

SAFETY matters

NEWS AND INFORMATION FROM THE UTAH SAFETY COUNCIL

Companies and Individuals Recognized for Safety Excellence

The Utah Safety Council's Awards and Recognition Program is designed to promote prevention of unsafe acts by honoring individuals and organizations for excellent safety performance. This year's awards program was held in conjunction with the Utah Safety Council Annual Meeting on September 21, 2007, at the Sheraton City Centre Hotel. Safety awards were presented to 68 individuals and organizations.

Individual Achievement in Safety Award

The Individual Achievement in Safety Award is given to one individual each year to recognize dedication and personal motivation in developing a safe and healthy workplace environment. The recipient of the 2007 Individual Achievement in Safety Award was Kirk Petersen, Safety Director, Peppermill, Rainbow & Montego Bay Casinos.



Mr. Kirk Petersen (right) receiving the Individual Achievement in Safety Award from Mr. Robert Parenti, President of the Utah Safety Council

Companies and Individuals Recognized for Safety Excellence

(page 2)

Five Factors to Look for in a Wellness Program

(page 4)

Reporting Near Misses can help Reduce Incidents

(page 5)

One Million Hours Achievement

(page 5)

Keeping Tool Safety in Mind

(page 6)

Training Pays Off, and Saves Lives Too!

(page 7)

Award of Merit

To be considered for the Award of Merit, an organization's incidence rate must be lower than the national average for the industry, the organization must demonstrate continuous safety performance improvement or sustained levels of excellence, and it must have essential elements of a safety program in place. The benchmark for comparison consists of data from the U.S. Bureau of Labor Statistics within respective Standard Industrial Classification codes. Companies that received the Award of Merit are:

- Anderson Engineering Company, Inc.
- APM, LLC
- Bodell Construction Company
- Bountiful City Light & Power
- Cache Valley Electric
- CCI Mechanical, Inc.
- Cookietree Bakeries
- The Dannon Company
- Delta Fire Systems, Inc.

continued from page 1

- Easton Technical Products
- Energy Solutions, Clive Facility
- Firestone Building Products Co.
- Fresenius Medical Care
- GE Healthcare Surgery Campus
- GE Healthcare Surgery Field
- Intelliserv: A Grant Prideco Company
- Interior Construction Services
- Jordan Valley Water Conservancy District
- JT3, LLC
- Kennecott Utah Copper: Bingham Canyon Mine
- Kennecott Utah Copper: Copperton Concentrator
- Kennecott Utah Copper: Power Plant
- Kennecott Utah Copper: Smelter
- Kern River Gas Transmission Company
- Layton Construction Company
- Mechanical Service & Systems
- Orbit Irrigation Products, Inc.
- SAPP Bros. Salt Lake
- Sierra Pacific Power Co.: Tracy Generating Station
- Staker & Parson Companies
- Unisource
- USANA Health Sciences
- Wadsworth Brothers Construction
- Wasatch Electric: A Division of Dynalectric Co.
- Western Metals Recycling, LLC
- Zero Manufacturing, Inc.

Award of Honor

The Award of Honor is given to organizations that exceed the performance of all other entries. The 2007 recipient of the Award of Honor was R&O Construction in recognition of continued improvement and sustained excellence in its safety program.



(pictured right to left) Mr. Dale Campbell, President, Mr. Salade Opheikens, Vice President of Operations and Mr. Cesar Calvillo, Safety Director with R&O Construction receiving the award of Honor from Mr. Robert Parenti, President of the Utah Safety Council

Occupational Seat Belt Award

The Utah Safety Council offers an occupant protection award for companies achieving a 75% plus safety belt usage rate. This year, seven

TODAY'S SUPERVISOR

Today's Supervisor speaks directly to front-line supervisors and managers, providing quick updates on important safety issues and offering tips and trends to make the workplace safer for employees - all in an easy-to-read four-page monthly newsletter format. Today's Supervisor gives supervisors effective tools to manage serious workplace safety issues monthly. Short, concise articles on injury prevention, occupational health, safety management principles, and human relations give supervisors the safety edge.



Member: \$21.00 (1-year subscription)
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To order contact Mona at (801) 478-7878 ext. 302, (800) 933-5943 ext. 302 if outside of the Salt Lake Metro or e-mail her at mkimbrough@utahsafetycouncil.org.

