



AN ASSOCIATION DELIVERING SMART CHOICES TO SMART EMPLOYERS

SMART Newsletter May 2009

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**PUGET SOUND
AREA
SAFETY SUMMIT**

Wednesday
May 13th, 2009
9AM – Noon

Aerospace
Machinists' Hall
9125 15th PI S.
Seattle, WA 98108

Topic:
Focus on the
Environment: Two
Perspectives

PSASS
Steering Committee
Wed, May 13th, 2009
6:30am
Emerald Green

HEALTH ALERT – SWINE INFLUENZA VIRUS

The number of suspected cases of Swine Flu in Washington State is growing. The [Centers for Disease Control and Prevention](#) (CDC) Swine Flu website contains facts about the virus including prevention methods, symptoms, and information for parents. For information in English and Spanish visit www.PandemicFlu.gov. The following information was provided by the CDC:

In areas with confirmed human cases of swine influenza A (H1N1) virus infection, the risk for infection can be reduced through a combination of actions. No single action will provide complete protection, but an approach combining the following steps can help decrease the likelihood of transmission. These actions include frequent hand washing, covering coughs, and having ill persons stay home, except to seek medical care, and minimize contact with others in the household. Additional measures that can limit transmission of a new influenza strain include voluntary home quarantine of members of households with confirmed or probable swine influenza cases, reduction of unnecessary social contacts, and avoidance whenever possible of crowded settings.

When it is absolutely necessary to enter a crowded setting or to have close contact with persons who might be ill, the time spent in that setting should be as short as possible. If used correctly, facemasks and respirators may help reduce the risk of getting influenza, but they should be used along with other preventive measures, such as avoiding close contact and maintaining good hand hygiene.

Eye on L&I

Heat Stress Rule in Effect May 1 – September 30

Last July, the Department of Labor and Industries (L&I) established a permanent rule on outdoor [heat exposure](#). The Department lists several ways to prevent heat-related illness such as drinking about 1 cup of water every 15 minutes; blocking out direct sun or other heat sources; wearing lightweight, light-colored and loose-fitting clothes; and avoiding alcohol, caffeinated drinks and heavy meals.

Restaurant
13100 48th Ave South
Tukwila, WA 98168

Training Calendar

May

Tue 05/12
Personal Protective
Equipment - Train the
Trainer: LACEY

Thu 05/14
Crane Rigging: LACEY

Fri 05/15
Crane Site Supervisor/Lift
Director: LACEY

Tue 05/19
Excavation, Trenching, and
Confined Space

Wed 05/20
CPR/First Aid Certification

Thu 05/21
Personal Protective
Equipment - Train the
Trainer

Wed 05/27
Flagger's Certification:
LACEY

Thu 05/28
Back Care and Safe Lifting
Methods

June

Wed 06/03
CPR/First Aid
Certification: Lacey

Tue 06/09
OSHA 10-Hour

Wed 06/10
Fall Protection

Employees should be able to recognize the signs of heat exhaustion and heat stroke, which is a medical emergency.

[Heat exhaustion](#) includes a wide variety of symptoms. Some of the signs include headaches, dizziness, weakness, mood changes and irritability, vomiting and fainting. A person suffering from heat exhaustion should not be left unattended. It is important to try to cool the person by fanning or using a cool spray mist of water, making certain they are out of the sun. L&I explains that if heat exhaustion is left untreated the illness may advance to heat stroke. If a person suffering from heat exhaustion does not feel better in a few minutes, call for emergency help (ambulance or 911).

[Heat stroke](#) is a medical emergency – call for emergency help (ambulance or 911). Signs of heat stroke include but are not limited to red skin that looks like sunburn; mood changes and irritability; confusion and not making any sense; seizures and collapse. In the event of heat stroke, do not leave the person alone. Follow the steps you would take to aid a victim of heat exhaustion; remove heavy and outer clothing; and, if the victim is suffering seizures, remove objects nearby.

On June 17, the SMART Association will offer a [Train the Trainer course on the Heat-Related Illness Rule](#). Attendees will learn how to update their safety programs to include preventive measures that reduce the risk of heat-related illness and will be able to train employees to recognize and respond to incidents of heat-related illness.

