



THE SAFETY PEAK

2016 FORTH QUARTER NEWSLETTER OF
OSHA'S DENVER FEDERAL SAFETY AND HEALTH COUNCIL

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DFSHC Meeting Thursday, October 20, 2016 1:00 p.m.

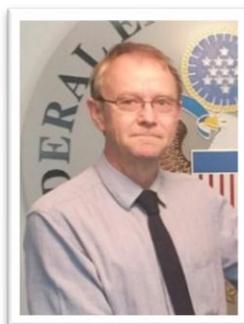
This quarter's training will be provided by Scott Washam of Ergonomic Solutions. Scott has had a private practice as an ergonomic consultant for over twenty years. Prior to private practice, Scott has 14 years of clinical work in the field of occupational medicine. Scott has multiple certifications in the field of health and fitness including Masters in Physiology, certified physiologist, and certified ergonomist. Scott's services include proactive ergonomic evaluations, reactive ergonomic evaluations, and providing ergonomic equipment to address ergonomic issues. Scott's focus is on office environments. Scott can be contacted at (303) 506-6979 or mwasham@aol.com.

The training will be conducted at the Ironworkers Local Union #24 Training Center, 5575 Tejon Street, Denver, CO 80221. Special thanks to our host, Greg Martin who made the facility available.

DENVER FEDERAL SAFETY AND HEALTH COUNCIL RECEIVES AWARD FOR SECOND CONSECUTIVE YEAR

OSHA has determined recipients of the Federal Field Federal Safety and Health Councils (FFSHCs) awards for 2015. These awards recognize 2015 FFSHC activities that promote the advancement of occupational safety and health in the federal government and supports OSHA's federal agency program initiatives. For the second consecutive year the Denver Federal Safety and Health Council was chosen from among 35 active FFSHCs, receiving *Notable Recognition* (third place) in Category 1, (FFSHCs serving an area with a federal employee population exceeding 24,000).

OUR COUNCIL SAYS GOODBYE TO A GOOD FRIEND



Effective September 30th, Council Chair Jim Behrman retired from the U.S. Fish and Wildlife Service with 30 years of federal service. For the past three decades Jim served as a certified industrial hygienist and has trained a wide variety of individuals on several types of respiratory protection. Jim has dedicated many years as a council member, vice chair, and chair. Bill Otto, Council Vice Chair will complete the rest of Jim's term as council chair, which ends December 31, 2016.

[CLICK HERE TO VISIT THE COUNCIL'S WEBPAGE](#)

UPCOMING COUNCIL ELECTIONS

At the October 20, 2016 meeting, the council will be conducting elections for its officers. The term for these positions is January 1, 2017 through December 31, 2018. The positions are chair, vice chair, secretary, north, south, east, and west co-chairs.

The Council's north, south, and west co-chairs have been selected as the council's nominating committee. Contact one of these committee members if you wish to be considered.

WHAT'S NEW AT OSHA?

[CLICK HERE TO SEE](#)

OPIOID PAINKILLER ADDICTION

According to the National Safety Council, every day 52 people die from prescription opioid overdoses.

Certain side effects of opioid painkillers could hinder your ability to drive or work safely. These side effects include: dizziness, sleepiness, blurred vision, confusion or unusual thoughts, delayed reaction, difficulty following directions.

Click [here](#) to download the National Safety Council fact sheet.

OSHA REGION VIII VPP AWARD RECIPIENTS

At this year's VPPPA conference, [Mr. Brad Baptiste](#), OSHA Region VIII VPP Manager, recognized the following individuals: Bruce Sanford, (Department of the Army at the Rocky Mountain Arsenal), 2015 Region VIII SGE of the Year. Recognized for exemplary leadership, were Ms. Kim Hayden (MillerCoors) and Mr. Craig Buelo (309th Electronics Maintenance Group, Hill Air Force Base).

Decades of Excellence Awards: ASI, Inc (Rapid City, SD), CF Industries (Grand Forks, ND), DAL Global Services (Colorado Springs, CO), Delta Air Lines (Colorado Springs, CO), Energy Keepers (Polson, MT), Rocky Mountain Metal Container End Plant (Golden, CO).

