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Safety & Health Monitor

Quarterly Newsletter of the Maine Bureau of Labor Standards

January, 1997

Catching the Wave *Surfing the Safety Net*

LIBRARY USE ONLY

By Rick Kadlec

The internet has emerged as a tremendous tool for safety, health and environmental professionals. Information, once limited to educational institutions and governmental organizations, is now just a PC away. The information superhighway is here and has an on-ramp for safety.

No longer do you have to have multiple sets of manuals sitting on your desk. The Occupational Safety and Health Administration, Environmental Protection Agency, Department of Transportation, and other governmental agencies all have home pages, and regulatory information is easily accessible. There are Web sites in the areas of ergonomics, indoor air quality, toxicology, risk management, and general safety and health. The number of sites is increasing every day.

Getting Started

Getting started on the Net is intimidating and can strike fear in the strongest of Occupational Safety and Health (OS&H) professionals. First of all, you must be on-line. There are many internet providers located in the state of Maine and services cost approximately \$25-\$40 per month with unlimited phone usage. You may have to meet minimal requirements on your PC such as memory, modem speed, or hard drive space. Internet providers will set you up with software which will include your internet browser (Netscape Navigator, Internet Explorer, etc.). From here the door is open and it's time to begin surfing!

There are many books on the market to assist you in setting up your computer and learning the Internet. The best resource for the OS&H professional is "Internet

User's Guide for Safety and Health Professionals" (\$29.95) from Genium Publishing Company. Written by Michael Blotzer, CIH, CSP, this very thorough, user-friendly text will guide you step by step through the Internet and relieve some of the fear of the vast new world.

Surf's Up

Time to begin locating all that information. One method is to use a search engine (Yahoo, Alta Vista, Tucows, etc.) to find information by using key words. Though effective for a general search, you may have up to 100,000 hits (articles returned) on a particular subject. It takes time to learn the various ways to narrow your search, mostly through on the job training. Getting a list of web sites makes searching a bit easier. If you're searching for an OSHA document, it makes sense to go to the OSHA home page (<http://www.osha.gov>) and search from within. Many home pages have links to other OS&H sites to make finding information easier.

If you have e-mail capabilities, there are a few List-servers (e-mail mailing lists) which allow OS&H professionals to communicate with other professionals all over the world. There are list servers for general safety and health, ergonomics, environmental and risk management. The most popular at this time is SAFETY based out of the University of Vermont. This is a great forum to pose questions to over 2,500 OS&H professionals from around the globe. This expertise is fantastic and no question is too big or small. To join the safety list, go to the website "listserv@uvmvm.uvm.edu" and type in "subscribe safety <your name>" without the angle brackets or quotation marks.

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tion from others could be interpretations only. Anyone can have a web site on any subject.

Things to Remember

Information on the Internet is virtually unlimited. It does take time to learn some shortcuts and surfing can become very addictive. Get on, get the information you need, and get off! Also, remember that the information you receive is only as good as the source you got it from. Information from government agencies and educational institutions should be accurate, but informa-

Catch the Wave

The technology is here, so pick up your board and ride the wave in making safety your Maine concern!

Rick Kadlec is a Certified Occupational Health & Safety Technologist and Training Program Coordinator for the Maine Safety Council. The Safety Council promotes safety and health awareness and sponsors the Maine Safety and Health Conference.

Agency	Internet Address
American National Standards Institute	http://ansi.org/home.html
Bureau of Labor Statistics	http://stats.bls.gov/oshhome.htm
CalOSHA	http://dir.ca.gov
Environmental Web Sites	http://ualberta.ca/~dgairns/enviro.html
Environmental Protection Agency	http://www.epa.gov
Ergonomic Web Sites	http://ualberta.ca/~dgairns/ergonomics.html
Federal Register	http://www.access.gpo.gov/su_docs
Government Agencies	http://turva.me.tut.fi/~tuusital/html/government.html
Maine DEP	http://www.state.me.us/dep/mdephome.html
MSDS's	http://www.enviro-net.com/msds/msds.html
MSDS's	http://hazard.com
MSDS's	http://palimpsest.stanford.edu/bytopic/health
OSHA Data	http://www.oshadata.com
OSHA	http://www.osha.gov
OSHA Safety Links	http://www.osha.gov/safelinks.html
OSHWEB	http://turva.me.tut.fi/~oshweb/
Risk Manager	http://www.connix.com/~riskmgr
Safety Info & Resources on the Internet	http://www.halcyon.com/ttrieve/safelist.html
Text-trieve	http://www.halcyon.com/ttrieve/welcome.html

