Hello Outreach Trainers, I hope spring is treating you well. I know I’m happy because the Chicago Cubs have the best record in major league baseball as I’m writing this. Of course, by the time this gets to you, they may well have completely collapsed, as they have been known to do. Or else they will get me all excited until September and then collapse.

But that’s not what I’m supposed to comment on here. Really, this issue is chock-full of new material from OSHA, some very critical updates to the Outreach card system for both students and instructors, and new information on our Resources page. I also have a training technique that I think will help you make safety and health even a greater priority with your Outreach students.

The best news from OSHA is the release of the final rule to protect workers from exposure to respirable crystalline silica. I must admit, OSHA is really issuing some good standards that the American workforce has needed for a long time.

There’s also a new web page for medical professionals that details their responsibilities for evaluating occupational exposures and injuries, and also discusses the requirements for protecting the health of those working in medical practices. I’ll show you more about that and the silica regulation in the OSHA Update section.

On the resources page, I’ll list the link for the latest PowerPoints covering the Most Frequently Cited Serious Violations for 2015. I know many of you use them in your 30-hour Outreach courses.

I hope you find this newsletter useful. We just did a study on how often it is read and it seems like some of you are finding it and maybe even enjoying the information we provide.

Of course the most important aspect is to keep Outreach trainers up to date on the latest requirements and services provided by our OSHA Training Institute Education Center. One important item to remember is that during your 90-day grace period, after your authorization expires, you are still allowed to take the update course. However, you may not conduct Outreach training nor submit for student cards during your grace period. It’s very important for you to monitor your expiration date and get updated quickly or even ahead of the expiration so you can continue to conduct the training.

Thanks for reading,
Harold Gribow, editor
OSHA Trainer Newsletter May 2016

It was a long and arduous process, but the OSHA card system is now live on Storefront. The feedback from our outreach trainers is positive and we are pleased that the new cards are now in distribution. To recap, the U.S. Department of Labor Occupational Safety and Health Administration released new information regarding the course completion cards for the Outreach Training Program. The guidelines are designed to decrease fraud and standardize the Outreach process across the 10 OSHA regions.

UC San Diego OTIEC is committed to the implementation of the changes in the design and security of the new student and trainer cards. Our current online system developed many of the required changes a few years ago when we created our card processing system. Therefore, our trainers will not encounter any changes in the card process. The card that is produced and mailed to your students has the following enhanced features:

- New durable card format made of plastic, similar to a credit card for both student and trainer cards.
- The ability to verify card authenticity via QR code.
- Both trainer and student cards issued from UC San Diego can be verified at here.
- Card prices increase from $5.00 to $8.00.
- Lamination is still optional, but highly recommended. Lamination is a protective cover placed on the card to ensure the longevity of the card color and image. Lamination is an additional $2.00 per card.
- All replacement cards, both trainer and student is now $30.00.

Trainers are not required to purchase a new trainer card. All cards issued prior to the update are still valid. Trainers will receive the new card when they update their trainer status. Additionally, CAL/OSHA and ET&D designation will be indicated and printed directly on the card. This eliminates the application of a sticker on the card. If you are an ET&D instructor, this classification is now added into your instructor profile and you can select it in your course drop down. All ET&D approvals are designated directly from DTE.

Thank you for your continued patience as UC San Diego launched the new card system. Our goal is to ensure that cards are still processed in an efficient and timely manner. If you have any further questions, regarding the new card system, please contact the Outreach department.

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UC San Diego Trainer Tip of the Month

By Harold Gribow

A student in one of my instructor training courses demonstrated this training technique. It was a very powerful motivator for safety on the job. Here’s how it went:

The Sago Mine disaster occurred on January 2, 2006, in Upshur County, West Virginia. It was coalmine explosion that trapped 13 miners for two days. Only one of them survived. During the time between the explosion and the rescue of the one survivor, many of the miners, knowing they were likely to die, wrote notes to their families.

My student detailed the entire story to us in class, and then had us write notes to our families as if we were in the same situation. He said, “What would you tell your family if you knew you were going to die today, but they weren’t present? How would you express your feelings toward them and how would you like to be remembered?” We all spent a few moments thinking this over and then committed our thoughts to paper.

He never asked us what we wrote, but used the moment to show how important it is to protect our co-workers and ourselves while we are working. It was a powerful motivator and one that he said he uses when he begins his Outreach courses.

