



Hudson River Valley Chapter Newsletter

November 2021

Volume 6, Number 5

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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.**

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Holiday Workplace Safety.

As the nation enters the Holiday Shopping Season, employers must ensure that all workers are trained to recognize and prevent job hazards, and incorporate safe work practices at retail stores and warehouses. See OSHA resources here; <https://www.osha.gov/holidaysafety>.

Apprenticeships Pivot to New Tech Careers.

Through an apprenticeship program, you can obtain paid, relevant workplace experience while acquiring the skills and credentials that employer's value. 94% of apprentices who complete an apprenticeship retain employment, with an average annual salary of \$70,000. Learn more about the benefits of apprenticeship for career seekers and prospective apprentices.

Career seekers with different backgrounds and interests are pursuing jobs that start with apprenticeship. One large tech company is recruiting "new collar" tech workers by giving career seekers without a college degree the chance to earn while they learn, and ultimately pivot to new career paths in technology jobs.

How to become an apprentice you ask?

Apprenticeship opportunities are offered through an employer or the program sponsor.

To become an apprentice, search for an opportunity using the **Apprenticeship Job Finder** and apply directly with the employer or the program sponsor. Questions about a specific opportunity? Contact the employer or the program sponsor for more information.

If you are interested in seeking an apprenticeship but need more guidance, find an **American Job Center near you**. They help businesses find qualified workers and can help you obtain an apprenticeship to enhance your career.

For more information on apprenticeships please use this link:

<https://www.apprenticeship.gov/career-seekers>

Ladder Safety at Every Step.

After analyzing more than 350 NIOSH fatality reports involving ladders, a common major root cause theme was found: inadequate training.

Training workers on using ladders safely is a must. Seth Patterson, an Environmental, Health and Safety engineer with Lockheed Martin said “If the employers had effective ladder training, that could have prevented most of those incidents from happening.”

One possible reason for the lack of employee training is that ladders are relatively simple to use compared with other more complex equipment such as aerial lifts, according to Mike Kassman, Director of OSHA and Disaster Response Training at CPWR – The Center for Construction Research and Training. Despite continuing advances in ladder related safety equipment, such as outriggers to maintain side to side stability, training remains important.

In the construction industry, for example, more than 70 workers are killed as a result of a fall from a ladder each year and 4,000-plus suffer lost time injuries, according to a 2018 CPWR hazard alert. In Patterson’s research, half of the fatalities (88 of 175) resulted from a fall. In five more instances, the victim was shocked and then fell. Forty-two other victims were electrocuted while on or holding onto a ladder for someone else. The remaining 40 fatalities were from a variety of causes, including 15 in which the victim was on a ladder in a confined space when overcome, and 12 others in which the ladder and/or user was struck by something. Ladders earned a spot on OSHA’s annual “Top 10” list of most-cited violations in 2005 and has been on the list ever since. Employers can help prevent ladder-related injuries by providing supervision and determining whether a ladder is the appropriate equipment for the job, which is a common practice among employers in the commercial construction industry, according to CPWR experts. Instead of using ladders, these employers often have lifts or scaffolds because they have the space and budget for them. However, ladders aren’t likely to be going away anytime soon in industries such as residential construction – in part, experts say, because they’re inexpensive and portable.

Training - under OSHA regulation 1926.1060, employers are required to provide ladder safety training to workers via a “competent person,” covering subjects such as fall hazards and weight capacity. The agency’s general industry regulations don’t specify ladder training, but the agency in 1910.30(a)(3)(i) does say that each employer must educate employees on fall hazards in “the work area.” Cal/OSHA, goes a step further and requires that “supervisors of employees who routinely use ladders shall also be trained in ladder safety.”

One major topic covered is maintaining three points of contact while climbing. Spencer Schwegler, former director (retired) of OSHA and disaster response training at CPWR, as well as a retired union painter, pointed out that although OSHA doesn’t “spell out” a requirement for three points of contact, it is implied in 1926.1053(b)(20-22). What’s considered three points of contact? OSHA and ALI (American Ladder Institute) agree that it can mean two hands and one foot or two feet and one hand. A knee or elbow isn’t considered a point of contact. OSHA rule 1926.1053(b)(22) states that employees on a ladder should not carry an object or any load that could cause them to lose their balance or fall. Instead, they should plan ahead on how they’re going to get their tools or other objects to their work area. ALI recommends using “towlines, a tool belt or an assistant to convey materials so that the climber’s hands are free when climbing.” The CPWR hazard alert emphasizes: “Do not carry tools and materials while climbing. Use a rope to haul or hoist materials to the upper level.”

The organizations experts stress not to use a ladder horizontally or as a plank, not to stand on the top two steps of a stepladder, and that employers and workers should make sure the height of the ladder is right for the job. ALI says workers should keep the center of their belt buckle or stomach between the ladder side rails while working. Do not lean or overreach, as that could make the ladder tip sideways. Ladders must “be inspected by a competent person for visible defects on a periodic basis and after any occurrence that could affect their safe use,” according to OSHA 1926.1053(b)(15). Under OSHA’s general industry rules – 1910.23(b)(9): “Ladders are inspected before initial use in each work shift, and more frequently as necessary, to identify any visible defects that could cause employee injury.” Both regulations require defective ladders to be tagged “Do not use” or similar wording, and removed from service. Simple – yes; common sense – yes; Do we often forget when in a hurry – yes!

Ladder Safety at Every Step (continued).