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Notes From the Field

By Taras Dijak, Occupational Health Specialist

Scaffolding standards have been revised, effective on November 29, 1996. Over 9,500 injuries and 80 deaths per year occur in scaffolding accidents. The new standards use performance based criteria where possible to protect employees from hazards such as falls, falling objects, overloading, electrocution, and structural instability. Effective September 2, 1997, workers involved in erection and dismantling of built up scaffolding will be required to have safe access and fall protection as determined by a competent person and job site conditions. Catenary scaffolding, step and trestle scaffolding and multi-level suspended scaffoldings are now included. Crossbracing can be used instead of either a mid rail or top rail if specific criteria are followed. Crossbracing cannot be used instead of a guardrail system such as on the top level of a scaffolding. A variety of appendices are included, such as designing scaffolding systems, drawings, bracing patterns and training topics for erectors and dismantlers. The revised standards are Subpart L of 29 CFR 1926 Sections 450-454 including Appendices A-E.

Public Workplaces will be required to determine the presence, location and quantity of **asbestos** under changes to the asbestos standard recently adopted for State and Municipal workers in Maine. Employers and building owners are required to treat thermal system insulation, surfacing material, and both asphalt and vinyl flooring materials installed not later than 1980 as asbestos containing material (ACM). Testing PACM (presumed asbestos containing material) can be performed to redesignate the material as non asbestos. Employees who perform housekeeping tasks in an area which contains ACM or PACM must be given annual asbestos awareness training. Additional requirements restrict the use of sanders, strippers and buffers on PACM flooring. The PEL (Permissible Exposure Limit) also changed from

0.2 fibers/cc to 0.1 fibers/cc.

Workplace Violence is the #1 killer of women in the workplace and the third overall killer of all U.S. workers. According to the National Institute of Occupational Safety and Health (NIOSH), approximately 1 million workers are assaulted and over 1,000 workers are murdered on the job in the U.S. each year. Though the numbers in Maine are small by comparison, assaults and violent acts do occur in our workplaces. Between 1993 and 1995, there were 564 reported cases to the Maine Workers' Compensation Board which resulted in either lost-time or fatality.

Employees working with the public, working late or early morning shifts, handling money, or who are left alone are most at risk. Workers in the retail industries (such as gas stations and convenience stores) and service workers are especially vulnerable. A workplace violence protection program should include a policy of open communication between employers and workers, a written policy that lists actions to take in case of an incident and documentation of all aggressive/hostile activities. Increased lighting, emergency alarms, surveillance cameras and policies that reduce cash transactions deter criminal activity. Understanding the factors that can lead employees to become violent is also helpful. Identifying anger, hostility, shame, low self-esteem and powerlessness in employees is an important factor in preventing violent acts. The U.S. Department of Labor Women's Bureau (1-800-827-5335) has published a free fact sheet on how domestic violence impacts workers.

If you need information on scaffolding, asbestos in the workplace, or developing a violence prevention program, call the Workplace Safety & Health Division at 624-6460. The Department of Environmental Protection (287-2651) can also provide information on asbestos.

