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Weekly Safety Tip

Life Is All About Choices!®

August 29, 2016

SCI OSHA Tip: Confined Space New Standard Construction

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

Date:



What you need to know about a new standard for confined space entry construction. OSHA states:

GI Standard

- A **“competent person”** must conduct worksite evaluation
- Employers using “alternate procedures” for permit space entry must prevent physical hazard exposures through elimination or isolation through methods such as LOTO
- Permits may be suspended instead of cancelled, provided the space is returned to permit conditions prior to re-entry

OSHA’s definition of the term "Competent Person" is used in many OSHA standards and documents. An OSHA "competent person" is defined as "one who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them" [29 CFR 1926.32(f)]. By way of training and/or

SCI Safety Slogan



James Lehrke-SCI

experience, a competent person is knowledgeable of applicable standards, is capable of identifying workplace hazards relating to the specific operation, and has the authority to correct them. Some standards add additional specific requirements, which must be met by the competent person.

- *There are currently no specific standards regarding competent persons.*



Confined spaces - such as manholes, crawl spaces, and tanks - are not designed for continuous occupancy and are difficult to exit in the event of an emergency. People working in confined spaces face life-threatening hazards including toxic substances, electrocutions, explosions, and asphyxiation.

This webpage <https://www.osha.gov/confinedspaces/index.html> contains information on the new regulation, compliance assistance documents, and other resources OSHA has to help employers and workers understand the rule. OSHA will continue to publish new guidance products in the coming months, and will post them here. Please check the website often for updates.

Construction workers often perform tasks in confined spaces - work areas that (1) are large enough for an employee to enter, (2) have limited means of entry or exit, and (3) are not designed for continuous occupancy. These spaces can present physical and atmospheric hazards that can be prevented if addressed prior to entering the space to perform work. This page is a starting point for finding information about these spaces, the hazards they may present, and ways to safely work in them.

SCI can provide assistance with confined space training general industry and construction.

Providing employees atmospheric testing equipment to monitor air quality at all times can prevent accidental exposure to gasses or other fumes not detected by smell.

https://www.osha.gov/OshDoc/data/Hurricane_Facts/atmospheric_test_confined.pdf

SCI OSHA Update: **IMPORTANT UPDATE** on OSHA Recordkeeping

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

Required by November 1st 2016

Next week OSHA update will include a follow up on electronic recordkeeping rule in effect January 2017!

What is the OSHA poster and why do I need it?

The **OSHA Job Safety and Health: It's the Law** poster, available for free from OSHA, informs workers of their rights under the Occupational Safety and Health Act. All covered employers are required to display the poster in their workplace. **Employers do not need to replace previous versions of the poster.**

Employers must display the poster in a conspicuous place where workers can see it.

If you are in a state with an [OSHA-approved state plan](#), there may be a state version of the OSHA poster.

Federal government agencies must use the [Federal Agency Poster](#).

◆ How do I get a copy?

You can get a copy of the OSHA poster in several ways:

- **Order a print copy online from the [OSHA Publications Web page](#).** The English version is publication number 3165. The Spanish version is publication number 3167.
- **Order a print copy by phone.** Call OSHA's toll-free number at 1-800-321-6742 (OSHA) or the OSHA Publications Office at 202-693-1888.
- **Download a copy from the OSHA Web site.** Note: OSHA requires that reproductions or facsimiles of the poster be at least 8.5" x 14" inches with 10 point type. Please see the instructions below for downloading a compliant version of the poster.





Aurora Health Care®

Quick Tips for Healthy Living

Stress and worker safety

Stress is a larger safety and health issue than most realize. Expert Peg Seminario, director of safety and health for the AFL-CIO states, “We haven’t even begun to scratch the surface and really examine the problem. For anybody who talks to workers, this is one of the issues that’s going to come up first and foremost. We all feel it in our lives.” Stress affects everyone, young, old, new, experienced and is seen in every industry.

Some people carry stress from their homes to their jobs, while others bring their work stress home with them at night. Regardless, a stressed worker has the potential to be an unsafe worker. But few employers in the United States seem willing to tackle job stress as a safety concern.

