The Dell Group

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THE ADVISOR

Volume Seventeen, Issue One FALL 2017

Your Free Newsletter of Management Information

SPECIALIZING IN SAFETY, ENVIRONMENTAL AND HUMAN RESOURCES TOPICS

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- OSHA Programs: Emergency Action, Respirator, PPE, HazCom, Fall Protection
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- Management Training: Supervisory Skills, Modern Safety Management Skills, Behavior Based Safety

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STEPS TO RESTORE POWER AFTER A FLOOD

Recent hurricanes have left trails of devastation throughout Texas, Florida and many Southeastern states. Repairing and restoring electrical systems is paramount to getting life back to normal. "Homeowners with a background in electrical work can perform minor repairs if they follow important safety steps," says Warren Tarbell, president of the Nonconductive Tool Company.

The Importance of Insulation

Wear rubber gloves and rubber-soled boots for all work with electrical circuits in a wet environment. Standing on a dry wooden board is also good practice. Insulated, non-conductive tools are far safer than metal screwdrivers or wire strippers when working on, or near, live electrical systems.

Follow these steps to reduce the likelihood of shock. (If you've never worked with electrical equipment; skip to #7.)

- 1. Disconnect the main electrical breaker. If the main switch is located in the basement, be sure all flood water has been pumped out before working on the electrical system. Water conducts electricity and live power lines can be deadly, especially if they are submerged or not easily visible.
- 2. Remove covers from switches, outlets and other electrical connections. Double check with a voltmeter or non-contact voltage detector to make sure the electricity is turned off. Next, pull receptacles, switches and wires about 2 inches out from their boxes without disconnecting the wires. Clean out mud and dirt with clean water and allow wires and connections to dry.
- 3. Check the system for electrical shorts. Close the main switch and look for sparks or smoking wires which indicate shorted switch connections. If you see evidence of such shorts, you need a new switch.
- 4. For 24-48 hours be careful when using receptacles and switches. There may be residual moisture which could cause shocks.
- 5. If some of the circuits are faulty, use only the undamaged circuits. However, do not overload undamaged circuits with too many lights or appliances until normal capacity is restored.
- 6. Newer homes have ground fault circuit interruptions with their circuit breaker. GFCIs will need to be replaced.
- 7. Call a professional electrician if you need assistance on how to complete these electrical tasks.

COLD WEATHER RAISES RISK OF RHEUMATOID ARTHRITIS

Rheumatoid Arthritis (RA) is the most common form of autoimmune arthritis. It affects more than 1.3 million Americans. The disease most often begins between the ages of 30 and 50. However, RA can start at any age. RA is a chronic disease that causes joint pain, stiffness, swelling and decreased movement of the joints. Small joints in the hands and feet are most commonly affected. Sometimes RA can affect your organs, such as eyes, skin or lungs.

According to research from the Karolinska Institute, in Stockholm, working in the cold increases the risk of developing rheumatoid arthritis.

Using data from the Swedish Epidemiological Investigation of Rheumatoid Arthritis study from 1996 to 2014, researchers analyzed questionnaires from 3,659 Rheumatoid Arthritis [RA] patients and 5,925 control subjects. Participants were asked whether they worked in cold environments, indoors or out, and for how long per week.

Participants who had worked in an outdoor cold environment showed "an odds ratio of 1:5 for developing RA compared with those who had never done so," researchers said in a September press release. For participants who worked in indoor cold environments, the odds ratio was 1:7.

The study also showed a higher risk for workers who performed repetitive hand and finger movements (1:4), but not for those whose tasks involved bending and turning and carrying more than 22 pounds.

Quotable

"It is better to fail in originality then succeed in imitation." – Herman Melville

"One thing talk can't accomplish is communication. This is because everybody's talking too much to pay attention to what anyone is saying." – P.J. O'Rourke

"Life is pleasant. Death is peaceful. It's the transition that is troublesome." - Isaac Asimov

DOT RELEASES EMERGENCY RESPONSE GUIDEBOOK APP

The U.S. Department of Transportation's [DOT] Pipeline and Hazardous Materials Safety Administration [PHMSA] has partnered with the National Library of Medicine to provide a free smartphone version of the Emergency Response Guidebook 2016 [ERG 2016]. The guide is available free to public safety agencies in all states, territories and Native American Tribes through state Emergency Management Coordinators. The new app is intended to ensure emergency responders are provided with fast, easily accessible information.

