

news & notes

OSHA OUTDOORS

OSHA has renewed its alliance with Lamar Outdoor Advertising to promote safety and health for younger workers, vulnerable workers, and workers in the construction and transportation industries.

“OSHA and Lamar have collaborated in promoting nationwide awareness of heat illness prevention, struck-by hazards, work stand-downs, and distracted driving,” said OSHA head Dr. David Michaels. “Our renewed alliance will continue our commitment to provide training and educational and outreach tools that promote worker safety.”

During the 2-year agreement, the alliance will develop an outdoor advertising safety and health training presentation for OSHA compliance officers and will promote other OSHA activities, including National Emphasis Programs and the North American Occupational Safety and Health Week.

FOUR NEW OTI CENTERS

Four new OSHA Training Institute (OTI) Education Centers have been named, and 24 existing facilities have been renewed. The nonprofit centers offer training courses on OSHA standards and occupational safety and health issues. For more information on the OTI program, visit www.OSHA.gov/dte/index.html.



Indiana Jones and the OSHA Safety Violations

EMPLOYEE SAFETY NEWSLETTER

December 2012

OSHA top 10 violations

Announced at NSC

OSHA announced the top 10 violations of its safety rules for fiscal year 2012 (October 2011 to September 2012) at the 2012 NSC (National Safety Council) Congress and Expo in Orlando. The top 10 list is preliminary in that not all violations have been added to OSHA's reporting system, but the list order is not expected to change. Here are the top 10 violations as presented by Patrick Kapust, deputy director of the OSHA Directorate of Enforcement Programs:

OSHA Top 10 List

- 1. Fall Protection in Construction (1926.501) 7,250 violations**
Frequently violated requirements included failure to protect open sides and edges, to prevent falls from roofs, and to cover holes.
- 2. Hazard Communication (1910.1200) 4,696 violations**
Commonly violated requirements included failure to have a written program, inadequate employee education and training, improper or no labels on containers, and no MSDSs (SDSs) or lack of access to them.
- 3. Scaffolding in Construction (1926.451) 3,814 violations**
Violations included problems with scaffold construction, improper access to scaffolding surfaces, and lack of guardrails.
- 4. Respiratory Protection (1910.134) 2,371 violations**
Frequent violations were no written respiratory protection program, poor fit test procedures, unsuitable respirator selection process, and lack of procedures for voluntary use of respirators.
- 5. Ladders in Construction (1926.1053) 2,310 violations**
Violations included damaged side rails, use of the top ladder step, inappropriate ladder for the job, and excessive loads on ladders.
- 6. Machine Guarding (1910.212) 2,097 violations**
Violations included point of operation exposures, inadequate or no anchoring of fixed machinery, and exposure to blades.
- 7. Powered Industrial Trucks (1910.178) 1,993 violations**
Common violations were inadequate operator training and refresher training and poor conditions of PITs when returned to service after repair.
- 8. Electrical-Wiring methods (1910.305) 1,744 violations**
Violations included problems with flexible cords and cables, boxes, and temporary wiring; poor use of extension cords; and use of temporary wiring as permanent wiring.
- 9. Lockout/Tagout (1910.147) 1,572 violations**
Frequent violations were poor or no energy control procedures, inadequate worker training, and inspections not completed.
- 10. Electrical—General Requirements (1910.303) 1,332 violations**
Common violations were related to electric shock and electrocution exposures.

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OSHA UPDATES MARITIME REGS

OSHA has issued revised enforcement guidance for inspections of longshoring operations and at maritime terminals. The new directive is aimed at eliminating workplace hazards in the industry by addressing updated requirements for personal protective equipment (PPE) and safe operation of vertical tandem lifts (VTLs).

According to the Bureau of Labor Statistics, 7 workers died, and more than 2,900 were injured performing marine cargo handling operations in 2010. OSHA is committed to reducing injuries and fatalities “by conducting focused interventions in the industry.”

The revised directive:

- **Clarifies which PPE employers must provide** at no cost to workers, when employers must pay for replacement PPE, and when employers are not required to pay;
- **Provides information on VTLs;**
- **Includes changes** to the Marine Terminals and Safety and Health Regulations for Longshoring; *and*
- **Updates answers** to common questions.

Get more information at www.OSHA.gov.



Eye on safety

Choose the proper PPE

Eye protection varies depending on the job. For example, is eye protection required in addition to wearing a welding helmet? In many cases yes, both a helmet (includes face shield) and eye protection are needed. The best answer for your situation will depend on your hazard assessment for the PPE required under OSHA’s PPE rule at 29 CFR 1910.132.

OSHA has provided nonmandatory guidance for determining when helmets and face shields should be used with primary eye protection [here](#). Scroll down to the **Eye and Face Protection Selection Chart** and read the appropriate Notes to Eye and Face Protection Selection Chart.

OSHA states in its guidance that face shields alone do not protect employees from impact hazards. Face shields may be used in combination with safety goggles or spectacles to protect against impact. Face shields may be used in conjunction with safety spectacles or goggles by employees working with such molten metal and heat hazards as sparks.

Some OSHA rules require eye protection (e.g., special goggles) under all circumstances. For example, when using lasers you must provide safety goggles specifically designed to protect the employees’ eyes from the specific intensity of light produced by the laser.

Party hearty—and healthy!

Have fun and have health

The holidays provide a great reason to get together with friends, family, and co-workers, which means there are lots of parties and food everywhere. It’s so easy to gain weight at this time of year, but even though the gain may be small—as little as 1 pound—a recent study reported in the *New England Journal of Medicine* (<http://content.nejm.org>) states the alarming news that this weight may remain for life. Not a festive thing to think about.

So how can you have fun at parties and still stay healthy? Follow these tips adapted from the New Hampshire Department of Health and Human Services (www.dhhs.nh.gov):

- **Have a plan.** Eat healthy before you go so that you don’t arrive hungry, and decide ahead what you will limit and what you will indulge in.
- **Bring healthy dishes** yourself. (See sidebar for ways to cut down on fat and sugar in recipes.)
- **Eat small portions.** Think sample sizes at the grocery store.
- **Limit alcohol**—it’s very high in calories and simple carbs.
- **Don’t stand next to the buffet table.**
- Move around the room and **talk with at least five people** before going back to the table.
- **Suggest active parties**, such as caroling around the neighborhood or office, sledding, snowboarding, or ice skating events, or walking rather than driving to view outdoor decorations.