

your

FALL 2009

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 August 28, 2009, at the Sheraton City Centre Hotel. Safety awards were presented to over 90 individuals and organizations.

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. Balchem Corporation is the 2009 recipient of the Utah Labor Commission's Safety Award.

Achievement in Safety by an Organization

The Utah Safety Council's Achievement in Safety by an Organization Award is given as a gesture of appreciation to organizations that contribute to the



mission of the Utah Safety Council, and have excelled in promoting safety throughout the communities they serve. The 2009 Achievement in Safety by an Organization was awarded to the Salt Lake Valley Health Department.

Occupational Seat Belt Award

The Utah Safety Council offers an occupant protection award for companies achieving an 85% plus safety belt usage rate. This year, 22 outstanding examples of corporate efforts in the field of traffic safety were recognized. The Occupational Seat Belt Award was presented to:

- Aspen Distribution
- Burton Lumber
- Cargill Salt - Timpie Utah
- CMC Rock
- Hunt Electric, Inc.
- Intermountain Healthcare Courier Service - Dixie Office
- Intermountain Healthcare Courier Service - Murray Office

Workplace Safety Awards

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Your partner in developing effective occupational, traffic and home safety programs.

Workplace Safety Awards Continued:

- JT3, LLC
- Kimberly-Clark
- Major Drilling America, Inc.
- Mechanical Service & Systems
- Morton Salt - Grantsville Facility
- Rio Tinto Kennecott Utah Copper - Bingham Canyon Mine
- Rio Tinto Kennecott Utah Copper – Power Plant
- Rio Tinto Kennecott Utah Copper – Refinery
- Rio Tinto Kennecott Utah Copper – Tailings Impoundment
- Rocky Mountain Power Health and Safety
- Sapp Bros.
- Tesoro Salt Lake City Refinery
- Ultradent Products, Inc.
- United Parcel Service Salt Lake Facility
- United Parcel Service Feeder Division

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 2009 award recipient was Jim Evans with Associated Food Stores.

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 2009 Individual Achievement in Safety Award was Brad Letham, STEPP Facilitator, Tesoro Salt Lake City Refinery.

Certificate of Merit Award

The Utah Safety Council Certificate of Merit is given to encourage and reward quality accomplishments in safety and health. The 2009 Certificate of Merit Award was given to Flynn Chivers, Plant Manager, Nestle Prepared Foods.



Pictured above Jim Evans (left) is receiving the Professional Driver of the Year award from Robert Parenti, President of the Utah Safety Council.

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: \$23.10 (1-year subscription)
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Workplace Safety Awards Continued:

Award of Merit

The Utah Safety Council's Award of Merit is given to reward quality in occupational safety and health programs as measured by outstanding safety performance. Organizations are recognized for improvements in both lost time and total case incidence rates and/or maintaining rates that are consistently below the average for their industry as benchmarked against national averages compiled by the United States Department of Labor, Bureau of Labor Statistics. In addition to extremely stringent date requirements, applicants for these awards must have functioning safety programs that include a formal written safety and health plan, emergency plans, safety and health inspections, safety trainings and employee safety committees. This year's awards were presented to 52 companies representing a yearly average of over 51 million employee hours worked. Companies that received the 2009 Award of Merit were:

- Anderson Engineering Company, Inc.
- Ames Construction, Inc.
- Amcor Masonry Products
- Arnold Machinery Company - SLC CE & Mining Division
- ATK Launch Systems
- ATK Space Systems - Magna
- Battelle Memorial Institute
- Bodell Construction Company
- Cache Valley Electric
- CCI Mechanical, Inc.
- Chevron Salt Lake Refinery
- Coates Electrical and Instrumentation, Inc.
- Delta Fire Systems, Inc.
- Easton Technical Products
- EG&G Defense Materials - A Division of URS Corporation
- Energy Solutions - Clive Facility
- Firestone Building Products Co.
- Futura Industries Corporation
- GE Healthcare Surgery Campus
- Geneva Nitrogen LLC
- Gramoll Construction Company
- Holcim Devil's Slide Plant
- Intermountain Power Service Corporation
- Johnson Matthey, Inc.
- JT3, LLC

