

The Pennsylvania Consultation Connection

January 2022



A SHARP Company

Earns Prestigious Safety Award

A commitment to workplace safety resulted in a Brockwaybased powder metals parts manufacturer being one of four companies in Pennsylvania to receive a 2021 Governor's Award for Safety Excellence.

ACHIEVEMENT 2020 PMPA SAFETY AWARD

Phoenix Sintered Metals LLC was recognized Dec. 2 by Scott G. Weiant, Deputy Secretary for Compensation and Insurance in the state's Department of Labor and Industry, and other members of the assessment and selection committee for the awards.

"We are truly honored to receive the Governor's Award for Safety Excellence from the Pennsylvania Department of Labor & Industry," said Steve Leuschel, Phoenix's Chief Operating Officer. "Through our commitment to the Operational Excellence program here at Phoenix, we have built a culture of mutual trust and respect with a tremendous focus on continuous improvement, always ranking safety as the top priority. Our employees care about safety.

"We also want to recognize L&I, the Occupational Safety and Health Administration (OSHA) Consultation Program at Indiana University of Pennsylvania, Penn National Insurance through Swift Kennedy & Co., our safety coordinator Terry Fustine and our safety committee for all of their guidance in achieving this award," added Leuschel.

The company developed a problem-solving sheet using the "Five Whys" technique to help employees investigate near misses, accidents and/or injuries. The approach employees proactively identify the cause-andeffect relationship in order to find solutions to potential safety hazards.

Phoenix Sintered Metals is the only Pennsylvania powdered metal company accepted into OSHA's Safety & Health Achievement Recognition Program, which also has all employees participate in weekly safety inspections where they take turns performing safety checks.

"One of the many ways Phoenix Sintered Metals LLC works to promote best safety practices is by providing employees with daily access to updated safety topics, rules and regulations," Weiant said. "Some of the company's proactive safety measures, including adding a safety communications kiosk in the employee breakroom, highlight the company's ongoing commitment to promoting an injury-free workplace."

More than 12,800 state-certified workplace safety committees have been established since March 1994, protecting more than 1.6 million workers. Additionally, employers with certified workplace safety committees have saved more than \$838 million in workers' compensation premiums.

Phoenix Sintered Metals is a Varischetti family-owned manufacturer of high-strength powder metal parts for different industries including automotive, outdoor power equipment, industrial, sporting goods, food service, medical and others.



Interested in SHARP?

Contact Us: PA/OSHA Consultation Program

Call Toll free: 1-800-382-1241

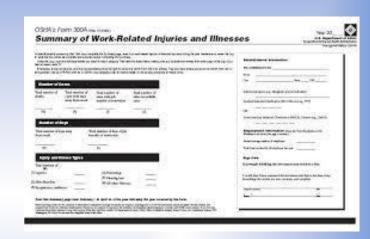
Visit our website: www.iup.edu/pa-oshaconsultation



The On-site Consultation Program's Safety and Health Achievement Recognition Program (SHARP) recognizes small business employers (Employ not more than 250 employees at the site and not more than 500 total employees at all sites controlled nationwide) who operate an exemplary injury and illness prevention program. Acceptance of your worksite into SHARP from OSHA is an achievement of status that singles you out among your business peers as a model for worksite safety and health. Upon receiving SHARP recognition, OSHA exempts your worksite from OSHA programmed inspections during the period that your SHARP certification is valid

Some Reminders...

Posting the OSHA 300A



WHO Establishments that are required to maintain OSHA Injury/Illness forms (300 log & 300A) in 2021

WHAT Need to complete and post the OSHA 300A for the calendar year 2021

WHEN By February 1st 2022 (through April 1st, 2022).

OSHA Injury and Illness Recordkeeping and Reporting Requirements

Electronic Submission of OSHA Form 300 A



March 2, 2022 is the deadline for electronically reporting your OSHA Form 300 A Summary of Work Related Injuries and Illnesses for calendar year 2021.

Remember, not all establishments need to submit their OSHA 300A Data.

Review which establishments do not need to provide their data.

WHO Establishments with 250 or more employees that are currently required to keep OSHA injury and illness records, and establishments with 20-249 employees that are classified in <u>certain industries</u> with historically high rates of occupational injuries and illnesses.