Flagger Ahead: Keeping Your Workforce Safe on the Roads

Work zones provide a certain level of distraction for drivers. Even with proper signage, work zones can surprise drivers particularly at night or during inclement weather which reduces visibility on the roadways. Flaggers are particularly at risk and must rely on training for personal safety and the safety of others in the work zone. Flaggers are vulnerable and can easily become involved in or party to a traffic accident.

According to the National Institute for Occupational Safety and Health (NIOSH) and the [Safety & Health Assessment & Research for Prevention program \(SHARP\)](#), “work-related roadway crashes are the leading cause of death from traumatic injuries in the U.S. workplace.” Even with safer driving techniques and vehicle safety systems, motor vehicle crashes are still the most frequent type of work-related fatality in Washington State. SHARP released the results of 10 years of data on work-related motor vehicle traffic crash fatalities. The report reveals the top three industry sectors

Thu 06/11
Crane Rigging

Fri 06/12
Crane Site Supervisor / Lift
Director

Tue, 06/16
Personal Protective
Equipment - Train the
Trainer

Tue 06/16
Drug & Alcohol
Awareness for Supervisors

Wed 06/17
Heat-Related Illness Rule
"Train the Trainer"

Thu 06/18
Accident Response and
Investigation

Tue 06/23
CPR/First Aid Certification

Wed 06/24
Back Care and Safe Lifting
Methods: LACEY

which represent 56 percent of motor vehicle crash fatalities:

1. Transportation and Warehousing
2. Agriculture, Forestry, Fishing, and Hunting
3. Construction

On May 27, the SMART Association will offer [Flagger Certification](#) at its Training Center in Lacey. Attendees will learn the roles and responsibilities of flaggers as well as traffic control techniques, set-up procedures, and night flagging rules. The training meets the requirements for the Signaling and Flagger's WAC 296-155-305 and provides each student who successfully completes the exam with a Flagger's Certification Card which is valid for 3 years. Attendees will also receive a Flagger's Manual which is an excellent reference guide. Please register now as space is limited.

SMART Updates

New Award Announced for Excellence in Hearing Loss Prevention

Safe-in-Sound is a new award for excellence in hearing loss prevention being offered by the National Institute for Occupational Safety and Health (NIOSH) and the National Hearing Conservation Association (NHCA). Companies in the construction, manufacturing, or services industries with successful, innovative hearing loss prevention programs are encouraged to apply.

In addition to the award which honors hearing loss prevention programs, there is a fourth award that recognizes an individual and/or business entity for innovation in hearing loss prevention and dedication to fostering and implementing new and unique advances in the prevention of hearing loss.

The second round of awards will be given in February, 2010. For more information and how to apply, visit: www.safeinsound.us

The application deadline for this year's award is August 1, 2009.

SHIP Grant Train the Trainer in Full Swing

Currently, free two-hour Train the Trainer courses are being offered around the State to help instruct Hispanic construction workers on the importance of proper use of Personal Protective Equipment. The training, "[Personal Protective Equipment, It's Personal!](#)" is funded and supported by L&I and the Safety and Health Investment Projects (SHIP). Please sign up for one of our classroom trainings

or contact us and we will bring the training to your safety staff and employees onsite. Space is limited so please register now!

A Round of Golf Goes a Long Way

Registration for the 144 golf slots for this year's Safety Geeks Golf Tournament is becoming limited so please sign-up now. The tournament will be held at Lipoma Firs in Puyallup on July 8 and is an excellent opportunity to network while supporting [Kids' Chance of Washington](#). The SMART Association encourages all levels of participation by providing a wide variety of sponsorships and gift donation options. There is something for everyone! [Click here](#) for details or call Claudia Green, Tournament Coordinator, at (360) 459-5057.

Vendor Fair Announced

The Puget Sound Area Safety Summit recently announced that it will hold the Annual Vendor Fair on Wednesday, September 9, 9am-Noon at the Aerospace Machinists Lodge. The event showcases a wide variety of safety products and services valuable to all industries and is absolutely free! This is an exciting and informational event with opportunities to participate and to win prizes. Please [click here](#) for details and applications.

