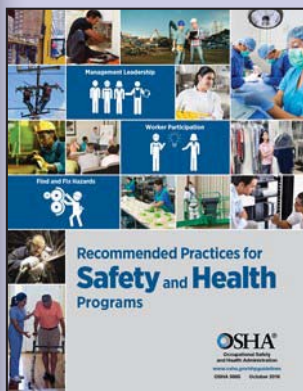




OSHA Region VIII Compliance Assistance Newsletter

Spring 2017



Download OSHA's
Recommended Practices
for Safety and Health
Programs in Construction

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Recommended Practices
for Safety and Health
Programs

FREE SILICA TRAINING

National Jewish Health is offering free training entitled "Silica Exposure in General and Construction Industries" under a Susan Harwood Grant. The training is approximately 2 hours long. The targeted audience includes (but is not limited to) workers in Colorado and Wyoming with limited English or hard-to-reach workers. If interested, please contact Jason Laub at 303-370-2791 or laubj@njhealth.org or Dr. Annyce Mayer at mayera@njhealth.org.

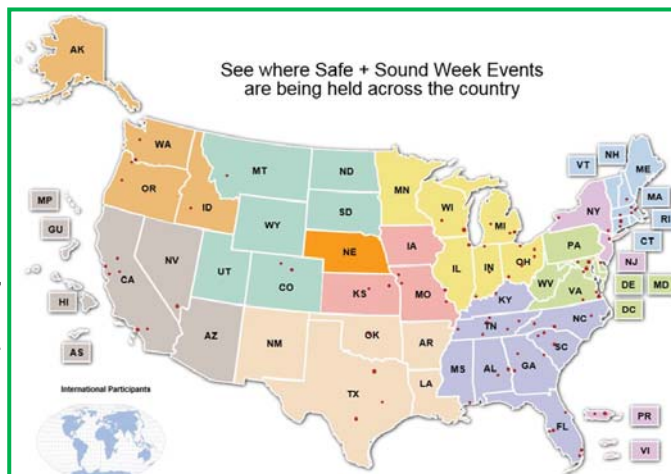
Top Stories/National News

Volume 2, Issue 2



Safe + Sound Week ~ June 12-18, 2017
Show Your Commitment to Safety

[Safe + Sound Week](#) is a nationwide event to raise awareness and understanding of the value of safety and health programs that include management leadership, worker participation, and a systematic approach to finding and fixing hazards in workplaces. Participating in Safe + Sound Week can help get a program started or energize an existing one. Organizations of any size or in any industry looking for an opportunity to show their commitment to safety can easily participate. Organizations simply select the activities they would like to conduct at their workplace. Examples of potential activities and tools to help you plan and promote your events are available on OSHA's [website](#). After completing events, [certificates](#) and web badges can be downloaded to recognize your organization and your workers.



DELAY OF SILICA IN CONSTRUCTION STANDARD

On April 6, 2017, OSHA [announced a delay](#) in enforcement of the crystalline silica standard that applies to the construction industry in order to conduct additional outreach and provide educational materials and guidance for employers. The agency has determined

that additional guidance is necessary due to the unique nature of the requirements in the construction standard. Originally scheduled to begin June 23, 2017, enforcement will now begin **Sept. 23, 2017**.

OSHA expects employers in the construction industry to continue to take steps either to come into compliance with the new permissible exposure limit, or to implement specific dust controls for certain operations as provided in Table 1 of the standard. Construction employers should also continue to prepare to implement the standard's other requirements, including exposure assessment, medical surveillance and employee training.



[click for construction guide](#)

Electronic Record-keeping Delay:

OSHA is not accepting electronic submissions of injury and illness logs at this time, and intends to propose extending the July 1, 2017 date by which certain employers are required to electronically submit the information from their completed 2016 Form 300A. Updates will be posted to the [OSHA recordkeeping webpage](#) when they are available.