WHAT Covered establishments must electronically submit information from their OSHA Form 300A.

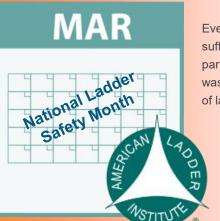
WHEN In 2022, covered establishments must submit information from their completed 2021 Form 300A by March 2.

HOW OSHA provides a secure website that offers three options for data submission. First, users can manually enter data into a web form. Second, users can upload a CSV file to process multiple establishments at the same time. Last, users of automated recordkeeping systems will have the ability to transmit data electronically via an API (application programming interface). Injury Tracking Application

EVERY STEP MATTERS:

From step stools to extension ladders...

make sure you're putting the right foot forward



Every year over 100 people die in ladder-related accidents, and thousands suffer disabling injuries. Join the American Ladder Institute (ALI) and participate in National Ladder Safety Month in March. This important month was designed to raise awareness of ladder safety and to decrease the number of ladder-related injuries and fatalities.

THREE SIMPLE STEPS TO PREVENT FALLS

PLAN. PROVIDE. TRAIN.

PLAN Ahead to Get the Job Done Safely.

Visually inspect all ladders before use for any defects such as: missing rungs, bolts, cleats, screws and loose components.

Before starting work, survey the area for potential hazards, such as energized overhead power lines. Keep all ladders and other tools at least 10 feet away from any power lines.

Allow sufficient room to step off the ladder safely. Keep the area around the bottom and the top of the ladder clear of equipment, materials, and tools.

PROVIDE the Right Ladder for the Job

Use a ladder that can sustain at least four times the maximum intended load. Do not exceed the load rating and always include the weight of all tools, materials, and equipment.

For straight ladders, set the base of the ladder so that the bottom sits securely and so both side rails are evenly supported. The bottom of the ladder should be one-quarter of the ladder's working length away from the wall.

Do not use self-supporting ladders (e.g., step ladder) as a single ladder or in a partially closed position. Ensure the spreader bar is fully extended and locked in position.

Do not place a ladder on boxes, barrels, or other unstable bases to obtain additional height. For access to an elevated work surface, extend the top of the ladder three feet above that surface and secure the ladder at the top

TRAIN Workers to Use Ladders Safely.

Employers must train each worker to recognize and minimize ladder-related hazards.

For additional information, please visit the following links:

- ⇒ Ladder Safety Training Videos American Ladder Institute
- ⇒ Stairways and Ladders A Guide to OSHA Rules OSHA publication 3124.
- ⇒ Ladder Safety: Reducing Falls in Construction: Safe Use of Extension Ladders Fact Sheet OSHA 3660-2013
- ⇒ Ladder Safety: Reducing Falls in Construction: Safe Use of Job-made Wooden Ladders Fact Sheet OSHA 3661-2013
- ⇒ Ladder Safety: Reducing Falls in Construction: Safe Use of Stepladders Fact Sheet OSHA 3662-2013



WINTER DRIVING SAFETY

Winter weather conditions cause a multitude of potential hazards in which lead to serious accidents. According to the National Highway Traffic Safety Administration (NHTSA), in 2019 a total of 440 fatal crashes and approximately 33,000 injury related crashes occurred during winter weather conditions. The following outlines precautionary items that should be considered when driving in winter conditions.

Tires

- *In Pennsylvania, the tread depth minimum for passing a state inspection is 2/32, although most experts agree that 4/32 should be present and considered safe for normal driving conditions.
- *Under winter driving conditions many manufacturers recommend a minimum of 5/32 inches.
- *Studded tires for additional traction and under Pennsylvania state law may be used from November 1 to April 15.
- *Due to the temperature drop in winter, tires tend to deflate slightly and should be reinflated to meet the pressure recommended for your particular vehicle.

TIRE TREAD DEPTHS

Below are the penny and quarter tests to see if tires need to be replaced based upon tread depth in relation to the presidents heads.



Batteries

Due to the cold temperatures vehicles are more difficult to start. If a battery does not have the proper rating or is not charging completely, you may become stranded. Having a mechanic look over your battery, belts and charging system will help in diagnosing any potential problems.

