

The Safety Net

San Diego



Changing of the Guard

The President's Catch and Release — June, 2019



Enrique Medina

Dear Chapter members, colleagues and friends,

I am delighted to report that we have an excellent team of incoming Chapter officers, delegates, and committee chairs for the 2019-

2020 term that starts July 1. We have the perfect combination of experienced leaders who know how to run a Chapter, and enthusiastic new members with lots of ideas, energy, and motivation. I encourage you to show your support for our new Executive Committee, and also your appreciation for our outgoing members by attending the July breakfast meeting. They are a great team, and I was truly fortunate to work with them this year.

We started June by holding our first Strategic Planning Retreat where we gathered current and incoming Executive Committee members and several members at large at Point Loma Nazarene

University under the able tutelage of Brooks Carder, for a full and fun day spent identifying the strengths, challenges, and dreams we have for the Chapter. I will let our incoming president, Steve Workman, fill you in on the strategic plan for the next two or three years. I just want to recognize the commitment, engagement, and common purpose shown by all. We left feeling energized, and motivated to continue the work.

In my first President's column in July 2018 I mentioned the activities and events that were coming up, including the Padres Baseball Bash,



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TO JUMP TO THAT PAGE!*

Thank you to all of our 2019 Professional Development Conference sponsors!



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the Holiday Luncheon, the PDC, hosting the ROC I Spring meeting, and some new things we were trying out. The main one was hearing from you about what you wanted, and how we were doing. Going by the response to the online surveys, we are pleased to know that you thought they came out well. This is due to the initiative and hard work of the leadership team, and your steadfast support and participation. In the coming months you will hear more about new ideas, and important changes to benefit the chapter. I'm sure you will be pleased.

For the rest of this month you can still contact me at president@sandiego.assp.org. After June 30, that email will go to my successor. It's been a privilege to serve you, so all that is left for me to say as I finish my term as president is a very heartfelt, Thank You!

Enrique Medina

San Diego ASSP Chapter President

EXECUTIVE COMMITTEE CHAIR UPDATES

Government Affairs Committee:

by Scott Simerson

DIR and Cal-OSHA Honor Workers' Memorial Day

News Release No.: 2019-40

April 26, 2019

Oakland—The Department of Industrial Relations (DIR) and its Division of Occupational Safety and Health (Cal/OSHA) commemorate [Workers' Memorial Day 2019](#) and honor California's workers who lost their lives on the job. This international day of remembrance is held annually on April 28, the date Congress passed the Occupational Safety and Health Act of 1970, which ensures all workers the right to a safe and healthful workplace.

"Workers' Memorial Day reminds us each year that workplace safety regulations are in place to prevent incidents that can seriously or fatally injure workers," said Cal/OSHA Chief Juliann Sum. "We at DIR and Cal/OSHA are committed to protecting workers every day of the year and ensuring safety rights are upheld."

A [total of 376 Californians lost their lives on the job in 2017](#), nearly half (46%) of them were Latino. The causes of death range from preventable accidents to workplace violence. These tragedies affect communities both large and small throughout the state.

Cal/OSHA was the first in the nation to adopt a statewide Injury and Illness Prevention Program (IIPP) standard in 1991 and also the first to adopt an emergency heat illness prevention regulation in 2005. The emergency regulation became law in 2006 and was amended in 2010 to add high-heat procedures to protect outdoor workers in industries including agriculture, construction, landscaping and oil and gas extraction. The heat illness prevention regulation was further amended in 2015 to increase worker access to water, lower the temperature trigger for shade and expand training for outdoor workers to recognize and

address the signs and symptoms of heat illness.

Additionally, workers across the state are protected by permissible exposure limits that go beyond the corresponding federal minimums and cover a wider variety of chemicals. California is proud to have adopted the most comprehensive workplace violence prevention in health care standard in the country and to be the only state to enact a standard to protect workers from aerosol transmissible diseases. Together these efforts help California maintain workplace injury and fatality rates below the national average.

ASSP Supports Legislation to Prevent Workplace Violence in Healthcare

April 30, 2019

Momentum continues to build around legislation that would mandate OSHA to develop a standard that would require employers within the healthcare and social services industries to develop and implement a comprehensive workplace violence prevention program.

ASSP recently submitted comments to the bill's primary sponsors in the House of Representatives, expressing its support for bipartisan congressional action on the issue. OSHA issued a request for information on workplace violence prevention in late 2016, but has taken no further public action despite workplace violence becoming an ever-more recognized hazard in the U.S.

"Barring any movement from the agency in this regard, it is appropriate for Congress — in its oversight role — to signal to OSHA that this is a priority rule making area, and for your committees to take the lead on helping to fill the gaps in protection for the many vulnerable workers in this high-risk area," ASSP said.

(see **Government Affairs**, page 3)



EXECUTIVE COMMITTEE CHAIR UPDATES

(Government Affairs, continued from Page 2)

A 2016 study by the Government Accountability Office reported that rates of violence against healthcare workers are up to 12 times higher than rates for the overall workforce, and 70% of nonfatal workplace assaults in 2016 occurred in the health care and social assistance sectors. Data from the Bureau of Labor Statistics indicate that healthcare and social service workers suffered 69 percent of all workplace violence injuries caused by persons in 2016 and are nearly five times as likely to suffer a workplace violence injury than workers overall.

