. To those trainers that remain with our organization, it is our pledge to partner with you and assure that you are equipped with the training tools to conduct stellar OSHA outreach courses.

We recently moved into our new office. Please update our contact information in your records. All correspondence should be addressed to:

UCSD Outreach Department
8950 Villa La Jolla Drive
Suite A-124
La Jolla, CA 92037

Thank you for your continued patience during our transition. Our priority is to provide our trainer with cards in a timely manner. However, during situations that may cause a delay in the processing of cards, please remember that OSHA requires trainers to submit cards within 30 days of a course completion. From the date it is received, our department actually has another 30 days to return the cards to our trainers. Once the cards are received, the trainer has 30 more days to give the cards to their students. In total, this is a 90 day waiting period for students to receive a card after the completion of a course. When we are fully staffed, we process 98% of our cards within 72 hours. This is still our goal, but in the event that you experience a delay it is often due to matters beyond our control. If you have any questions regarding an order, contact our Outreach Department.

Moreover, in order to be a great instructor it is essential to stay in the loop with all of the latest OSHA updates and information. I recommend that all trainers regularly visit the OSHA website for the latest news. Trainer questions are often answered on the OSHA Program Requirements. If not, don’t delay and make sure you visit the link and download it to keep it on file. The information in this document alone ensures that your class is conducted in compliance with federal guidelines.

We managed to collect nearly 4000 trainer cards in our effort to update our database systems. Thank you to all of the trainers that sent in their cards in a timely manner. We are embarking on a secure system to decrease fraudulent cards which ultimately protects our trainers. Your trainer card is unique only to you and it is essential to safeguard that identification. When conducting a class, always have your trainer card with you in the event that you are required to provide the validity of your trainer status.

Lastly, many of our trainers expressed an interest in the creation of a Facebook page since social media is an excellent communication tool. I am excited to provide this for our trainers. Like us on Facebook! Please visit our site and continue to stay informed of all the latest safety news!
UC San Diego Trainer Tip of the Month

By Harold Gribow

Many Outreach instructors like to have current materials and statistics when you teach outreach courses. I’ve found that updating the number of fatalities in the Intro to OSHA presentation, and adding a list of the categories that kill the most workers, makes the reasons for the Outreach programs more clear to the students. It also adds discussion time to the Intro section and makes it easier to complete that section in the required 2 hours.

Here’s what you do:

You can find the fatality counts much easier through OSHA than going directly to the Bureau of Labor Statistics website. Look for item # 2 in the Trainer Resources section at the end of this newsletter. Look for the US Fatalities link and follow it. There you’ll find annual statistics on workplace fatalities. In fact, there’s so much information there, you’ll have to explore the site to limit how much information you add to the Intro presentation. For instance, I create a slide with the number of fatalities overall, and then divide it down to the most common of the causes. It looks something like this:

I also make a separate slide for construction fatalities because the BLS breaks it out so nicely. This information adds to the motivation students may feel when it comes to workplace safety and also presents another reason why OSHA is so important for the working people of our country.

In the 30 Hour courses, I also add in the Most Frequently Cited presentation because I think that the student in the 30 Hour should have information about what OSHA finds and cites most often with serious citations. The link for this is #3 in the Outreach Trainers section.
OSHA Update

OSHA seeks comment on updated Safety and Health Program Management Guidelines

Updated guide available: Trenching and Excavation Safety

Trench and excavation work are among the most hazardous operations in construction. Because one cubic yard of soil can weigh as much as a car, an unprotected trench can be an early grave. OSHA’s updated guide to Trenching and Excavation Safety highlights key elements of the applicable workplace standards and describes safe practices that employers can follow to protect workers from cave-ins and other hazards. A new section in the updated guide addresses safety factors that an employer should consider when bidding on a job. Expanded sections describe maintaining materials and equipment used for worker protection systems as well as additional hazards associated with excavations.

OSHA is seeking public comment on an updated version of its voluntary Safety and Health Program Management Guidelines, first published in 1989. The guidelines are intended to help employers establish safety and health plans at their workplaces. Key principles include finding and fixing hazards before they cause injury or illness, and making sure that workers have a voice in safety and health. The updated guidelines, which include illustrations, tools and resources, should be particularly helpful to small- and medium-sized businesses. The guidelines also address ways in which multiple employers at the same worksite can coordinate efforts to make sure all workers are protected equally. Public comments will be accepted until Feb. 15. For more information, see the news release.

osha.ucsd.edu/newsletter oshatraining@ucsd.edu
OSHA Update Continued

Guide available on new standard for protecting construction workers from hazards in confined spaces

A guidance document is now available to help small businesses comply with OSHA’s new Confined Spaces in Construction standard. The standard was issued in May to help better protect construction workers from serious injuries and life-threatening hazards. Chapters in Protecting Construction Workers in Confined Spaces: Small Entity Compliance Guide correspond to sections of the standard to help employers understand what they must do to protect their workers. This guide accompanies other OSHA compliance materials on confined spaces-related topics available on the agency’s website including frequently asked questions, fact sheets and QuickCards.

Who We Are

The UC San Diego is part of the UC San Diego Extension which has served as a premier source of lifelong learning for adults seeking in 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 UC San Diego 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 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.

osharegional.ucsd.edu/newsletter  oshatretraining@ucsd.edu
Below is a collection of tools we think you will find very useful. Each issue will include selected resources to help you, our Trainers.

1. **Safety Isn't Temporary** - Workplace Safety Training for Temporary Workers. The guide includes downloadable, printable manuals for employees and employers, as well as a complete lesson plan designed to introduce temporary workers to basic information on workplace safety responsibilities, workers’ rights and potential job site hazards. There is a nice PowerPoint included. To download, you’ll have to register but it’s free and the materials are quite good.

2. **OSHA Outreach Construction Presentations** - The link will take you to the UCSD course materials site where you’ll find the newly released Construction 10 Hour materials from OSHA. If you’ve been in our OSHA 500 or 502, you’ll know the password. If you’ve forgotten, email or call Harold Gribow.

3. **Most Frequently Cited Serious Standards** - Within the training materials library, there is a section entitled: “Most Frequently Cited”. You’ll find industry-based presentations for Maritime, Construction and General Industry.

4. **US Occupational Fatalities** - To locate the fatality statistics, go to this site and click on the BLS fatality data link.

5. **Electrical Safety** - A video made by Terry Weston that describes and shows many of the common electrical hazards that may arise in an industrial workplace.

Looking for a full list? Please click [here](#) for PDF with all the current resources listed.