

# *OESD 114 Safety & Health* **NEWSLETTER**

QUARTER 1: SEPTEMBER 2019 - NOVEMBER 2019

## Fall Edition v. 6



### **Welcome to the OESD 114 Workers' Comp Trust Safety & Health Newsletter**

Welcome back to School! It's fall in Western Washington and it's a good time to look through your interior spaces. Quilcene has an excellent non-hazardous cleaning solution for general spaces! L&I has a fantastic training that can help everyone evaluate their workspace ergonomics. Keep an eye out for training and support on Confined Spaces assessments and APP site specific programs!

#### [Topics for this Edition](#)

1. Bulletin Page
2. Quilcene Silver Cleaning Cloths
3. L&I Ergonomics Online Training
4. Confined Spaces

## BULLETIN PAGE

### [L&I Update on WAC 296-65 Asbestos Removal and Encapsulation](#)

1. Affidavit documenting supervisor qualifications
2. Make worker certifications valid from class completion so graduates can get to work
3. Reduced project pre-notification period from 10 to 5 days
4. Clarify when certified asbestos supervisors are required (Asbestos abatement projects)

### [L&I Proposed Changes for WAC 296-307 Agriculture Part I Pesticides Worker Protection](#)

1. Definition of immediate family
2. Cartridge change out schedule
3. Enclosed cab respirator
4. Use of most protective personal protective equipment
5. Eyewashes must provide 0.4 gallons or 1.5 liters per minute for 15 minutes with single point of operation
6. Heat stress requirements retained

### [School District Highlights](#)

*South Kitsap* - Paula Rossa and Jeff Hill at SKSD have spearheaded the confined spaces review at their school district. They attended OSHA courses at UW on assessing and protections for confined spaces. As we all know classes can only get us so far though. Paula and Jeff raised some great questions and brought them up to Colleen, the WCT Safety & Health Specialist. Colleen reached out to L&I and connected with Jeff Spann who has been an excellent resource. Next school year there will be confined spaces courses provided by Jeff at

the OESD in Bremerton and the Lincoln Center in Port Angeles. There will be a course for Supervisors that will give an overview on how to assess a confined space and add a site specific section to your Accident Prevention Program. Then there will be a later course available for workers that need to access confined spaces. Keep an eye out for the 2019-20 WCT Event Calendar for specifics and registration links!

### [Tips & Tricks from School Districts](#)

*Quillayute Valley* - All of the storms and power outages last year caused many of the emergency lighting inverters to die and they were expensive to replace constantly, both in parts and labor. Bill Henderson, Facilities Manager at QVSD, is looking into switching products for future projects on new buildings. This link explains the difference between central and dispersed lighting inverters. <https://www.qpsolutions.net/2016/11/emergency-lighting-inverters-the-basics/>. He says the cost up front is completely worth the savings down the road. Thanks for the tip Bill!

### [Summer Calendar](#)

*Keep an eye on the WCT Event Calendar! We are moving towards being the one-stop-shop location for WCT related (Claims and Safety & Health) events.*

<https://www.oesd114.org/Page/1142#calendar2854/20190320/month>

Sep 19 - WCT Supervisor Safety Workshop at OESD

Sep 24-26 - Governor's Industrial Safety & Health Conference in Tacoma

Oct 2-4 - WAMOA Fall Conference in Yakima

Oct 28 - Washington DOH School Environmental Health & Safety Workshop at OESD

Nov 8 - L&I Confined Spaces for Supervisors at OESD

## QUILCENE SILVER CLEANING CLOTHS

### Cleaning Cloth Product

The Director of Operations at Quilcene, Robert Heck, has done an amazing job of reducing risks and removing hazards for his school district, students, and employees. Recently Robert found a cleaning solution for general workspaces that has no hazards and removes bacteria as effectively as most general purpose cleaners. The product is Norwex Enviro Cleaning cloth available at [https://shopus.norwex.biz/en\\_US/customer/shop/product-detail/394986](https://shopus.norwex.biz/en_US/customer/shop/product-detail/394986)



### Bacterial Level Testing

To show the product is effective at killing bacteria the independent dealer <https://clairebeukes.norwex.biz/> selling the cleaning cloths used a third party bacteria tester to show proven results.



-  Pass
-  Caution
-  Fail
-  Fail

Robert determined that the testers did not need to be limited to a before and after for the silver cloths alone, but decided to purchase the bacteria testing equipment called the “SystemSURE Plus ATP” tester for a

quality assurance program at Quilcene! The bacteria testers are available at <https://www.hygiena.com/>



Find the ISSA Clean Standard online at [www.issa.com/cleanstandard](http://www.issa.com/cleanstandard)

### Review from Quilcene Custodian - Debbie Cornelius

I have been using the Norwex Enviro Cleaning cloths now for a few months. I have always wanted to try a change, preferably towards more green cleaning products. Unfortunately not all products, or green products, work so I was a little skeptical. The demonstration

from Norwex Enviro was the first one I have seen where the sales person could prove how well it worked with a test strip. I have been pretty impressed by the cloths’ ability to clean well, and the versatility of use with NO harsh chemicals.