The ERG is first responders go-to manual, to help manage hazardous material incidents. The guide contains an indexed list of hazardous materials and corresponding 4-digit United Nations identification numbers. The ERG aids emergency personnel to identify hazardous materials, recommended safety measures, identify specific risks associated with compromised materials, procedures that should be taken to protect themselves, and contain the incident.

The guide is updated every four years. The most current edition, ERG 2016, includes new recommendations for absorbed gases.

Regulations for shipping hazardous materials require carriers to maintain readily-available emergency response information, and the ERG is an easy way to comply. Some carriers place the ERG in their vehicle to cover any hazmat situation, rather than having specific solutions for each load. Currently electronic files, including the new mobile app, cannot be substituted for hard-copy compliance documents. Physical copies of the ERG can be purchased from the Federal Printing Office and other commercial suppliers.

ERG 2016 is available as a <u>PDF</u>, for Windows (XP/Vista/7) on the <u>DOT PHMSA website</u>, and as free mobile app is available on <u>Apple's App Store</u> (iPhone), <u>Google Play</u> (Android).

Quotable

"Quiet minds cannot be perplexed or frightened, but go on in fortune or misfortune at their own private pace, like a clock during a thunderstorm." – Robert Louis Stevenson

OSHA UPDATE

New OSHA Rule Expands Fall Protection Requirements at Facilities

Who and what does the final rule cover?

The final rule applies to all general industry workplaces and covers all walking-working surfaces, which include horizontal and vertical surfaces such as floors, stairs, roofs, ladders, ramps, scaffolds, elevated walkways, and fall protection systems.

The final rule covers a wide variety of industry firms including building management services, utilities, warehousing, retail, window cleaning, chimney sweeping, and outdoor advertising.

How does the final rule increase worker protection?

The final rule increases worker protection in many ways. The final rule:

- Eliminates the hazard of workers climbing extended heights on fixed ladders without fall protection by phasing out the use of qualified climbers in outdoor advertising;
- Phases in a requirement that fixed ladders (over 24 feet) be equipped with ladder safety or personal fall protection systems to prevent workers from falling or arresting their fall before contact with a lower level;
- Provides performance criteria for personal fall protection equipment in general industry, similar to the criteria that have been in OSHA's construction industry rules since 1994;
- Requires the use of body harnesses, and prohibits body belts, in personal fall arrest systems to distribute fall arrest forces over a larger area of a worker's body, and
- Requires workers, who are required to use personal fall protection and other equipment, be trained, and retrained as necessary, in fall and equipment hazards before they work at elevated heights or use that equipment, including fall protection systems.

What benefits does the final rule provide for employers?

The final rule is easier for employers to follow and provides employers with greater flexibility. For example, the final rule:

- Provides compliance flexibility for employers by increasing the fall protection options employers may use;
- Provides greater consistency between OSHA's general industry and construction standards, which makes compliance easier for employers who perform both general industry and construction activities;

- Incorporates advances in technology, industry best practices, and national consensus standards, which provide employers with effective and cost-efficient measures to protect workers, and
- Replaces outdated specification requirements with performance-based language and criteria, which provides greater flexibility and makes the final rule easier for employers and workers to understand and follow.

The final rule includes a number of revisions to the existing general industry standards. These changes and new requirements include:

- Fall protection flexibility (§1910.28(b)). The final rule allows employers to protect workers from falls by choosing from a range of accepted fall protection systems, including personal fall protection systems. It eliminates the existing mandate to use guardrails as the primary fall protection method and gives employers the flexibility to determine what method they believe will work best in their particular workplace situation. This approach has been successful in the construction industry since 1994. The final rule allows employers to use non-conventional fall protection practices in certain situations, such as designated areas on low-slope roofs for work that is temporary and infrequent and fall protection plans on residential roofs when employers demonstrate guardrail, safety net, or personal fall protection systems are not feasible or create a greater hazard (§1910.28(b)(1) and (b)(13));
- Updated scaffold requirements (§1910.27(a)). The final rule replaces the outdated general industry scaffold standards with the requirement that employers comply with OSHA's construction scaffold standards;
- Phase-in of ladder safety systems or personal fall arrest systems on fixed ladders (§1910.28(b)(9)). The final rule phases in, over 20 years, a requirement to equip fixed ladders (over 24 feet) with ladder safety or personal fall arrest systems and prohibits the use of cages and wells as a means of fall protection after the phase-in deadline. There is wide recognition that cages and wells do not prevent workers from falling from fixed ladders or protect them from injury if a fall occurs. The final rule grandfathers in cages and wells on existing ladders, but requires during the phase-in period that employers equip new ladders and replacement ladders/ladder sections with ladder safety or personal fall arrest systems;
- Phase-out of the "qualified climber" exception in outdoor advertising (§1910.28(b)(10)). The final rule phases out OSHA's directive allowing qualified climbers in outdoor advertising to climb fixed ladders on billboards without fall protection and phases in the requirement to equip fixed ladders (over 24 feet) with ladder safety or personal fall arrest systems. Outdoor advertising employers must follow the fall protection phase-in timeline for fixed ladders. However, if ladders do not have any fall protection, outdoor advertising employers have 2 years to comply with the existing standard (i.e., install a cage or well) or, instead, they may install a ladder safety or personal fall arrest system;

- Rope descent systems (RDS) and certification of anchorages (§1910.27(b)). The final rule codifies OSHA's memorandum for employers who use RDS to perform elevated work. The final rule prohibits employers from using RDS at heights greater than 300 feet above grade unless they demonstrate it is not feasible or creates a greater hazard to use any other system above that height. In addition, the final rule requires building owners to provide, and employers to obtain, information that permanent anchorages used with RDS have been inspected, tested, certified, and maintained as capable of supporting at least 5,000 pounds per employee attached.
- **Personal fall protection system performance and use requirements (§1910.140).** The final rule, which allows employers to use personal fall protection systems (i.e., personal fall arrest, travel restraint, and positioning systems), adds requirements on the performance, inspection, use, and maintenance of these systems. Like OSHA's construction standards, the final rule prohibits the use of body belts as part of a personal fall arrest system;
- **Inspection of walking-working surfaces (§1910.22(d))**. The final rule requires that employers inspect walking-working surfaces regularly, and as needed, and correct, repair, or guard against hazardous conditions; and
- **Training (§1910.30).** The final rule adds requirements that employers ensure workers who use personal fall protection and work in other specified high hazard situations are trained, and retrained as necessary, about fall and equipment hazards, including fall protection systems. Employers must provide information and training to each worker in a manner the worker understands.

When does the final rule become effective?

The final rule became effective on January 17, 2017. OSHA also provides delayed or phased-in compliance dates for several requirements in the final rule, including:

- Training workers on fall and equipment hazards 5/17/2017;
- Inspection and certification of permanent building anchorages 11/20/2017;
- Installation of fall protection (personal fall arrest systems, ladder safety systems, cages, wells) on existing fixed ladders (over 24 feet) that do not have fall protection -11/19/2018;
- Installation of ladder safety or personal fall arrest systems on new fixed ladders (over 24 feet) and replacement ladders/ladder sections 11/19/2018, and
- Installation of ladder safety systems or personal fall arrest systems on all fixed ladders (over 24 feet) 11/18/2017.

OSHA Releases Memorandum of Interim Enforcement Guidance for New Silica Rule

The OSHA Final Rule on Crystalline Silica became enforceable on September 23, 2017 for the construction industry. Full enforcement of the silica rule began on October 23, with OSHA issuing a <u>Memorandum</u> to serve as guidance on interim enforcement for the construction industry, until the directive becomes effective and available. Enforcement for general industry is set for June, 2018.

Crystalline silica is a common mineral found in the earth's crust. Materials like sand, stone, concrete, mortar, glass, pottery, ceramics, bricks, and artificial stone contain crystalline silica.

Respirable crystalline silica, which is at least 100 times smaller than ordinary sand you might find on beaches and playgrounds, is created when cutting, sawing, grinding, drilling, and crushing stone, rock, concrete, brick, block, or mortar.