Zeroes Heroes: AECOM (EIC), AECOM (RMA), Battelle Memorial (PCAPP), Bechtel National (PCAPP), CF Industries, Delta Air Lines (COS), Delta Air Lines, (TOD, U.S. Army (RMA), Energy

Keepers, Inc., Firestone Building Products, Forcepoint, GE Control Solutions, GP Strategies (PCAPP), Hellman & Associates, Hendrickson Trailer, Kiewit (Cherokee), MillerCoors (Huntley), MillerCoors (Longmont), MillerCoors (McIntyre), MillerCoors (Woland), Monsanto (Harrisburg), Navarro Research (RMA), NorthWestern Energy (Madison), NorthWestern Energy (Haus-er), NorthWestern Energy (Holter), NorthWestern Energy (Thompson Falls), NuStar Energy (ND), NuStar Energy (SD), Dakota, NuStar Energy (CO), Owens Corning Trumbull Asphalt, Phillips 66 (Evansville), Phillips 66 (Rock Springs) Phillips 66 Pipeline Company, Tri-State G & T, Flight Operations.

Note: Zeroes Heroes recognition indicates these recipients had a zero TCIR and DART rate for 2015.

LOOKING FOR AN AREA EXPERT?

OSHA'S VOLUNTARY PROTECTION PROGRAM

Bruce Sanford

CHEMICAL MANAGEMENT

Sonja Ringen

OFFICE ERGONOMICS

Paula Leshinski

ROOT CAUSE ANALYSIS

Barry Oelrich

CONTROL OF HAZARDOUS

ENERGY (lockout/tagout),

NOISE, AND GENERAL

INDUSTRIAL HYGIENE

Dale Krupinski

CALL AN EXPERT

CONTACT INFORMATION IS ON PAGE 1 OF THIS NEWSLETTER

GOT AN AWESOME SAFETY PROGRAM?

If you have an awesome safety program and would like OSHA to recognize it, click [here](#) to learn about the OSHA VPP program, or you can remain satisfied with you unrecognized awesome safety program.

Click [here](#) to email Mr. Brad Baptiste, OSHA Region VIII VPP Manager if you would like more information about OSHA's VPP program.

UPCOMING WEBINARS BY OH&S [CLICK HERE](#)

OVERHEATED WATER EXPLODES IN MICROWAVE

The FDA has received reports of serious skin burns or scalding injuries around people's hands and faces as a result of hot water erupting out of a cup after it had been over-heated in a microwave oven. Over-heating of water in a cup can result in superheated water (past its boiling temperature) without appearing to boil.

Click [here](#) to view a MythBusters video on the subject. Click [here](#) to read the entire FDA article.

SAFETY PRESENTATIONS FOR FREE [CLICK HERE](#)

GOT KIDNEY STONES? RIDE A ROLLER COASTER

A roller coaster ride is a fail-safe way to shift kidney stones, a study published in The Journal of the American Osteopathic Association claims, but it may take you a few tries. That is according to a team at Michigan State University College of Osteopathic Medicine who rode Disney World's top rides 60 times to test their theory. Researchers rode three roller coasters 60 times in a row with a model kidney to see if it helps to stimulate passing kidney stones. By the end of the unusual test they concluded it did.

Kidney stones are caused by a buildup of waste products in the blood forming crystals that form a hard stone-like lump in the kidneys. What could be more osteopathic than finding a relatively low-cost, non-invasive treatment that could prevent suffering for hundreds of thousands of patients?

Click [here](#) to read the entire article. Click [here](#) to learn more about kidney stones.

WHAT'S NEW IN REGION VIII VPPPA?

by [Mark A. Moya](#)
VPPPA Region VIII Chairperson

It's good to be back from our National Conference and to begin focusing on what is going to be our best and biggest Regional Chapter Conference. In addition we are excited to have [Keni Thomas](#) (Army ranger) and [Chad Williams](#) (Navy SEAL) back as our keynote speakers. While Colorado Springs, Colorado, is [Olympic City USA](#), it also is a military town that loves and supports all members

of the Armed Forces. I think Keni and Chad will bring exactly what is needed to the conference.

For those of you who are not familiar with the VPPPA, our mission is to be a leader in safety and health excellence through cooperation among communities, workers, industries and governments.

The Region VIII VPPPA chapter comprises a community of dedicated safety and health professionals empowering occupational safety culture across six states.

The VPPPA, [The Premier Global Safety and Health Organization™](#), is the leading organization committed to occupational safety, health and environmental management systems and has created a complex network of cooperation between companies, the Occupational Safety and Health Administration (OSHA), state OSHA leaders, members of congress, the Department of Defense and Department of Energy.

For more than a decade, Region VIII VPPPA has provided its members a direct link to a depth of resources at OSHA, DOE and similar agencies within state-plan states and continues to offer a support network for participants from a wide variety of industries.