Windshield Wipers and Lights

Due to accumulations of ice, snow and dirt windshields become less transparent and allow for additional glare. Using an appropriate winter de-icer wiper fluid can aid in keeping your view clear. These are rated for various temperatures and using the wrong type may lead to further windshield freezing. Also, ice, snow and dirt can accumulate on headlights reducing the ability to illuminate the road. Keep the lights clear and clean and check them prior to driving.

Emergency Supplies

Due to the potential of mechanical failures, accidents, and road conditions, it is important to be prepared during winter driving. Prepacked emergency kits are available, or individuals can make their own, but having the right items is critical.

Things to consider having on hand in the vehicle include



- * Jumper Cables
- * First Aid Kit
- * Warning Triangle
- * Flashlight
- * Handwarmers
- * Gloves
- * Blanket

- * Tow Rope
- * Tool Kit
- * Cell phone charger
- * Sand/Kitty Litter for traction
- * Shovel
- * Ice Scraper

HOW TO STAY SAFE IF YOU HE TRAPPED IN YOUR CAR DURING A SNOWSTORM

By Alyssa Lukpat ¹and Christine Chung²

From the east coast to the western United States., a barrage of winter storms has wreaked havoc across the country. Here's an excerpt from the article: Here to Help; Surviving in Your Stranded Car³

Stay warm.

You are on the road. Snow is blanketing the ground. Traffic is gridlocked. What now?

First, do not leave your car, experts said. It is the safest place to be until the storm dies down.

"No matter how cold it is inside the car, it will be colder outside," said Gordon Giesbrecht, a professor at the University of Manitoba who has studied human responses to extreme environments.

Resist the temptation to head out and find help, he added. If you go outside, you could get hypothermia or become lost.

Instead, generate heat by turning on the car for up to 10 minutes every hour, said Dr. Steve Mitchell, a medical director at the Harborview Medical Center's emergency department in Seattle. Any longer could waste gas.

Human bodies naturally generate warmth, although younger people lose heat faster, he added. Wear a hat so you do not lose heat from your head.

Dr. Giesbrecht suggests maximizing your body heat by hugging your chest and putting your hands in your armpits.

There is only one situation in which you should step outside: if you need to check that your tail pipe is clear, to eliminate the risk of carbon monoxide poisoning from exhaust, experts said.

Have wipes and a bottle handy if you need to go to the bathroom, Dr. Lipman said.

While your phone may provide a needed distraction, it is important to preserve your battery so that you can make emergency calls, he said. Close your browser and any other battery-draining apps.

Instead, you can distract yourself by doing small exercises in the car, which will also help you stay warm, Dr. Lipman said.

Take care of yourself.

It is easy to feel isolated or scared, but remember that you are surrounded by other people who are also stranded, said Dr. Grant Lipman, the founder of the <u>Global Outdoor Emergency Support</u>, an app that offers tips for emergencies.

If you have them, eat foods that are high in fat and carbohydrates, which will give you energy and help generate warmth, he added. That includes nuts, chocolate and candy bars.

If you run out of water, drink melted snow, Dr. Mitchell said. But don't drink alcohol. It will disorient you.

Pack a 'go bag.'

Some important essentials to bring are food, water and a charged cellphone, said Dr. Ken Zafren, an emergency medicine professor at Stanford University and an emergency physician at the Alaska Native Medical Center in Anchorage, Alaska.

Beyond that, experts said it would be helpful to have the <u>following</u>: parkas, blankets, sleeping bags, boots, mittens, hats, flares, medications, wipes, a shovel, a first-aid kit, a cellphone charger, an ice scraper, jumper cables and a full tank of gas.

Even better: Keep these items in your car year-round, experts said.

What about pets?

Lean breeds, older dogs, and puppies are more susceptible to hypothermia, according to the American Kennel Club.

Experts said you should include items for your pets in your emergency kit, such as a blanket and food. While in the car, you could huddle with your pet for warmth. Ideally, you can cover the pet with some form of insulation.

Excerpts of this article were written by:

1 <u>Alyssa Lukpat</u> is a reporter covering breaking news for the Express desk. She is also a member of the 2021-22 New York Times fellowship class. @AlyssaLukpat

2 Christine Chung is a general assignment reporter covering breaking news. @chrisychung

3 A version of this article appears in print on Jan. 6, 2022, Section A, Page 3 of the New York edition with the headline: "Here to Help; Surviving in Your Stranded Car" Order Reprints | Today's Paper | Subscribe

Voluntary Use Rules for Respirators and Masks

Here's what you need to know

During Health Visits, consultants observe employer confusion over the Respiratory Standards, especially **voluntary** use of masks and in addition, COVID-19 recommendations.