You can literally go from tables to windows with a flip of the cloth and an additional cloth for drying. This is not only healthier for everyone, but saves me cleaning time and money on cleaning chemicals. I look forward to getting more of these cleaning cloths. They are very easy to use and clean with hot water and some gentle soap. The only downside for me is that the cloths can get icky and smell bad if they are not cleaned regularly. Simply wash them with mild soap and hot water keeps them staying fresh. If they are not cleaned regularly they can get icky and have a sour smell. This new cleaning cloth is much better than using all the old chemicals.

## L&I ERGONOMICS TRAINING

Repetitive injuries continue to be a leading Workers' Compensation claim. Workplace and driving ergonomics if used correctly can reduce strain and repetitive injuries. L&I is introducing a whole video library with more than 600 free streaming safety and health videos! To get started complete the Borrower Agreement Form at [http://lni.wa.gov/Forms/pdf/F417-205-000.pdf?utm\\_medium=email&utm\\_source=govdelivery](http://lni.wa.gov/Forms/pdf/F417-205-000.pdf?utm_medium=email&utm_source=govdelivery) and email it to [SHVideo@lni.wa.gov](mailto:SHVideo@lni.wa.gov). You will receive a borrower ID. Not all videos require a borrow ID so you can go to <http://lni.wa.gov/Safety/TrainingPrevention/Videos/default.asp> and get searching!

### Office Ergonomics - Computer Workstation & Mobile Computing

L&I offers an interactive online course that guides users through the steps to adjust their computer workstation or mobile device to fit them. It can increase comfort and productivity and reduce the risk of repetitive injuries. The course covers adjusting chairs, workstation layout, keyboard and mouse placement, monitor and document placement, and proper use of laptops and other portable devices.

The course is available at [www.Lni.wa.gov/ComputerErgo](http://www.Lni.wa.gov/ComputerErgo).

There is also a checklist to evaluate what is needed at a computer workstation at [www.Lni.wa.gov/IPUB/417-274-000.pdf](http://www.Lni.wa.gov/IPUB/417-274-000.pdf). Employees can individually ensure that their workstations are setup correctly and will work well for them.

### New Interactive Ergonomics Training for Drivers

Do you drive for work, or to and from work, or just ever? Then you'll be interested in a new, interactive training available on L&I's website: [https://www.lni.wa.gov/safety/trainingprevention/online/courseinfo.asp?P\\_ID=259&utm\\_medium=email&utm\\_source=govdelivery](https://www.lni.wa.gov/safety/trainingprevention/online/courseinfo.asp?P_ID=259&utm_medium=email&utm_source=govdelivery). You'll learn how to adjust the seat, steering wheel, and mirrors so that you can find a more comfortable and safer driving position. If you have questions, or you'd like to provide feedback on the training, you can contact them at: [Ergonomics@Lni.wa.gov](mailto:Ergonomics@Lni.wa.gov).



There are three main types of workstation layout:



Straight



L-Shaped



Corner Unit

## CONFINED SPACES

### Confined Spaces Regulations

WAC 296-809 Safety Standards for Confined Spaces. There are two types of confined spaces: Permit-Required and Non-Permit Required. Section 200 explains the requirements to identify and control entry into permit required spaces.

### Assessing Confined Spaces

A confined space is all of the following:

- Large enough and arranged so an employee could fully enter the space and work.
- Has limited or restricted entry or exit. Examples of spaces with limited or restricted entry are tanks, vessels, silos, storage bins, hoppers, vaults, excavations, and pits.
- Not primarily designed for continuous human occupancy.

A permit required confined space has one or more of the following capable of causing death or serious physical harm:

- Has, or the potential to have, a hazardous atmosphere.
- Materials with the potential for engulfing someone who enters.
- Internal configuration that could allow someone entering to be trapped or asphyxiated by inwardly converging walls or by a floor, which slopes downward and tapers to a smaller cross section.
- Contains any physical hazard. This includes any recognized health or safety hazards including engulfment in solid or liquid material, electrical shock, or moving parts.

- Contains any other recognized serious safety or health hazard that could either:
  - Impair the ability to self-rescue.
  - Result in a situation that presents an immediate danger to life or health.

### Confined Spaces Program

A program should be included in your district APP as a site specific program under the department that manages the program, such as facilities/maintenance. The program will include the location of the space, the type (permit or non-permit), and the procedures for entry. The requirements for a permit required confined space entry program are listed under WAC 296-809-30002. Employees must be trained on the program and the spaces they are allowed to enter.

### Where to Start

Begin by identifying the spaces that are confined and make a list. Follow this link and scroll down to confined spaces for a document to help walk you through a permit required program and assessment:

<https://www.lni.wa.gov/safety/rules/helpfultools/default.asp>.

### Confined Spaces Consultant

Jeff Spann is an L&I Environmental Services consultant and confined spaces expert. He has offered to assist school districts in verifying their confined spaces assessments. As an L&I consultant his services are at no extra cost to the districts. His email is: [spaj235@lni.wa.gov](mailto:spaj235@lni.wa.gov).

### Training & Support

Keep an eye out on the WCT Event Calendar for training from Jeff Spann in the 2019-20 year! Colleen Kragen is also available for support and questions: [ckragen@oesd114.org](mailto:ckragen@oesd114.org).