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UTAH SAFETY COUNCIL
1574 West 1700 South, Suite 2A
Salt Lake City, UT 84104

Phone: (801) 478-7878
Toll Free: (800) 933-5943
Fax: (801) 478-0884
Web Site:

www.utahsafetycouncil.org
President: Robert F. Parenti
Editor: Sarah Barrett

outstanding examples of corporate efforts in the field of traffic safety were recognized. The Occupational Seat Belt Award was presented to:

- American Express, with a 93% usage rate
- Burton Lumber, with a 83% usage rate
- Davis County, with a 89% usage rate
- JT3, with a 100% usage rate
- Morton Salt, Grantsville Facility, with a 95% usage rate
- USANA Health Sciences, with a 99% usage rate
- Utah County Health Department, with a 87% usage rate

Other awards and recipients are as follows:

Utah Labor Commission Annual Safety Award

This award recognizes an organization designated by the Utah Labor Commission as having achieved outstanding results with respect to its workplace safety program. Ellsworth Paulsen Construction is the 2007 recipient of the Utah Labor Commission's Safety Award.



Mr. Nathan Neal (center), Safety Director for Ellsworth Paulsen Construction is receiving the Utah Labor Commission Award from Mr. Louis Silva (right), Administrator with Utah Occupational Safety & Health Administration and Mr. Robert Parenti (left), President of the Utah Safety Council.

Achievement in Safety by an Organization

This award is given to organizations that contribute to the mission of the Utah Safety Council. The Utah Manufacturers Association was the 2007 recipient of the Achievement in Safety by an Organization Award.

Professional Driver of the Year Award

This award recognizes a driver for dedication to service, the example that is set for other drivers and the image that is portrayed to the public with regard to the motor transportation industry. The

2007 award recipient was Ron Rasmussen with Associated Food Stores.

School Bus Driver of the Year Award

This award is given to honor school bus drivers for the responsibility they bear in assuring the safety of students riding in their buses. The 2007 award recipient was Boyd Larsen with Cache County School District.

Advanced Safety Certificate

The Advanced Safety Certificate is awarded upon completion of three forty-hour occupational safety courses.

- Michelle Baker: Kearns Improvement District
- Brian Hill: Woodland Furniture
- Robert Mace: Rocky Mountain Recycling
- Jessie Morris: Associated Retail Stores
- Bret Rich: Rocky Mountain Power
- Charlotte VanLare: ITT Pro Services

Certificate in OSHA Compliance

This year Utah's first recipient of the National Safety Council's Certificate in OSHA Compliance was recognized.

- John Rodabaugh: Superior Air Handling

New Sustaining and Contributing Membership Recognitions

The Utah Safety Council's ability to offer the numerous safety services it provides is due to the generous support from many safety conscious companies throughout the Intermountain area. Each year, new Sustaining and Contributing Members are recognized.

New Sustaining Members

- Freeport Center Associates
- Insure-Rite
- Morton Salt
- South Valley Water Reclamation Facility

New Contributing Members

- Build, Inc.
- City of Lehi
- Daw Construction Group
- Energy Solutions, Clive Facility
- Pacific Supply
- ProMark, Inc.
- Robinson Construction
- Trinity Highway Safety Products
- Whitaker Construction Company

FIVE FACTORS TO LOOK FOR IN A WELLNESS PROGRAM

- 1.** Long-term lifeline. It takes about twenty-four months to lose weight and establish healthy lifestyle habits that allow employees to maintain their newly fit bodies. Fad diets and get-thin-quick programs are doomed to fail.
- 2.** A philosophy centered on small, gradual changes. People cannot transform their lifestyles over night. Slow and steady wins the race.
- 3.** Emphasis on education. When employees understand how weight loss works, as opposed to “following orders,” they’re more likely to buy in and voluntarily make changes. Teach it; don’t preach it.
- 4.** A family centered approach. Today’s children are tomorrow’s workers (and today’s family insurance policy liabilities). Choose a program that helps them eat right and exercise too.
- 5.** The fun factor. If employees get to bond with coworkers over recipes, walk together at lunch, or engage in some friendly departmental competition, they’re more likely to stick to it. Select a program that makes it fun!