Even when employees volunteer to wear respirators, the employer is required to evaluate potential exposures to toxic and hazardous substances.

PA/OSHA Consultation can provide no-cost air sampling and other assistance in these evaluations. If OSHA exposure limits are exceeded, administrative or engineering controls must first be determined and implemented whenever feasible, such as ventilation, covering volatile substances to reduce evaporation, and substitution with a less-hazardous substance. When such controls are not feasible to achieve full compliance, respirators (or any other protective measures) are used to keep the exposure to air contaminants within limits. In that case, the wearing of respirators becomes mandatory and cannot be considered voluntary.

COVID-19 Face Coverings OSHA uses the term "face coverings" to differentiate from the term "mask" and from respirators that meet OSHA's Respiratory Protection Standard. OSHA's definition is different than the CDC's definition of masks, which are cloth (commercial or homemade), and those that are disposable. Face coverings are designed to contain your respiratory droplets and particles. They also provide you some protection from particles expelled by others. Face coverings are not considered personal protective equipment (PPE). [Exception: Surgical masks are used to protect workers against splashes and sprays (i.e., droplets) containing potentially infectious materials; in this capacity, surgical masks are considered PPE.] For more information see OSHA's webpage: Protecting Workers: Guidance on Mitigating and Preventing the Spread of COVID-19 in the Workplace

The table below is a guide to voluntary and required use of respiratory protection. Respirator programs require proper training, fit testing, appropriate medical evaluations and monitoring, cleaning, and oversight by a knowledgeable staff member. OSHA consultation staff can assist with understanding respiratory protection requirements, developing a respiratory protection program, and training.

		REQUIREMENTS						
		Type of	Provide	Written		Medical		Seal Protection
	RESPIRATOR TYPE	Use	Appendix D.	Program	Training	Evaluation	Fit-Testing	(no facial hair)
	601/ID 10	COVID-19 masks are not respirators and are not covered by the Respiratory Protection						
	COVID-19 masks	Standard 1910.134						
2 straps behind the head NIOSH certified		voluntary	yes	no	no	no	no	no
	filtering	voidillary	yes	110	110	110		110
Marked N95, N99, N100, R95, R99, R100, P95, P99, or P100	face-piece	mandatory	yes	yes	yes	yes	yes	yes
		,	- \$ 0000		• 100 mg	****	1 10000	7.80000
	tight-fitting	voluntary	yes	yes - partial	yes	yes	no	no
				(see 1910.134(c)(2)(ii))				
	facepiece	mandatory	yes	yes	yes	yes	yes	yes
			191.00	wee portiol				
	loose-fitting [such as	voluntary	yes	yes - partial (see 90.84(c)(2)(ii))	yes	yes	no	no
	powered air-purifyina						100	100
All photos courtesy of Shutterstock	respirator (PAPR)]	mandatory	yes	yes	yes	yes	no	no

Notes:

- 1. Due to a respirator shortage early in the pandemic, OSHA stated it would not take action against employers using respirators certified in other countires, e.g. Chinese KN95 designation.
- OSHA has rescinded the temporary enforcement discretion due to current availablility of NIOSH-certified respirators. https://www.osha.gov/laws-regs/standardinterpretations/2021-07-07
- 2. The COVID-19 Healthcare Emergency Temporary Standard allowed respirators to be provided to Healthcare workers in lieu of less-protective Face Coverings without medical evaluations and fit-testing, but the ETS has been withdrawn by OSHA (other than the record-keeping sections).
- 3. Appendix D is availabe here: https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.134AppD

Pre-Job Briefings





Tolerable Risk



Achieving "zero risk" is not possible; for example, smart technology for crash avoidance in your vehicle and in the cars around you played a significant part in your safe arrival at work today. But despite driver training, focus, awareness, police monitoring, and new driver-assist technology, risk of a traffic accident remains.