Upcoming Safety & Health Training Classes in Maine January-March, 1997

<u>Title</u>	<u>Date</u>	<u>Offered By</u>	<u>Phone Number</u>
Environmental Air Quality (Statewide ITV)	Spring Semester	University of Southern Maine	(207)-780-5440
Environmental Policies (Gorham)	Spring Semester	University of Southern Maine	(207)-780-5440
Occupational Safety & Health (Gorham)	Spring Semester	University of Southern Maine	(207)-780-5440
Lead Abatement Project Designer Refresher	1/6	Dames & Moore	(207)-623-1683 ext.228
Asbestos Inspector Refresher	1/7	Dames & Moore	(207)-623-1683 ext.228
Asbestos Management Planner Refresher	1/7	Dames & Moore	(207)-623-1683 ext.228
10 Hour OSHA General Industry Health & Safety	1/8&9	Dames & Moore	(207)-623-1683 ext.228
Non-Abusive Psychological & Physical Intervention	1/9&10	NAPPI, Inc (Portland/Westbrook)	1-800-358-6277
Asbestos Inspector Refresher	1/10	Central Maine Technical College	(207)-784-2385 ext. 450
Asbestos Management Planner Refresher	1/10	Central Maine Technical College	(207)-784-2385 ext. 450
Asbestos Abatement Design Consultant	1/13-1/15	Central Maine Technical College	(207)-784-2385 ext. 450
Asbestos Abatement Worker	1/13-1/16	Dames & Moore	(207)-623-1683 ext.228
DOT Hazardous Materials Handling/Transporting (So. Port)	1/14&15	SafeTech Consultants, Inc.	(207)-773-5753
Hazard Communication (Caribou)	1/14	Maine Safety Council	(207)-772-0506
Hazard Communication (Brewer)	1/15	Maine Safety Council	(207)-772-0506
Hazard Communication (Portland)	1/16	Maine Safety Council	(207)-772-0506
8-Hour Refresher for Hazardous Waste Operations (So. Port)	1/16	SafeTech Consultants, Inc.	(207)-773-5753
40 Hour Hazardous Waste Operations Course (So. Port)	1/20-1/24	SafeTech Consultants, Inc.	(207)-773-5753
Lead Inspector/Risk Assessor Refresher	1/21	Dames & Moore	(207)-623-1683 ext.228
MSC Membership Meeting/Motivation & Leadership (Portland)	1/22	Maine Safety Council	(207)-772-0506
Asbestos Worker Refresher	1/22	Dames & Moore	(207)-623-1683 ext.228
Hazwoper 8 Hour Refresher	1/23	Dames & Moore	(207)-623-1683 ext.228
Asbestos Worker Refresher	1/24	Central Maine Technical College	(207)-784-2385 ext. 450
Lead Abatement Project Supervisor/Worker Refresher	1/27	Dames & Moore	(207)-623-1683 ext.228
Community Right to Know (Portland)	1/28	Maine Safety Council	(207)-772-0506
Asbestos Abatement Design Consultant	1/28-1/30	Dames & Moore	(207)-623-1683 ext.228
Community Right to Know (Brewer)	1/29	Maine Safety Council	(207)-772-0506
Community Right to Know (Caribou)	1/30	Maine Safety Council	(207)-772-0506
Lead Inspector	2/3-2/7	Dames & Moore	(207)-623-1683 ext.228
Managing Work-Related Injuries: Bridging the Gap Between the Medical Provider and the Workplace	2/5&6	Maine Safety Council	(207)-772-0506
Asbestos Abatement Project Supervisor Refresher	2/7	Central Maine Technical College	(207)-784-2385 ext. 450
Asbestos Abatement Project Supervisor Refresher	2/10	Dames & Moore	(207)-623-1683 ext.228
Health Hazards in Construction (Westbrook)	2/11	Bureau of Labor Standards	(207)-624-6460
Trenching and Excavation (Augusta)	2/11	Bureau of Labor Standards	(207)-624-6460
Safety Leadership for Supervisors (Portland)	2/11	Dunlap Corp.	(207)-657-2595 ext.137
8-Hour Refresher for Hazardous Waste Operations (So. Port)	2/11	SafeTech Consultants, Inc.	(207)-773-5753
24 Hour HazMat Technician	2/11-2/13	Dames & Moore	(207)-623-1683 ext.228
OSHA Recordkeeping (Yarmouth)	2/13	Bureau of Labor Standards	(207)-624-6460
8-Hour Refresher for Hazardous Waste Operations (So. Port)	2/13	SafeTech Consultants, Inc.	(207)-773-5753
Ergonomics Advanced Skills (Portland)	2/13	Dunlap Corp.	(207)-657-2595 ext.137
Asbestos Operations & Maintenance Worker	2/13&14	Central Maine Technical College	(207)-784-2385 ext. 450

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Upcoming Safety & Health Training Classes in Maine January-March, 1997