The growing concerns over workplace violence and particularly their disproportionate effect on women workers was a topic during ASSP's Women's Workplace Safety Summit in October 2018, and it is addressed in our report, "Women and Safety in the Modern Workplace."

DIR Offices in Santa Ana Move to New Location

News Release No.: 2019-41
April 30, 2019

The Department of Industrial Relations (DIR) today announced that several of its offices in Santa Ana have moved to a new address: 2 MacArthur Place, Santa Ana, CA 92707.

- The [Division of Labor Standards Enforcement](#) (DLSE), or the California Labor Commissioner's Office, is in Suite 800 of the new building. The main phone number is unchanged: (714) 558-4910.
- The [Division of Occupational Health and Safety](#) (DOSH), better known as Cal/OSHA, is in Suite 720. The phone number is (714) 558-4451.
- The [Division of Workers' Compensation](#) (DWC) is in Suite 600. The main phone number is unchanged: (714) 558-4121.

ASSP Comments on Protecting America's Workers Act

April 30, 2019

In technical comments submitted to several members of House of Representatives, ASSP shared its views on the Protecting America's Workers (PAW) Act (H.R. 1074). The legislation would amend the OSH Act of 1970 in several ways that ASSP believes would help better protect U.S.

workers:

Expand federal OSHA coverage to encompass public sector workers, 8.5 million of whom are left without enforceable workplace safety protections.

- Enhance whistleblower protections by extending reporting statutes from 30 days to 180 days. OSHA's 30-day statute of limitations is the shortest of any whistleblower statute in federal law.
- Expand employer liability for violations under the General Duty Clause.
- Require OSHA to update national consensus standards that were initially incorporated by reference as enforceable standards, as many of these lag well behind current versions and don't reflect current best practice for protecting workers.

The proposed legislation would also restore the 2016 e-recordkeeping rule, which ASSP has expressed concerns about in the past and believes is better addressed by the agency and through the court system. It would also codify the agency's continuing violation rule, which was rescinded in 2017 and ASSP sees no reason to revisit that decision. In addition, the legislation would codify the severe injury reporting rules covering fatalities, hospitalizations, amputations and eye loss. ASSP sees this as unnecessary as these cases always receive priority status for inspection purposes.

In its statement, ASSP also reiterated many of the key recommendations covered in its OSHA Reform Blueprint, including using a risk-based approach to worker protection, increased use of third-party auditors and emphasizing total worker health.

Senate Bill: S. 1410: A bill to amend the Federal share of the fishing safety standards grants.

Status: Introduced on May 9, 2019

This bill is in the first stage of the legislative process. It was introduced into Congress on May 9, 2019. It will typically be considered by committee next before it is possibly sent on to the House or Senate as a whole.

(see Executive Committee Updates, page 4)



EXECUTIVE COMMITTEE CHAIR UPDATES

(Executive Committee Updates, continued from Page 3)

Public Affairs Committee:

by Isaac Szmuiłowicz

I want to thank Scott. Lee and his family, Oscar, and 3 other ASSP members who participated in the Sound the Alarm event in Chula Vista on May 4. There were over 377 volunteers who installed 965 alarms, made 415 homes safer, and visited over 5,000 homes in Chula Vista. It couldn't have gone smoother!

Melissa emailed to us: "Thank you for getting your ASSP team involved! It was so great to have them there and I hope they had a good time. I will hopefully see you at the next event scheduled for July 13th!"

Below is the information for July's Sound the Alarm event. If anyone is interested in attending, they are in the process of setting up the registration website. However, they can reach out to me to let me know.

Date: Saturday, July 13th

Time: 8A – 1P

Meeting Site: The Cliffs Mobile Home Park Clubhouse

Address: 4950 Old Cliffs Rd, San Diego, CA 92120

Everyone is welcomed!

Isaac Szmuiłowicz

619-417-7189

PA Chair for the San Diego Chapter of ASSP



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

San Diego Chapter

ASSP San Diego Chapter July 9, 2019 Breakfast Meeting New Officer Installation

and

San Diego Youth Services Summer Donation Drive



Sunscreen (lotion or spray), chapstick, and to-go or travel sized hand sanitizer will be gratefully accepted.

**Please note that due to storage restrictions, SDYS cannot accept used clothing, towels, and/or bedding.*

Please bring your donation to the July 9 breakfast meeting.

7:15 AM at Admiral Baker's Club

2400 Admiral Baker Road, San Diego, CA 92124



Job Line

by David Ferguson, CSP, CEA, REPA

Looking for a new job? Local employers are looking for you! Visit our job-line at <https://sandiego.assp.org/current-openings/> to see current opportunities such as:

- General Atomics—[Business Continuity Manager](#)
- Insurance Carrier—Safety and Health Manager
- Solar Turbines San Diego—[EHS Engineer](#)
- LandCare—Division Safety Manager
- MC Contracting—Safety Manager
- Ajinomoto Bio-Pharma Service—[Safety Health and Environmental Specialist](#)
- Port of San Diego—Risk Management and Safety Intern
- Morrow-Meadows Corporation—[Safety Engineer](#) (Los Angeles area)
- Harper Construction—Site Safety and Health Officer, Temporary
- County of San Diego—Departmental Safety Coordinator
- Liberty Mutual—[Risk Control Internship](#)
- [CAL/OSHA Associate Safety Engineer](#)
- Cal/OSHA Safety and Health Inspectors

The [blue](#) links should take you directly to the posting, when available. Otherwise, see the [San Diego ASSP Job Listing](#) for full details and instructions on how to apply. Check out these and other great jobs today!

