

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

QUARTER 3: DECEMBER 2018 - FEBRUARY 2019

## Winter Edition v. 3



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

Winters in Western Washington can be very mild and wet, or freezing with snow and ice. It is critical to be prepared for poor visibility outdoors, soaking wet weather, and utility interruptions including power, gas, cable, and so on. When driving give yourself extra space between cars and have an emergency kit in your vehicle in case you get stranded. It is a good idea to have your warm winter clothes and shoes also be waterproof. Happy holidays to all!

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

1. Bulletin Page
2. Bainbridge Island Safety Posters
3. Winter Preparedness Tips
4. Holiday Safety Tips

## BULLETIN PAGE

### Department of Labor & Industries News

*Proposed Unified Fall Protection Update* - OSHA is working on a revision to their 1910 Subpart D walking-working surfaces update including fall protection. This proposal will consolidate a few sections and highlight new sections like ladders and training requirements at the beginning. It is supposed to be clearer and pull some policies up to the forefront instead of buried at the end.

L&I is updating their WAC 296-24 and 296-876 to meet or exceed the expected new OSHA standards. Their revision is still in a draft stage and they will send out a notification when the changes are official. Important changes suggested are: mobile ladder stands and platforms have their own section, step stools are defined, extensions on ladders and grab bars are updated, hatches have slight changes, step bolts would be new, manhole steps would be new, all stairs and railings would be in one section, dockboards and fixed ladders have new definitions and requirements. *Fall protection would be no height or 4' only, no more 10' requirements. A roof edge is "unprotected edge" not a "leading edge."*  
[www.lni.wa.gov/Safety/Rules/WhatsNew/FallProtection2016/unified.asp](http://www.lni.wa.gov/Safety/Rules/WhatsNew/FallProtection2016/unified.asp)  
[www.osha.gov/walking-working-surfaces/](http://www.osha.gov/walking-working-surfaces/)

### School District Highlights

*North Mason* - NMSD now has portable and plumbed eyewash stations in all departments, required school classrooms, and custodial closets, per WAC requirements. Facilities Manager Joan Moore went above and beyond to source portable eyewash stations that meet standards and additional recommendations: one hand activation, they are not attached to a

sink faucet that could be in use, and are not connected to a hot water source. Amazing!!

Single-Use Portable Eyewash Station:

<https://www.eyewashdirect.com/Haws-7501-Eye-Wash-Station-C1977978?CAWELAID=12020575000001224>

**Note:** maintenance requires the water to be changed out once a month, or once every three months with the optional Water Additive: Model 9082, 'sterile' bacteriostatic preservative for use in portable eyewash stations.

### Tips From Our School Districts

*Port Angeles* - Director of Facilities Nolan Duce has put together binders to manage their pesticide program. The binder contains the contracts and information from the company PASD contracts with for chemical spraying and rodent prevention, copies of pesticide hazard signs that are posted, the annual pesticide summary, and detailed description sheets of the weed killer chemical that the Facilities Department utilizes. SDS documents are kept online in their SDS software management program and archived when no longer in use, to be kept for 30 years as required by L&I.

By keeping all pesticide management documents organized, verified, and readily accessible Nolan is prepared for any inspections or issues that may arise, as well as thoroughly protecting his School District and the community. Great job Nolan and PASD!

### Winter Calendar

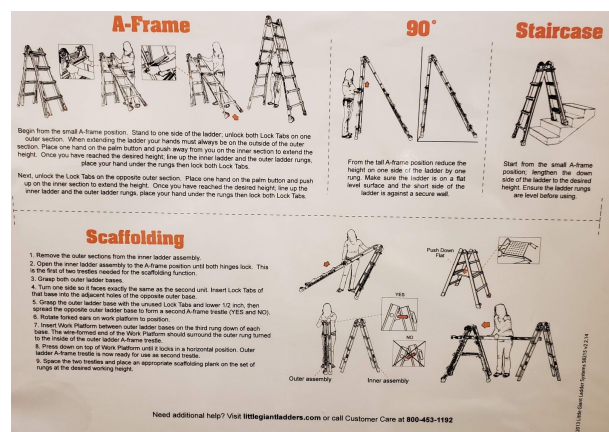
Visit the Safety & Health web page for upcoming events! <https://www.oesd114.org/>

## BISD SAFETY POSTERS

The BISD Facilities Department has a safety poster program designed to help their custodians follow manufacturer's recommendations with ladders, vacuums, and chemicals. Dane Fenwick showed off the posters blown up and laminated.

### Little Giant Ladder Posters

BISD ordered Little Giant brand ladders because of their ergonomic ease and sturdy build.



The company provided 4 ladder safety sheets that BISD hangs in the custodial closets where the ladders are stored. The posters display all the ways the ladder is allowed to be used, how to adjust them, and general ladder safety practices.

### Chemical & SDS Signage

There is a list of “BISD Custodial Chemicals” in each closet that identify the District approved selection of chemicals found in that location. One closet in each building has an MSDS (will be adjusted to say SDS) “Right to Know” Center containing the SDS binder and important safety information. Next to the Center is a rack with Personal Protective Equipment (PPE).



### Program Benefits

*Consistency* - by standardizing chemicals, ladders, and other equipment there are less products for employees to learn.