- Kern River Gas Transmission
- L-3 Communications - Communications Systems West
- Layton Construction Company
- Morton Salt – Grantsville Facility
- Monsanto, Soda Springs Idaho Site
- NOV IntelliServ
- PacificCorp Energy
- Pacific States Cast Iron Pipe Co.
- Preferred Paving
- R&O Construction
- Rio Tinto Kennecott Utah Copper - Bingham Canyon Mine
- Rio Tinto Kennecott Utah Copper - Copperton Concentrator
- Rio Tinto Kennecott Utah Copper - Power Plant
- Rio Tinto Kennecott Utah Copper - Refinery
- Rio Tinto Kennecott Utah Copper - Smelter
- Rio Tinto Kennecott Utah Copper - Tailings Impoundment
- Rocky Mountain Power Health and Safety
- Staker & Parson Companies
- Superior Air Handling
- Unisource Worldwide, Inc.
- Western Metals Recycling, LLC
- Wadsworth Brothers Construction
- Wasatch Electric - A Division of Dynalectric Co.
- Zellerbach



Rio Tinto Kennecott Utah Copper - Bingham Canyon Mine received the Occupant Protection Award, the Award of Merit, Perfect Record Award and the Million Hours Award.

Workplace Safety Awards Continued:

Perfect Record Award

This award recognizes organizations that have completed a period of at least 12 consecutive months without incurring an OSHA recordable injury or illness, or days away from work or death.

- Amcor Masonry Products
- Anderson Engineering Company, Inc.
- ATK Space Systems – Magna
- Battelle Memorial Institute
- Cerrowire
- Chevron, Salt Lake Refinery
- Coates Electrical and Instrumentation, Inc.
- EG&G Defense Materials, a Division of URS Corporation
- Firestone Building Products Co.
- Geneva Nitrogen LLC
- Gramoll Construction Company
- Holcim Devil’s Slide Plant
- Johnson Matthey, Inc.
- Kern River Gas Transmission
- Morton Salt – Grantsville Facility
- PacifiCorp – Currant Creek Power Plant
- PacifiCorp – Lake Side Power Plant
- PacifiCorp – Little Mountain Power Plant
- PacifiCorp – Olmstead Hydro Plant
- PacifiCorp – Pioneer Hydro Plant
- Preferred Paving
- R&O Construction
- Rio Tinto Kennecott Utah Copper – Bingham Canyon Mine
- Rio Tinto Kennecott Utah Copper – Copperton Concentrator
- Rio Tinto Kennecott Utah Copper – Power Plant
- Sapp Bros.
- Tesoro Petroleum
- Unisource Worldwide, Inc.
- Wadsworth Brothers Construction

Million Hours Award

This award recognizes organizations that have accomplished 1,000,000, 2,000,000, 3,000,000 or any other million increment of consecutive employee-hours without incurring an OSHA recordable injury or illness, or days away from work or death.

- ATK Space Systems – Magna
- Battelle Memorial Institute
- EG&G Defense Materials, a Division of URS

Corporation

- Holcim Devil’s Slide Plant
- Morton Salt – Grantsville Facility
- Rio Tinto Kennecott Utah Copper – Bingham



Employees from EG&G Defense Materials, a Division of URS Corporation with their Award of Merit, Perfect Record and Million Hours Awards.

Canyon Mine

- R&O Construction

Award of Honor

The Award of Honor is given to an organization that exceeds the performance of all other entries. The 2009 recipient of the Award of Honor is Nestle Prepared Foods of Springville, Utah for recognition of continued improvement and sustained excellence in its safety program.



Robert Parenti, President of the Utah Safety Council (far left) presenting the Award of Honor to the employees of Nestle Prepared Foods.

Fire in the Workplace

October is Fire Prevention Month. While prevention is the best way to avoid fires in your workplace, knowing how to quickly and correctly respond in the event of a fire can save lives. The National Safety Council recommends the following actions when a fire strikes your workplace:

- Report the fire immediately, before trying to put it out.
- Before attempting to extinguish the fire, it is important to know what type of fire it is. For example, water can make an electrical or flammable liquid fire worse, and natural gas fires can reignite until the gas flow is turned off.
- If the fire is large or extinguishers are not accessible:
 - ✓ Move quickly, but avoid panicking.
 - ✓ Use stairs instead of elevators - a power outage could leave you trapped.
 - ✓ Close doors along the way.
 - ✓ Direct fire fighters to the area of the fire.