Announcing the [ASSP Career Center!](#)

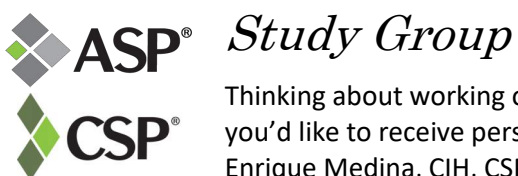
The ASSP Career Center is a free comprehensive resource available to all ASSP Chapter members who are looking for a job or those who are employed and want to advance their safety careers.

The Career Center’s Job Seeker Resource Center offers resume writing tips, tools to build your resume online, and a Resume Bank where you can post your resume anonymously for employers to view, except for your name and contact information. But that’s not all! You also get interview preparation and follow-up strategies, such as how to bring up and negotiate a salary.

The Job Board lets you to search for job postings throughout the US and internationally by applying filters that fit your criteria, and save them by keyword, location, industry, or job function. The Job Alert automated search sends new postings that meet your criteria right to you, instead of having to log in to search for new jobs. You also get help with career advancement to move your career forward or change industry sectors, including using social media for networking, how to work effectively with recruiters, how to give notice, and negotiating salary and benefits. And you have access to expert coaching!

Employers can post and manage job openings, search and manage job candidates, create a company profile, upload position templates, consult a Resume Bank, and much more.

This is a great free resource designed with you in mind—visit the ASSP Career Center and Job Board at <https://jobs.assp.org/>.



Thinking about working on your ASP/CSP? If so, that’s outstanding and we are pulling for you! If you’d like to receive personal coaching for your ASP/CSP preparation, contact our Chapter President Enrique Medina, CIH, CSP to start the ball rolling.

By becoming part of our ASP/CSP Study Group Community you will get support, advice, tips, prep course reviews, and post-test debriefing from your peers to assist you in studying for the ASP/CSP professional certification exams. This free service is open to all Chapter members, and members of allied organizations, and you can join at any time. Contact Enrique at (619) 297-1469 or President@sandiego.assp.org.



MONTHLY CHAPTER MEETING, JUNE 11

The Workers' Compensation System in California as Presented by the WCIRB Rod Libbe of the Workers' Compensation Insurance Rating Bureau

At this meeting: This discussion will attempt to explain the basics of the no-fault workers compensation system in the state of California and will include amongst other topics, the following:

- An Overview of the workers' compensation system in California
- The Experience Modification Calculation
- Split points

Our Speaker: Rod Libbe

Mr. Libbe is the Quality Assurance Director in the WCIRB's Members Services Department. Rod is one of the WCIRB's most distinguished subject matter experts. He has extensive experience in the areas of Experience Rating and Classification and Test Audit, and is well known in the insurance industry.



Admiral Baker Clubhouse
3604 Admiral Baker Road
San Diego, CA 92120

Registration and Breakfast begins at 7:15 a.m.
Welcome and Speaker begins at 7:30 a.m.



\$18 Members* with RSVP by 6/7/2019 by 5:00 P.M.

\$23 No RSVP by 6/7/2019 and for Non-Members/Guests

\$10 Students

***Members include:** ASSP, ACWJPIA, AHMP, AIHA, IHPM, RNCN, RIMS, PARMA, CPCU, PWI, WUSMA

RSVP/Registration: Please RSVP **OR** register with payment by credit card on the San Diego ASSP Chapter website events page using the **BLUE BUTTON** link.

Please note: RSVPs and pre-registrations are very helpful in determining the head-count for the luncheon catering. Those who RSVP may still pay by check, credit card or cash at the door if preferred.

Directions: Interstate 15 to Friars Road East; left onto Santo Road (traffic light); immediate right on Admiral Baker Road; go STRAIGHT at STOP sign; pass the recreation area and part of the golf course; road curves to right at the driving range; keep going all the way to the club-house parking lot—a total of 0.9 miles from Santo Road.

[CLICK HERE TO GO
TO THE REGISTRATION PAGE](#)

Next month: [Officer Transition - Installation of 2019-2020 Executive Committee](#)

August: Earnesto Coleman, Captain with Hornblower Cruises and Events, presents his maritime experience

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2018 - 2019 Officers

PRESIDENT & DELEGATE:

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PDC COMMITTEE CHAIR:

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president-elect@sandiego.assp.org

HOUSE OF DELEGATES MEMBER:

Gary Couture, MS-OSH, COSS
delegate@sandiego.assp.org

SUCCESSION PLANNING CHAIR

Cait Casey
planning@sandiego.assp.org

SAN DIEGO ASSP EXECUTIVE COMMITTEE MEETING MINUTES

The Executive Committee met in over-the-phone on Tuesday, May 7. Brooks Carder, Gary Couture, Lee Donahue, David Ferguson, Fernand Kuhr, Allison Long, Chris Malicki, Enrique Medina, Vaughn Osterhout, Scott Simerson, Isaac Szmuiłowicz, and Steve Workman attended.

OLD BUSINESS

1. Review Minutes from April 2, 2019:

The Executive Committee accepted the April 2, 2019 EC Meeting Minutes by vote. Motion to vote by Enrique Medina; 2nd by Scott Simerson. Passed by unanimous approval.

