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HEALTH & SAFETY NEWSLETTER
NOVEMBER 2016

What You Need to Know about Hearing Conservation

Compressed Air Safety

Risk – Traditional vs. the New Normal

Top 10 Citations of FY 2016

Captain Obvious

EHS Support Adds Keith Green to our H&S Team

Work Safe. Live Safe. Stay Safe.

What You Need to Know about Hearing Conservation

According to OSHA, approximately 30 million workers are exposed to hazardous noise every year in the United States. Thousands of those workers sustain hearing loss because of noise exposure. The Bureau of Labor Statistics estimates that, since 2004, about 125,000 U.S. workers have reported "significant, permanent hearing loss" associated with their jobs.

Defining the Limits: How Loud is Too Loud?

OSHA's permissible exposure limit (PEL) for noise is 90 dBA for an eight-hour period. For every 5 dBA increase, the Occupational Noise Exposure Standard calls for workers to cut their maximum exposure time in half. For example, 95 decibels is safe for up to four hours, 100 decibels is safe for up to two hours, and so on. The standard calls for general-industry employers to create a hearing conservation program when workers are exposed to 85 dBA or higher for an eight-hour period. This information is gathered by conducting full-shift noise dosimetry sampling.

Baseline and annual audiograms help employers in a hearing conservation program determine whether workers are avoiding hearing loss. If an employee shows a change in hearing test results – or a "standard threshold shift" – the employer is required to fit or refit the worker for hearing protection, train the worker on proper use, and ensure the worker wears the protection.

The following are signs that a workplace might be too noisy:

- Workers hear ringing or humming in their ears at the end of the workday.
- A worker must shout to be heard by another worker an arm's length away.
- Workers notice temporary hearing loss at any point when leaving work.

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What You Need to Know about Hearing Conservation (Cont.)

Tinnitus Explained

Tinnitus, also known as ringing in the ears, is different than hearing loss, but that doesn't mean the condition should be ignored or downplayed. The impact of this condition is widespread, causing individuals to perceive sound in one or both ears when no external source of that sound exists. Chronic tinnitus is a debilitating condition that may lead to missed work, anxiety, depression and other issues. Some workers with tinnitus also suffer from hearing loss, however the conditions are not always intertwined. The leading cause of tinnitus is noise exposure, followed by a head or neck injury.

Keep employees informed of the dangers of exposure to high noise levels by conducting training often. To find out where your facility stands with regards to noise exposures, set up noise dosimetry with the health and safety specialists at EHS Support. Need help pulling together your Hearing Conservation Program or training documents? We can help with that too!