- If the fire is small and the correct type of fire extinguisher is available:
 - ✓ Break the seal on the extinguisher and remove the pin.
 - ✓ Stay 8-10 feet away from the fire.
 - ✓ Press the lever and aim the nozzle at the base of the fire.
 - ✓ Continue moving the nozzle back and forth at the base of the flames with a steady, sweeping motion.

EVACUATION MAP SYSTEM

OSHA mandates that you post an emergency evacuation map with evacuation procedures. Implementing a complete emergency action and response program, including the use of J. J. Keller's Evacuation Map System, can help you stay in compliance and keep your employees safe. **Product # 752-RL**

The System includes the following:

- (4) Emergency Evacuation Maps (17" W x 11" H)
- (3) Practice Emergency Evacuation Maps (17" W x 11" H)
- (1) Sample Emergency Evacuation Map (17" W x 11" H)
- (3) Custom Frame Kits (17" W x 11" H)
- (1) Sheet of Adhesive Symbols
- (1) Instruction Sheet
- (1) Emergency Exit Routes Fact Sheet
- (1) Emergency Action & Response Program on CD-ROM

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Get the materials
you need to help
promote Fire Prevention
Month this October.

Thank You!

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TRINITY HIGHWAY SAFETY PRODUCTS
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UTAH STATE UNIVERSITY ENV HEALTH & SAFETY
WASATCH ELECTRIC
WESTERN METALS RECYCLING
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Effective Communication

Knowing your employees is a major part of the supervisor's job description. You may find it difficult to talk to some employees, but an effective supervisor has to try to communicate with everyone, according to the National Safety Council.

Active Listening

Understanding your employees begins with listening to them. According to the National Safety Council, listening is not a passive activity. It requires practice and can be a vital tool in effective communication with your employees.

Active listening can be practiced during any conversation. It doesn't mean simply remaining silent while the other person speaks or mentally formulating comebacks to every point the other person makes.

To set the stage for active listening, begin by removing all distractions. Shut off the radio and your phone. Close your door and clear off your desk. The fewer distractions you have, the more focused you will be on the conversation at hand.

Schedule meetings with employees at a time when you should be free of distractions. If something

unexpectedly comes up that does not allow you to give your full attention to one employee, reschedule the meeting.

Getting the Whole Message

Everyone has biases, but it is important to be aware of them and try not to allow them to unfairly influence your opinions. When an employee comes to you with an issue, do not jump to any conclusions. Avoid selective listening - dismissing certain aspects of an employee's story as he or she is telling it. Allow the person to finish everything he or she has to say.

Show you Care

As an employee is speaking, indicate you are interested with both verbal and nonverbal clues. These include maintaining eye contact, keeping an open body posture, and refraining from fidgeting or doodling while the employee is speaking.

You should avoid the appearances of cross-examining an employee, but if you need clarification on something, ask. Likewise, if an employee is mumbling or speaking too softly, ask him or her to speak more clearly.

Hearing Protection

Workers who are subject to constant, loud noise may not realize that their hearing could be damaged by a condition that is far less dramatic and obvious than other workplace hazards. According to one estimate, 9 million workers may be regularly exposed to noise levels above 85 decibels, the point at which hearing damage can begin to occur. The National Institute for Occupational Safety and Health estimates that in manufacturing alone, 1 million workers suffer from job-related hearing loss.

Employee Exercise

Direct employees to read through the list below and identify hazards in their own work area and what ideas they might have to further reduce their own noise exposure.

- Noise can disrupt communication, obscuring alarms, speech and other sounds. Noise can prevent a worker from hearing a shouted warning.
- Noise can impair the quality of the conduct of work, especially when reading is involved.
- Noise can annoy workers, sometimes leading them to rush a job or causing a breakdown in teamwork.
- Exposure to high levels of noise can cause a temporary hearing loss, known as temporary threshold shift. Temporary tinnitus (a ringing, roaring, or hissing sound in one or both ears) can also occur.
- Prolonged exposure to high levels of continuous noise or bursts of noise (e.g., from a jackhammer) can lead to permanent hearing loss. In some cases, permanent tinnitus can result.

