



Hudson River Valley Chapter Newsletter

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Useful & Helpful Links

<http://www.assp.org>

Link to the National ASSP webpage for information on great topics in EH&S. Go look things up.

<http://hudsonrivervalley.assp.org>

Link to the Hudson River Valley Chapter web page. Information on the Local items and events as well as good information. Try it, you'll like it!

<https://www.cdc.gov/>

Link to the Center for Disease Control. Great current information on health items to help protect us all through illness controlling and prevention. Lots of good items!

Hotlinks in articles are in **Bold Red font**.

Newsletter Editor:
Charles R. Von Dietsch Jr.
"cvetsch@yahoo.com"

NIOSH Advisory - Propane & Gas Odor Fade.

NIOSH Fire Fighter Fatality Investigation and Prevention Program (FFFIPP) issued a Safety Advisory regarding odor fade in natural gas and propane. They recommend that fire departments ensure all firefighters responding to natural gas or propane incidents must:

- * Use gas detection equipment and do not rely upon their sense of smell to determine if propane or natural gas is present;
- * Understand that the odorant in natural gas and propane can fade;
- * Are trained on proper calibration, maintenance, and use of gas detection equipment to determine if a potential explosive atmosphere is present;
- * Recognize that the lack of odor can result from the natural gas or propane contacting soil, concrete, and a wide variety of building materials such as drywall, wood, piping, and new storage tanks;

These recommendations resulted from a September 16, 2019 incident where a fire department responded to a propane leak at a newly renovated office building. Several firefighters entered the building. The propane gas ignited and caused an explosion. The blast resulted in a line of duty death of a firefighter and the hospitalization of six other firefighters. The NIOSH FFFIPP investigation of this incident and identified the odor fade of mercaptan as a key contributing factor. During this investigation, NIOSH FFFIPP learned that some fire departments may not fully understand odor fade. They also may not recognize the subsequent explosion hazard that exists when responding to natural gas and propane incidents where there is not enough odorant in the released material to alert firefighters to its presence.

The odorant used is mercaptan. What is mercaptan you ask? It is a sulfur containing compound added to natural gas, n-butane, and propane to give it a distinct odor described as smelling like rotten eggs, or rotten cabbage. For more information on this topic, click **HERE**.

OSHA's Top 10 for 2020.

The data is in, and the numbers have been crunched to determine the 2020 OSHA Top Ten! So, let's go to the official list of top ten citations and violations for 2020. So without further delay here is the data right from the OSHA web page.

Fall Protection – 5,424 citations; Hazard Communication – 3,199 citations; Respiratory Protection – 2,649 citations; Scaffolding – 2,538 citations; Ladders – 2,129 citations; Lockout/Tagout – 2,065 citations; Powered Industrial Trucks – 1,032 citations; Fall Protection – Training Requirements – 1,621 citations; Eye and Face Protection – 1,368 citations; Machine Guarding – 1,313 citations.

OSHA's Top Ten cited in construction were as follows: Duty to have Fall Protection – 4,497 citations; General requirements – 1,889 citations; Ladders – 1,720; Training Requirements – 1,378 citations; Eye and Face Protection – 1,179 citations; General Safety and Health Provisions – 711 citations; Head Protection – 641 citations; Specific Excavation Requirements – 600 citations; Fall Protection Systems Criteria & Practices – 512 citations; Hazard Communication – 484 citations.

For the period October 2019 through September 2020, OSHA has written 19,991 citations that resulted in fines of \$71,677,829.00 dollars for all standards cited for **construction**.

8th Annual National Stand-Down to Prevent Falls in Construction.

The week of May 3 – 7, 2021 has been designated as National Safety Stand-Down week. Join the Occupational Safety and Health Administration (OSHA), the National Institute for Occupational Safety and Health (NIOSH), and the Center for Construction Research and Training (CPWR) in working together on preventing construction falls, which are the leading cause of fatalities in the construction industry. They are attempting to accomplish this by raising the awareness of the risks and providing the steps and training to prevent falls – including a new ladder safety app.