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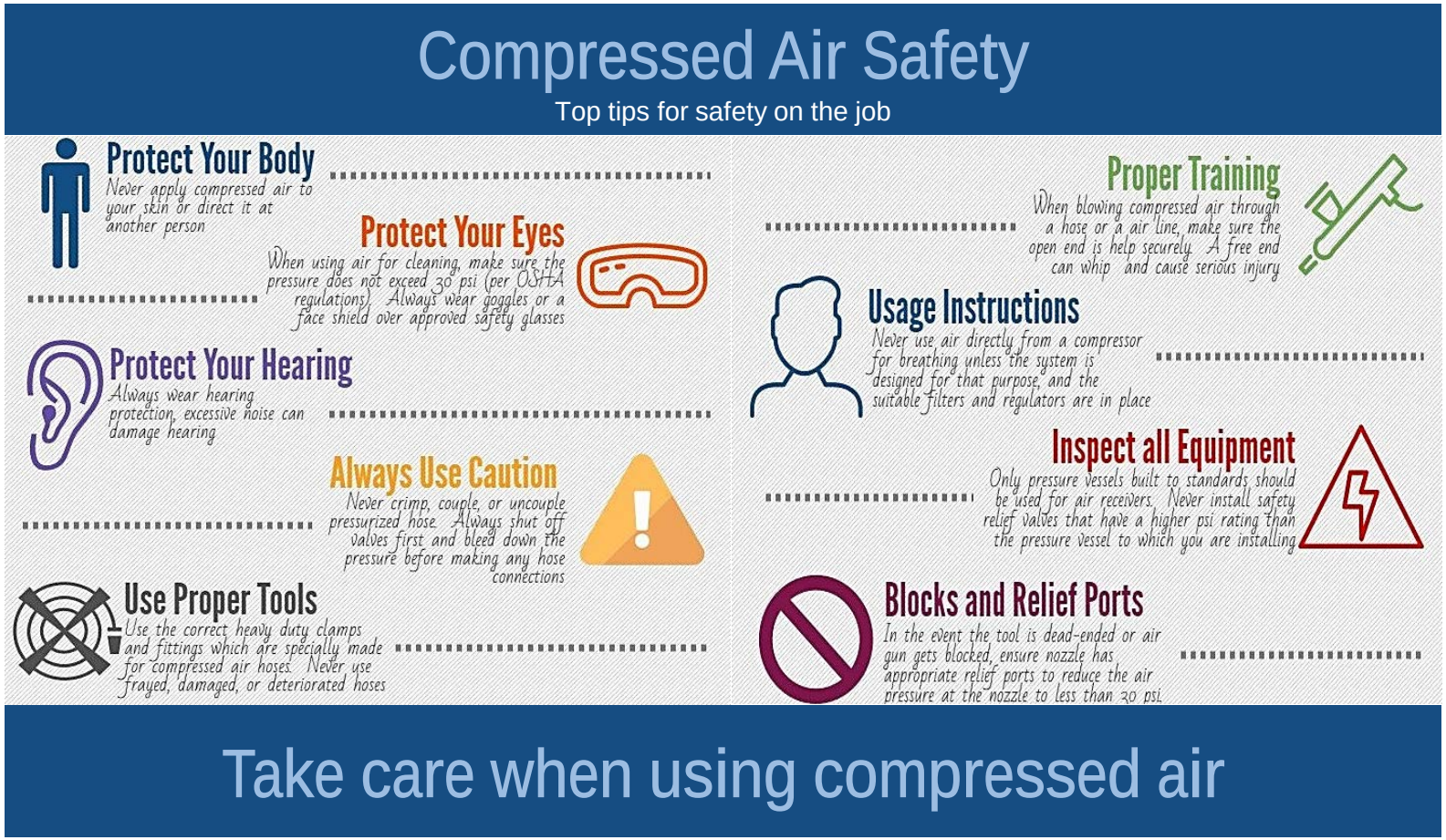

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Risk – Traditional vs. the New Normal

Reliance on traditional approaches to fatality and incident prevention has not always proven effective. This is all too common in companies, including high-profile organizations thought of as top performers in safety and health, that continue to experience fatalities, while at the same time having stellar performance in reducing less-serious or reoccurring injuries and illnesses.

Traditional focuses are being evaluated, modified, and expanded. The focus on injury rate reduction forces an after-the-fact approach. The incorrect assumption that incidents are caused primarily by unsafe acts of employees is not a one-size-fits-all true root cause. Identify the fatality and serious incident (FSI) causes and you can start to find the path forward.

New Paradigms

One injury prevention strategy will not reach all injuries equally.

Reducing frequency is not the only way to reduce severity.

Common FSI Precursors

- Unusual and non-routine work
- Non-production activities
- In-plant modification/construction operations
- Outage work — repair, maintenance, start-ups
- High energy sources are present
- Upsets occurring

Common FSI Causes

- Struck by/Crushed by objects
- Operation of/interaction with mechanical equipment
- Falls from height or same level
- Electrical contact
- Contact with non-electrical hazardous energy
- Explosions and fire

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Solutions

Risk is the Word

- Risk-based approaches provide the best way forward toward preventing FSIs
- Hazard and risk analysis techniques must be embedded into an organization's culture
- Employees must have a risk analysis mindset – they must be skilled at it.

The New Normal

ISO/ANSI:

- ANSI/ASSE Z690 (ISO 31000-2009) – Risk Management
- ANSI/ASSE Z590.3-2011 – Prevention through Design
- ANSI/ASSE Z10-2012 – Occupational Safety and Health Management Systems (OHSAS 18001 or ISO 45001)

ISO is developing an occupational health and safety (OH&S) management system standard (ISO 45001) which is intended to enable organizations to manage their OH&S risks and improve their OH&S performance. The implementation of an OH&S management system will be a strategic decision for an organization that can be used to support its sustainability initiatives, ensuring people are safer and healthier and increase profitability at the same time.