More than 75 Region VIII OSHA VPP companies provide the support needed to continue striving for and achieving a stronger culture of safety excellence.

In addition, Region VIII VPPPA provides occupational safety, health and environmental leaders with networking and educational opportunities, up-to-the-minute legislative information, industry advancements, preferred vendors and consultants dedicated to VPP and safety and health management systems, mentoring opportunities, professional development and volunteer opportunities.

We are looking forward to seeing you at our [VPPPA Region VIII 2017 annual safety and health conference](#) at the DoubleTree Hotel, Colorado Springs, Colorado, April 25-27, 2017. We will bring together safety and health experts from different industries that are all united in their mission to create safer environments for their peers and colleagues.

MY CAR DOES WHAT?

What are the most popular car safety features? A few are: back-up camera, blind spot monitor, and lane departure warning.

Hundreds of millions of cars on the roads have safety technologies, new and old, that help reduce the risk of crashes and deaths. But even the most advanced safety feature cannot replace a safe, focused driver in the car.

The National Safety Council, in partnership with the University of Iowa Public Policy Center, is educating the public on how to best interact with these safety features to have better, safer driving experiences. Ultimately, you are your car's best safety feature.

[MyCarDoesWhat.org](#) uses videos, graphics, animation, social media and other resources to educate the public on the ever-changing world of car safety features. The campaign provides quick and easy-to-use information for any driver, no matter what kind of car they have or how old it is.

Click [here](#) to view a My Car Does What video, click [here](#) to read the entire National Safety Council article.

**ACCIDENT VIDEOS
REENACTMENTS** CLICK
HERE

OSHA'S VOLUNTARY PROTECTION PROGRAM

by [Brad G. Baptiste](#)
OSHA Region VIII VPP Manager

The OSHA Voluntary Protection Program (VPP) is a model for safety and health management systems based on a commitment to excellence and continuous improvement. The first element of the VPP is management commitment and employee involvement. In this installment of the newsletter we will cover management leadership as it relates to VPP. Managers can show leadership in employee safety and health in many ways. These include, Management Leadership. Authority and responsibility for employee safety and health must be integrated with the overall management system of the organization and must involve employees. Management demonstrates its commitment to safety and health protection and VPP participation by establishing, documenting, and communicating to employees and contractors clear goals that are attainable and measurable; objectives that are relevant to workplace hazards and trends of injury and illness; policies and procedures that indicate how to accomplish the objectives and meet the goals; and resources necessary to accom-

plish the communicated goals and objectives in a timely manner. These include:

(1) Signing a statement of commitment to maintaining compliance with and continuously improving safety and health and meeting VPP requirements.

(2) Maintaining a written safety and health management system that documents the elements and sub-elements, procedures for implementing the elements, and other safety and health programs including those required by OSHA standards as appropriate for their industry.

(3) Provide visible leadership in implementing the safety and health management system.

(4) Ensure that all employees (including contract and subcontractor employees) are provided equal, high-quality safety and health protection.

(5) Establishing clear lines of communication with employees and creating an environment that allows for reasonable employee access to site management and senior management.

(6) Responding to employees in a timely and appropriate manner following employees' reports of hazardous conditions. The safety and health management system must include tracking of these responses and tracking of hazard elimination or control to completion.

(7) Setting an example by following the rules such as wearing any required personal protective equipment, reporting hazards, reporting injuries and illnesses, following the same safety and health procedures expected for all employees at the workplace, and subjecting managers and employees to the same disciplinary system for infractions.

(8) Define in writing and communicate both the responsibility and authority for safety and health management system performance to all employees, with no unassigned areas. Each employee, at any level, must be able to describe his/her responsibility for safety and health.

(9) Assigning adequate authority to those persons who are responsible for safety and health, so they are able to carry out their responsibilities.

(10) Providing and directing adequate resources to those who have responsibility and authority. This includes such resources as time, training, personnel, equipment, budget, and access to information and experts, including appropriate use of certified safety professionals (CSP), certified industrial hygienists (CIH), other licensed health care professionals, and other experts as needed, based on the risks at the site.

(11) Holding managers, supervisors, and non-supervisory employees accountable for meeting their safety and health responsibilities.

(12) Evaluating managers' and supervisors' safety and health performance at least annually by operating a documented performance standards and appraisal system that also addresses correcting deficient safety and health performance.

(13) Planning for typical as well as unusual/emergency safety and health expenditures in the budget, including funding for prompt correction of uncontrolled hazards.