The same is true for workplace safety and health. We plan and train to reduce operational risk, but residual occupational safety and health risk will remain. According to OSHA, employers have the duty to provide a safe workplace, meaning work is always performed at acceptable levels of risk and injuries are avoided or prevented. But as an employer, how can you recognize if this risk is too high? One answer is **Pre-Job Briefings**.

A pre-job brief is conducted before your workers start the day or before any non-routine task. An effective briefing ensures each task step can be completed safely. What is a pre-job briefing? A pre-job brief is a two-way conversation about workplace conditions associated with any work task, regardless of complexity. Most importantly, the pre-job briefing is an excellent tool to get your workers engaged and involved in safety, talking **about safety**, encouraging them to challenge conventional wisdom about how work is done safely and efficiently, and creating opportunities for workers to suggest better ways to control hazards in your workplace.

What can an effective conversation about job safety accomplish? When workers are involved in identifying, evaluating, and controlling hazards they face every day on the job, fewer injuries and illnesses result.

According to recent research, Connor and Mulroy (2021) ¹suggest the following tips to help your organization implement an effective pre-job safety briefing process at your workplace, and rout out hazards before someone gets hurt:

WHY: Pre-job briefings ensure workers understand the task at hand, including very specific measures to be taken to avoid injury.

WHEN: You should hold a pre-job brief before any job, regardless of how routine it may be – it's always beneficial to actively test planned safety and health protections and interventions before energy is released. More importantly, pre-job briefings should be conducted before any non-routine job, an emergency breakdown repair, or any unplanned work is performed to ensure the job can be performed safely.

WHAT: Crew leaders, supervisors and top management participating in the pre-job briefing with workers should ask, at a minimum,

HOW: Conducting a pre-job briefing doesn't require special skills or training. It's just a conversation with workers about the safety and health hazards of any task before it begins. This conversation should include direct and open-ended questions, done face-to-face, and workers with prior experience completing the task lead the discussion about what could go wrong.

- What are the tasks' critical steps?
- * How are workers to be protected?
- * How can a worker make a mistake?
- * Do permits (confined space entry, hot work, etc.) provide sufficient protections, communicate and clarify each worker's role and responsibilities?
- * Do all workers understand they have the authority to stop when 'work as planned' no longer aligns with 'work performed.'

OSHA's

Stand-Up 4 Grain Safety Week

This annual event raises awareness of hazards in grain storage and handling operations.

March 29 – April 4-8, 2022 will be the sixth annual Stand-Up Week and is sponsored by the OSHA and National Grain and Feed Association (NGFA), Grain Handling Safety Council (GHSC), and Grain Elevator and

Processing Society (GEAPS) national Alliance and other agricultural Industry groups.



Fall Prevention Campaign

OSHA's Fall Prevention Campaign raises awareness of the danger of falls in construction and other industries. The signature event is the annual National Safety Stand-Down to Prevent Falls in Construction, which encourages employers to set aside time during the week to focus on fall prevention efforts and training.

The Stand-Down typically coincides with Construction Safety Week: May 2-6, 2022.





Heat Illness Prevention Campaign

OSHA continues its efforts to educate employers and workers on heat injury and illness prevention in outdoor and indoor work settings, and the importance of three key safety measures: "Water. Rest. Shade." This campaign is ongoing; however, OSHA amps up outreach efforts during warmer months.

Safe + Sound: Campaign The Safe + Sound Campaign encourages employers to implement safety and health programs. The signature event is Safe + Sound Week, when employers can show their safety commitment through activities related to core elements of safety and health programs: management leadership, worker



participation, and a systematic approach to finding and fixing hazards. Safe + Sound Week 2022 will be in August.

Get help now.

If you're having trouble coping with work-related stress, talk with someone who can help.

- Call 1-800-273-8255
- Para español 1-888-628-9454
- Online chat suicidepreventionlifeline.org/chat

Suicide Prevention Awareness Campaign

Suicide is a complex public health problem with lasting harmful effects on individuals, families, and workplaces. OSHA will amplify its outreach and support activities and events in commemoration of Suicide Prevention Awareness Month in September 2022, and World Suicide Prevention Day on September 10, 2022.