Source: www.healthbodyweight.com

UTAH SAFETY COUNCIL’S WALK-FIT PROGRAM

The Utah Safety Council doesn’t just “talk the talk”, but they “walk the walk”, literally. In May of this year the staff of the Utah Safety Council participated in a Walk-Fit program. Each staff member was given a pedometer to help monitor the amount of steps that they took every day. To help maintain the momentum of this program, and to help make it fair, the staff was divided into two teams. This helped promote interaction and communication among the staff and administration as they worked toward reaching their goals. During lunch breaks several of the staff members would go for walks together in the nearby park. Two of our staff members, Brandee Sommer our Training and Development Specialist, and Cassie

Henson our Customer Service Representative participated in a 10 Kilometer race with Riverton City in July. In total the Utah Safety Council staff walked over 2,110,522 steps during the month of May.

Pictured are Cassie (left) and Brandee (right) at the Riverton 10 K race.



R&O CONSTRUCTION’S

EMPLOYEE WELLNESS PROGRAM SUCCESS

In February 2007, R&O Construction instituted an employee health and wellness program called “Choose to Lose.” According to program coordinator Dawn Naisbitt, “Choose to Lose” focused on two important aspects of health and wellness: weight loss and being active. Twenty-six teams of five people took part in the program. Prior to the February kick-off, health assessments were done on each participant for such things as blood pressure, cholesterol and bone density. “The assessments resulted in motivation for a lot of people”, Naisbitt says.

While weight loss rules were straightforward, qualified activities were broadly defined. “If you’re breaking a sweat, it counts,” Naisbitt said.

Weight loss and activity records were kept throughout the contest, but no one knew who won until the awards ceremony. The program was a big hit, says Naisbitt, and participants lost a combined total of 1,116 lbs.



REPORTING NEAR-MISSES CAN HELP REDUCE INCIDENTS



Although not required by OSHA, developing a reporting system for potential hazards and near-misses can be vitally important in reducing the number of incidents in the workplace. Although they do not result in injuries or property damage, near-misses serve as invaluable warning signs. Recording them can be a key first step in eliminating existing hazards and preventing situations where incidents are likely to occur.

How to Report

According to the National Safety Council, a near-miss reporting system can be established with the same basic structure organizations use for reporting incidents. Investigating exactly what happened and why. Analyzing the factors that led to the near-miss will help you develop plans to prevent them from happening again.

Four major factors play a role in incidents and near-misses alike.

- 1. Equipment:** Did the condition of the equipment lead to the near-miss?
- 2. Environment:** Was the physical environment a contributing factor?

- 3. People:** Did job procedures or employee actions, such as failure to use PPE, play a role in the event?

- 4. Management:** Was a defect in the management system a contributing factor?

Employee Participation

As with incident reporting, it is important to create an environment where employees are encouraged to participate. Often times in a near-miss situation, human error is at fault and employees will be reluctant to share information that may cast them in a bad light.

If employee error is at fault, very often all that is required to eliminate the unsafe condition is additional safety or equipment training. Your organization will not know when such training is necessary if employees feel it necessary to cover up near-miss incidents.

Creating an environment where employees feel free to share information about hazards and near-misses is important. Many organizations offer workers the opportunity to report near-misses anonymously, helping to create procedures beneficial to everyone involved.

Today's Supervisor July 2007

ONE MILLION HOURS ACHIEVEMENT

Congratulations to Wheeler Machinery and Cat Rental. In May of this year they achieved one million hours without a single lost time injury. Their last lost time injury occurred in September 2006. This means that not a single Wheeler employee has had to experience the pain, loss of income and inconvenience that results from not being able to work because of a work-related injury for over eight months. Wheeler Machinery credits this accomplishment to the hard work and dedication of each of their employees. Wheeler Machinery has been a Contributing Member of the Utah Safety Council since 1997. Congratulations for this great accomplishment and a job well done!



Strength Support Solutions

Please contact the Utah Safety Council for help with any of your safety & health needs.

(801) 478-7878

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THANK YOU!

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WADSWORTH BROTHERS CONSTRUCTION
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KEEPING TOOL SAFETY IN MIND

Big hazards come in small packages. Although hammers and saws may not be the largest equipment used in the workplace, improper use of these and other hand tools is a common cause of injury. The Canadian Centre for Occupational Health and Safety in Ontario, suggests reminding workers about a few common sense tips that will keep them off the injured list.

Tool maintenance is key. Inspect tools for defects before use, and replace or repair any defective tools or parts. Make sure handles on axes, hammers or other tools fit tightly.