(14) Integrating safety and health into other aspects of planning, such as planning for new equipment, processes, buildings, etc.

(15) Conducting an annual self-evaluation of the safety and health management system in order to: (a) Maintain knowledge of the hazards to which employees are exposed, (b) Maintain knowledge of the effectiveness of system elements, (c) ensure completion of the previous years' recommendations, and (d) modify goals, policies, and procedures.

In our next installment we will cover employee engagement in the VPP.

HALLOWEEN SAFETY TIPS

When choosing a costume, stay away from billowing or long trailing fabric. If you are making your own costume, choose material that won't easily ignite if it comes into contact with heat or flame. If your child is wearing a mask, make sure the eye holes are large enough so they can see out.

[Click here](#) to read entire article. [Click here](#) to download the National Fire Protection Association's (NFPA) Halloween Fire Safety Tips sheet. Linked are two Underwriters Laboratories videos, one on [costume safety](#), the other on [decorating safety](#), and a [NFPA video](#).

DEEP FRYING TURKEY SAFETY

As we enter the holiday season, folks may be considering deep-frying a turkey as a tasty option

Underwriters Laboratories (UL) considers turkey fryers to be dangerous to use presenting numerous safety hazards to consumers. "We're worried by the increasing reports of fires related with turkey fryer use," says John Drengenberg,

consumer affairs manager of UL. "Based on our test findings, the fryers used to produce those great-tasting birds are not worth the risks. And, as a result of these tests, UL has decided not to certify any turkey fryers with our trusted UL Mark." [Click here](#) to learn why. [Click here](#) to view a safety video by William Shatner. Read the UL article by clicking [here](#).



Working in hazardous conditions? [Click here](#) to learn how to file a complaint with OSHA. [Click here](#) to read a recent case here in Region VIII

COMPACT FLUORESCENT LIGHT BULB SAFETY

Energy-saving compact fluorescent light bulbs (CFLs) are becoming more common in homes and at work. Purchase CFL light bulbs that have the listing label of a recognized testing laboratory. This will ensure that the bulb meets the latest product safety standards.

When a CFL bulb burns out it may smoke and the plastic base may blacken. This is normal and is not a fire safety issue. CFLs should never be discarded with household trash. The Environmental Protection Agency recommends that consumers use local recycling options for CFLs. Contact your local government or visit [EPA.gov](#) or [Earth 911](#) to identify local recycling options.

CFLs are made of glass and can break. Be careful when removing from packaging and installing or removing from a socket. If a CFL breaks: open a window to allow the room to air out for 5 to 10 minutes, people and pets should leave the room, turn off forced air heating and/or air conditioning, collect broken glass and visible powder using stiff cardboard, tape or a damp paper towel, place the debris in a glass container with a metal cover in a safe location outside until you can dispose of it, contact your local government to find out how to dispose of the jar containing the debris, and continue airing out the room for several hours.

[Click here](#) to download a [National Fire Protection Association](#) safety tip sheet.

NINE-VOLT BATTERY SAFETY

Nine-volt batteries can be dangerous. The positive and negative posts are close together. If a metal object touches the two posts of a 9-volt battery, it can cause a short circuit. This can make enough heat to start a fire. It is unsafe to store 9-volt batteries in a drawer near paper clips, coins, pens, or other batteries. Do not store common household items such as steel wool, aluminum foil, and keys near 9-volt batteries. If these items touch the two posts, there is a greater risk of a fire starting. Weak batteries may have enough charge to cause a fire. Some fires have started in trash when 9-volt batteries were thrown away with other metal items.

[Click here](#) to view a video overview of and actual house fire started by a 9-volt battery. [Click here](#) to view the entire NFPA safety tip sheet.

CHRISTMAS TREE SAFETY

As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.

Picking the tree: If you have an artificial tree, be sure it is labeled, certified, or identified by the manufacturer as fire-retardant. Choose a tree with fresh, green needles that do not fall off when touched.

Placing the tree: Before placing the tree in the stand, cut 1–2" from the base of the trunk. Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights. Make sure the tree is not blocking an exit. Add water to the tree stand. Be sure to add water daily.

Lighting the tree: Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use. Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini string sets and a maximum of 50 bulbs for screw-in bulbs. Never use lit candles to decorate the tree. Always turn off Christmas tree lights before leaving home or going to bed.

[Click here](#) to download a NFPA Christmas tree safety poster. [Click here](#) to view a UL safety video.