2. Treasurer's Report:

The April 2019 Treasurer's report was included in the provided agenda. Members may view a copy of the Treasurer's report upon request to our President, Enrique Medina.

3. Quick Updates:

- SD ASSP Chapter Elections: Allison Long stated that the ballot is solid with committed officers nominated. The general election will be held by a quorum of voting members at next week's SD ASSP Chapter Breakfast Meeting.
- SD ASSP North County Section Elections: Vaughn Osterhout stated the section has not received any new nominations for officers leaving only Isaac Szmuiłowicz as section Secretary/Treasurer.

NEW BUSINESS

- Update on "Higher Logic" software program:
 - Lee Donahue provided the Executive Committee with some of the capabilities of the program like EC members to make edits to the

newsletter which show up almost immediately. Lee was also able to see which members opened chapter emails and where they were physically located at that moment. Lee is the Chapter's resource subject matter expert on Higher Logic.

- On a side note Lee reported that the Professional Development Conference vendors and sponsors are happy to see their company logos on the chapter website.

2. Open Officer Positions:

Chris Malicki talked about the open Programs Chair position who is responsible to finding and booking monthly presenters for the SD ASSP Chapter Breakfast Meeting. Chris has already secured commitments through September of this year.

2. Officers' Retreat:

The professional development retreat for chapter officers and interested members is scheduled for Saturday June 1, 2019. Brooks Carder will present the day's instruction and activities which will run from 9:00 AM to 4:00 PM. Brooks stated he is an adjunct professor at Point Loma Nazarene College and he may be able to reserve a classroom for the retreat.

2. SD ASSP Member Technical Tour:

Chapter President-Elect Steve Workman discussed his idea to offer the membership an opportunity to take a bus tour to two or three local businesses and public agencies to view their safety challenges and solutions. Brooks Carder will develop an online questionnaire to poll the member-

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ship for their interest in the tour.

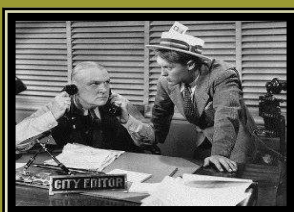
COMMITTEE REPORTS

1. Government Affairs — Nothing to report.
2. Delegate — Registered for Society PDC—no HOD items to vote on.
3. Job Line — There are 12 positions listed in the job line.
4. Membership — There are 8 new members in April; 5 expired in April. Brooks will contact them.
5. Newsletter — Nothing to report.
6. North County Section — Nothing to report.
7. Programs — Confirmed monthly meeting speakers and topics: May: Dan Hopwood—Coaching and mentoring the safety professional. June: WCIRB, Work Comp in CA. July: Officer Transition. August: Earnesto Coleman, Maritime Safety. September: Jackson Dalton, Prevention Through Design.
8. Public Affairs — There is a Red Cross event in July.
9. Social Media — Completed transition to David Hiipakka. Claire will continue breakfast reminders/managing page through end of June.
10. Succession Planning — Chapter stories about Wesley Williams in May, Steve Thompson in June, and Luisa Dunn in July. Monica Netherly is in the works for August. Will schedule others soon.

Next Event: Strategic Planning Retreat, June 1, 2019

Next EC Meeting: June 4, 2019 – In person meeting

Next Event: Chapter breakfast meeting, May 14, 2019



Editor's Note: Do you have an item of interest, safety-related event, sister-organization meeting, special accomplishment or other newsworthy article that you would like to share with your fellow San Diego ASSP members? Send it to me via e-mail no later than the 15th of the month and I will do my best to get it published. Here are some conditions: news articles, reports and other text-based submissions should be limited to a maximum of two pages, 10–12 point font. Artwork or graphics (flyers or posters) should be single-page, preferably in MS Word or MS Publisher format. If you are "borrowing" a news item previously published somewhere else (i.e., not your own original work), please provide the source and whether or not you have permission to reprint it. All submissions should be e-mailed to Newsletter@sandiego.assp.org. Please also provide your contact information, including name, e-mail address and phone number.

Calendar of Special Events

June 2019

Dates Event

- 1-30 National Safety Month
- 1-30 Men's Health Month
- 1-30 National PTSD Awareness Month
- 1 National Heimlich Maneuver Day
- 2-8 National Trailer Safety Week
- 4 National SAFE Day
- 6 Secure Your Load Day
- 7 World Food Safety Day
- 17 National Ride to Work Day
- 21 First Day of Summer
- 23 National Hydration Day
- 27 National PTSD Awareness Day
- More Information here...*
- ...And also here*
- 28 National Insurance Awareness Day

June 2019

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Always find the latest San Diego ASSP events at
[https://sandiego.assp.org/event/!](https://sandiego.assp.org/event/)



Everyone Has a Story

Steve Thompson, ARM, COSS

As interviewed by Cait Casey

After Steve's service in the Air Force as a medic, he had his safety "aha" moment as an emergency room nurse: a perfect storm of conditions for a patient with severed fingers. While clearing the blades on a power lawnmower, an activity performed many times, over many years, the routine went terribly wrong. The person was elderly, the task an ordinary routine, age had lessened his hearing, and diabetes affected the feeling in his hands; the blades' running went unnoticed. In the moment, Steve thought, what if we could do something before the emergency room, what if we could prevent injuries? Does a job exist that would prevent people from being hurt? He set out to answer the question without knowing what it was, or what terms described it. He spoke with the industrial health nurse, asked questions at in-service trainings, insurance talks, and found a safety manager with a USC safety certificate on his wall. Steve donned his motorcycle helmet and leathers commuting to courses at USC when Tom Krause began to influence behavior based safety practice. At the San Diego Community College Safety program, Rick Cummings and Dan Hopwood instructed future safety leaders Larry Bishop, Angela Ollinger, and Steve, among others. One of Steve's earliest insights was that the workmen's comp industry needed to change from using words such as "client alleged, claim number" language toward worker respect and care. Concepts of proper care, early return to work, coaching, and recognition of cognitive dissonance, and bias-engaged student learning were beginning to take hold. Steve became an instructor and program coordinator for the Safety and Human Resources certification

programs at San Diego State University for 20+ years, and he has served on the board of directors for nonprofits and other charities.

