

your

# SAFETY matters

SPRING 2008

NEWS AND INFORMATION FROM THE UTAH SAFETY COUNCIL

## FREE TRAINING FOR SMALL BUSINESSES



The Utah Safety Council has teamed up with the National Safety Council and OSHA to put together two free courses for small business organizations. The first class, *Prevention Strategies for Construction's Focus Four Hazards*, will be in May. The second course, *Prevention Strategies for Electrical Hazards* will be held in June.

### How You Can Reduce On-The-Job Injuries

(page 3)

### Meet Our New Training Coordinator

(page 3)

### What Happens to a Safety Culture When Two Companies Become One?

(page 4)

### Five Amazing Allergy Facts

(page 5)

### Meet our Board

(page 6)

### Training Saves Life of Loved One

(page 7)

**Focus Four Hazards for Construction**  
May 30, 2008 | Time: 8:00 am - 5:00 pm

This course will help you identify the *Focus Four Hazards* and take steps towards a safer work environment. OSHA has identified four major hazard areas in the construction industry that will be addressed in this train-the-trainer course:

- Falls
- Electrocution
- Excavation and Trenching
- Struck-by Incidents

Participants will gain the knowledge and basic skills relating to the Focus Four Hazards:

- Define commonly used terms
- Recognize regulatory standards and requirements
- Recognize the importance of identifying, controlling and eliminating common construction hazards as a means of preventing deaths, injuries and illnesses
- Recognize risk-taking behavior and identifying suggestions for addressing them



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

## Prevention Strategies for Electrical Hazards

June 23, 2008 | Time: 8:00 am - 5:00 pm

This course will provide participants with the knowledge and basic skills to:

- Recognize the importance of identifying, evaluating and controlling common electrical hazards as a means of preventing deaths, injuries and illnesses
- Recognize and correctly use key terms and concepts relating to electrical safety
- Identify the four main types of electrical injuries
- Understand key elements of the OSHA Electrical Safety regulation
- Recognize the NFPA 70e integration into OSHA Electrical Standards
- Recognize the importance of electrical safety-related work practices
- Differentiate between qualified and

unqualified workers in order to identify appropriate training and protection requirements

- Identify practices and procedures to protect employees who work on or near electric conductors and equipment from the electrical hazards associated with this type of work

Enrollment for both courses is limited to organizations with less than 250 employees. Free registration is available to one individual per organization, per course to help ensure that a wide array of organizations have the opportunity to attend this course. You can register online at [www.utahsafetycouncil.org](http://www.utahsafetycouncil.org) or by contacting our Training Coordinator at (801) 478-7878 ext. 304.

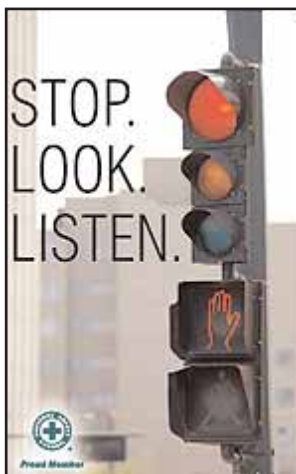
## OFF-THE-JOB POSTER PACK

Promote off-the-job safety within your company with these newly designed poster packs. Topics Include:

**Poster Pack 1:** Buckle up, Safety Reminder, Emergency Route, Slow Down and Bad Driving Conditions.

**Poster Pack 2:** Focus on your Driving, Read the Label, Drunk Driving, Beat the Heat, Stop.Look.Listen.

5 off the job safety messages in each packet. English and Spanish text provided; 11 x 17 color posters



**Member \$17.95 per pack**  
**Non-Member \$23.94 per pack**

Order both packs  
Member \$29.95  
Non-Member \$38.28

To order, contact Mona at  
(801) 478-7878 ext. 302, e-mail her  
at [kimbrough@utahsafetycouncil.org](mailto:kimbrough@utahsafetycouncil.org)  
or order online at  
[www.utahsafetycouncil.org](http://www.utahsafetycouncil.org).



Chapter, National Safety Council



**Safety Matters** is published quarterly by the UTAH SAFETY COUNCIL. If you would like to submit items for use in this newsletter, send them to:

**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](http://www.utahsafetycouncil.org)  
**President:** Robert F. Parenti  
**Editor:** Sarah Barrett

## HOW YOU CAN REDUCE ON-THE-JOB INJURIES

Show you're serious about safety. Following these principles can help you reduce on-the-job injuries for yourself and for those around you.

