

January 18, 2011

# SAFETY

# GRAM



## **SEE INC.**

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SEE Inc. feels  
that safety is  
the foundation  
of a successful  
industry.

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## SEE INC 2010 & Our Future

So here we are again at a new year. Before moving focus from 2010 to 2011, let's look at the changes that have taken place. Our Occupational Safety and Health Administration (OSHA) has been on a tear lately making changes that have resulted in more frequent inspections and extending the three year window of an OSHA citation to five years for willful or repeat offenses. After several years they have implemented their new crane standards, Subpart CC. They have a revamped format and teaching standard for 10 & 30-hour classes. Inspection frequency in our industry (and our area) has increased. Clarifications have been issued for Respirator use, the presence of Silica, walking & working surfaces, and residential fall protection. We continue to see record-breaking fines (and things do not appear to be slowing down going into 2011). Truth be told, we have been a bit busy staying current and keeping you up to date.

For training, we have adopted the new OSHA guidelines for 10 & 30-hour classes. We are also teaching in several formats. One is our standard series of books with OSHA's hand outs. Another implementation is a "Test As You Go" program where we supply a hand out for each section and test as the individual topics are covered (this format is available upon request). Our online training is taking off! SEE Inc. has partnered with an online training provider to allow people to take 10 and 30-hour courses at a very reduced rate. We plan on working in 2011 to bring you even lower pricing.

Another service that SEE Inc. has implemented focuses on helping our clients make sure they are getting the most out of their insurance. We have managed to save money for a few of our clients by networking with several top tier insurance companies that know our program and the type of services we provide. It can all add up to money off the bottom line.

Several SEE Inc. staff members have been busy this year assigned to projects on a full-time basis. This has been an invaluable asset for some clients, particularly on projects lasting less than a year. The future is bright that we will be offering this service for years to come. If the need arises make sure your estimators know about us and call for a quote. Due to staffing constraints we could not meet every obligation presented to us, however in MOST cases, utilizing our vast networking resources, we could locate a qualified individual to step in and fill the position.

SEE Inc. has been happy to see many cost-conscious clients stick with us in a tough economy. They have showed dedication to their programs and have seen it pay off. Participating in more safety committees and working with clients, we have improved our programs and training in bounds.



So, now we're at 2011. What's new in 2011? We are constantly focusing on our clients' needs and present solutions we can pass along. Nearly closing out 2010 we reflect on the steps we've taken with our clients and the successes we've had. It was a grass roots effort; from training new hires through participation in safety committees and implementing new PPE requirements. This year we will be working harder to keep the Safety Gram going out to everyone and keeping the changing information in front of you as fast and accurate as possible. They'll be going out at least quarterly, but we're pushing for every other month. In an eco-friendly effort, we will be posting more to our web site and less by mail.

From all of us here at SEE Inc. we hope that you have a safe and productive 2011.

*Matt Murphy*

SEE Inc., President

## Monitor Your Workers On The Road

SmartDrive delivers innovative solutions that make it easy for fleet managers to improve driver safety and reduce operating cost. SmartDrive records comprehensive video-based data from the road, then thoroughly reviews and scores critical events and recommends action for fleet managers to quickly respond and deliver sustainable savings - all through an easy-to-use managed service. The company has compiled the world's largest and fastest-growing storehouse - more than 34 million events - of real-time, risky driving incidents. SmartDrive Systems is based in San Diego, CA, and employs approximately 300 people worldwide. For more information, please visit [www.smartdrive.net](http://www.smartdrive.net).





# Start Off Right, Start Off Safe

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By Matt Murphy

One recurring theme in a list of OSHA citations recently has been training (or lack there of). In the majority of those cases, the workers cited were new-hires. Often caught unaware, they're found in a hazardous situation or performing hazardous work themselves. Most likely, they don't fully understand companies, faced with potentially mounting OSHA compliance mandates, do not want workers putting themselves at unnecessary risk, they simply want to work.

As we make the slow climb back to a better market there are a lot of people who will do almost anything to get a job done, thus ensuring they're still on staff. How many times in the past year do you think a contractor told a worker to perform a given task without so much as a thought about the hazards or the need to provide more training.

## SIMPLY PUT:

**Have you asked someone to refuel a piece of equipment, apply paint, or use any type of chemical? As the employer, did you meet your responsibility and train them on the hazards associated with those chemicals? Are those chemicals in your written Hazard Communication (HazCom) program?**

OSHA says workers must be made aware of hazards and ways to control them in the work place. How can you expect to accomplish this without training? How do you train everyone? One approach is in bite-sized steps. Start by using a simple job analysis to determine what is done in your company and who is doing it. You are an excavator contractor, find out who usually fills up the equipment. Put together a small orientation packet for those workers with a focus on the necessary personal protective equipment (PPE) as well as the MSDS. For good measure, determine if any other special equipment/material is necessary and include that into the orientation. Document what they were trained on and when the training took place. Companies are focusing more and more on their hiring process. We emphasize this time for the employer to lay the ground rules to the employee.