You can find more information about the Sago Mine disaster on the Internet and make your discussion as detailed as you’d like. Even though it was a mine and regulated by MSHA, the devastating event reminds us of why we are in this business.

Source: New York Times
OSHA’s Final Rule to Protect Workers from Exposure to Respirable Crystalline Silica

The Occupational Safety and Health Administration (OSHA) has issued a final rule to curb lung cancer, silicosis, chronic obstructive pulmonary disease and kidney disease in America’s workers by limiting their exposure to respirable crystalline silica. The rule is comprised of two standards, one for Construction and one for General Industry and Maritime.

OSHA estimates that the rule will save over 600 lives and prevent more than 900 new cases of silicosis each year, once its effects are fully realized. The Final Rule is projected to provide net benefits of about $7.7 billion, annually.

About 2.3 million workers are exposed to respirable crystalline silica in their workplaces, including 2 million construction workers who drill, cut, crush, or grind silica-containing materials such as concrete and stone, and 300,000 workers in general industry operations such as brick manufacturing, foundries, and hydraulic fracturing, also known as fracking. Responsible employers have been protecting workers from harmful exposure to respirable crystalline silica for years, using widely available equipment that controls dust with water or a vacuum system.

Key Provisions
1. Reduces the permissible exposure limit (PEL) for respirable crystalline silica to 50 micrograms per cubic meter of air, averaged over an 8-hour shift.
2. Requires employers to: use engineering controls (such as water or ventilation) to limit worker exposure to the PEL; provide respirators when engineering controls cannot adequately limit exposure; limit worker access to high exposure areas; develop a written exposure control plan, offer medical exams to highly exposed workers, and train workers on silica risks and how to limit exposures.
3. Provides medical exams to monitor highly exposed workers and gives them information about their lung health.
4. Provides flexibility to help employers — especially small businesses — protect workers from silica exposure.

Read more about silica here
Clinicians’ Questions

Physicians, nurses, nurse practitioners, physician assistants and other health care professionals often encounter work-related health and safety questions as they care for their patients. This web page provides information, resources and links to help clinicians navigate OSHA’s web site and aid clinicians in caring for workers.

For clinicians establishing or working in an occupational health practice, many protocols and procedures will depend on the practice situation (i.e. freestanding clinic, corporate clinic, large clinic network) and on the industry or industries being served. However, the following are important considerations for any clinician providing occupational health services:

• Review (or create) policies and procedures to assure compliance with OSHA standards as well as compliance with other certification and licensing bodies.
• Identify occupational health hazards, such as biological, chemical, physical, ergonomic and psychological, for all worker groups and industries being served.
• Consider these risks, along with OSHA regulations, when designing and performing worker examinations and medical surveillance.
• Implement preventive measures that address occupational health risks in your practice such as protecting workers from Bloodborn Pathogens and Hazard Communication.
• Understand applicable state and local regulations related to issues such as pharmaceutical and vaccine storage, workplace safety requirements and medical waste.
• Be familiar with the screening protocols, procedures and calibrations required for equipment used, such as spirometers and audiometers, and with the certification requirements for staff forming the testing.
• Integrate worker health and safety education into clinical practice whenever possible. Be aware of the health and safety training that employers provide to workers.

See more on clinicians here

Check Out Safety Trainer editor Harold Gribow’s Courses

osha.ucsd.edu/newsletter
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Your Trainer Resources

Who We Are

The UC San Diego OSHA Training Institute Education Center 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 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.

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. NIOSH Aerial Lifts webpage - review fall-related risk and safe work practices, including an aerial lift operation Hazard Recognition Simulator; additional resources available from OSHA.

2. 2015 Most Frequently Cited PowerPoints - see OSHA’s most frequently cited standards recently released the 2015 collection for General Industry, Construction and Maritime.

3. New Compliance Assistance Resources - view resources for new and updated compliance assistance products in the first quarter of FY 2016 from OSHA, Harwood Grantee, Alliance Program, and NIOSH.

4. Weitz time-lapse of Melrose sign - check out this video presented in an Outreach update course by a steel erection student which shows the erection of a gateway sign for a developing neighborhood in Phoenix.

5. Have an Exit Strategy - review useful information for training on Exits and Emergency Plans. The website also features a video of the Station Nightclub fire produced by the Texas Department of Insurance.

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