### FOLLOW THE RULES

Understand the safety policies for your workplace. When it comes to workplace equipment, be sure you know how to properly operate it – read your equipment manual and understand the machine's capabilities and its hazards; follow preventive maintenance guidelines. Remember: Shortcuts aren't worth the risk.

### REPORT HAZARDS IMMEDIATELY

Think you can't do anything about the dim fluorescent light or that loose railing? Think again. By immediately reporting safety hazards, you may save someone (perhaps even you) from unintentional injury. If you notice a potential hazard, talk to your supervisor or building maintenance personnel right away.

### LOOK OUT FOR OTHERS

Always use machine guards when you are working on or repairing equipment. If you need to step away from the machine, lock it out and tag it out. If you see co-workers doing something unsafe, let them know. If

they continue to work unsafely, talk to your supervisor. They are putting themselves, and others, in jeopardy.

### TOP 10 ACCIDENT PREVENTION ACTIONS

- 1) Think before you act
- 2) Always follow safety procedures
- 3) Choose the right tools for each job, and use them properly
- 4) Store cutting tools safely when you're not using them
- 5) Concentrate on what you're doing
- 6) Look out for warnings
- 7) Obey safety signs and labels
- 8) Ask for help when you need it
- 9) Share your own safety skills
- 10) Cooperate for safe teamwork

*Source: Top Health*



## MEET OUR NEW TRAINING COORDINATOR

Please help us welcome Anthony Sudweeks as our new Occupational Safety Training Coordinator. Anthony previously was employed with United Parcel Service for four and a half years as their Safety Compliance Officer. He has a degree from the University of Utah in English Literature. Anthony can be reached directly at (801) 478-7878 ext. 304 and his contact e-mail is [asudweeks@utahsafetycouncil.org](mailto:asudweeks@utahsafetycouncil.org). We are excited to have him as an addition to our team.



# WHAT HAPPENS TO A SAFETY CULTURE WHEN TWO COMPANIES BECOME ONE?

Integrating a safety culture among merged companies or business units and operations of other organizations presents key challenges to corporate executives and safety managers. It is not necessarily the case that one organization's safety culture trumps another, experts believe; rather, the two cultures may be so different that hard work and diligence is required to bring them together.



## KEY POINTS TO CONSIDER:

- 1) The acquiring company should match up the safety mission statements of the two organizations to determine where priorities are.
- 2) Training is a key starting point with new workers coming into a corporation under a merger or acquisition.
- 3) Although the acquiring company is putting its resources on the line in the transaction, it nonetheless should be open to examining the acquired company's safety program to determine what is being done successfully.
- 4) If the company being acquired has experienced success through its current safety program, maintaining and enhancing that success sends a powerful message to the merged company's employees
- 5) Communication with workers is paramount after the acquiring company has examined the acquisition's safety policies and procedures.

## DON'T FORGET!

Much can be learned from a cost-benefit analysis of the acquired company's reported safety and health statistics. The numbers should be examined carefully from a pre- and post-acquisition standpoint to determine any trends and to review any major high-profile incidents. Those safety numbers are going to translate into workers' compensation costs and liability costs. If you still are going to acquire them, you're going to have to accept that you may have to do a major safety culture change from the ground up.

*Safety+Health August 2007*

## UTAH SAFETY COUNCIL MEDIA LIBRARY

The Utah Safety Council's Media Library has over 900 training resources for your employees. Using a DVD or Video in your training helps ensure that all your employees are receiving the same instruction. View our entire Media Library catalog online at [www.utahsafetycouncil.org](http://www.utahsafetycouncil.org) or give us a call (801) 478-7878 and one of our staff members will be able to assist you with reserving a title. **Members of the Utah Safety Council enjoy FREE rentals from the Media Library!**

## SAMPLE SAFETY PROGRAM TOOLS

Another tool available exclusively for members of the Utah Safety Council are the Sample Safety Program Tools. Are you new to the safety industry? Are you in charge of your company's safety program? Are you creating a new safety program for your company? Do you need to update your current safety program? The Utah Safety Council is here to help. We have many safety program templates that are available to members of the Utah Safety Council for FREE. These include sample programs, policies, forms and checklists that address dozens of safety topics and issues. You can customize these tools to fit the specific needs of your organization. To request these program tools send an e-mail to [safety@utahsafetycouncil.org](mailto:safety@utahsafetycouncil.org).

