



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
"cvondietsch@yahoo.com"

Know Which ANSI/ASSP A10 Standard To Use For Construction and Demolition Safety?

The Society and some Chapters have received many questions as to which A10 standards address safety management for construction and demolition operations. This occurred because many requests for proposals, RFP's, now require the successful bidder have a safety management system for large scale construction or demolition projects. There are several A10 Standards that provide Occupational Safety & Health (OSH) management guidance. For reference, here is a brief guide and short synopsis of the standards. If you have these standards for reference, you are all set. If not, the embedded hotlink will bring you to a place where you can obtain them from ASSP. So here are the standards;

[ANSI/ASSP A10.1-2011 \(R2017\)](#) Pre-Project and Pre-Task Safety and Health Planning for Construction and Demolition Operations, establishes the elements and activities for pre-project and pre-task planning in construction.

[ANSI/ASSP A10.33-2011 \(R2016\)](#) Safety and Health Requirements for Multiple-Employer Projects, provides a guideline for a program to provide a safe and healthful work environment where multiple-employers are or will be engaged.

[ANSI/ASSP A10.38-2013](#) Basic Elements of an Employer's Program to Provide a Safe and Healthful Work Environment, aims to help employers to provide a safe work environment.

[ANSI/ASSP A10.39-1996 \(R2011\)](#) Construction Safety and Health Audit Program, establishes an internal method of measuring compliance with an organization's written safety and health program requirements.

[ASSP TR-A10.100-2018](#) Prevention Through Design, ASSP's Latest Technical Report A life cycle approach to Safety and Health in the Construction industry provides guidance on applying prevention through design concepts to construction worker safety.

Keeping Older Workers Healthy and Productive.

Nearly 20 percent of the U.S. workforce is older than 65, according to the Bureau of Labor Statistics. By 2020, 1 in 4 American workers will be older than 55.

Older workers typically have more experience and greater institutional knowledge than younger workers as noted by NIOSH. However, their injuries often are more severe and may take longer to heal. Employers should take special considerations into account to help protect older workers.

Health issues increase with age, as data from NIOSH shows that arthritis and hypertension are the two most common health conditions reported by employees older than 55. More than 75 percent of older workers are estimated to have at least one chronic health condition that requires management. NIOSH cautions “The frequency of these conditions and others in older adults has important implications for how and when workers can physically perform their duties.” How can employers help keep older workers healthy and safe? Make the workplace age-friendly.

Employers and supervisors can follow several strategies to make workplaces more age-friendly, NIOSH states. Among them are:

- Be flexible with older workers by giving them a say in their schedule, work tasks and conditions when possible.
- Let employees work self-paced, and avoid assigning repetitive tasks or work that involves prolonged sedentary tasks.
- Require supervisors to take training on managing an aging workforce.
- Provide ergonomically correct workstations.
- Consult with older workers to develop teamwork strategies to help abate age-associated hazards.
- Keep hazards managed – particularly slip, fall and noise hazards, as these can challenge older workers.
- Invest in training to help older workers hone their skills and become comfortable with new technologies.

For more information on productive aging, visit;

<http://cdc.gov/niosh/topics/productiveaging/safetyandhealth.html>

The Hazards of Aerial Lift Work.

Workers using aerial lifts can be injured or killed if they don't know how to operate them safely. According to the Center for Construction Research and Training, also known as CPWR, about 26 workers die every year using aerial lifts. Causes range from electrocutions, falls and tip-overs to being caught between the bucket or guardrail and an object. Before attempting to use an aerial bucket, workers should thoroughly inspect all operating and emergency controls, as well as guardrails, fall protection gear and any other items specified by the machine's manufacturer. Check that the lift has no missing or broken parts. Then, survey the area where the lift will be used. Aerial lifts should be used on level surfaces that won't shift. Look for hazards such as overhead powerlines, drop-offs, holes and other obstructions. Finally, be sure to set outriggers, wheel chocks and brakes, even if the lift is on a level surface. Supervisors should ensure any aerial lift operator or worker is trained, qualified and experienced with the model they will be using. When operating an aerial lift or working in a lift bucket, ensure the platform's chains or doors are closed, don't exceed the lift's load capacity limits, and place warning cones and signs around the lift when working near traffic. Other tips from CPWR: **Prevent electrocutions:** Stay a minimum of 10 feet away from overhead power lines, and be aware that insulated buckets won't protect a worker if electricity has another path to the ground, such as a worker touching another wire. **Prevent falls:** OSHA requires either a full-body harness or some sort of positioning device on bucket trucks or boom lifts. **Prevent tip-overs:** Never drive when the lift platform is elevated, unless manufacturer states otherwise, refrain from exceeding reach limits.

Call for Suggested Topics.

In a few previous Newsletters I asked if anyone had a topic they felt would be useful and interesting to the general membership to be presented at our meetings, or to be summarized in a Newsletter item. If you do have a topic, please send it to me, Charles Von Dietsch, at email address: cvondietsch@yahoo.com. Please feel free to contact me with any questions or concerns about the Chapter or with Technical or General Meeting topics you would like to see presented. I will bring them to the rest of the Chapter Executive Committee to discuss the possible use of your idea as a meeting topic presentation. I will also provide you with feedback concerning the decision to use your suggested topic or not. Just about any safety related item is welcomed, on-the-job / off-the-job accident topic, family safety at home or on vacation, a near miss incident, local regulation, or federal regulation update will be welcome. There are some guidelines that we follow which were outlined way back in June of 2016 when we published the first chapter membership newsletter. These are: nothing political, inflammatory, or insulting to any other person – member of this chapter, or the Society – it will not be put in this newsletter. Items that describe any violation of safety regulations and standards are encouraged and will be allowed in the newsletter, or as a live topic. Specifics that might be identifiable to a person will be removed unless the suggested item is supplied to us with the required written permissions to use some personalized details for accuracy of the incident or experience. This is an easy way for you to become more involved in the chapter, so give it a try. Remember, this is YOUR Chapter and we need and look forward to your support and assistance.

Our Next Scheduled Chapter Meeting.

The next Scheduled Chapter meeting is a Board Meeting concerning some planning items and logistics of our postponed PDC. The meeting is scheduled to be held on Thursday, September 6, 2018. The location will be in the QuEST Company office conference room, at 1376 Route 9, Wappingers Falls, NY. The planned start time is 5:30 P.M.; a light dinner with refreshments will be available. We will have a chapter business discussion concerning the situation and timing of the Chapter PDC. You are all invited to attend. This newsletter is your invitation. If you have recently moved, retired, or changed your work location or email address, please let me know at the email address given in the above segment so we can correct our membership directory.

Come to a chapter meeting, we would like to see you, so come, we'll make room for you! Just let us know so we have enough food and beverages for you. The meetings are always open to ASSE members and they are always included in this newsletter, and they are posted on our web page in advance so you know where they are going to be held. Try to attend a meeting, yes it may take some of your time, but it may be well worth it. The business sections of the meetings generally start at 6:00 P.M., and they end at approximately 7:30 P.M., depending on the amount of discussion and items on the agenda. A light meal and refreshments are usually available at 5:30 PM. Since this is your Chapter, please feel free to drop by and participate in the functions of the Chapter. Who knows, you might just like it and decide to become involved in setting the direction and operation of the Hudson River Valley Chapter. We would really love to see you at a Chapter Meeting. We'll save you a seat!

Very soon we will begin a survey campaign in an effort to hear from you the members on why you do not attend the meetings, or participant and lend a hand with arrangements or suggesting things to cover. This may include and mail out type survey if you have a corrected address on file with the National Society, as we get our member contact information from them.