Does your safety program consist of a sign-in sheet, a 15 min. video and a handout? From this you expect your employee to know everything there is to know about your company and what you expect from them? Perhaps, but your most likely discounting training on MSDS, how to report injuries, how to deal with OSHA, etc. These are all integral parts of a safety program and we want to help where we can. At SEE Inc. we have started to update/upgrade our safety programs for clients and outside companies who would like a more task specific safety program that includes training. In effect, this would meet, if not exceed, OSHA's proposed standards requiring companies to have a Safety & Health Program their workers have been trained on. If you would like us to meet with you regarding this or any other safety program please feel free to give us a call today.

**“Who catches OSHA's eye when they step on the site? The new hire, they are most likely to attempt an unsafe act.**

## What's Wrong With This Picture?!



Please email [seesafety@aol.com](mailto:seesafety@aol.com) and give us your name, phone number, address, shirt size. And of course your answers.

# MD CRANE STANDARDS

## **DON'T FORGET**

### **A Few Of The Key Standards That Make The State Of Maryland Unique**

#### **DRUG POLICY:**

All workers in “Safety Sensitive” positions (operators, riggers, etc.) must be included in employer’s mandatory alcohol and drug-free workplace policy. The policy requires (minimum) mandatory drug/controlled substance and alcohol testing.

#### **CRANE OPERATION:**

An employer may not require or permit an individual to operate a crane unless an individual has been trained successfully and has passed a written examination (Note - This is NOT a certification). Additionally, every 5 years a crane operator must document that they have continued training to update/familiarize themselves with evolving changes. NOTE - In addition to drug testing, an individual operating a crane must successfully complete a physical examination to ensure they can safely operate the crane.

#### **RIGGING:**

Individuals who perform rigging operations will operate at one of three levels (depending upon experience and training):

- **Level I** Rigger - Basic
- **Level II** Rigger - Moderate to Expert
- **Master-Lead** Rigger - Qualified

An employer must ensure that each time a special lift takes place that a master-lead rigger is available on the site and engaged in the process, including the inspection by the master-lead rigger of the rigging used in the special lift.

Workers performing signaling operations must have training to identify proper usage of standard crane hand signals.

**For More Info Visit The MD Dept. of Labor Website:**

<http://www.dllr.state.md.us/labor/cranes/cranekeypoints.shtml>

# OSHA Refocuses On Residential Fall Protection in 2011

OSHA issued a new directive that rescinds a former one that allowed residential builders to bypass fall protection requirements under certain circumstances. The former directive, issued in 1995, was the result of concerns about the feasibility of fall protection in residential construction. However new data, provided by the department's Bureau of Labor Statistics, shows that there continues to be a high number of fall-related deaths in those fields and therefore OSHA along with other industry experts feel that feasibility is no longer a concern.

Under the new directive Residential Construction has been defined using two elements:

## **NOTE**

**The use of structural steel, such as a steel I-beam for support or utilizing sheet metal studs for framing, does not disqualify a structure from being considered residential. Additionally, because the same fall protection methods are likely to be used in the construction of homes built with masonry brick or block exterior walls, the construction of residences with these materials falls under residential construction."**

- 1) the structure being built must be a home (or dwelling unit)
- 2) the structure must be constructed using traditional wood frame construction materials and methods

As provided in Subpart M, if an employer is engaged in construction practices and does not provide fall protection when a hazard exists, i.e. guardrails, safety nets, personal fall arrest, then a citation can be issued. If the employer can demonstrate the unfeasibility of such systems or that a greater hazard may exist, then the

employer **MUST** implement a fall protection plan that is written and site-specific (a written plan developed for repetitive use for a particular style/model home will be considered site-specific with respect to a particular site only if it fully addresses all fall related issues for that site).

**OSHA will begin enforcement activities on or after June 16, 2011.**

For Additional & Complete Information Visit:

[http://www.osha.gov/doc/residential\\_fall\\_protection.html](http://www.osha.gov/doc/residential_fall_protection.html)

# OSHA Quicktakes

## OSHA Acts To Protect Workers In Residential Construction

OSHA has withdrawn a former directive that allowed residential builders to bypass fall protection requirements. The directive being replaced, issued in 1995, initially was intended as a temporary policy and was the result of concerns about the feasibility of fall protection in residential building construction. However, according to data from the department's Bureau of Labor Statistics, there continues to be a high number of fall-related deaths in residential construction and industry experts now feel that feasibility is no longer an issue or concern.