Thought leaders look ahead and today staying ahead requires data. Steve has presented on various topics over the years, including predictive analytics (comparing the sports world and predicting and preventing injuries), holistic ergonomics and the fallacies of sit-stand (as we read studies sponsored by furniture companies). What continues to challenge wellbeing in the workforce may have more to do with worker agency, static posture sitting or standing, and additional complex factors. It may not be an "aha" moment, more slow accumulation and appreciation of purpose; we want to save lives, prevent illness and injury, and protect clients and the community from harm.

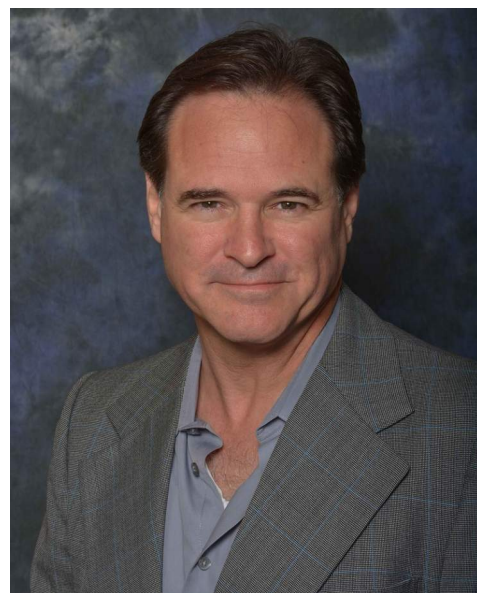
The task today is to question and remain curious and look at options. For example: during a police chase within the community, the hazards include speeding, pedestrian risk, and vehicular endangerment. One option is getting a sticky-tracking device on the suspect vehicle and giving up a high speed chase. For millennia we smothered or engulfed fires; today chemical foams and gases are in the mix. The Department of Defense's Defense Advanced Research Projects Agency (DARPA) brings sound wave technology to defeat fire, but what will be the unintended consequences to health and safety? Think holistically, with wellbeing as part of the overall plan for safety and health of the community.

In his role at Aspen, Steve's job is to support his clients and staff with opportunities that make a difference. His work has included coaching a generation of insurance agents through Polestar (now part of The Institutes), to serve their clients, and seek to add value to safety and health

throughout the year.

To protect the underserved we need to be ahead of the curve. In 1980's AIDS was an emerging disease, which Steve read about in the journal of the American Medical Association as an Air Force nurse. Within 10 years it was a worldwide epidemic. In the workplace we have an emerging industry – cannabis – moving from black, to grey, to the legal marketplace. There are inherent dangers, and today we are behind the curve to protect industry workers and the community.

One of Steve's goals was to create an employee owned company; this year 100% of Aspen's employees share the dream.



*Steve is Co-author with Dan Hopwood of
Workplace Safety: A Guide to Small and
Mid-sized Companies*

Co-author: High-Payoff Selling Being Visible and Viable in the New Insurance Market

Co-author: Tools of the Trade: A Compilation of Programs and Processes for the Absence, Disability, Health and Productivity Professional

Co-author: Foundation for Optimal Productivity: The Complete Return to Work Manual



OSHA Trade News Release

**U.S. Department of Labor
OSHA, Office of Communications**



US DOL and Partners Aim To Keep Young Workers Safe This Summer

May 2, 2019

Washington, DC — The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) is partnering with worker safety organizations on #MySafeSummerJob, a social media campaign to educate young workers about safety rights in the workplace, how to speak up about dangerous work conditions, and how to protect themselves on the job.

Each week, from April 15 through May 17, 2019, the campaign will focus on a different theme for empowering youth in their workplaces, including “You Have Rights;” “Every Job Has Hazards;” “Speak-Up; Injuries are Preventable;” and “You Can Get Help.” Young workers will be asked to engage with the cam-

paigned by posting messages or images in response to questions about their work.

Working with OSHA on this campaign are Department’s Wage and Hour Division (WHD), the National Institute for Occupational Safety and Health, CareerSafe, Center for Construction Research and Training, American Industrial Hygiene Association, American Society of Safety Professionals, National Safety Council, and the Board of Certified Safety Professionals.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA’s role is to help ensure these conditions for America’s working men and women by setting and enforcing standards, and providing training, edu-

general industry, maritime, and construction standards that may be confusing, outdated, or unnecessary. The revisions are expected to increase understanding and compliance with the provisions, improve employee safety and health, and save employers an estimated \$6.1 million per year.

how employers have been using control circuit devices, including information about the types of circuitry and safety procedures being used; limitations of their use, to determine under what other conditions control circuit-type devices could be used safely; new risks of worker exposure to hazardous energy as a result of increased interaction with robots; and whether the agency should consider changes to the LOTO standard that would address these new risks.