Hearing Conservation: Now Hear This!

Noise is recognized by OSHA as a hazard that can cause temporary or permanent hearing loss, stress, and other physical problems.

What is Noise?

NOISE is unwanted sound measured by its frequency (*high or low pitch*) and its intensity (*loudness measured in decibels (dB)*). High frequencies are most damaging. Workers may not be exposed to more than an average of 85 dB over an eight-hour period without hearing protection being provided. Noise has three types:



1. Wide band: wide frequency range (i.e., manufacturing engines).
2. Narrow band: narrow frequency range (i.e., power tools and saws).
3. Impulse: temporary "beating" (i.e. jack hammer or power punch presses).

Hearing Protection Devices

Hearing protection devices (HPDs) do not block out sound completely, but they give some protection by reducing the amount of sound reaching your ear. At the same time, you will be able to hear speech and important machinery sounds. Keep in mind, though, that HPDs are provided only after your employer assesses the noise, attempts to reduce it using engineering and administrative changes, and then finds that hazardous noise remains.

Work at Working Safely

You are ultimately responsible for protecting your own hearing. You have the most to lose if you suffer hearing loss as a result of on-the-job noise hazards. Here are a few points to remember about protecting your sense of hearing:

- Make sure ear plugs fit properly
- Have an annual hearing test
- Keep HPDs in good operation
- Don't use homemade HPDs; they don't work
- Wear HPDs at work as required AND at home around noise

Source: JJ Keller

Avoiding Rollovers

Rollovers account for nearly a third of all vehicle crash fatalities. Any vehicle can be involved in a rollover; however, narrow vehicles with a higher center of gravity, such as SUVs, are more susceptible. In addition to vehicle type, the driver, road and environment are important risk factors.

According to the National Highway Traffic Safety Administration, 40% of fatal rollover crashes were caused by excessive speed. Here are more statistics about rollover fatalities to consider:

- 50% involved alcohol
- 72% were not wearing seatbelts
- 75% happened in rural areas
- 90% occurred while attempting routine driving maneuvers, such as going straight or turning. Driver behavior, such as distraction, speeding, or being impaired, contributed.

No matter what you drive, know these six precautions from safety experts to reduce your rollover risk:

1. Stay in control — avoid alcohol or drug use, excessive speed, and drowsiness.
2. If your vehicle edges off the road, don't brake, but reduce speed gradually and ease back onto the road. Panic reduces your ability to stay in control.
3. Maintain your vehicle's tires.
4. Use caution on rural roads.
5. Do not overload your SUV. Excess weight can cause the vehicle to tip.
6. Before you buy, do the research using sites such as the NHTSA New Car Assessment Program (www.safercar.gov) for data on rollovers, frontal and side crash test results, and other safety ratings of the vehicles on your shopping list.

Guard Against a Silent Killer: Carbon Monoxide

We've all heard stories about employees who have been hospitalized after complaining of nausea, dizziness, and blurred vision. A follow-up investigation into these incidents usually reveals that a piece of equipment, such as a propane forklift used in the facility, was producing dangerous carbon monoxide (CO) levels above the allowable limit, causing CO poisoning among the employees. CO is a colorless, tasteless, odorless, poison that is produced when fuels such as gasoline, oil, or kerosene are burned. It is one of many chemicals found in engine exhaust and can rapidly accumulate even in areas that might appear to be well ventilated, such as parking garages.

So, what steps can you take to prevent employees from being poisoned by carbon monoxide?

Precautionary Measures

- Do not allow employees to use gasoline-powered engines or tools inside buildings or in partially enclosed areas unless gasoline engines can be located outside and away from air intakes.

- Communicate the signs and symptoms of CO overexposure such as headache, nausea, weakness, dizziness and loss of consciousness.
- Consider allowing employees to use tools powered by electricity or compressed air, if they are available and can be used safely.
- Provide CO monitors where potential sources of CO exist.
- Instruct employees on the steps they should take if they experience any symptoms, such as immediately turning off equipment, going outdoors or to a place with uncontaminated air, and then call 911.
- Tell employees to stay away from the work area until the suspected source has been deactivated and measured CO concentrations are determined to be below accepted guidelines and standards.
- Encourage employees to watch their coworkers for signs of CO toxicity.