Where do physical damage issues often appear on ladders? One area is the feet. Patterson said when he's looking at a ladder, he'll have a co-worker stand it up and see if all four feet touch the ground evenly. "If all four feet don't have firm contact, it's time to get rid of it," he said. Along with the feet, CPWR recommends a check of the rails, rungs, rung locks and spreaders before each use of the ladder. ALI provides an inspection checklist on its website. Additionally, make sure labels are attached, especially the danger labels on the top step and top cap as well as the load-rating label, Patterson said. If any labels come off, he advised getting replacement danger labels or using an indelible marker to write the load-rating information on the ladder while seeking replacement labels.

ALI has a webpage to help employers and workers choose the right ladder for the job. One aspect to check is the maximum weight the ladder can support, also known as its duty rating. That weight includes the employee, clothing/personal protective equipment, and any tools or supplies. Ladder duty ratings range from Type III (light duty) – able to support up to 200 pounds – to Type IAA (extra heavy duty), able to support a max weight of 375 pounds.

NIOSH debuted its ladder safety phone app in 2013 and updated it in 2016. The tool shows how to pick the right ladder based on user characteristics and tasks. This includes avoidance of electrical hazards. The app also features an inspection tool and a way to ensure a ladder is level or set at the proper angle if resting against a structure such as a wall, also known as the "4-to-1 rule." This means that for every 4 feet above the surface level, the ladder is moved 1 foot away from the vertical structure on which it's resting.

Although not required under OSHA standards, performing a risk assessment of which type of ladder or other equipment to use could aid in their safe use. Such an assessment is required by the Health and Safety Executive – the United Kingdom's version of OSHA.

Construction Industry Shifting toward Data Driven Safety.

Data driven safety is still emerging in the constructions industry, according to a recently released report published by Dodge Data & Analytics, and The Blue Book Network.

Safety Management in the Construction Industry 2021, developed in partnership With CPWR – The Center for Construction Research and Training and several other organizations, is based on data collected from an on-line survey of 282 contractors administered from May 11 to June 25. The survey included questions about using data and technology to enhance workplace safety.

About one-quarter of the contractors said using observation data from jobsite imagery is essential to a successful safety program, while 21% believe the same about predictive analytics. Only 19% ranked "making better use of safety data" as a top way to improve their safety program.

It will be critical to track whether these types of practices gain in importance as more and more contractors become familiar with the tools that allow them to capitalize on data to improve safety" the report states.

Wearable sensors were cited as the technology with most positive impact on worker safety and health (34%), just ahead of virtual reality for training (32%). Predictive analytics (28%), remotely controlled equipment (26%) and virtual monitoring with artificial intelligence (25%) rounded out the top five methods.

Don't Strike Law Enforcement on Side of Road.

Although most states enforce some type of "move over" law, which requires drivers to move over one lane to the left, or reduce speed when passing law enforcement on the side of the road, struck-by incidents are still happening.

More than 200 law enforcement officers were struck and killed between 2005 and 2019, according to NIOSH. Please be aware of this as you drive down the road for business or personal trips.

Be Alert, Move Over, And slow Down at least 10 Miles per hour than your travel speed.

Holiday Safety at Home.

Of course do not drive if you are under the influence of anything that impairs your ability to safely drive. The Consumer Product Safety Commission also has helpful Home Safety tips for the Holidays topics from deep frying Turkeys, to decorating safety tips. Check out these home safety tips listed here:

<https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Holiday-Safety>.

Chapter Chatter.

The Chapter meeting in October 2021 was the annual PDC. The PDC was held on Friday October 29, 2021 on Friday October 29, 2021 at the Rockland County Fire Training Center. All things considered as it relates to COVID – the 2021 Hudson River Valley Chapter PDC was a success!

As we all know – it takes a village – to plan and execute a PDC. The Executive Board of the Hudson River Valley Chapter ASSP wishes to extend our sincerest thanks to all the presenters, vendors and the Rockland County Fire Training Center staff – our gracious hosts. The feedback from the conference evaluation forms is excellent.

To all chapter members, please **SAVE THE DATE Friday, October 28, 2022 Hudson River Chapter PDC** at the Rockland County Fire Training Center. This facility meets all of our needs for parking, number of classrooms, open space of the auditorium is well suited for the combination vendor demonstration area and lunch room area for the conference attendees. It is also easy to get to as it is in close proximity to major highways.

Please be on the lookout in the December Newsletter for the upcoming Technical Meetings being scheduled – one a month for the months of January through May 2022. It is the hope the Executive Board that these can be in person meetings following the strictest COVID protocols. If COVID protocols restrict in person gatherings we will be holding the meetings virtually. Please remember to visit the Hudson River Valley Chapter website for the up to date information regarding all meetings.

Based on the reception and enthusiasm of the Joint Chapter Meetings held this last operating year, the chapter is planning to continue Joint Meetings with other ASSP Chapters and with other Safety Organizations in our area as the opportunity presents itself to us. These meetings may be a combination of both in-person and virtual meetings. If you are a member of another safety organization and that organization would be interested in holding joint meetings, please contact our chapter executive board to work out and finalize those plans for a joint meeting. They will be announced and posted with as much advance notice as possible as they are confirmed so that all members will know of them and can make plans to participate in those meetings. Chapter meeting minutes, newsletters, and many presentations from our Technical Meetings are posted on our chapter webpage. You can view them all by using the link provided for the files page by clicking [here](#).

Thought of the Day

“Be a sponge. Spend as much time as possible with people who truly know their craft and be a great listener. That is how you learn.” -- Jerry Colangelo (American Businessman)

Stay safe, and stay healthy. Hopefully we will meet face to face at the PDC coming very soon. Should you have an item from the job, or from home, you would like to see published in this newsletter please submit it to me. Or if you have any questions about the chapter, or its activities, please submit those as well.

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