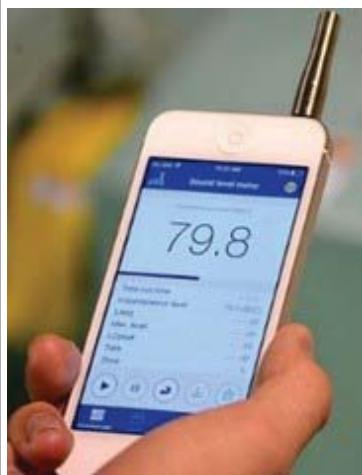


NUCA, with the full support of OSHA, is requesting all contractors, municipalities, military, and others involved with trenching operations to hold a **Trench Safety Stand-Down** during the week of June 19-24, 2017. Preventable accidents caused by cave-ins and other trenching hazards often lead to fatalities and serious injuries. For more information please see the [NUCA website](#).

New Compliance Assistance Resources

NIOSH Sound Level Meter App

NIOSH hearing loss researchers collaborated with an app developer to create an iOS based [sound level meter app](#) that measures and characterizes occupational noise exposure similar to professional instruments. The NIOSH Sound Level



Meter (NIOSH SLM) app for iOS devices is now available on iTunes freely to the occupational safety and health community and general public.



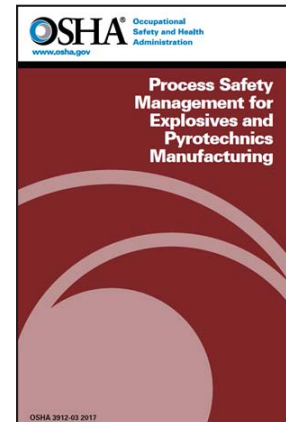
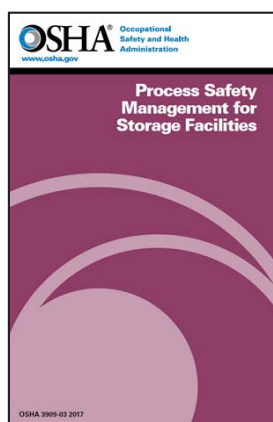
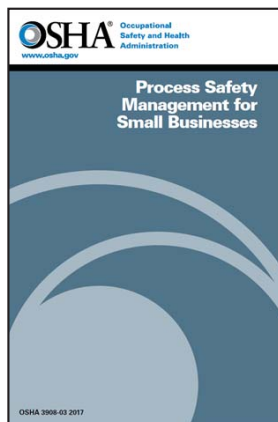
Worker Fatigue

Nearly one-quarter of American workers spend over 40 hours a week at work and almost 15 million work full time on evening, night, rotating or other irregular shifts. Shift workers may be scheduled to work days, evenings, nights, extended/irregular work shifts and/or on a rotating or on-call basis. Long work hours may increase the risk of injuries and accidents and can contribute to poor health and worker fatigue. Studies show that long work hours can result in increased levels of stress, poor eating habits, lack of physical activity and illness. It is important to recognize the symptoms of worker fatigue and its potential impact on each worker's safety and health.

OSHA has a [new safety and health topics web page](#) that focuses on worker fatigue and includes information about the impact of demanding work schedules and measures workers and employers can take to prevent worker fatigue and fatigue-related injuries and illnesses by providing or participating in education, training and fatigue management programs.

PROCESS SAFETY MANAGEMENT

OSHA has released three new guidance documents to help employers comply with its Process Safety Management (PSM) standard. The new documents cover PSM compliance for [Small Businesses](#), [Storage Facilities](#) and [Explosives and Pyrotechnics Manufacturing](#).



2017 National Fall Stand-Down

The National Safety Stand-Down to Prevent Falls in Construction was held May 8-12. Employers from across the country participated by voluntarily stopping work and taking time to conduct safety activities. A full list of public events, as well as highlights from larger events, can be found on the [OSHA web-site](#). Any employer that held or attended an event (whether public or private) can obtain a [certificate of participation](#) from OSHA.



Fall Stand-Down Event in Denver



[Click here for the NIOSH Ladder Safety App](#)



[Click here for the NIOSH Aerial Lift Hazard Recognition Simulator](#)

WATER. REST. SHADE.

The work can't get done without them.

Heat-related illnesses can be deadly. Thousands become sick every year and many die due to preventable heat-related illnesses. With summer temperatures rising, now is the best time to prepare for working outdoors in excessive heat by following a few simple steps.

Know the signs of heat-related illness:

Heat Stroke is the most serious heat-related illness and requires immediate medical attention. Symptoms include: confusion, fainting, seizures, very high body temperature and hot, dry skin or profuse sweating. **CALL 911** if a coworker shows signs of heat stroke.

