



Western Washington Chapter
CELEBRATING 25 YEARS * 1983-2008

SAFETY NEWSLINE

Associated Builders & Contractors' Monthly Safety Bulletin

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Holiday Decoration Safety Tips

Trees

Many artificial trees are fire resistant. If you buy one, look for a statement specifying this protection.

A fresh tree will stay green longer and be less of a fire hazard than a dry tree. To check for freshness, remember:

- A fresh tree is green.
- Fresh needles are hard to pull from branches.
- When bent between your fingers, fresh needles do not break.
- The trunk butt of a fresh tree is sticky with resin.
- When the trunk of a tree is bounced on the ground, a shower of falling needles shows that tree is too dry.

Place tree away from fireplaces, radiators and other heat sources. Heated rooms dry trees out rapidly, creating fire hazards.

Cut off about two inches of the trunk to expose fresh wood for better water absorption. Trim away branches as necessary to set tree trunk in the base of a sturdy, water-holding stand with wide spread feet. Keep the stand filled with water while the tree is indoors.

Place the tree out of the way of traffic and do not block doorways. Use thin guy-wires to secure a large tree to walls or ceiling. These wires are almost invisible.

“Snow”

Artificial snow sprays can irritate lungs if inhaled. To avoid injury, read container labels; follow directions carefully.

Lights

Indoors or outside, use only lights that have been tested for safety. Identify these by the label from an independent testing laboratory.

Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets or repair them before using.

Fasten outdoor lights securely to trees, house, walls or other firm support to protect from wind damage.

Use no more than three standard-size sets of lights per single extension cord.

(Cont'd on pg. 2)

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Training on Demand

Did you know that ABC offers company-specific training? We can set up training at your office or ours on a wide variety of topics with one of our professional safety trainers. For more information, contact ABC's Vice President of Safety & Education

Ann Jarvis at 425.646.8000, 800.640.7789 or

ann@abcwestwa.org.

Holiday Decoration Safety Tips

(Cont'd from pg. 1)

Turn off all lights on trees and other decorations when you go to bed or leave the house. Lights could short and start a fire.

Never use electric lights on a metallic tree.

The tree can become charged with electricity from faulty lights, and any person touching a branch could be electrocuted! To avoid this danger, use colored spotlights above or beside a tree, never fastened onto it!

Keep "bubbling" lights away from children. These lights with their bright colors and bubbling movement can tempt curious children to break candle-shaped glass, which can cut, and attempt to drink liquid, which contains a hazardous chemical.

U.S. Consumer Product Safety Commission

Did You Know...? ...Tools You Can Use By Deborah Read, ErgoFit Consulting, Inc.

Consider devices that support the weight of the head to take stress off the neck for employees needing to look up for extended or repeated periods, such as crane operators who look up or painters. One new product to consider is Impacto's UpGuard 3000. You could also fabricate your own neck support.

Available through many vendors for an average price of around \$50.



Fatality Narrative: Construction Equipment Mechanic Killed While Working Under Truck

Industry: Site preparation contractors

Release Date: October 31, 2008

Occupation: Mechanic

Task: Repairing electric motor

Type of Incident: Pinned between

On July 26, 2007, a construction equipment mechanic working under a truck was killed when the truck he was working on rolled forward, pinning him between the differential and the ground. The 49-year-old victim had 30 years experience as a mechanic and had been employed as a mechanic by a site preparation contractor for three years. The victim was working alone under a flatbed truck at a job site making repairs to a two-speed electric motor. The electric motor was located under the front left half of the differential housing. He removed the motor from the housing and then removed the rear u-joint that attaches the driveline to the differential. The truck, which was parked on a 1% to 2% incline, was in gear and the parking brake was engaged, but the wheels were not chocked or blocked. The parking brake on this truck was a drum type unit, located behind the transmission, and when engaged it locks the driveline and the differential gears to keep the truck from rolling. When the victim removed the rear u-joint this caused the parking brake to disengage and the truck rolled forward, pinning the victim between the ground and the rear axle differential.

Requirements/Recommendations

(! Indicates items required by code)

! Chock, block, or otherwise secure vehicle wheels when parking vehicles on inclines at a construction site.

! Employers must implement and enforce a written safety program, which includes safe procedures for working under vehicles.

! Train employees in the hazards of improperly parked and non-secured construction vehicles.