## New Online Resource For Information On Green Job Safety & Health

Information on [Green Job Hazards](#) is now available on the OSHA Web site. Green jobs are being defined broadly as jobs that help to improve the environment, such as in the wind and solar energy. Workers may be exposed to new hazards which may not have been previously identified. For example, workers in the solar energy industry may be exposed to Cadmium Telluride, a known carcinogen. The information now available online to help ensure that green jobs are safe jobs.

Look for more "QuickTips" on a new occupational safety and health topic in the next addition of OSHA QuickTakes available at [www.osha.gov](http://www.osha.gov).



## Protect Yourself Portable Generator Safety

Portable generators are internal combustion engines used to generate electricity and are commonly used during disaster response. Portable generators can be dangerous if used incorrectly.

### Major Causes of Injuries and Fatalities

- Shocks and electrocution from improper use of power or accidentally energizing other electrical systems.
- Carbon monoxide from a generator's exhaust.
- Fires from improperly refueling the generator or inappropriately storing fuel.

### Safe Work Practices

- Inspect portable generators for damage or loose fuel lines that may have occurred during transportation and/or handling.
- Keep the generator dry.
- Maintain and operate portable generators in accordance with the manufacturer's use and safety instructions.
- **Never attach a generator directly to the electrical system of a structure** (home, office or trailer) unless the generator has a properly installed transfer switch because this creates a risk of electrocution for utility workers.
- Always plug electrical appliances directly into the generator using the manufacturer's supplied cords. Use undamaged heavy-duty extension cords that are grounded (3-pronged).
- Use ground-fault circuit interrupters (GFCIs) as per the manufacturer's instructions.
- Before refueling, shut down the generator. Never store fuel indoors.

### Carbon Monoxide Poisoning

Carbon monoxide (CO) is a colorless, odorless, toxic gas. Many people have died from CO poisoning because their generator was not adequately ventilated.

- **Never use a generator indoors.**
- **Never place a generator outdoors near doors, windows, or vents.**
- **If you or others show symptoms of CO poisoning—dizziness, headaches, nausea, tiredness—get to fresh air immediately and seek medical attention.**

For more complete information:



OSHA 3277-10H-05

See our full course catalog at:  
[www.seeinonline.com](http://www.seeinonline.com)



## Training Curriculum



### **Builders Big 10 Seminar**

Necessary For: Everyone in Residential Construction  
 This class is designed to take the OSHA 10 Hour to the residential contractors, from site developers to builders to trade person to everyone in between.

**Cost \$265 per person**



### **Confined Space Seminar**

Necessary For: Everyone Working In or Around Confined Spaces

An eight-hour program covering OSHA Permit-Required Confined Space (OSHA CFR 1910.126). Includes hazard identification, atmospheric testing, entry procedures, etc.

**Cost \$185 per person**



### **Fall Protection Seminar**

Necessary For: Everyone Working At or Close To Six Foot Fall Hazards

This class is to recognize what fall hazards are and allow participants to pick the best fall protection solution for them. Course will allow for ample hands-on training.

**Cost \$165 per person**



### **First Aid / CPR Seminar**

Necessary For: Everyone  
 OSHA requires at least one First Aid/CPR provider on every site. Class covers basic life support and first aid concepts to assist in job site or home emergencies.

**Cost \$125 per person**



### **Forklift, Aerial Lift and Scissor Lift**

#### **Safety Training Seminar**

Necessary For: All workers who operate forklifts, telehandlers and scissor lifts on a job site  
 OSHA requires all operators of forklift type equipment to have evidence of training in the safe operation of such equipment. This seminar is implemented in two parts; in-class instruction and hands-on training. Workers will be tested on in-class instruction and required to pass hands-on operation exercises.

**Cost \$165 per person**



### **OSHA 10 Hour Seminar**

Necessary For: Everyone in Construction  
 This course explores ten OSHA subparts that can be customized to your company's specific needs. This is an indispensable course that all employees should have as a baseline in their continuing construction industry education.

**Cost \$265 per person**



### **OSHA 30 Hour Seminar**

Necessary For: Any Managers, Foremen, Superintendents, Project Managers and Above  
 OSHA's thirty hour training program can be customized to cover 1926 standards. Foremost training module for all persons in supervisory and management positions.

**Cost \$675 per person**



### **Trenching & Excavation**

Necessary For: Everyone Working With or Exposed To Trenching and Excavation

An eight hour program covering OSHA underground construction (CFR 1926 – Subpart P). Course includes hydraulic shoring systems, cave-ins, trenching, trench box usages and more.

**Cost \$165 per person**



### **What To Do**

#### **When OSHA Knocks**

Necessary For: Everyone  
 Specialized course designed to train all employees that may be involved in an OSHA visit. This is a course showing workers different approaches to take when an inspector arrives. Every foreman, superintendent, and owner should know how to handles an OSHA inspection on their job site.

**Cost \$125 per person**

**\*\*All Topics Can Be Modified To Fit a Two or Four Hour Safety Awareness Format\*\***