



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.**

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Agency Supplied Temporary Workers And Safety.

Many fatal incidents have happened where temporary workers were not provided the training necessary to do their job safely. If you use a staffing agency to obtain temporary workers for your business under a joint employment agreement between the staffing agency and the host employer (your business), both parties are responsible for providing the necessary training and safety protocols to do the job before the worker starts the job. Under OSHA's Temporary Worker Initiative (TWI), this shared responsibility is typically divided as follows;

The Staffing Agency is responsible for generic safety and health training. The Host Employer is responsible for site-specific training for job tasks, machinery, equipment, and processes of the work site.

Both are responsible to review the applicable OSHA standards and specific training requirements. Each of the employers is required to inform the other employer when those training requirements are completed. Each employer must also ensure that the temporary worker(s) are included in the record keeping systems of each joint employer.

For more information on this initiative please use this link:

<https://www.osha.gov/sites/default/files/publications/OSHA3859.pdf>

Winter Weather Is Here.

The recent cold weather events have made it clear that winter is upon us. Winter weather presents hazards such as cold stress, slippery roads and surfaces, to strong driving winds to workers. Employers must prevent illnesses, injuries, and/or fatalities by controlling these hazards in workplaces impacted by winter weather.

OSHA and National Oceanic and Atmospheric Administration (NOAA) are working together on a public education effort aimed at improving the way people prepare for and respond to severe weather. This effort is designed to help businesses and their workers prepare for winter weather, and to provide information about hazards those workers may face during and after winter storms.

For more information and resources on winter weather hazards, use this link: <https://www.osha.gov/winter-weather>.

Driving In The Dark: Avoid Night Blindness.

You may not know the name for it, but if you drive at night, you have probably experienced situational night blindness. It can occur when you are temporarily blinded by a bright light such as an oncoming car's headlight's, according to the Texas Department of Insurance, or TDI.

When you are momentarily blinded by a bright light, TDI says, your pupils contract and adjust to the sudden light intensification. Then, when the light passes, your pupils readjust to the subsequent lower light levels by dilating.

The issue is that during the brief time your eyes are making these adjustments, your vision is impaired. Without enough light, we lose much of our contrast sensitivity (the ability to distinguish objects from the background) and peripheral vision (the ability to recognize objects at the edges of our vision field).

To help navigate nighttime driving, the Texas Department of Insurance offers these tips:

- Drive within the visual range illuminated by your headlights, not by what you think you see beyond them. At night, headlights limit our view to only 250 to 350 feet of the road ahead.
- Adjust your rear view mirror to the nighttime setting to dim any headlight glare coming from behind.
- Focus your eyes on the right side edge of the road to avoid being blinded by oncoming lights.
- Keep your windshield and headlights clean inside and out.
- Shift your view between the road and your vehicle's rear and side mirrors.
- Turn your head from side to side to increase your peripheral vision.
- Use your high beams when you can, dimming them for oncoming vehicles.

These tips may not eliminate nighttime driving accidents, but they can help reduce them if followed.

Safe + Sound.

Safe + Sound is a year-round OSHA campaign to encourage every workplace to have a safety and health program. The official dates of the planned Safe + Sound Week 2022 to promote this program will be announced shortly.

It can consist of multiple sections and should include both leadership managers and employees of the company. The suggested sections to be included in the workplace safety and health program at a minimum are: 3 in 30 Challenge, Check on Safety Challenge, and All in on Safety Challenge.

Take 3 in 30 – Management Leadership is a core element of a workplace safety and health program. Show your commitment to your workspace program. Every workspace is different, pick 3 items of concern from your developed plan, or choose some from the OSHA template list that fit your workplace, and correct them in 30 days. Show your commitment to safety.

Check on Safety – Take a proactive approach to safety by finding and fixing hazards before they cause an injury or illness. Many times a program only takes action after a worker is injured or sick, a new regulation is enacted, or if an outside inspection finds a problem that must be fixed. Encourage problem solving before an injury takes place. Involve workers; often they have the best understanding of the hazards involved in the work task, and ideas on how to correct them.

All in on Safety – Worker participation is a key element of a workplace safety and health plan. It is important to create an environment where all workers feel included, and they can be heard with their opinions and suggestions are respected. Recognize workers who participate in the program. Create a workplace where workers can free of fear of retaliation or discrimination for reporting an injury or a hazardous condition. Incidents, as well as near misses, should be investigated to correct the root causes.