Heat Exhaustion is also a serious illness. Symptoms include: headache, nausea, dizziness, weakness, thirst and heavy sweating. **Heat fatigue**, and **heat rash** are less serious, but they are still signs of too much heat exposure.

TO PREVENT HEAT ILLNESS: WATER.REST.SHADE.

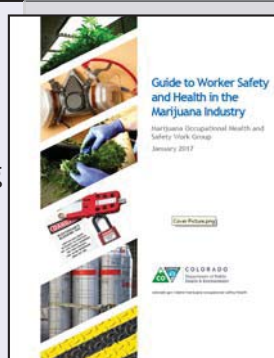
More resources are available on OSHA's website in English and Spanish and even an app to download to your phone to calculate the heat index and provide recommendations based on your risk level. Check out www.osha.gov/heat for training and other educational resources.



[HEAT APP](#)

OUTSIDE RESOURCES

Marijuana: The Colorado Department of Public Health and Environment recently released a comprehensive [guide for worker safety and health in the marijuana industry](#). The guide gives employers in the marijuana industry an overview of existing federal, state and local regulations to help them develop a workplace safety program. The guide was created by the Colorado Marijuana Occupational Health and Safety Workgroup, which includes epidemiologists, doctors, industrial hygienists, safety professionals, industry leaders and regulatory specialists.



The National Safety Council collaborated with other organizations to develop [“The Real Cost of Substance Use to Employers” tool](#). This calculator provides business leaders with specific information about the cost of substance use (including prescription drug abuse and misuse, alcohol abuse and misuse, opioid and heroin addiction, and abuse of other illicit drugs and marijuana) in their workplace based on size of organization, industry, and state.

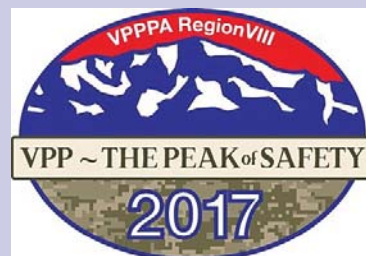
WORKERS MEMORIAL DAY FRIDAY 28 APRIL 2017

A Workers Memorial Remembrance Ceremony was held on April 28, 2017, to honor workers who died in Colorado, Montana, North Dakota, South Dakota, Wyoming and Utah. The ceremony recounted the

names of sixty workers whose deaths were investigated by OSHA. It is important to understand that many work related fatalities occur each year that fall outside of OSHA's jurisdiction. Remembering those workers was also a goal of the ceremony.

As in past years, the event was held at the IBEW #68 Union Hall in Denver. Representatives from OSHA, AFL-CIO and other organizations shared messages and experiences with those in attendance. Workers Memorial Day is observed every year on April 28. It is a day to honor those workers who have died on the job, to acknowledge the grievous suffering experienced by families and communities, and to recommit ourselves to the fight for safe and healthful workplaces for all workers. It is also the day OSHA was established in 1971.

For more information visit OSHA's [Workers Memorial Day](#) website.



The VPPPA Region VIII Safety Summit was held in April in Colorado Springs. For more information about the event, visit the VPPPA's regional [website](#).

This newsletter is distributed quarterly. Call John Olachea (720-264-6586) or send an e-mail to olachea.john@dol.gov to subscribe or to submit comments, questions or suggestions.

Meet the Compliance Officer

Jason Mundt is one of the newest compliance officers in Region VIII and works out of the Sioux Falls Area Office. Jason is originally from Canton, South Dakota but relocated to Luverne, Minnesota to avoid the congestion of the Greater Sioux Falls metro area. His father was in law enforcement in Sioux Falls so Jason appreciates the small town vibe of Luverne.

Jason has been in the Air National Guard since 2003 and was employed with them

since 2013 as an Inspector General conducting inspections of programs, policy, compliance and safety. Prior to that, he served as an Aircrew Flight Equipment Technician specializing in aircrew training and equipment maintenance. He holds a bachelor's degree in Aviation Education from South Dakota State University and a mas-



ter's degree in Organizational Leadership and Human Resources from the University of South Dakota. Jason is a certified flight instructor and pilots single engine planes.

Jason is married with two children and he and his wife are expecting a third in June. When Jason isn't working, flying planes or spending time with family, he is likely to be found working on his historic home either making it more beautiful or chasing out bats.