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Weekly Safety Tip

Life Is All About Choices!®

August 1, 2016

SCI Safety Tip: Preparedness is Prevention: Emergency Preparedness Could Have Prevented These Injuries

Source: <http://www.blr.com>

Date: July 29, 2016



When a 900-gallon melt tank containing hexane and ethanol overpressurized and exploded in December 2015 at a food additive manufacturing facility in Newark, Ohio, owned by Arboris®, LLC, the U.S. Occupational Safety and Health Administration (OSHA) faulted the employer's process safety management (PSM) for failing to prevent the explosion. But even when the fireball erupted, the injuries suffered by four employees were not necessarily inevitable. With better emergency preparedness, OSHA concluded, the employer could have prevented or minimized the workers' injuries. Here's where their emergency preparedness fell down on the job.

Inadequate Egress

According to OSHA, Arboris failed to designate sufficient [egress routes](#). OSHA's emergency exit routes design and construction requirements, found in 29 CFR 1910.36, require at least two exit routes to be available in a workplace if the number of employees, the size of the building, its occupancy, or the arrangement of the workplace is such that all employees would not be able to evacuate safely during an emergency.

Two contractors working at the Arboris facility had to escape the fireball by climbing over an 8-foot security fence topped with triple-

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James Lehrke-SCI

strand barbed wire—clearly, the escape routes were less than ideal. As OSHA phrased it, the facility was not “equipped with sufficient egress ... due to the arrangement of the workplace.”

Action item: Identify any areas in your workplace where workers might become trapped, and establish at least two emergency exit routes that will enable them to escape any foreseeable disaster.

Inadequate PPE

Workers at Arboris were potentially exposed to flash fires in the covered process area, but Arboris’ personal protective equipment (PPE) hazard assessment failed to identify this, in violation of 29 CFR 1910.132(d). As a result, workers were not provided with or required to wear fire-resistant clothing that could have protected them from burns.

Action item: Revisit your PPE hazard assessments and make sure that they take foreseeable emergency conditions into account.

Lack of Emergency Shutdown Procedures

Arboris was cited with a willful violation of 29 CFR 1910.119(f) for failing to develop emergency shutdown procedures and training operators in those procedures. It might not have mattered for the failed tank or the workers directly involved in the failed start-up, but it might have been vital for other workers and other pieces of equipment in the facility or for emergency responders trying to control the fire. According to OSHA, Arboris did not have emergency shut-down procedures for the evaporator or rotary drum filter at the plant.

Action item: If there are processes or equipment in your facility that need to be shut down in a disaster for the sake of safety, make sure there is a written procedure for operators to follow before they evacuate—and that they know who’s responsible for doing so and under what circumstances they must implement an emergency shutdown.



SCI OSHA News: OSHA Penalty Adjustments to Take Effect August 2016

Source: <http://www.osha.gov>

In November 2015, Congress enacted legislation requiring federal agencies to adjust their civil penalties to account for inflation. The Department of Labor is adjusting penalties for its agencies, including the Occupational Safety and Health Administration (OSHA). OSHA's maximum penalties, which were last adjusted in 1990, will increase by 78%. Going forward, the agency will continue to adjust its penalties for inflation each year based on the Consumer Price Index.

The new penalties will take effect after August 1, 2016. Any citations issued by OSHA after that date will be subject to the new penalties if the related violations occurred after November 2, 2015.

Type of Violation	Current Maximum Penalty	New Maximum Penalty
Serious	\$7,000 per violation	\$12,471 per violation
Other-Than-Serious		
Posting Requirements		
Failure to Abate	\$7,000 per day beyond the abatement date	\$12,471 per day beyond the date
Willful or Repeated	\$70,000 per violation	\$124,709 per violation

Adjustments to Penalties

To provide guidance to field staff on the implementation of the new penalties, OSHA will issue revisions to its Field Operations Manual by August 1. To address the impact of these penalty increases on smaller businesses, OSHA will continue to provide penalty reductions based on the size of the employer and other factors.

Safety Connections, Inc.

August 1st

Penalties increase 78%

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Water Workouts

Whether you have always been an aquatic enthusiast, have access to a pool on summer vacation, or are looking for a change, water workouts may be right for you (and I'm not just talking about water aerobics!).

Aquatic workouts combine both strength and aerobic activities and are great for people who are dealing with chronic pain or are trying to get back into exercising following an injury.

Understanding some of the effects that water has on your body will help to make your sessions more productive. The ideal temperature to workout in is 79 to 81 degrees Fahrenheit (competitive pool temperature). With the entire body immersed, the water temperature will assist in cooling the body, decreasing the demand on the body's cooling mechanisms, which in turn will decrease heart rate. Water activity can result in about 17 beats per minute less for the same intensity of work; consequently, you'll need to adjust your target heart rate appropriately.

Making up a pool workout is one of the best things about exercising in water. Most anything you do on land can be adapted to the water. If you need some help getting those creative juices flowing, check out some exercise ideas below.

Body weight exercises in shallow water

- Squats and squat jumps
- Lunges and jumping lunges
- Side to side leg swings or side stepping
- Bicep curls and tricep pushdowns using your flat hand as resistance
- Rows with a kickboard or other equipment to provide resistance

Running or jogging in the water

- Go barefoot or wear aqua shoes to run across the shallow end of the pool
- Use a floatation device for less impact in deep water
- Try sprinting and jogging intervals or make it a goal to get your knees up and out of the water with every step

Don't forget to practice proper water safety and swim with a buddy if no lifeguards are present!

State Plan States

States that operate their own [Occupational Safety and Health Plans](#) are required to adopt maximum penalty levels that are at least as effective as Federal OSHA's.

For More Assistance

OSHA offers a variety of options for employers looking for compliance assistance. The [On-site Consultation Program](#) provides professional, high-quality, individualized assistance to small businesses at no cost.

OSHA also has compliance assistance specialists in most of our 85 Area Offices across the nation who provide robust outreach and education programs for employers and workers.

For more information, please contact the [Regional or Area Office](#) nearest you.

“To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others”

*~Tony Robbins~
Chapter 5 “Choosing Success”*

What do you think?
Send us an email at:
jlconnections@aol.com
See our bold new look
In Loving Memory

In Loving Memory...
Jessica, Kristin and Nick