<u>Title</u>	<u>Date</u>	<u>Offered By</u>	<u>Phone Number</u>
Lead Supervisor Certification	2/17-2/21	Central Maine Technical College	(207)-784-2385 ext. 450
Non-Abusive Psychological & Physical Intervention	2/17&18	NAPPI, Inc (Lewiston/Auburn)	1-800-358-6277
OSHA Recordkeeping (Bangor)	2/18	Bureau of Labor Standards	(207)-624-6460
Hazwoper 8 Hour Supervisor	2/18	Dames & Moore	(207)-623-1683 ext.228
Health Hazards in Construction	2/19	Bureau of Labor Standards	(207)-624-6460
8-Hour Hazardous Waste Operations Supv. Courxe (So. Port)	2/19	SafeTech Consultants, Inc.	(207)-773-5753
Hazwoper 8 Hour Refresher	2/20	Dames & Moore	(207)-623-1683 ext.228
Lead Abatement Project Supervisor	2/24-2/28	Dames & Moore	(207)-623-1683 ext.228
OSHA 1910—General Industry	2/25; 3/4,11,18,25	Bureau of Labor Standards	(207)-624-6460
OSHA 1910—General Industry	2/27; 3/6,13,20,27	Bureau of Labor Standards	(207)-624-6460
HIV in the Workplace (Portland)	2/27	Dunlap Corp.	(207)-657-2595 ext.137
Lead Abatement Training for Workers/Supervisors	2/27,28&3/3,4,5	Center For Health Promotion	(207)-774-7751
Non-Abusive Psychological & Physical Intervention	3/3&4	NAPPI, Inc (Portland/Westbrook)	1-800-358-6277
OSHA 40 Hour/Hazwoper	3/3-3/7	Dames & Moore	(207)-623-1683 ext.228
Safety Leadship for Supervisors (Augusta)	3/4	Dunlap Corp.	(207)-657-2595 ext.137
New Silica Standard (Portland Area)	3/5	Bureau of Labor Standards	(207)-624-6460
Non-Abusive Psychological & Physical Intervention	3/5	NAPPI, Inc (Portland)	1-800-358-6277
Trenching in the Real World (Brewer)	3/5	Maine Safety Council	(207)-772-0506
Trenching in the Real World (Portland)	3/6	Maine Safety Council	(207)-772-0506
Stress in the Workplace for Healthcare	3/10-3/12	Maine Safety Council	(207)-772-0506
Asbestos Operations & Maintenance Worker	3/11&12	Dames & Moore	(207)-623-1683 ext.228
Asbestos Inspector	3/10-3/12	Central Maine Technical College	(207)-784-2385 ext. 450
Trenching and Excavation (Bangor)	3/12	Bureau of Labor Standards	(207)-624-6460
Ergonomics Advanced Skills (Augusta)	3/13	Dunlap Corp.	(207)-657-2595 ext.137
Asbestos Operations & Maintenance Worker Refresher	3/13	Dames & Moore	(207)-623-1683 ext.228
Asbestos Management Planner	3/13-3/14	Central Maine Technical College	(207)-784-2385 ext. 450
8-Hour Refresher for Hazardous Waste Operations (So. Port)	3/17	SafeTech Consultants, Inc.	(207)-773-5753
Non-Abusive Psychological & Physical Intervention	3/17&18	NAPPI, Inc (Augusta)	1-800-358-6277
Hazwoper 8 Hour Refresher	3/18	Dames & Moore	(207)-623-1683 ext.228
DOT Hazardous Materials Handling/Transporting (So. Port)	3/18&3/19	SafeTech Consultants, Inc.	(207)-773-5753
New Silica Standard (Bangor)	3/19	Bureau of Labor Standards	(207)-624-6460
HIV in the Workplace (Augusta)	3/19	Dunlap Corp.	(207)-657-2595 ext.137
Asbestos AHERA School Designated Person	3/19-3/20	Dames & Moore	(207)-623-1683 ext.228
8-Hour Refresher for Hazardous Waste Operations (So. Port)	3/21	SafeTech Consultants, Inc.	(207)-773-5753
Hazwoper Certification	3/24-3/28	Central Maine Technical College	(207)-784-2385 ext. 450
Asbestos Inspector	3/24-3/26	Dames & Moore	(207)-623-1683 ext.228
Asbestos Management Planner	3/27-3/28	Dames & Moore	(207)-623-1683 ext.228

First Aid and CPR Classes are offered by the Bangor Area Red Cross on the following dates:

Standard First Aid with Adult CPR — 1/18, 1/23, 2/15, 2/20, 3/15, 3/20

Community First Aid & Safety with Adult CPR, Infant/Child CPR and First Aid —1/6,8&9; 1/18, 2/3,5&6; 2/15, 3/3,5&6, 3/15

CPR Recertification with Adult CPR and Infant/Child CPR — 1/25, 2/22, 3/22

CPR For the Professional Rescuer with Adult CPR, Infant/Child CPR, and Two Person CPR —1/11, 3/8

Emergency Response (42 Hour Advanced First Aid)

For more information call (207)-941-2903

Safety and Health Monitor

From the Director's Desk: Score Card on Occupational Safety & Health

In addition to providing safety and health training and consultation, our Technical Services Division surveys and reviews many different sources of data on workplace safety and health. Here is a quick look at where Maine stands:

The Good News

- The number of Workers' Compensation lost-time claims has dropped from 27,000 in 1990 to 14,000 in 1995
- Return to work programs are bringing people back to work and reducing costs to the employer
- Workers' Compensation rates have fallen 34.4% since 1994
- We now have over 80 insurers with WC insurance rates on file at the Bur. of Insurance, up from 2 in 1992
- Maine leads New England in overall rate decreases since 1990 and our cost per case is below the national average

The Not So Good News

- The number of injuries and illnesses in 1994 was about the same level as in 1985 because there are more cases of restricted work activity. The labor force was larger in 1985 though.
- Maine's adjusted total case incidence rate for injuries and illnesses was **16.7%** higher than the national average.
- Young and inexperienced workers make up a high percentage of injuries and illnesses. As the unemployment rate declines, these workers will help fill the demand for workers. Safety training for these people will be needed.

The DOL/BLS Commitment

We are heading in the right direction, but the battle is not yet won. We believe there is no such thing as an unavoidable accident; our goal at the bureau is nothing short of a major change in the workplace culture in Maine. With your support, and continued cooperation between employers and employees, we believe this goal is attainable.

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Surfing To Safety

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