Activities such as abrasive sand blasting; sanding or drilling into concrete; grinding mortar; manufacturing brick, concrete blocks, stone countertops, or ceramic products; and cutting or crushing stone, result in worker exposures to respirable crystalline silica dust. Industrial sand used in certain operations, such as foundry work and hydraulic fracturing (fracking), is also a source of respirable crystalline silica exposure.

2.3 million people in the U.S. are exposed to silica at work.

Workers exposed to crystalline silica are at increased risk for developing silica-related diseases, including:

- Silicosis, an incurable lung disease that can lead to disability and death;
- Lung cancer;
- Chronic obstructive pulmonary disease (COPD); and
- Kidney disease.

To help determine if worksite hazards are present, The Dell Group offers a free initial consultation. The Dell Group works with employers to correct identified hazards, provide advice on compliance with OSHA standards, and assists in establishing Injury and Illness Prevention Programs. For more information visit <u>The Dell Group website</u>, or call 1-800-259-8930.

CITATIONS & PENALTIES

\$2.5M in Fines after Robot Fatally Crushes Young Auto Parts Worker

Weeks before what was to be her wedding day, 20-year-old Regina Elsea was crushed to death by robotic machine at the Hyundai and Kia auto-parts supplier, Ajin USA. Following its investigation, OSHA has issued citations for 23 willful, serious and other-than-serious violations, including 19 egregious willful violations. OSHA also cited two serious safety violations to the staffing agencies, responsible for placing Elsea at the factory; Alliance Total Solutions, and Joynus Staffing. Collectively, the companies face \$2,565,621 in penalties for the federal safety and health violations.

The willful citations issued to Ajin USA by OSHA were for failing to: use energy control procedures to prevent machinery from starting up during maintenance; shut down a robotic cell before allowing workers entry; provide locks to isolate hazardous energy; and use proper machine guarding to protect against crushing and amputation hazards. The agency has placed the manufacturer in its Severe Violators Enforcement Program.

OSHA cited Alliance and Joynus for failing to use safety procedures to control potentially hazardous, stored energy, during maintenance, and not ensuring employees had locks, for machine lockout-tagout.

OSHA's then Assistant Secretary Dr. David Michaels traveled to South Korea, in 2015, to meet with Hyundai and Kia's managers. Michaels expressed OSHA's concerns for the hazardous conditions at their suppliers, warning that the firms' production policies were endangering workers at the suppliers' factories.

Judges Approve OSHA Settlement Following Circus Tent Collapse

OSHA's Review Commission approved a settlement agreement between OSHA and Walker International Events after the company contested safety citations. The events company was issued 14 serious violations of safety standards after an outdoor circus tent collapsed during a thunderstorm. Walker International contested the issued citations for violating the agency's General Duty and electrical standards. Under the terms of the settlement, the company: has accepted the citations; confirmed the violations have been corrected; will pay the \$24,000 fine; and will not resume operations unless it implements a safety and health program, including procedures for safely installing outdoor tents.

BITS & PIECES

6 Life hacks in less than 6 minutes

The Deal with Airplane Seats

Was a middle seat the only option when you booked your flight? According to Marybeth Bond, you may not have to suffer. Check in before you get to the airport, of course, but still head to the kiosk when you arrive; if someone with a better seat gets upgraded to business or first class, you may be able to grab the vacancy. Use your app to check again at the gate, or ask an agent.

For A Rainy Day

It starts raining and you turn on your windshield wipers, only to hear the absolutely annoying sound of squeaking against the glass. Time to replace the blades? Try this first: Saturate a paper towel with rubbing alcohol, run it along the edge of each blade, then the windshield, to remove road debris.

Lock Up Your Sole

Hotel safes are great, that is, until you check out, get to the airport and realize, your passport's still locked inside the vault. A surefire way around that, is to keep one of your shoes in the safe, and you won't leave without it.

Foil Static Cling

Make instant fabric softener by rolling up three to six balls of aluminum foil, and tossing them in the dryer with your laundry. They remove wrinkles, soften your clothing, and eliminate static.