Safety, Health & Welfare

Taking Senior Leadership to the Next Level

Last month's feature presentation at the [Puget Sound Area Safety Summit](#) examined the role of senior leadership with an in-depth safety leadership training conducted by Mark Hendricks, Director of Safety at the Weyerhaeuser Real Estate Company. The training included an analysis of successful risk management models and interactive tests to help attendees determine their level of commitment to "world class" safety. Hendricks emphasized the need for all levels of management to take an active role in ensuring excellent, companywide safety.

Hendricks provided an overview of the Health and Safety Pyramid, which groups company values, behaviors and injury causes and effects into a visual structure. The pyramid is built upon a base of core safety values such as "Nothing we do is worth getting hurt;" "Working safely is a condition of employment;" and "Safety is everyone's responsibility." The next levels include elements like leadership, employment, and training along with factors like knowledge, desire, and ability which influence the workers' choice to work safely. At the top of the pyramid we encounter "fatality," which is the worst possible consequence of poor choices, lack of training, and deficient safety leadership.

“You demonstrate the level of safety excellence you want to achieve,” explained Hendricks. “A strong risk management model involves the identification of all loss exposures, evaluation and elimination of risks, and treatment of safety and loss control activities.”

Please take a moment to complete the [Unit Leadership Safety Survey](#) included in the Senior Leadership Safety Training presentation. The scorecard at the end of the test will help you understand and improve your level of commitment to company safety.

In Our Safety Community

Health and Wellness a Top Priority at Jackson Dean

Given the tough economy, we are all living under more stressful conditions. Stress can have a negative impact on our health and safety at work and at home. Jackson Dean Construction is one employer that is doing everything possible to maintain high standards for health and wellness among its employees. In fact, their health and wellness program began two years ago and continues to run strong today.

A couple of years ago, management at Jackson Dean decided to take a preventative track to health to address the fact that work crews were working 12-hour days, often ate a poor diet, and did not get enough exercise. The company’s health and wellness program was born.

“The owner, Miles Jackson, was very receptive to starting a health and wellness program,” stated Mike O’Connor, Safety Director at Jackson Dean Construction. “The company committed four hours of one-on-one time with a personal fitness trainer for each salaried employee. It also provided four hours of individual time with a nutritionist who helped develop a complete meal program that each employee could take home to their families.”

During the first stage of the program, employees committed as a group to six weeks of biweekly nutritional meetings. Each Wednesday, a personal trainer conducted a group session at the company in addition to one-on-one training.

“We all made commitments and promises to each other, which helped us stick with our goals. It was great to see people committed to taking charge of their health.”

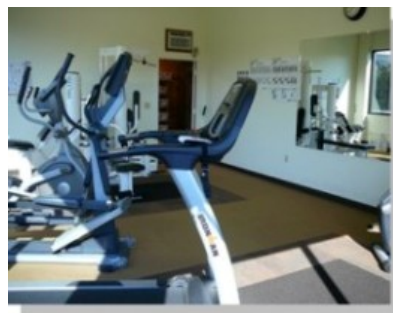
O’Connor noted that the company’s vending machines were replaced with nutritional food and protein and vitamin drinks.

Every Monday, the owner brings boxes of produce from Costco to the lunchroom, free for employees to take. By Wednesday the fruit and vegetables are gone.

In order to help reduce stress, the company installed a full-length professional batting cage, a half-court basketball court, a golfing cage, shuffleboard area, and a gym complete with lockers, showers, and a 4-person sauna.

“We are tighter as a group now. We meet every third Friday on our grilling deck for cook-outs and we share recipes,” said O’Connor. “We’re keeping track of our workout charts. It is encouraging to see everyone working as a team, helping each other to stay fit and healthy.”

Company management has successfully helped its employees take personal responsibility for their health. And, in the process, Jackson Dean Construction is a model of health for us all.



For more information about the Puget Sound Area Safety Summit or about the contents of this newsletter, please contact [Anne Laughlin](#), SMART Administrator, or call 206.812.3824.