In conjunction with this National Campaign to Prevent Construction Falls, **a new series of infographics were developed both in English and Spanish** and they are available for your use. These infographics will help focus awareness of the risks of falls involved in construction. These infographics can be used all year in your site safety plan to help protect constructions workers.

In addition to the infographics, there are Hazard Alert Cards available with tips for safe use of ladders, scaffolds, aerial lifts, and personal fall arrest systems. There are more resources available for the 8th Annual National Stand-Down to Prevent Falls in Construction, and for your year round general safety needs on **OSHA's website**.

Do you know what April 28th is?

Every year the United States of America recognizes and pays its respects to those who lost their lives on the job. It is called “Workers Memorial Day”, and it is held every year on April 28th. It is the day we recognize the impact these tragic losses have on families, co-workers, and their communities. This year, 2021, more than a year into the pandemic, we recognize the everyday essential workers, many who have put their lives on the line during the COVID-19 pandemic.

As a result of just going to work, many died or were severely sickened for simply doing what they had to do to support their families. There were Sanitation workers, teachers, law enforcement workers, farmworkers, meatpackers, nurses, grocery workers, delivery workers, and of course those valiant healthcare 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.

You can watch the virtual video event held by the U.S. Department of Labor on its You-Tube channel by clicking this link: **<https://www.youtube.com/watch?v=IpISaIu5dx8>**.

More video's and the Presidential Proclamation information are available **[HERE](#)**.

NIOSH Revokes Emergency Certificate of Approval for Some N-95 Masks.

The National Institute for Occupational Safety and Health has revoked the public health emergency certificate of approval issued to Plastikon Industries, Inc.: TC-84A-PH19. As of April 8, 2021 Plastikon Industries, Inc. respirator model PLASMA N95-01 N95 filtering facepiece respirator is no longer NIOSH – Approved.

Revocation also means that respirators bearing NIOSH approval numbers TC-84A-PH19 may no longer be manufactured, assembled, sold, or distributed.

NIOSH conducted a product audit of the Plastikon Industries, Inc. model PLASMA N95-01 N95 respirator and found the results to be non-conforming to the approval which had been issued under TC-84A-PH19. Respirator samples tested failed to meet the filter efficiency requirements identified in 42 C.F.R. § 84.34 which states: “The Institute reserves the right to revoke, for cause, any certificate of approval issued pursuant to the provisions of this part. Such causes include, but are not limited to, misuse of approval labels and markings, misleading advertising, and failure to maintain or cause to be maintained the quality control requirements of the certificate of approval.” You can view more CDC website information [HERE](#).

Late Night Snacking May Be Hurting Your Work Performance.

Unhealthy late night snacks and dinners may adversely affect your work performance the next day, according to a recent study from North Carolina State University.

Researchers asked 97 full-time workers to answer a series of questions three times a day (before starting work) about their physical and emotional well-being, (after finishing work) about their on-the-job activities, and (at bedtime) about their after-work eating and drinking behaviors. This was repeated for 10 consecutive workdays.

The researchers defined “unhealthy eating” as eating or drinking too much, eating too much junk food, or having too many late-night snacks. They found that these behaviors led to the participants experiencing feelings of guilt or other emotional strain related to their diet choices, as well as physical issues such as headaches and stomachaches the next morning. Those strains, in turn, led to decreased job performance, such as being less helpful or more withdrawn, the next day. However, participants with higher emotional stability had a better ability to withstand those strains.

According to researcher Seonghee “Sophia” Cho, an assistant professor of psychology at the university, “It is relatively well established that other health-related behaviors, such as sleep and exercise, affect our work, but nobody had looked at the short-term effects of unhealthy eating. The big take away here is that we now know unhealthy eating can have almost immediate effects on workplace performance.”

Employers can help their employees address healthy eating, Cho added, by paying more attention to their dietary needs and preferences and then addressing those needs, such as through onsite dining options. This can affect both the physical and mental health of their employees – and, by extension, their on-the-job performance.