Let EHS Support help you manage your occupational health and safety (OH&S) risks and improve your OH&S performance. Reach out to Monica Meyer at monica.meyer@ehs-support.com or Keith Green at keith.green@ehs-support.com today to discuss your current situation and make a positive impact on risk.

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Top 10 Citations of FY 2016: A Starting Point for Workplace Safety

Have you ever wondered what violations OSHA frequently cites when conducting inspections? Every October OSHA releases its preliminary list of the 10 most frequently cited safety and health violations for the fiscal year, compiled from about 32,000 workplace inspections. As we see year to year, this list rarely changes. Top hazards include lack of adequate fall protection, unsafe scaffolds, hazard communications problems, and lack of machine guarding. More than 4,500 workers are killed on the job every year, and approximately 3 million are injured, despite the fact that, by law, employers are responsible for providing safe and healthful workplaces. This list is far from comprehensive, but if all employers evaluated these hazards, it would be a starting point for workplace safety.

OSHA's 2015 TOP TEN
Most Frequently Cited Violations

1. 1926.501 – Fall Protection (C)
2. 1910.1200 – Hazard Communication
3. 1926.451 – Scaffolding (C)
4. 1910.134 – Respiratory Protection
5. 1910.147 – Lockout/Tagout
6. 1910.178 – Powered Industrial Trucks
7. 1926.1053 – Ladders (C)
8. 1910.305 – Electrical, Wiring Methods
9. 1910.212 – Machine Guarding
10. 1910.303 – Electrical, General Requirements

(C) = Construction standard

If you are wondering how your company would fare during an OSHA visit, consider a mock-OSHA audit. EHS Support has conducted numerous desktop and wall-to-wall mock-OSHA audits for clients across various industries, including but not limited to: manufacturing, chemical, oil and gas, medical, software developers, food and beverage, auto manufacturers, entertainment, foundries, etc. **Click here to learn more about EHS Support's Mosh-OSHA Audit Process.**

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How Can a Mock-OSHA Audit Help Me?

We will identify compliance issues, potential safety hazards and evaluate the effectiveness of your current program as carried out in your workplace. Upon correction of such issues you will avoid citations in the event of an OSHA visit. EHS Support conducts a mock-OSHA inspection in the same manner that OSHA would.

What Can Trigger an OSHA Inspection?

Inspection Priorities

OSHA cannot inspect all 7 million+ workplaces it covers each year. The agency seeks to focus its inspection resources on the most hazardous workplaces in the following order of priority:

1. Imminent danger situations	•Hazards that could cause death or serious physical harm receive top priority. Compliance officers will ask employers to correct these hazards immediately or remove endangered employees.
2. Severe injuries and illnesses	•Employers must report: •All work-related fatalities within 8 hours. •All work-related inpatient hospitalizations, amputations, or losses of an eye within 24 hours.
3. Worker Complaints	•Allegations of hazards or violations also receive a high priority. Employees may request anonymity when they file complaints.
4. Referrals	•Referrals of hazards from other federal, state or local agencies, individuals, organizations or the media receive consideration for inspection
5. Targeted inspections	•Inspections aimed at specific high-hazard industries or individual workplaces that have experienced high rates of injuries and illnesses also receive priority.
6. Follow-up inspections	•Checks for abatement of violations cited during previous inspections are also conducted by the agency in certain circumstances.