The current LOTO standard, published in 1989, requires that all sources of energy be controlled during servicing and

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA’s role is to help ensure these conditions for America’s working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit <http://www.osha.gov>.

cation and assistance. For more information, visit www.osha.gov.

WHD enforces the child labor requirements of the Fair Labor Standards Act, protecting educational opportunities for minors, and ensuring that their employment does not come at the expense of their health or well-being. For more information, visit www.dol.gov/whd.

For more information about young workers, visit the [#MySafeSummerJob website](https://www.dol.gov/my-safe-summer-job) for resources, tools, and a social media toolkit to develop messages for youth, parents, teachers, and employers. ■

OSHA proposed the changes in October 2016. This is the [fourth final rule](#) under OSHA’s Standards Improvement Project, which began in 1995 in response to a Presidential memorandum to improve government regulations. Other revisions were issued in 1998, 2005, and 2011. ■

maintenance of machines and equipment using an energy-isolating device. The standard specifies that control circuit devices cannot be used as energy-isolating devices, but the agency recognizes recent technological advances may have improved the safety of control circuit-type devices.

Comments must be submitted on or before August 18, 2019. Comments and materials may be submitted electronically at <http://www.regulations.gov>, the Federal e-Rulemaking Portal, or by facsimile or mail. See the [Federal Register notice](#) for submission details. ■

US DOL’s OSHA Issues Rule to Revise Requirements in Safety and Health Standards

May 13, 2019

Washington, DC — The Occupational Safety and Health Administration (OSHA) has issued a final rule that revises 14 provisions in the recordkeeping,

OSHA Requests Information on Possible Updates to the Lockout/Tagout Standard

May 17, 2019

Washington, DC — The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) is requesting information on a possible update to the Control of Hazardous Energy (Lockout/Tagout (LOTO)) standard. The Agency is interested in comments on the use of control circuit-type devices to isolate energy, as well as the evolving technology for robotics.

OSHA is requesting information about



NIOSH Annual Science Award Ceremony Highlights

John Howard, M.D., Director, NIOSH

On April 25, NIOSH held its annual Science Award Ceremony that recognizes excellence in occupational safety and health research and communication by NIOSH staff. This event is held annually on the last Thursday in April. The NIOSH laboratory in Morgantown, West Virginia, hosted the event this year.

One of the highlights of this year’s ceremony was the recognition of an important milestone in occupational safety and health history—the 100th anniversary of the hard hat, an item of personal protective equipment (PPE) that many workers rely on today. The hard hat was developed by Edward Dickinson Bullard so that the workplace could be a safer environment. Edward’s grandson and Chairman of the Bullard Company, Mr. Jed Bullard, and Edward’s great granddaughter and Bullard Company CEO, Ms. Wells Bullard, both attended the ceremony and spoke about the importance of PPE to worker safety. They also helped present the Bullard-Sherwood Research-to-Practice Awards that recognize NIOSH scientists and their partners who embody the same dedication to innovation as Edward Bullard did.

During the ceremony, NIOSH also presented the Keogh Award that recognizes a current or former employee of NIOSH whose career *“exhibits respect and compassion for individual workers, with tireless leadership, courage, and a fierce determination to put knowledge into practice to enhance their well-being.”* It is named to honor the late Dr. James P. Keogh who was a respected scientist, advocate for worker safety and health, and leading medical educator. This year, the award was given posthumously to Dr. Leslie Nickels. Over her nearly 40-year career, Leslie was a dedicated advocate to improving the safety and health of underserved workers. Her legacy continues to touch workers, researchers, students, and health and safety professionals around the world. Leslie’s husband, Lon Berkeley, attended the ceremony in Morgantown and accepted on her behalf.

Other awards presented at the ceremony included the Alice Hamilton, Plain Language, and Director’s Intramural Award for Extraordinary Science for recognition of excellence in fulfilling the NIOSH mission: to develop new knowledge in the field of occupational safety and health and to transfer that knowledge into practice. See the [NIOSH Science Awards webpage](#) for a full list of award descriptions and winners. Congratulations again to all the winners.

Save the Date: Safe + Sound Week: August 12-18

Once again, NIOSH, OSHA, and their partners are sponsoring [Safe + Sound Week](#) August 12–18. Safe + Sound week is a nationwide event to celebrate the successes of businesses that have implemented safety and health programs in the workplace. Every August, businesses that have implemented these programs in the workplace are invited to celebrate their safety successes and efforts to be [#SafeAndSoundAtWork](#).

NIOSH Aerial Lift Hazard Recognition Simulator Update

NIOSH has released an updated version of the [NIOSH Aerial Lift Hazard Recognition Simulator](#). In addition to a scissor lift scenario, the updated Simulator now includes a boom lift scenario. Both scissor and boom lift operators can use this free simulator to refresh their knowledge or familiarize themselves with hazards they may encounter on the job—all from the safety of a computer .



HEALTH AND SAFETY NEWS

Proposed Rule to Amend Trucker Hours-Of-Service Regs Slated for Publication in June, DOT Says

Washington — June 7 is the target date for publication of a [proposed rule](#) intended to add flexibility to Federal Motor Carrier Safety Administration hours-of-service regulations for commercial truck drivers, according to a [Department of Transportation regulatory update](#) released in May.