## FIVE AMAZING ALLERGY FACTS

April Showers bring  
May flowers, and May  
flowers bring Allergy  
Season!



- 1) Sensitive to Pollen? Wash your hair before bedtime. You'll remove any pollen and keep it from settling on pillows and bedding. Also avoid irritants such as tobacco smoke, automobile exhaust, hairspray and perfume; wash your hands frequently; plan outdoor activities when pollen counts are low.
- 2) The best times to take an antihistamine, which helps block allergic reactions, is before symptoms start. Just remember some allergy medications can cause sleepiness. So never take one when safety requires you to be alert. Ask your health care provider about

antihistamines that cause less drowsiness.  
3) Dust mites love to nest in area rugs and make you sneeze and itch. If you're allergic, place area rugs outdoors in direct sunlight for a few hours until they become warm and dry. This results in the dust mites drying up and dying.

4) Moving to another location is no guarantee of allergy relief. People usually develop allergies to their new region's pollens and molds within a few years of moving. Most allergy-provoking grasses are widespread throughout the world.

5) As many as 20% of Americans believe they have a food allergy, but true food allergies are actually rare. What most people consider food allergies are usually signs of digestive problems, food poisonings or stress.

*Source: Top Health*

## Construction Industry Data Sheets Collection

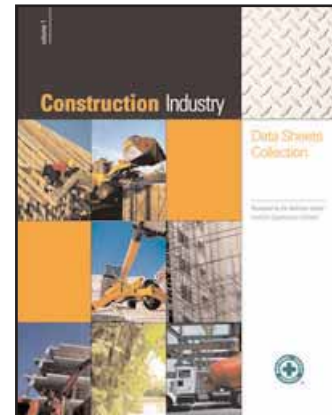
This 111-page spiral-bound book has been compiled, revised and reviewed by National Safety Council Construction Division members. Containing 12 separate Data Sheets, this collection provides quick reference to safety information on topics you may face everyday. A free CD-ROM version of the collection is also included.

### Topics Include:

Trenching and excavation safety • Poison ivy, poison oak and poison sumac • Recommended loads for wire rope slings • Drinking water on construction jobs • Fire prevention and control on construction sites • Paving with Portland cement concrete • Job-made ladders for construction • Belt conveyors for bulk materials • Tower cranes • Externally loaded helicopters in construction work • Guardrail systems: Fall prevention for floor and wall openings and open-sided floors • Procedures for cleaning bird droppings

**Member: \$32.95 | Non-Member: \$39.54** Item # 29180-0000

To order, contact Mona at (801) 478-7878 ext. 302, e-mail her at [mkimbrough@utahsafetycouncil.org](mailto:mkimbrough@utahsafetycouncil.org) or order online at [www.utahsafetycouncil.org](http://www.utahsafetycouncil.org).



# THANK YOU!

## SUSTAINING MEMBERS

AMERICAN EXPRESS  
ASPEN DISTRIBUTION  
ATK THIOKOL PROPULSION  
FREEPORT CENTER ASSOCIATES  
GARKANE ENERGY COOPERATIVE, INC.  
HOLLY REFINING & MARKETING  
INSURE-RITE  
INTERMOUNTAIN HEALTH CARE  
KENNECOTT UTAH COPPER  
L-3 COMMUNICATIONS  
MORONI FEED COMPANY  
MORTON SALT  
PEPPERMILL RAINBOW & MONTEGO BAY  
QUESTAR GAS  
ROCKY MOUNTAIN POWER  
ROCKY MOUNTAIN RECYCLING  
ROY CITY CORPORATION  
SIERRA PACIFIC POWER COMPANY  
SOUTH TOWNE & SALT PALACE CENTERS  
SOUTH VALLEY WATER RECLAMATION  
STAKER & PARSON COMPANIES  
THE CHURCH OF JESUS CHRIST OF LATTER  
DAY SAINTS  
UTAH DEPT OF PUBLIC SAFETY  
WESTERN ZIRCONIUM  
WORKERS COMPENSATION FUND

## CONTRIBUTING MEMBERS

AERO TECH MANUFACTURING, INC.  
ALTVITY PACKAGING  
AMES CONSTRUCTION, INC.  
A-PLUS BENEFITS  
BALLARD MEDICAL/ KIMBERLY CLARK  
BARNES AEROSPACE OGDEN DIVISION  
BD MEDICAL SYSTEMS  
BIG D CONSTRUCTION  
BRODERICK & HENDERSON  
CONSTRUCTION  
BUILD, INC.