Keeping cutting tools sharp. When using a saw, make sure the teeth and blades are properly set. Apply pressure on down strokes only. Keep all tools clean and dry, and store them properly after each use.



Know when to discard a tool. For example, a hammer with a mushroomed or chipped face, or with cracks in the claw or eye sections, is a hazard and should be discarded.

Practice good housekeeping. Clutter causes accidents. Keep the work environment clean and tidy. Keep sharp tools lying on benches or shelves away from aisles, and handles should not extend over the edge of the bench top or shelf.

Choose the right tool. Select the right tool for the job according to manufacture's directions. Ergonomically, a good general rule is to use tools designed to allow the wrist to stay straight. Avoid using hand tools with your wrist bent. Substitutes increase the chance of having an accident.

Wear protective equipment. Wear safety glasses, goggles or face shields, and well-fitting gloves appropriate for the hazards to which you may be exposed.

TRAINING PAYS OFF, AND SAVES LIVES TOO!



GENEVA PIPE

Concrete products, concrete reliability

Geneva Pipe has made it a point to offer the First Aid, CPR and AED training to all interested employees. Besides being able to help a co-worker, this training could save a loved one's life. Geneva Pipe feels that it is well worth the cost to send employees to the classes. Anyone interested is allowed to attend the monthly courses held at the Utah Safety Council.

Fred Klug, Vice President of Geneva Pipe was walking towards the maintenance shop doing one of his walk-throughs when he received a call from one of the welders asking him to call 911 for assistance. One of the mechanics wasn't doing very well and the others didn't know the address of Geneva Pipe in order to tell help where to come. (Signs are now posted in every building with street address and the phone number of the location.)

Fred called 911 and asked for an ambulance. The other employees had the victim sitting up in a chair. He was as white as a sheet, his tongue was out of his mouth and he couldn't hold himself up in the chair.

Fred recognized that the employee was having a heart attack. Fred told the 911 operator what the circumstances were, and asked about the status of the EMT's. He was told that the EMTs from the nearest station were gone on another emergency and assistance would be coming from another location.

This is where the training received from the Utah Safety Council's First Aid and CPR course clicked

into gear. Checking for a pulse on his neck and not feeling one, Fred instructed the other employees to lay the victim down. Fred began performing CPR with the help of the other employees. After a minute or two a heart beat was detected, only to have it go away again. They continued to perform CPR until the EMT's arrived. Fred said, "The emergency responders seemed to be happy with our efforts because they told us to continue what we were doing until they got their personal protective equipment on."

The affected employee spent several days in the hospital and a de-fibrillator was installed in his chest. He seems to be doing well since his release.

Fred Klug wanted to share this experience because training does work. "If nothing had been done the employee would have ended up dying in that chair."

The Utah Safety Council offers monthly First Aid, CPR and AED courses. Participants learn life-saving skills including treatment for shock, bleeding and wounds, burns, medical emergencies and more.

As part of the benefits associated with membership, this course is free to one person per member organization, per membership year. Register online for this monthly course at www.utahsafetycouncil.org.



Success Through Safety!

We want to brag about our members! Let us hear about your safety and health success stories so that they can be highlighted in Safety Matters. Please mail, fax or e-mail your story to:

1574 West 1700 South, Suite 2A
Salt Lake City, UT 84104
(801) 478-0884 Fax
safety@utahsafetycouncil.org

your

SAFETY matters

PUBLISHED BY THE UTAH SAFETY COUNCIL

WORKPLACE SAFETY IN ACTION HANDBOOK -- JOB SAFETY ANALYSIS

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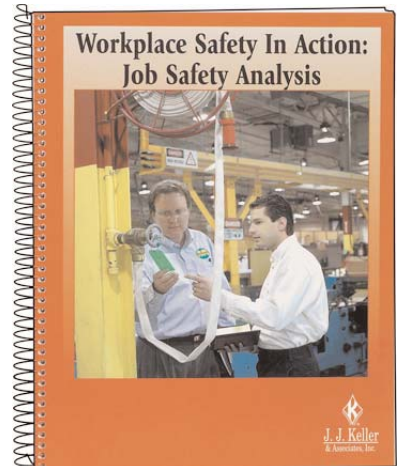
This handy reference uses straightforward language -- plus tables, charts, checklists and illustrations -- to create clear, reader-friendly presentations.

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