Hurricane Preparedness Week: May 9 - 15th.

Atlantic hurricane season begins on June 1, 2021! To prepare communities, the National Weather Service is hosting “Hurricane Preparedness Week” to promote key actions to get ready. They are: Determine Your Risk; Develop an Evacuation Plan; Assemble Disaster Supplies; Get an Insurance Check; Strengthen Your Home; Help Your Neighbor; Complete A Written Plan:

Links to resources are: OSHA - <https://www.osha.gov/hurricane/preparedness>.

Weather Service: <https://www.weather.gov/wrn/hurricane-preparedness>.

Hurricane eMatrix: <https://www.osha.gov/SLTC/etools/hurricane/index.html>.

Chapter Chatter

Our last scheduled Hudson River Valley Chapter meeting was a virtual Executive Board Meeting on March 11, 2021 @ 5:30 PM. That was followed by a Joint Technical Meeting scheduled on March 18, 2021 with the topic of “The Art and Science of Technology in Safety and Injury Prevention” presented by Mr. Kyle Kutsup, Injury Prevention Specialist of Fit For Work. The meeting began @ 12:00 Noon. Participating ASSP chapters joining this meeting were Connecticut Valley Chapter and New York City Chapter, along with the Hudson Valley Field Federal Safety and Health Council. All chapter members and friends were invited to attend. Copies of these meeting minutes were/will be sent to you as well as posted on the Chapter web page.

Our meetings for the April/May 2021 time frame were:

Hudson River Valley Chapter technical meeting on April 15, 2021 with a topic of Safety Leadership was cancelled on short notice to Chapter members. The members were advised that they could attend either one of the following meetings to make up for it; Hudson Valley Field Federal Safety and Health Council meeting on April 14, 2021 topic of Basic Industrial Hygiene; Or the Connecticut Valley Chapter Meeting on April 15, 2021 topic of Using Movement to Decrease Low Back Strain Risk. Copies of those sign-in sheets will be obtained to record attendance.

The May Meetings were: Hudson River Valley Chapter Planning Meeting, May 17, 2021 to prepare for the up-coming Election process. Another meeting on May 20, 2021 that will be a Joint Technical Meeting with New York City Chapter and Federal Safety and Health Council with a topic of “What is your safety story?” A June 3, 2021 Board Meeting is planned to formalize the slate of candidates for Chapter officers to present to the chapter membership for the election ballot.

Thought Of The Day:

“Many of life’s failures are people who did not realize how close they were to success when they gave up.” – Thomas Edison.

The Coronavirus is still with us and impacting our lives in everyday activities and events. Progress is being made against it and the tide seems to be turning. Society is making strides to regain a so-called normal daily life, and some restrictions may be lifted soon. We are still being asked to wear masks and take the necessary precautions at this time that we as individuals feel we must take to protect ourselves. But please stay safe and protect yourselves. There are new strains showing up and the effectiveness of the vaccines are being questioned, but facts seem to indicate that it will work against those new strains too. Remember, you look so much better standing up wearing a face covering, than laying in a hospital bed with a tube down your throat.

Minutes of all chapter meetings and all newsletters are published on our chapter webpage, as well as sent to you, so you can read them to see what is covered during these meetings, or in the newsletters. They are available as far back as 2018. We have posted many of the Presentations from past Technical Meetings also. This is the link to the files page on our website for you to review these chapter documents if you so wish to do: <https://hudsonrivervalley.assp.org/files/>.

Once again the Hudson River Valley Chapter is continuing its mailing list update. If you have a different email address than the one you used to join the ASSP, or renew your membership, or if you have another address you prefer to be used please let us know which one you would prefer to be used for chapter mailings. Thank You.

Stay safe, and stay healthy. Hopefully we can meet face to face soon. Should you have an item you would like to see published in this newsletter, please submit it to me using my email provided here at the end of this page. If needed for any questions you may have about our Chapter activities, my email address is:

cvondietsch@yahoo.com