CHEVRONTXACO PRODUCTS COMPANY  
CITY OF LEHI  
DAVIS SCHOOL DISTRICT  
DAW CONSTRUCTION GROUP  
ENERGY SOLUTIONS  
FLYING J TRANSPORTATION  
GENEVA ROCK PRODUCTS, INC.  
GSL ELECTRIC, INC.  
HARRIS & HART, INC.  
HUISH DETERGENTS, INC.  
INFINITY INSURANCE  
INNOVATIVE STAFFING  
JARDINE PETROLEUM  
JOY MINING MACHINERY  
KALTECH INT, LLC  
KERN RIVER GAS TRANSMISSION  
COMPANY  
LA-Z-BOY UTAH  
MARKO FOAM PRODUCTS  
MEADOW GOLD DAIRY  
MERIT MEDICAL  
MODYNE MACHINING & MANUFACTURING  
MOOG AIRCRAFT-MONTEK COMPANY  
NELCO CONTRACTORS  
NEWAYS INTERNATIONAL  
NIELSON CONSTRUCTION, INC.  
NU SKIN ENTERPRISES  
OC TANNER COMPANY  
OKLAND CONSTRUCTION  
PRO-MARK & ORBIT IRRIGATION  
PACIFIC SUPPLY  
QWEST COMMUNICATIONS  
R&O CONSTRUCTION  
RASMUSSEN EQUIPMENT  
RMCOEH - UNIVERSITY OF UTAH  
ROBINSON CONSTRUCTION  
ROOFERS SUPPLY, INC.  
SALT LAKE CITY SCHOOL DISTRICT  
SEI STEEL ENCOUNTERS, INC.  
SELECT COMFORT  
THE LAYTON COMPANIES  
TRINITY HIGHWAY SAFETY PRODUCTS

TRI-PHASE ELECTRIC  
UNITED STATES GYPSUM COMPANY  
USANA HEALTH SCIENCES  
UTAH STATE UNIV ENV HEALTH & SAFETY  
WESTERN METALS RECYCLING  
WESTERN PAPER COMPANY  
WESTERN PIPE FABRICATION, INC.  
WHEELER MACHINERY  
WHITAKER CONSTRUCTION COMPANY  
WILLIAMS NORTHWEST PIPELINE  
WOODLAND FURNITURE  
WW CLYDE & COMPANY  
ZERO MANUFACTURING

## WELCOME NEW MEMBERS

ALBION MINERALS  
ALL PRO ELECTRIC  
AMEDICA CORPORATION  
AMERICAN PREPARATORY ACADEMY  
BADGER DRILLING  
BC GOULDING ENTERPRISES  
COMMERCE CRMG  
COMPAX MANAGEMENT  
DOWN EAST OUTFITTERS, INC.  
FISHER COMPANY  
GRAND COUNTY  
ICPE CONSTRUCTION MANAGEMENT  
INTERMOUNTAIN PLANTINGS  
MAKING MEMORIES WHOLESALE  
NESTLE FROZEN FOOD COMPANY  
NUWAY ENGINEERING  
PROLOGISTIX  
SAN JUAN COUNTY  
SNOWBASIN RESORT COMPANY  
SUNRISE ENGINEERING, INC.  
TERRACON CONSULTANTS, INC.  
UTAH SOUTHVALLEY COMMUNITY HIGH  
VIRACON  
WORK SITE SAFETY, INC.

# MEET OUR BOARD

Paul Radakovich currently serves as the Chairman Elect of the Utah Safety Council's Board of Directors. He is the Vice President for Transmission and Distribution Operations for Rocky Mountain Power. His current responsibilities include the construction, operation, and design for the transmission and distribution network in the Rocky Mountain Power service territory. His career began with Utah Power and Light in 1983 after receiving a degree in electrical engineering from the University of Wyoming. During his 25 year career he has held numerous engineering and operations positions in a number of locations that have allowed him to gain experience in all aspects of electric utility network design and operation. He has led the Outage Management Information Technology project for PacifiCorp, Scottish Power, and Rocky Mountain Power

He is married with two children who are both currently enrolled at the University of Wyoming. He enjoys spending his personal

time outdoors hunting, hiking and snowmobiling.