- Equip all vehicles with chocks and ensure their use.
- Know where your employees are on the job site and maintain frequent contact.
- Assess each job for hazardous situations and, if necessary, provide a helper.

Statewide Statistics: This was the 48th out of 80 work-related fatalities in Washington State during 2007 and the 10th out of 16 construction-related fatalities.

This bulletin was developed at the Washington State Department of Labor and Industries to alert employers and employees of a tragic loss of life of a worker in Washington State. The information in this notice is based on preliminary data ONLY and does not represent final determinations regarding the nature of the incident or conclusions regarding the cause of the fatality.

Developed by the Washington State Fatality Assessment and Control Evaluation (FACE) Program and the Division of Occupational Safety and Health (DOSH), WA State Dept. of Labor & Industries. The FACE Program is supported in part by a grant from the National Institute for Occupational Safety and Health (NIOSH).

SHARP – Research for Safe Work

Website of the Month

Read the complete crane rule as adopted here:

<http://www.lni.wa.gov/rules/A007/28/0728Adoption.pdf>

Crane Rule Phase 1 is Adopted

Update: New Rule Adopted; Response to Public Hearing comments - Concise Explanatory Statement (CES) (717KB PDF) added.

The Division of Occupational Safety and Health (DOSH) has adopted a new rule related to construction crane safety. The legislature passed Chapter 27, Laws of 2007 (Engrossed Substitute House Bill 2171 (24KB PDF)) in response to a catastrophic tower crane accident that happened in Bellevue in November 2006. The department conducted two sets of statewide stakeholder meetings to gather input from the industry for use in developing draft rules. The first set of statewide stakeholder meetings was held in July 2007. Following these meetings, the department decided to break the rulemaking into two phases. The first phase of this rulemaking adopts rules for the construction crane certifiers, construction crane certification, and operator qualifications, as outlined in RCW 49.17.400 through 440.

Response to Public Comments

The department conducted five public hearings and solicited written comments on proposed rule filed on July 23, 2008. The results of that process are available in the Concise Explanatory Statement (CES) (717KB PDF).

As a result of stakeholder input, the department further mitigated costs from the proposed rule by 1) amending Table 1, Operator Hour Requirements to include an additional tonnage/hour category for small telescopic boom cranes; and 2) exempting cranes of a capacity of one ton or less from the requirements of these rules. These changes will lessen the economic impact and burden to Washington state employers. The final version of the Cost-Benefit Analysis (CBA) does not consider these decreases in requirements. The CBA was not updated because the cost-benefit determination, specifically that the benefits outweigh the costs, would only be strengthened by this update. Since the department has previously established the benefits outweigh the costs, the department did not believe it was necessary to update this document.

~Dept. of L&I

Catch Them Doing Something Correctly

Here is an idea for celebrating good workplace safety practices: It seems most work places are punitive and emphasize what you do wrong. Sometimes it seems like we work in the world of shame and blame. We are always ready and find it easy to criticize others for not doing things correctly. I believe we need a change of heart and mind. So... I've made my motto for safety "Catch them doing something right."

Here is an idea that "focuses" on good behavior. When you do a workplace safety walk through, keep your digital camera ready and be ready to catch employees in the act of "doing something right." When you catch someone using their best safety practice, like using a safety device, lifting a load correctly, or perhaps just setting out the signs to mark a wet floor, snap their picture. The pictures can then be placed on a public bulletin board.

You can be very creative with the bulletin board titles and picture captions. I like "We Celebrate Safety" at the top and then under the pictures you can put "Jane Smith has been caught doing something safely" and then post the pictures for everyone to see.

Leave them up until the next safety walk through. The pictures celebrate the person for doing good work and serve as a reminder of correct behavior.

~Richard Hawk and Company, www.makesafetyfun.com

Congratulations to Our 2008 ABC Safety Alliance Members!



Adept Mechanical Services, Inc.
Advanced Construction, Inc.
Bird Construction (USA), Inc.
CHG Building Systems, Inc.
Graham Contracting, LTD.
Haggard Electrical Contractors
High Country Contractors, Inc.
Ketchikan Drywall Services, Inc.
Krekow Jennings, Inc.
Marpac Construction, LLC
McMullen Electric, Inc.
North Star Electric, Inc.
Pattison Construction Co.
Remco Deacon
Rushforth Construction Co., Inc.
Saybr Contractors, Inc.
SD Deacon Corp. of WA
S.M.E., Inc. of Seattle
VanWell Masonry

There are advantages to becoming a Safety Alliance member - such as a possible "pass" on inspections from the Dept. of L&I! Sign up today for 2009. Contact Vice President of Safety & Education **Ann Jarvis** at ann@abcwestwa.org, 800.640-7789 or 425.646.8000 to find out more.