*Training* - BISD continues to use SafeSchools modules to train employees on ladder safety and HAZCOM. By adding the posters Dane is reinforcing the training and helping employees retain the information.

*Efficiency* - most people will not remember everything they learned verbatim, but they will remember that the information they need is on the poster that they see everyday. This also saves time looking for procedures.

Great job Bainbridge Island, keep it up!



## VEHICLE WINTER PREPAREDNESS TIPS

### Dangers of Low Light

Driving between dusk and dawn adds risk because it is harder to see objects that are not lit up. “At night, there is little light available to bounce off of objects. Typical nighttime light sources (headlights or street lights) rarely contain high-energy light, the type that makes fluorescent objects so bright in daylight” (Scientific American 2016). Retrieved from: <https://www.scientificamerican.com/article/b-e-seen-in-the-dark/>

### Driving in Bad Weather

*Heavy rain* - we all know rain makes the roads slicker and can cause tires to lose traction, but heavy rain also reduces how far you can see ahead, can cause unexpected flooding and hydroplaning, and loss of control over the vehicle.

*Snow & ice* - in our region it will often warm up enough during the day to melt snow and ice and then when temperatures drop at night the wet roads freeze creating even more dangerous black ice. Snow and ice are extremely high risk because even the best and most prepared drivers can be caught by surprise.

*Thick fog* - in coastal and mountainous areas like the Olympic region can move in quickly reducing visibility dramatically. Fog alone can be a major hazard, but combined with other winter weather like heavy rain or snow it can be deadly.

*Vehicle checks* - take your vehicle in for a maintenance check in September.

- All weather tires with good traction
- Brakes and rotors are in good shape
- Replace windshield wipers
- Check that all your lights work – head, fog, brights, turn signals, and daytime running lights

*Adjust your driving* - you can’t control the people around you, but you can give yourself a buffer with more space.

- Slow your speed
- Give extra space to the vehicle in front of you
- Allow people extra room to merge or change lanes
- Give yourself more time to slow down gently and stop

### Vehicle Emergency Kits

*First Aid* – have some basic supplies on hand, you can purchase a pre-made kit online or buy specific items yourself.

*Overnight Bag* – in the event of an emergency or disaster you may be stuck somewhere longer than you anticipated, whether or not it’s all night the items you would back for an overnight bag can cover most unexpected waits.

*Maintenance Kit* – a set of flares or LED warning lights if you have to pull over to the side of the road, jumper cables, snow chains, spare tire, jack, lug wrench, crowbar, and the vehicle owner’s manual.

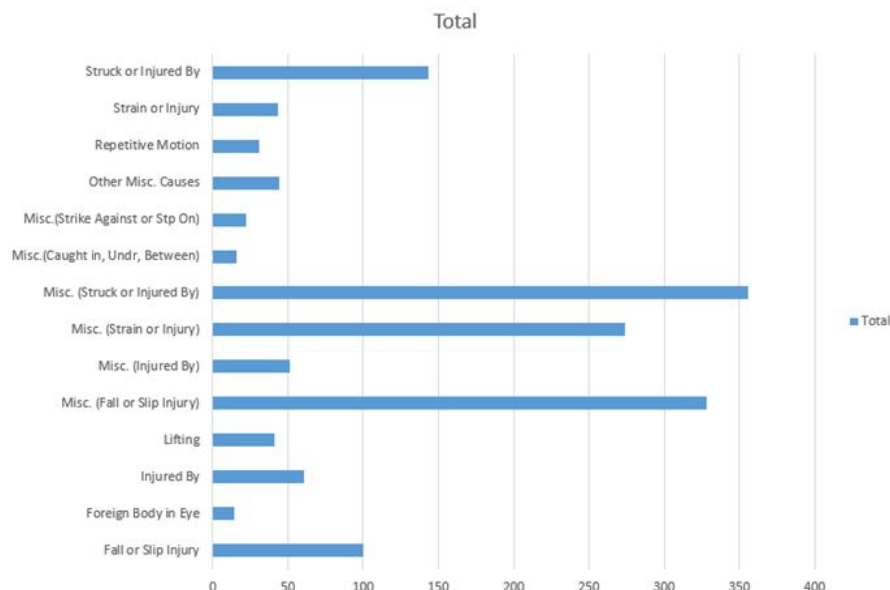
*Extras* – flashlight or headlamp, emergency blanket, fire extinguisher, raincoat or poncho, water bottles, towel, snacks, and baby wipes.

## INDIVIDUAL WINTER SAFETY TIPS

### Slips-Trips-Falls

OESD from September 2013-2018

Per L&I slips-trips-falls are typically in the top 5 most common injury types regardless of industry or year. Over the last 5 years OESD 114 has averaged 85.6 per year.



### Hazard Examples

- Slippery walkways – rain, ice, or snow
- Low visibility – shorter days and more hours of dark or dusk
- Reduced peripheral vision – umbrellas, raincoat hoods, and hats can limit our range of vision

### Accident Prevention & Preparedness

Check the weather reports and look outside before leaving each day. Dress for the weather.

- Non-skid soles on your shoes make a huge difference.
- Waterproof outerwear is important to keeping you dry and warm, this will prevent illness and discomfort.
- Keep a set of dry clothes, or extra weather gear in the car or office for just in case.