Workers Memorial Day April 28-

Every year, on April 28, the nation recognizes Workers Memorial Day. This is the day we pay our respects to those who lost their lives on the job, and recognize the impact these tragic losses have on families, co-workers, and communities. This year, we also recognize that, more than a year into the pandemic, every day essential workers, many of whom are people of color and immigrants, have put their lives on the line during the COVID-19 pandemic. Many were sickened or died as a result of just going to work for simply doing what they had to do to support their families. They were healthcare workers, grocery workers, meatpackers, nurses, delivery drivers, farmworkers, law enforcement officers, teachers, and sanitation workers. We remember and honor every worker who has lost their life to largely preventable fatal injuries and illnesses, and we commit ourselves to fighting to make sure that others do not suffer the same terrible fate.



In Remembrance

This virtual Workers Memorial Wall is a tribute to those who lost their lives while on the job. In addition to injuries or accidents, there have been over half a million deaths from COVID-19 in the U.S., with many people sickened while at work. They were family members - spouses, children, siblings, grandparents, friends, and coworkers. We value these employees and offer their families our support, compassion, and appreciation. We must keep fighting to make sure every worker can go home safe and healthy.

This page was developed in partnership with the United Support and Memorial for Workplace Fatalities. If you have lost a loved one due to a work related incident, share your story with tonyaford@usmwf.org or OSHA at remembrance@dol.gov.



From the desk of the Project Director

John Mulroy, PhD, CSP

COVID-19 and the coming year...

imulroy@iup.edu

The numbers of COVID-19 related illnesses, deaths and hospitalizations since the beginning of 2020 are staggering; SARS-CoV-2 virus profoundly touched every one of us in uncountable ways, and our lives will never be the same as prior to the pandemic.

The workplace was hit hard, too. The Bureau of Labor Statistics found in 2020 the number of reported occupational illnesses across the United States more than quadrupled over 2019. In 2020, employers reported 544,600 cases of occupational illnesses, up significantly over the 127,200 cases reported in 2019. A significant portion of these cases of course were respiratory illness, where BLS reported 428,700 cases, up from 10,800 respiratory illnesses in the workplace in 2019.

Strangely, there are glimmers of hope in this newest variant of the virus, Omicron. Early data suggests while highly transmissible, infection may possibly result in less severe disease. Just another way our lives are different, hanging hope on such a statement.

What is expected from OSHA in the coming year? Employers can expect to see a proposed rule written to protect workers from airborne infectious diseases as early as April. While OSHA has successfully reduced risk associated with bloodborne pathogens and needlestick injuries in healthcare and other affected industries with the Bloodborne Pathogens standard, airborne transmission of all pathogens, COVID-19 included, remains uncodified outside the emergency temporary standards OSHA created.

According to OSHA's fall 2021 regulatory agenda, other priorities for the coming year include proposed rules from personal protective equipment in construction, welding in construction confined spaces, protections for workers in the tree-care industry, and modifications to the Agency's walking-working surfaces rule, crystalline silica, lockout/tagout, and communication tower safety.

Other modifications to specific standards are planned by OSHA, and we are keeping abreast of these changes for you. These new OSHA compliance requirements can have a significant impact on your existing safety and health programs, but PA OSHA Consultation is here to assist you. Feel free to call us anytime on the 1-800 line to ask compliance questions of our board-certified safety and health professionals and visit us at www.iup.edu/pa -oshaconsultation to request no-cost compliance assistance onsite at your workplace.

In the next few weeks, you will see major updates to our website, and we are really excited about it. Several of our clients helped us with a 2-year video project to capture their unique stories of working together with PA OSHA Consultation. These short videos are currently available for viewing on our own YouTube page – just click the following link to see what employers just like you are saying about PA OSHA Consultation's free onsite OSHA compliance assistance: https://www.youtube.com/channel/UC87GPCiscjb8R5Ffv WUz w/videos

Our commitment to you is simple: no matter where you are in Pennsylvania, we will help you identify your workplace-specific hazards and implement cost-effective interventions to protect your most valuable resource – your workers. In 2021, despite travel restrictions from COVID-19, PA OSHA Consultation conducted 489 visits onsite and virtually, identified 2,120 health and safety hazards, and removed over 57,000 Pennsylvania workers from risk of a workplace injury or illness.

If you weren't one of those 489 visits last year, it's time to give us a call.

For further assistance or guidance contact our office at PA OSHA Consultation.

Phone: 800-382-1241

Web: www.iup.edu/pa-oshaconsultation/

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