

Safety & Health Update

March 2016

Division of Workers' Compensation

This monthly e-newsletter provides updates on the Workplace Safety Programs at the Texas Department of Insurance, Division of Workers' Compensation (DWC). Any Texas employer with or without workers' compensation insurance is eligible for these services.

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Transportation Safety Information

National Work Zone Awareness Week is April 11 – 15

The 2016 theme is

"Don't Be THAT Driver: Work on Safety. Get Home Safely. Every Day."

Work Zone Safety

Work zones are sections of roadways that are under construction and marked by cones, barrels, and/or signs. The two leading causes of work zone crashes are excessive speed and failure to remain alert while driving. Fines for work zone violations in Texas are as high as \$2,000, and crashes may include greater costs, such as jail time.



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Safety Tips

Eyewash Stations

March is Workplace Eye Wellness Month. The Bureau of Labor Statistics (BLS) has reported that 1,480 eye injuries occurred in Texas workplaces in 2014. Eyewash stations are used to reduce eye injuries when an employee's eyes become exposed to irritants or biological agents.



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Transportation Safety Information (cont.)

The Texas Department of Transportation (TxDOT) indicates that there can be as many as 2,500 active work zones in Texas at any one time. According to TxDOT, there were 19,393 crashes in roadway construction and maintenance zones in Texas that resulted in 670 serious injuries and 146 fatalities in 2014. Two in five work zone crashes are rear-end collisions.

The Federal Highway Administration (FHWA) offers the following tips for driving in work zones:

- Know before you go. Check radio, TV, and websites for traffic information and schedule enough time to drive safely. Expect delays and leave early so you can reach your destination on time.
- Expect the unexpected. Things may change overnight. Normal speed limits may be reduced, traffic lanes may be closed, narrowed, or shifted, and people may be working on or near the road.
- Obey the posted speed limit at all times, even when workers are not present.
- Do not tailgate.
- Move over and slow down– it's the law. Drivers must move over or slow down when they see flashing blue or amber lights on a TxDOT vehicle, emergency vehicle, or tow truck on the road side or shoulder.
- Obey road crew flaggers and pay attention to the signs.
- Stay alert and minimize distractions. "Don't Text and Drive."
- Keep up with the traffic flow. Be patient and stay calm.
- Wear your seatbelt.
- Change lanes safely.

**REMEMBER - DADS, MOMS, SONS,
DAUGHTERS, BROTHERS, AND SISTERS
ARE EMPLOYED IN WORK ZONES. ▲**

Download!

DWC Resources

Driving in Highway Construction Zones – Take 5 for Safety
www.tdi.texas.gov/pubs/videoresource/t5conezone.pdf
(English)

www.tdi.texas.gov/pubs/videoresourcessp/spt5conezone.pdf
(Spanish)

Safety Training Resources for Transportation-Related Incidents
www.tdi.texas.gov/wc/safety/videoresources/targtransrltd.html

Resource Center Safety DVD Loans
www.tdi.texas.gov/wc/safety/videoresources/avcatalog.html

Other Resources

National Work Zone Safety Information Clearinghouse
<https://www.workzonesafety.org/>

FHWA Work Zones
<http://safety.fhwa.dot.gov/wz/>

The Occupational Safety and Health Administration (OSHA)
Highway Work Zones and Signs, Signals, and Barricades
https://www.osha.gov/doc/highway_workzones/

The National Institute of Occupational Safety and Health (NIOSH)
Highway Work Zone Safety
www.cdc.gov/niosh/topics/highwayworkzones/

TxDOT Work Zones
www.txdot.gov/driver/share-road/work-zones.html

Safety Tips (cont.)

The first ten to 15 seconds after an exposure are critical, and providing treatment quickly can reduce the severity of injuries.

Eyewash stations are required in the following workplaces:

- where corrosive chemicals are used,
- in laboratories, and
- where there is any possibility that an employee's eyes may be splashed with solutions containing 0.1 percent or greater formaldehyde, as specified in 29 CFR 1910.1048(i)(3).

Eyewash stations may also be necessary in medical facilities and other workplaces with materials that could cause injury to or infection of the eyes.

The American National Standards Institute Z358.1-2014 standard elaborates on OSHA's regulations, and provides guidelines for eyewash and shower equipment used for the treatment of the eyes, face, and body after exposure to hazardous materials and chemicals.

Eyewash units should

- allow one-handed activation of fluid flow,
- provide an uninterrupted 15 minute flow time,
- provide at least three gallons of fluid per minute capacity,
- hold fluid at a temperature that will not cause injury or damage to the eyes, and
- be accessible within 10 seconds of a potential exposure to hazardous chemicals.

Employers should

- inspect eyewash units regularly to make sure they are clean and working properly,
- keep the path to an eyewash unit clear of obstructions,
- review Safety Data Sheets for hazardous chemicals in the workplace to determine appropriate emergency responses, and
- consult with trained medical professionals to establish first aid procedures for chemical injuries.

If an eye injury occurs, the employee should seek medical treatment after using the eyewash unit and first aid procedures. ▲

Download!