ABC Safety and Workers' Comp Classes

★ DECEMBER 2008

- 12/2 Safety Seminar: Forklift Operator Training
7:30 am - 4:30 pm, ABC, Bellevue
- 12/3 Workers' Comp Breakfast: OSHA 300 Recordkeeping Requirements
7:30 - 9:00 am, Coast Bellevue Hotel, Bellevue
- 12/16 Safety Seminar: Aerial Scissor Lift Operator Training
7:30 am - 4:30 pm, ABC, Bellevue

★ JANUARY 2009

- 1/5, 1/12 & 1/19
Safety Seminar: OSHA 30-Hour
7:30 am - 6:30 pm, ABC, Bellevue
- 1/7 Workers' Comp Breakfast: Brainstorming Claims
7:30 - 9:00 am, Coast Bellevue Hotel, Bellevue
- 1/14 Safety Seminar: Forklift Train the Trainer
7:30 am - 4:30 pm, ABC, Bellevue
- 1/15 Safety Seminar: Scaffold User Training/Ladder Training
1:00 - 5:00 pm, ABC, Bellevue
- 1/16 Safety Seminar: First Aid/CPR Four-Hour Refresher
8:30 am - 12:30 pm, ABC, Bellevue
- 1/21 Safety Seminar: Basic Rigging
7:30 am - 4:30 pm, La Quinta Inn, Tacoma
- 1/22 Safety Seminar: Fall Protection
1:00 - 5:00 pm, La Quinta Inn, Tacoma
- 1/27 ABC Safety Committee Meeting
12:00 - 2:00 pm, ABC, Bellevue

Training Around Town

Check out the full ABC training calendar at www.abcwestwa.org. Training at your office or ours is also available through the ABC Training On Demand Program. Contact Ann Jarvis at (800) 640-7789 to schedule the training you need at your convenience.

The Evergreen Safety Council has training classes listed on their website: <http://www.esc.org/courses.html>

CSTOP LLC has various safety training available - email exec@cstop.org for the schedule.

Simpson Strong Tie has training workshops listed on their website: www.strongtie.com/fr_contractor.html

Overton Safety Training has operator safety training in Washington and Oregon listed on their website: www.overtonsafety.com or call toll-free (866) 531-0403.

Safety Fast Fax Form



The ABC Resource Center has many items to aid you in running a safe business. Here are a few we've highlighted this month. All items are available **free** (unless otherwise noted) to ABC members as a benefit of membership. Just check the items you'd like to receive, and fax this page to ABC at (425) 455-5701.

ABC Accident Investigation Kit

I would like to order # ____ ABC Accident Investigation Kits.

I am in ABC Retro (\$110/per kit including tax + shipping if not picking up at ABC)

I am an ABC member but non-ABC Retro (\$190/per kit including tax + shipping if not picking up at ABC)

I am not an ABC member (\$250 per kit including tax + shipping if not picking up at ABC).

All-in-One Posters

If you currently have an All-in-One poster and need the latest updates, we have those available.

Please send me ____ Spanish All-in-One posters @ \$18.00 each.

Please send me ____ English All-in-One posters @ \$18.00 each.

Please send me # ____ of the 2008 English Federal minimum wage posters updates (**FREE**).

Please send me # ____ of the 2008 Spanish Federal minimum wage posters updates (**FREE**).

Accident Prevention Program (APP)

Revised, now available on CD! Contains over 60 sections to assist you in making sure your APP meets current L&I standards. Please contact Stacie Elledge at (425) 646-8000 to request a copy.

Safety Videos

Free two week rentals for ABC members! Contact Stacie at (425) 646-8000 for a full video library. Some titles are also available in Spanish.

Video: Crisis Management: The First Hour, (2 VHS set), Janine Reid, 2004 - 20 minutes.

Crane Rigging Safety

There is a lot involved in operating a crane safely, this handbook covers each facet of crane rigging.

English Spanish

ABC Safety Alliance

Please send me an ABC Safety Alliance application for 2009.

Your Name: _____

Your Company: _____

Address: _____

Phone Number: _____



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