*Paul Radakovich Chairman Elect of the Utah Safety Council's Board of Directors. He is the Vice President for Transmission and Distribution Operations for Rocky Mountain Power.*

## TRAINING SAVES LIFE OF LOVED ONE

Douglas E. Folsom, the Risk Manager for Utah Local Governments Trust attended our First Aid, CPR & AED Instructor course the first part of 2007. Since then he has taught First Aid, CPR & AED classes about 8 times. He taught a course on Thursday, December 13, 2007. The following Sunday the 16<sup>th</sup> he was walking home from church with his 77 year old father. Suddenly his father collapsed in total cardiac arrest. Doug's training immediately kicked in, he sent his mother to call 911 and quickly started Basic Life Support (BLS). Two and a half weeks later Doug's father was ready to leave the hospital and go to a care facility for some additional therapy before going home. Even though he has not totally regained his physical strength, he is able to communicate with no trouble and is 100% his normal self. The cardiologist credited the prompt effective BLS for his recovery and retention of his faculties.

Doug Folsom wrote in a correspondence with the Utah Safety Council; "I am most grateful for the training I received at Utah Safety Council and look forward to continue providing this training to members of our municipal insurance pool".

The Utah Safety Council offers both instructor certification in First Aid, CPR and AED and monthly First Aid courses at our training center. This course provides a great opportunity to help train your employees with basic First Aid, CPR and AED skills that could save another life.

### First Aid, CPR and AED for Business Course

This course supplies participants with the most up-to-date First Aid, CPR and AED training. Participants learn life-saving skills including treatment for shock, bleeding and wounds, burns, medical emergencies and more. Upon completion, students receive a First Aid Certification valid for three years, and a CPR and AED Certification valid for two years. **As part of the benefits for members of the Utah Safety Council, this course is free for one person, per member organization, per membership year.**

Additional attendees \$50 each. Non-Members \$60 each.

Scholarships are available to cover 50% of the cost for this course. To apply visit us online at [www.utahsafetycouncil.org](http://www.utahsafetycouncil.org) or call our Training and Development Coordinator at (801) 478-7878 ext. 307.

**Medical Emergencies can happen anywhere, at anytime. Are you prepared?**



### Success Through Safety!

We want to brag about our members! Let us hear about your successes stories resulting from your safety and health programs so that it can be highlighted in *Your 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](mailto:safety@utahsafetycouncil.org)

## WORKPLACE SAFETY IN ACTION: SAFETY COMMITTEES

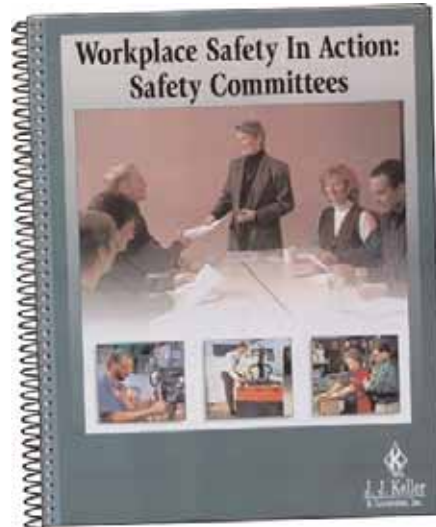
Explains how you can make your safety committees more organized and focused.

J. J. Keller's *Workplace Safety In Action: Safety Committees* uses straightforward language -- plus tables, charts, checklists and illustrations -- to create clear, reader-friendly presentations.

This handy reference presents strategies for gaining management commitment; explains how to organize and operate safety committees; suggests methods for identifying safety problems and implementing solutions; and tells how to evaluate safety committee effectiveness.

Product # 1SLC-4 | **\$29.00 Each**

To order, contact Mona at (801) 478-7878 ext. 302, e-mail her at [mkimbrough@utahsafetycouncil.org](mailto:mkimbrough@utahsafetycouncil.org) or order online at [www.utahsafetycouncil.org](http://www.utahsafetycouncil.org).



**UTAH SAFETY COUNCIL** *Promoting Health, Protecting Life*  
1574 WEST 1700 SOUTH, SUITE 2A  
SALT LAKE CITY, UTAH 84104

Non-Profit Org.  
U.S. Postage  
PAID  
S.L.C., UT  
Permit No. 4978

**ADDRESS SERVICE REQUESTED**

*THE MISSION OF THE UTAH SAFETY COUNCIL*

*is to promote safety and health by*

*providing education, services and*

*products.*



Chapter  
National Safety Council