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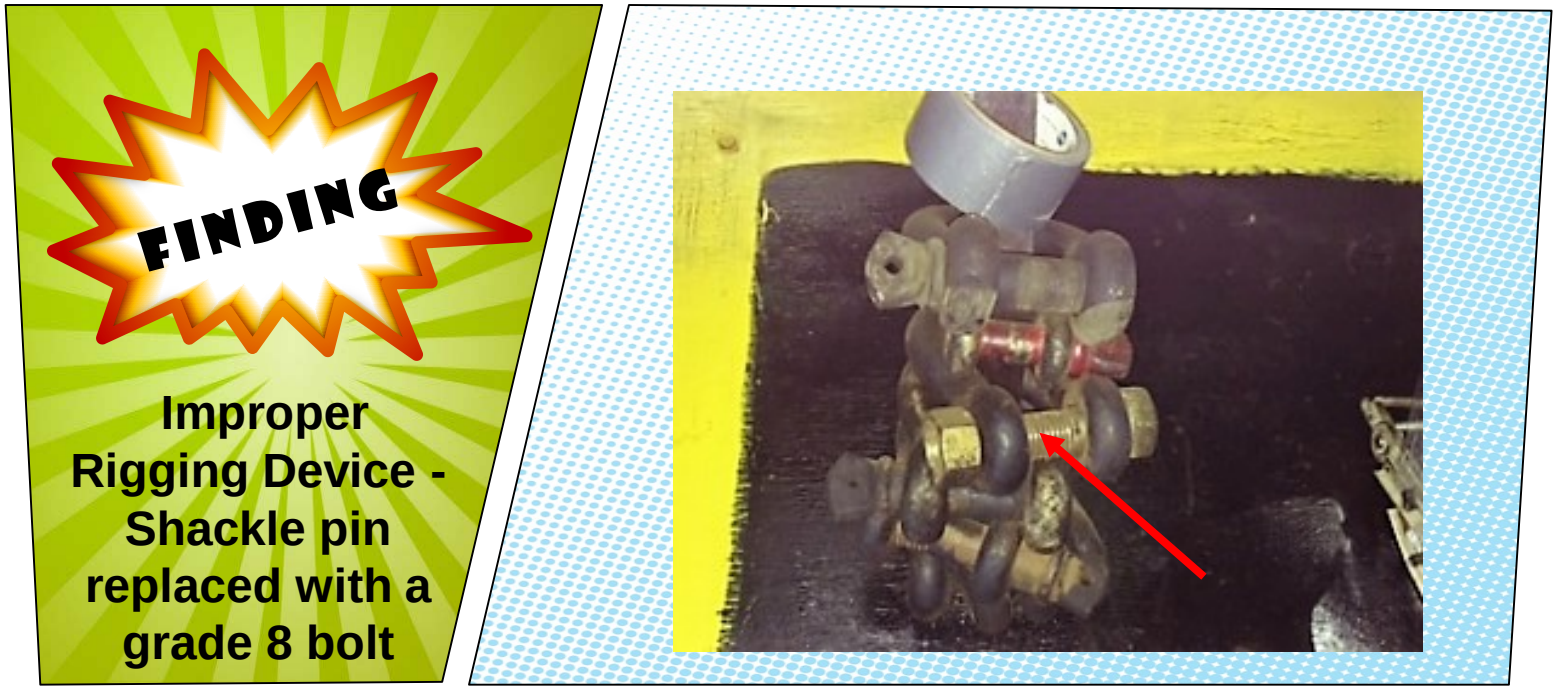
Why is it that safety professionals are getting heckled when we provide reminders on basic safety information and then go into a facility to conduct a mock-OSHA audit and find the same type of potential hazards or non-compliance items over and over again? Each month we feature a "Captain Obvious" photo to share simple safety reminders that are found on jobsites every day.

CORRECTIVE ACTIONS

1. Remove bolt immediately and replace with pin.
2. Inspect all lifting and rigging equipment prior to each use.
3. Train personnel on lifting and rigging equipment specific to their tasks and to not modify equipment unless approved my manufacturer.



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EHS Support is committed to delivering both innovation and excellence to our clients. Honoring this commitment, we are pleased to announce the addition of Keith Green to our team as EH&S Client Managers.

Keith is a Certified Industrial Hygienist (CIH) and Certified Safety Professional (CSP) with over 20 years of extensive experience providing leadership in environmental, health and safety compliance, and industrial hygiene services to multi-national and US-based clients in a variety of business and industry segments including industrial manufacturing, transportation, pharmaceuticals, and commercial real estate sectors.

Energetic and passionate, Keith is committed to understanding the specific challenges for each client and the necessity of having an effective corporate health and safety program that ensures employee safety and productivity.

The EHS Support Advantage

EHS Support offers a wide range of Health and Safety services that are tailored to our clients' needs, as every company has its own unique characteristics. Safety has become a major equation throughout each industry and maintaining a successful safety record enables our clients to protect their most valuable assets – their employees. We take pride in our ability to help create a safety culture you and your employees can be proud of. Once a company has an effective safety and health program, all the other operational pieces will fall into place. EHS Support offers cost-effective workplace safety solutions, professional service, and prompt solutions **on every project.**

For more information on our H&S Services, please contact Keith Green at keith.green@ehs-support.com.

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Contact Monica Meyer at Monica.Meyer@ehs-support.com today to learn more about how we can help you manage your health and safety risks.