The comment period on the proposed rule is scheduled to conclude July 26. An FMCSA spokesperson confirmed to *Safety+Health* that the proposed rule, which was submitted to the White House Office of Management and Budget on

March 28, remains under OMB review.

"The timeline included in the department's April regulatory update reflects FMCSA's goal to move quickly during this rulemaking process, and the agency is hopeful that goal will be achieved," the spokesperson wrote in an email to *S+H*.

Speaking in March at the Mid-America Trucking Show in Louisville, KY, Secretary of Transportation Elaine Chao said more than 5,200 comments were received on an advance notice of proposed rulemaking [published](#) in the Aug. 23 *Federal Register*. Among the possible changes to HOS regulations:

- Expanding the current 100 air-mile short haul exemption to 14 hours on duty from 12 hours on duty, to be consistent with rules for long-haul truck drivers.
- Extending the current 14-hour on-duty limitation by up to two hours when a truck driver encounters adverse driving conditions.
- Revising the current mandatory 30-minute break for truck drivers after eight hours of continuous driving.
- Reinstating the option for

splitting up the required 10-hour off-duty rest break for drivers operating trucks equipped with sleeper berth compartments.

FMCSA also weighed input on separate petitions requesting the agency to:

- Allow covered commercial motor vehicle operators one rest break – for up to three consecutive hours – during every 14-hour on-duty period (filed by the [Owner-Operator Independent Drivers Association](#)).
- Allow covered CMV operators to use multiple off-duty periods of at least three hours in place of taking 10 consecutive hours off duty (filed by [TruckerNation.org](#)).

Numerous industry groups and stakeholders have awaited proposed changes to the rule. TruckerNation spokesperson Andrea Marks lauds the developments in a May 1 [video](#) posted on the organization's Facebook page.

"This is significant in that it proves that FMCSA is continually committed to this aggressive timetable to get these regulations changed," Marks said. ■

This article originally appeared in [Safety+Health](#) on May 7, 2019.



As Little as 16 Minutes of Lost Sleep Can Hinder Job Performance: Study

Tampa, FL — A relatively small disruption in sleep routines could leave workers distracted during the next workday, according to the results of a recent study from the University of South Florida.

For eight straight days, researchers surveyed 130 middle-aged information technology workers who had at least one school-aged child. Participants were asked about multiple sleep characteristics (e.g., bedtimes, wake-up times, sleep duration, sleep quality and the amount of time it takes to fall asleep) and the frequency of

experiencing off-task and distracting thoughts during the workday.

Results showed that when respondents slept 16 fewer minutes or woke up 19 minutes earlier than usual, they reported more "cognitive interference" such as distraction or subpar judgment. That same association wasn't as significant on non-work days.

"Findings from this study provide empirical evidence for why workplaces need to make more efforts to promote their employees' sleep," Soomi Lee, lead author and an



assistant professor in the School of Aging Studies at USF, said in an April 23 press release. "Good sleepers may be better performers at work due to greater ability to stay focused and on-task with fewer errors and interpersonal conflicts." ■

This article originally appeared in [Safety+Health](#) on March 29, 2019.

AMERICAN SOCIETY OF SAFETY PROFESSIONALS



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Consumer Product
Safety Commission
4330 East West Hwy
Bethesda, MD 20814
www.cpsc.gov



US Health & Human Services
Food & Drug Administration
10903 New Hampshire Ave.
Silver Spring, MD 20993
www.fda.gov



NATIONAL HIGHWAY TRAFFIC
SAFETY ADMINISTRATION

U.S. Department of Transportation
Nat'l Highway Traffic Safety Admin.
1200 New Jersey Avenue, SE
Washington, DC 20590
www.nhtsa.gov