For more information on this topic and other resources use this link:

<https://www.osha.gov/safeandsound/activities#allInOnSafety>

Better Office Ventilation May Boost Worker Brain Power.

Improved air quality in offices can boost worker focus, response times and overall cognitive ability, researchers from the Harvard T.H. Chan School of Public Health claim.

As part of a yearlong study, an international team of researchers examined more than 300 office workers in North America, Europe and Asia. Participants were between the ages of 18 and 65 and had a permanent workstation in their office, at which they worked at least three days a week.

Each workspace featured an environmental sensor that recorded real-time concentrations of carbon dioxide and the smallest particulate matter, known as **PM2.5**, as well as temperature and relative humidity. The workers were provided a mobile app that administered one of two cognitive tests at predetermined intervals, or when the environmental sensor indicated levels of carbon dioxide and PM2.5 fell below or surpassed certain thresholds.

One of the tests asked the participants to correctly identify the color of displayed words that spelled a different color as a gauge of cognitive speed and focus. The other test measured cognitive speed and working memory by presenting various two-digit addition and subtraction problems. The participants' response times slowed and accuracy diminished on the color-based test as levels of carbon dioxide and PM2.5 increased. For the mathematics test, increases in carbon dioxide levels were associated with slower response times. Overall, the workers answered fewer questions correctly during the allotted time as concentrations of both pollutants increased.

The Centers for Disease Control and Prevention offers tips for **improved ventilation** which include:

- Increase outdoor air ventilation if possible, but use caution if in a highly polluted area.
- Open windows and doors to the outside when weather conditions allow and doing so doesn't create a safety or health risk (e.g., risk of falling or triggering asthma symptoms).
- Ensure restroom exhaust fans are working at full capacity when a building is occupied. (Many large locations may have turned these fans off to save on energy costs).

Tornado Preparedness and Response.

In the aftermath of a tornado, workers may be involved in a variety of response and recovery operations. The following are general guidelines that may be applicable to workers involved in assessing and/or cleaning up the damage to their worksite. However, some operations, such as utility restoration, cleaning up spills of hazardous, and search and rescue, should only be conducted by workers who have the proper training, equipment and experience.

Response and recovery work in tornado impacted areas presents safety and health hazards that should be properly identified, evaluated, and controlled in a systematic manner to reduce or eliminate occupational safety and health risks to response and recovery workers. Some of the specific hazards associated with working in the aftermath of tornadoes include:

- A - Hazardous driving conditions due to slippery and/or blocked roadways
- B - Slips and falls due to slippery walkways
- C - Falling and flying objects such as tree limbs and utility poles
- D - Sharp objects including nails and broken glass
- E - Electrical hazards from downed objects in contact with power lines
- F - Falls from heights
- G - Burns from fires caused by energized line contact or equipment failure
- H - Exhaustion from working extended shifts
- I - Heat and dehydration.

For more resources and topics of Tornado Preparation and Recovery use this link to the OSHA Emergency Response Resources pages;

<https://www.osha.gov/tornado/response>

Chapter Chatter.

To all chapter members, please **SAVE THE DATE - FRIDAY, OCTOBER 28, 2022 HUDSON RIVER CHAPTER PDC** at the Rockland County Fire Training Center, 35 Firemen's Memorial Drive Pomona, NY 10970. Mark your calendars now. This facility meets all of our needs for attendee parking, number of class rooms, 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 for the January Newsletter for the upcoming Technical Meetings being scheduled one a month for the months of February 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. Watch for special email messages to keep you informed of the status of chapter meetings as well as visit thing the Hudson River Valley Chapter website for the up to date information regarding all meetings and events. The link is: <https://hudsonrivervalley.assp.org/>

The next scheduled Chapter Meeting is a virtual Board meeting scheduled for January 20, 2022 on the ZOOM platform. It will be to discuss the remainder of the operational year. The chapter is planning on trying to continue Joint Meetings with other ASSP Chapters, or 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, current and past 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

"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you." -- Diana Spencer, Princess of Wales

Stay safe, and stay healthy. Hopefully we will meet face to face very soon. Should you have a safety related item from your job, or from off the job, that you would like to share with the rest of the chapter in this newsletter, please submit it to me and I will bring it to the attention of the Chapter Board to review for newsletter publication.

At this time we are soliciting materials or topics for our technical meetings from the membership. If you have an item you would like to see covered, or even present it, contact us on the Board. If you have any questions on or about the chapter operation, activities, or have an interest in becoming more interested in helping out the Chapter as a volunteer please contact us as well.

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