The Key to Putting a Ring On It

Putting a key on a key ring seems like the most basic of tasks, so how does it claim so many fingernails as victims? Instead of ripping up your nails, use a staple remover. Position its teeth between the two rings, then press down and watch them easily separate.

Unshrink The Shrunken

It's happened to all of us- you throw a shirt in the dryer and it comes out looking fit for Santa's elves. No panic necessary says Leslie Reichert, take the shrunken item, probably a cotton pair of jeans, or shirt, and soak it in lukewarm water mixed with a capful of baby shampoo for ten minutes. Without wringing, squeeze the excess water out and lay it on a flat surface to dry. While it's still damp, gently stretch the material back to its original form.

2017-2018 TRAINING SCHEDULE LEAD EXPERTS

Type, Length and Price	Location	Course Dates
<u>Contractor Initial - 40 Hour</u> \$795 Per Trainee	Toledo Cleveland Columbus	Mar 12–16 Dec 4–8 Feb 5–9 Apr 16–20 Jun 11–15 Apr 2–6
<u>Contractor Refresher - 8 Hour</u> \$195 Per Trainee	Toledo Cleveland Akron	Feb 23 May 8 Dec 19 Jan 23 Feb 13 Mar 20 Apr 24 May 15 Jun 19 Jan 5 Mar 6 Jun 8
<u>Worker Initial</u> \$595 Per Trainee		The Contractor Initial and Refresher courses shown above satisfy Ohio Department of Health's requirements for Worker Classes.
Worker Refresher \$195 Per Trainee	А	Worker enrolling in these classes will be charged the <i>lower</i> fee shown in this section. Please call if you have <u>any</u> questions.
Inspector Initial - 24 Hour \$475 Per Trainee	Toledo Cleveland Columbus	Nov 27–29 Jan 15–17 Apr 30–May 2 Dec 11–13 Feb 26–28 May 21–23 Jun 25–27
Inspector Refresher - 8 Hour \$195 Per Trainee	Toledo Cleveland Columbus	**Risk Assessor Refresher classes shown below satisfy the Inspector Refresher** **requirements of the Ohio Department of Health**
<u>Risk Assessor Initial - 16 Hour</u> \$320 Per Trainee	Toledo Cleveland Columbus	Nov 30–Dec 1 Jan 18-19 May 3-4 Dec 14–15 Mar 1-2 May 24-25
<u>Risk Assessor Refresher - 8 Hr</u> \$195 Per Trainee	Toledo Cleveland Akron	Feb 22 May 7 Dec 18 Jan 22 Feb 12 Mar 19 Apr 23 May 14 Jun 18 Jan 4 Mar 5 Jun 7
Renovation, Repair and Painting Certification Initial - 8 Hour \$189 Per Trainee	Toledo Cleveland Akron	Dec 28 Feb 1 Apr 9 Jun 4 Dec 21 Jan 25 Feb 15 Mar 22 Apr 26 May 29 Jun 21 Jan 11 Mar 8 May 17
Renovation, Repair and Painting Refresher (Grandfather) - 4 Hr \$95.00 per Trainee	Toledo Cleveland Akron	Dec 29 Feb 2 Apr 10 Jun 5 Dec 22 Jan 26 Feb 16 Mar 23 Apr 27 May 31 Jun 22 Jan 12 Mar 9 May 18

IF YOU HAVE ANY SPECIAL NEEDS OR NEED A REASONABLE ACCOMMODATION, PLEASE CONTACT US IMMEDIATELY

EPA RRP accredited classes for certification under Section 402 of TSCA YOU ARE NOT ENROLLED IN <u>ANY</u> CLASS UNTIL YOU RECEIVE WRITTEN CONFIRMATION FROM US. <u>CERTIFICATES WILL NOT BE ISSUED IF YOU ARE LATE TO CLASS.</u> CERTIFICATES ARE HELD UNTIL PAID IN FULL.

> Licensing courses approved by the Ohio Department of Health ODH Requires Refreshers Taken During Second Year of License Period

RRP CLASSES ARE ADDED AS CLASSES FILL UP – CALL FOR ADDITIONAL DATES

On Site Classes Available, Closed Enrollment - Your Location / Your Students - Priced per Day, Call for More Information

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