FEATURED SAFETY RECALLS

- 3/26: Trans Texas Tire—Tire Sidewalls Incorrectly Labeled: <https://is.gd/9OYEdn>
- 3/28: Jeep Cherokee—Passenger Seat Mounting Bolts May Be Loose: <https://is.gd/KsE8MC>
- 4/9: Volkswagen/Audi—Hydraulic Brakes May Fail: <https://is.gd/4xYB5Y>
- 4/22: Toyo Tires—Sections of Tire Tread May Detach: <https://is.gd/iUO4gU>
- 4/25: GMC Sierra, Chevrolet Silverado—Engine Block Heater/Terminal Short Circuit: <https://is.gd/Ary4Fd>
- 5/1: DAVIDsTEA Recalls Valentine's Day Stackable Mugs Due to Fire Hazard: <https://is.gd/8Mp04y>
- 5/1: Starbucks Recalls Bodum Recycled Coffee Presses Due to Laceration Hazard: <https://is.gd/8TJ3jw>
- 5/2: Greenfield World Trade Recalls Food Dehydrators Due to Fire Hazard: <https://is.gd/DL4Aoo>
- 5/2: BRP Recalls Snowmobiles Due to Fuel Leak and Fire Hazard: <https://is.gd/zykbMA>
- 5/2: FIRMEN Power Equipment Recalls Portable Generators Due to Fire Hazard; Sold Only at Costco: <https://is.gd/cLGGZq>
- 5/3: ICCO Cheese Company, Inc., Issues Allergy Alert on Undeclared Walnuts and Pecans in Gia Russa Whole Grain Bread Crumbs: <https://is.gd/Y5Rz0N>
- 5/8: Igloo Recalls Marine Coolers Due to Entrapment and Suffocation Hazards: <https://is.gd/LaAien>
- 5/9: South Shore Furniture Recalls Chest of Drawers Due to Serious Tip-Over and Entrapment Hazards; One Fatality Reported: <https://is.gd/NtyLBK>
- 5/9: Imagine Nation Books Recalls Wireless Charging Pads Due to Burn Hazard: <https://is.gd/03w9IS>
- 5/9: Ram Trucks—Tailgate May Open Unexpectedly: <https://is.gd/nbpJEX>
- 5/9: Havertys Recalls Entertainment Hutches Due to Injury Hazard: <https://is.gd/11aZps>
- 5/14: Knap & Vogt Recalls Office Workstations Due to Injury Hazard: <https://is.gd/0q0Dlr>
- 5/15: Hush Recalls Anesthetic Gels, Sprays and Foam Soaps Due to Failure to Meet Child Resistant Closure Requirement; Risk of Poisoning: <https://is.gd/VjroRA>
- 5/15: Beaba Recalls Baby Food Steam Cooker/Blenders Due to Laceration Hazard: <https://is.gd/XMqMEy>
- 5/16: Meijer Recalls French Fry Cutters Due to Laceration Hazard: <https://is.gd/PKQkOA>
- 5/21: ION Audio Recalls Portable Speakers Due to Explosion Hazard: <https://is.gd/9shEWE>
- 5/22: Arctic Cat Recalls Textron Recreational Off-Highway Vehicles Due to Crash Hazard: <https://is.gd/vwzL6L>
- 5/23: Revelate Designs Recalls Bicycle Seat Bags Due to Crash, Injury Hazards: <https://is.gd/GIPY4E>
- 5/23: ADM Milling Recalling Baker's Corner All Purpose Flour 5lb bags Packaged for ALDI: <https://is.gd/fEpCXH>
- 5/23: Far East Brokers Recalls Pineapple Corer & Slicers Due to Laceration Hazard: <https://is.gd/w8Y9J5>
- 5/23: DICK'S Sporting Goods Recalls Ethos Pull-Up Assist Due To Laceration Hazard: <https://is.gd/6qszyh>
- 5/24: The Village Company Issues Voluntary Nationwide Recall of La Bella Extreme Sport Styling Gel Due to Bacterial Contamination: <https://is.gd/wXRcYS>
- 5/28: Children's Sleep Sacks Recalled by Gildan Activewear Due to Violation of Federal Flammability Standard; Sold Exclusively at AmericanApparel.com: <https://is.gd/Rlalgh>
- 5/29: Aegean Apparel Recalls Children's Sleepwear Due to Violation of Federal Flammability Standard: <https://is.gd/Zod3CS>
- 5/29: NOVIS PR LLC Issues Voluntary Nationwide Recall of PECGEN DMX Due to a Labeling Error: <https://is.gd/9bi2Bs>
- 5/29: Target Recalls USB Charging Cables Due to Shock and Fire Hazards: <https://is.gd/m9wf1p>
- 5/30: Excel Industries Recalls Zero-Turn Mowers Due to Fire Hazard: <https://is.gd/utGgSs>



Note: Agency logos are used here solely for identification and familiarity purposes, and do not constitute an endorsement by those agencies.



HELPFUL LINKS AND OTHER INFORMATION

American Industrial Hygiene Association: <http://www.aiha.org/>

American Red Cross: <http://www.redcross.org/>

American Society of Safety Professionals Main Website: <https://www.assp.org/>

ASSP Center for Safety and Health Sustainability: <http://www.centershhs.org/>

ASSP Learning Library: <http://www.safetybok.org/>

ASSP Risk Assessment Institute: <https://www.assp.org/advocacy/risk-assessment-institute>

California Division of Occupational Safety and Health (DOSH), (Cal/OSHA): <http://www.dir.ca.gov/dosh/>

Center for Disease Control and Prevention (CDC): <http://www.cdc.gov/>

Consumer Product Safety Commission (CPSC): <https://www.cpsc.gov/>

Electronic Library of Construction Occupational Safety & Health: <http://www.elcosh.org/index.php>

Environmental Protection Agency (EPA): <http://www.epa.gov/>

Federal Emergency Management Agency (FEMA) Main Page: <http://www.fema.gov/>

FEMA “Be Ready” Website: <http://www.ready.gov/>

Federal Motor Carrier Safety Administration: <http://www.fmcsa.dot.gov/>

Food and Drug Administration: <https://www.fda.gov/> **NEW**

Mine Safety and Health Administration (MSHA): <http://www.msha.gov/>

National Institute of Health Sciences (NIH): <http://www.niehs.nih.gov/>

National Institute of Occupational Safety and Health (NIOSH): <http://www.cdc.gov/niosh/>

National Occupational Research Agenda (NORA): <https://www.cdc.gov/nora/> **NEW**

Occupational Safety and Health Administration (OSHA) Main Website: <https://www.osha.gov/>

OSHA Silica Fact Sheets: <https://www.osha.gov/pls/publications/publication.searchresults?pSearch=Controlling+Silica+Dust+in+Construction+&pSearch=>

OSHA Silica Frequently Asked Questions: https://www.osha.gov/dsg/topics/silicacrystalline/generalindustry_info_silica.html **NEW**

San Diego ASSP Website: <https://sandiego.assp.org/>

US Chemical Safety Board (CSB): <http://www.csb.gov/>