Welcome

OMG!!! The Cubs are in the World Series! I never quite believed it would happen, you know with the curse and all. Probably by the time you read this, the ultimate outcome will be known, but for now I'll just hope that curses don't last longer than 71 years.

Several actions by OSHA have useful implications for our training classes.

The Recommended Practices for Safety and Health Programs, which update the 1989 Safety and Health Program Management Guidelines have been released. This document takes the previous four categories of Safety and Health Program Management and expands the categories to seven. For instance, the old Guidelines combine Management Commitment and Employee Involvement. The new Practices separate those into two efforts, Management Leadership and Worker Participation. Since the Outreach Program Requirements for 30 Hour Outreach courses include two hours of Safety and Health Management, you should look over the new document and perhaps adjust your training.

OSHA also has released a video on filing a complaint. This may be an addition to your Introduction to OSHA section in your 10 and 30 Hour Outreach presentations.

Lastly, I understand the long awaited revisions to Subparts D and I in CFR 1910 have passed the White House Office of Management and Budget and should be released soon according to a blog published by the Jackson Lewis law firm. We’ll continue following the rule in future issues.

Harold Gribow, editor

Don’t Forget!
Our San Diego classes and enrollment location moved. As of September 1, 2016 we are located at 6256 Greenwich Dr., San Diego, CA 92122. The Mission Valley location is now closed.
What are the Focus Four Construction requirements and how can I ensure that I am conducting the required hours to meet OSHA Federal Guidelines? This is a frequently asked question from many of our Outreach Trainers that participated in an audit request of their records. Failure to comply with the required course hours often triggers an audit of your records. The first step to achieving the proper course hours is to understand the required topic hour minimums. Focus Four for Construction 10 and 30 consist of the following four topics:

- Fall Hazards (Minimum of 1 hour and 15 minutes)
- Caught-In or -Between Hazards (Minimum of 30 minutes)
- Struck-By Hazards (Minimum of 30 minutes)
- Electrocution Hazards (Minimum of 30 minutes)

The minimum time frames for each topic must be achieved in accordance with the TOTAL minimum of 4 hours for the 10 hour course and 6 hours for the 30 hour course. Additional guidelines can be read here per DTE’s Outreach Training Packet:

Focus Four Training Packet Includes

Materials: Instructor/Student materials for the four lessons: Fall Hazards; Caught-In or -Between Hazards; Struck-By Hazards; and Electrocution Hazards.

- For each of the lessons, there is an Instructor Guide with lesson test, PowerPoint® presentation file(s), and student handouts (e.g., job aids, checklists) as developed.

DVD: Video “Construction Safety: Choice or Chance” (© BCTD, 2000. Used with permission. All rights reserved. Building and Construction Trades Department) as an option to consider to begin the Focus Four section. The video is also available on the OSHA website at:

osha.gov/video/construction_choiceorChance/

For additional information regarding the Focus Four material and the course requirements go to OSHA Website to download materials and information for all your upcoming courses.
Random thoughts for trainers:

- It’s better to erase a white board with an up and down motion rather than side to side. Going sideways makes your butt wiggle!
- Occasionally come out from behind the lectern and move around the room while you’re presenting.
- Learn to be silent rather than filling a speech vacancy with a sound like “um” or “uh”, or a word like “y’know” or “like”.
- As quickly as possible, learn your students’ names and use them when you direct a question to them.
- Try, as much as possible, to get students to shut their laptops and put away their phones during class. Maybe even guilt them into it by comparing how annoying it is to them when they teach Outreach classes.
- Preview any video clips and listen for profanity. It’s unprofessional to have the “universal adjective” (F-word) in videos presented in Outreach courses.

- Also about videos – download them to your computer rather than streaming them from the web. And watch for displays of inappropriate video subjects on the sidebar after a YouTube finishes playing.
- Powerpoint is a useful tool, not the only way to make presentations. Try demonstrations, case studies, role plays or other ways to get your message across.
- See the Outreach Trainers Watch List on the OSHA web. You don’t want to be on that list! Follow the Outreach Requirements and avoid trouble.
OSHA Update

OSHA releases recommendations for creating a Safety and Health Plan

OSHA Assistant Secretary David Michaels today released a set of Recommended Practices for Safety and Health Programs to help employers establish a methodical approach to improving safety at their workplaces. The recommendations update OSHA’s 1989 guidelines to reflect changes in the economy, workplaces, and evolving safety and health issues.

New video released on filing an OSHA complaint

OSHA has released a one-minute video, available in English and Spanish, to inform workers exposed to jobsite hazards of their right to file a complaint with OSHA. The video emphasizes that filing a complaint is easy and confidential and that it is illegal for employers to retaliate against workers for doing so.
OSHA Update (Continued)

Two new bulletins address the responsibility of employers to protect temporary workers

OSHA has issued two new bulletins in its series of guidance documents developed under the agency’s Temporary Worker Initiative. This initiative focuses on compliance with safety and health requirements when temporary workers are employed under the joint employment of a staffing agency and a host employer. The bulletins address bloodborne pathogens and powered industrial truck training. Both documents emphasize that temporary workers are entitled to the same protections under the OSH Act as all other covered workers and that the host employer and staffing agency are responsible for determining the conditions of employment and complying with the law.

Cal/OSHA Outreach Procedures for General Industry and Construction have been updated. See the UCSD Outreach Programs Cal/OSHA page.

Check Out Safety Trainer editor Harold Gribow's Courses

osha.ucsd.edu/newsletter oshatraining@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. **OSHA Video on Filing Complaints** - This is a short one-minute video in both English and Spanish to assist workers when they feel a need to complain to OSHA.

2. **Power Tools Training Video** - Ever wonder if your workers need to be trained on using simple power tools? Watch this video that obviously reinforces the need for training.

3. **Arc Flash Safety** - Arc flash is a huge hazard for those qualified to work around energized electrical equipment. This video is a good entry into proper training to avoid death or serious injury.

4. **The Cleasby Grizzly Fall Protection Cart** - See how this safety cart is designed to help prevent the risk of employee falls on the job. It has a fall arrest capacity of three workers, and also offers a fall restraint system.

5. **The Latchways Personal Rescue Device** - The Latchways Personal Rescue Device™ (PRD)™ is worn with a 3M™ Elavation™ Harness. In the event of a fall, activation is achieved by simply pulling the release cord, allowing for self-rescue in a controlled descent.

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

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**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.