Dr. David Spiegel studies and discusses stress every day. Spiegel is the medical director of the Stanford Center on Stress and Health in Stanford, CA, also serves as the university’s Willson Professor and Associate Chair of Psychiatry and Behavioral Sciences.

Dr. Spiegel says, “Life is full of stress. If you’re not stressed, you’re dead. But the thing about handling stress well is being able to appraise it, react to it appropriately and put it behind you. You need to be concerned as a manager for the overall health of your employees.” Safety professionals can play an important role in helping workers cope with stress. Identifying stress in your workers is the first step.

Warning signs exist. The Center for the Promotion of Health in the New England Workplace outlines more than a dozen potential signs of job stress, including:

- Trouble concentrating
- Fatigue
- Low morale
- Anxiety or irritability
- Alcohol or drug use
- Overeating or loss of appetite
- Workplace incidents
- Workplace violence

If you identify a stressed worker, address the issue in a positive way! Let them know you are on their side. Talk about the issue with sensitivity and understand that an open conversation could be the difference between a healthy worker going forward and an incident waiting to happen.

Information Source: www.safetyandhealthmagazine.com/articles/14300-stress-and-worker-safety

Downloading Instructions:

1. Right-click on the hyperlinks below to download the PDF version of the poster. Save the file to a directory of your choice, and then open the Adobe Acrobat Reader program to load the file. For best results, the files should not be printed directly from your Web browser.
2. English: [PDF \[300 KB\]](#)
3. Spanish: [PDF \[300 KB\]](#)
4. For local PC printing, it is recommended that you use a high-resolution laser or wax-transfer type printer for color reproductions, and that the printer have at least 1 MB of memory. For black and white reproductions, it is still advisable to use a laser printer which is capable of producing at least 300 dpi resolution.
5. When preparing to print from a personal computer, check to ensure that the target printer has the ability to produce the proper paper size (the minimum size is 8.5 x 14 inches). Set the Adobe Acrobat printer settings to "Shrink to Fit" and make sure to select the proper paper tray.
6. NOTE: The particular variables and configurations for each printer may vary, so these instructions are only general.

♦ Is the poster available in other languages? The poster is available in [Spanish](#), [Arabic](#), [Chinese](#), [Haitian Creole](#), [Korean](#), [Nepali](#), [Polish](#), [Portuguese](#), and [Vietnamese](#).

OSHA regulations do not specify or require employers to display the OSHA poster in a foreign language.

However, OSHA encourages employers with Spanish-speaking workers to also display the Spanish version of the poster.

See [posting requirements for notices in other languages](#) (OSHA Letter of Interpretation, Nov. 12, 2004).

♦ What's the law?

OSHA's regulations on the OSHA poster are at [29 CFR 1903.2](#).



What Send i jicon: See o In L

All workers have the right to:

- A safe workplace.
- Raise a safety or health concern with your employer or OSHA, or report a work-related injury or illness, without being retaliated against.
- Receive information and training on job hazards, including all hazardous substances in your workplace.
- Request an OSHA inspection of your workplace if you believe there are unsafe or unhealthy conditions. OSHA will keep your name confidential. You have the right to have a representative contact OSHA on your behalf.
- Participate for have your representative participate in an OSHA inspection and speak in private to the inspector.
- File a complaint with OSHA within 30 days by phone, online or by mail if you have been retaliated against for using your rights.
- See any OSHA citations issued to your employer.
- Request copies of your medical records, tests that measure hazards in the workplace, and the workplace injury and illness log.

This poster is available from OSHA.

Employers must:

- Provide employees a workplace free from recognized hazards. It is illegal to retaliate against an employee for using any of their rights under the law, including raising a health and safety concern with you or with OSHA, or reporting a work-related injury or illness.
- Comply with all applicable OSHA standards.
- Report to OSHA all work-related fatalities within 8 hours, and all reportable hospitalizations, amputations and losses of an eye within 24 hours.
- Provide required training to all workers in a language and vocabulary they can understand.
- Prominently display this poster in the workplace.
- Post OSHA citations at or near the place of the alleged violations.

FREE ASSISTANCE to identify and correct hazards is available to small and medium-sized employers, without citation or penalty, through OSHA-supported consultation programs in every state.

Contact OSHA. We can help.

1-800-321-OSHA (6742) • TTY 1-877-889-5627 • www.osha.gov