DWC Resources

Eye Injury Prevention FactSheet

www.tdi.texas.gov/pubs/videoresource/ftseyeinjury.pdf

(English)

www.tdi.texas.gov/pubs/videoresource/ftseyeinjury.pdf (Spanish)

Eye Protection Safety Training Program

www.tdi.texas.gov/pubs/videoresource/stpeyeprot.pdf

(English)

www.tdi.texas.gov/pubs/videoresource/ftseyeinjury.pdf (Spanish)

Eyewash Safety Workplace Program

www.tdi.texas.gov/pubs/videoresource/wpeyewashsafet.pdf (English)

www.tdi.texas.gov/pubs/videoresource/ftseyeinjury.pdf (Spanish)

Resource Center Safety DVD Loans

www.tdi.texas.gov/wc/safety/videoresources/avcatalog.html

Other Resources

OSHA Eye and Face Protection

www.osha.gov/SLTC/eyefaceprotection/index.html

NIOSH Eye Safety

www.cdc.gov/niosh/topics/eye/

Centers for Disease Control and Prevention Vision Health Initiative www.cdc.gov/visionhealth/home/index.html

American Academy of Ophthalmology Eye Health

www.aaopt.org/eye-health

DWC, OSHCON, and OSHA Recognize Texas Company with Exemplary Safety Program

The DWC's Occupational Safety and Health Consultation (OSHCON) Program and OSHA recently recognized the following Texas company for its outstanding safety program with the Safety and Health Achievement Recognition Program (SHARP) award.



East Texas Lighthouse for the Blind employs 87 people at its Tyler location. The company's blind and visually impaired employees convert paper products into industrial wipers for General Services Administration and its customers.

As a SHARP recipient, the company has been granted a one-year exemption from OSHA for planned inspections. The SHARP award recognizes small, private sector Texas employers participating in the DWC OSHCON program for exemplary safety management programs and low incidence rates of work-related injuries and illnesses. ▲

Find Out More About SHARP and OSHCON!

For more information about the OSHCON program and SHARP, call 1-800-252-7031, option 2, email OSHCON@tdi.texas.gov or visit www.txoshcon.com.

Regional Safety Summits

DWC offers a series of regional safety summits that provide affordable training on common causes of preventable injuries and fatalities in the workplace, as well as current and upcoming regulations in the occupational safety and health fields.

Session Options

Session Time	Option 1	Option 2
Morning	<i>Occupational Driving Safety Programs</i>	<i>Workplace Violence Prevention and Personal Security</i>
Afternoon	<i>Preventing Sprains and Strains</i>	<i>Safety Orientation, Safety Inspections, and OSHA Compliance Update</i>

Fort Worth — April 19, 2016
Region 11 Education Service Center
1451 South Cherry Lane, White Settlement

Houston — June 21, 2016
University of Houston Small Business Development Center
2302 Fannin Street, Suite 200, Houston

Waco — July 12, 2016
Holiday Inn Express
5701 Legend Lake Parkway, Waco

Register!

For session descriptions and to register, visit www.tdi.texas.gov/wc/safety/regional.html or call 512-804-4610. The registration fee is \$50 per person and includes course materials and a CD of all four presentations. Register five people and get registration for a sixth person free.

Custom On-site Training

DWC offers affordable on-site safety training courses to businesses, groups, and trade associations. Training focuses on industries or occupations that experience high rates of injuries, illnesses, and fatalities in Texas.

DWC offers more than 30 on-site courses, including:

Personal Protective Equipment (PPE)

This course covers the requirements for PPE and the training required before the employees can perform work using protective gear. The following PPE are discussed:

- eye, face, and foot protection,
- respirators, and
- electrical protective gear.

(Length: 1 hour. This program may also be included in the Safety & Health Outreach Program – General Industry.)

The DWC Training Program Descriptions guide at www.tdi.texas.gov/pubs/videoresource/ghsphstrainingp.pdf provides information on course content and length. Cost for on-site training varies according to the travel costs to the location. Many courses are offered at no cost by teleconference or webinar. ▲

Book Your Training Class!

To request training, or for more information, call 512-804-4610 or email safetytraining@tdi.texas.gov.

Free OSHA 10-Hour Construction Classes

DWC offers free OSHA 10-Hour Construction classes in English and Spanish in Austin, Fort Worth, El Paso, Houston, and San Antonio. Each two-day course is presented by authorized instructors and designed to train employers and employees on the essentials of occupational health and safety for construction. Classes cover OSHA standards and requirements as they apply to the construction industry and teach safety awareness to help recognize and reduce the risks of job-site hazards. Participants who complete the course get an OSHA 10-Hour Construction class completion card within six to eight weeks. ▲

Register!

Additional information is available at www.tdi.texas.gov/wc/events/index.html.

Registration is required due to limited space. To register or get more information on class availability, call 512-804-4610.

Safety DVDs for PPE

The DWC Resource Center has 4,000 DVDs in its library, and includes more than 70 DVDs on PPE. Most titles are available in English and Spanish. DVD titles and descriptions are found under the Personal Protective Equipment subject heading.

Health Care PPE: Why Risk It?

DVD1976ES

Covers the different types of personal protective equipment used by health care professionals. Complies with OSHA 1910.132, 133, 135, 136 and 138. Discusses infectious hazards, chemical hazards, and radiation hazards. 20 minutes.

High-Impact Personal Protective Equipment

DVD1706, DVD1706S

Features eight powerful accident re-enactments that shows employees the tragic consequences of not wearing proper PPE in all required situations. Covers requirements of employees using PPE, face and eye protection, special protective clothing, and fall protection. 19 minutes.

More High-Impact Personal Protective Equipment

DVD1819ES

Discusses the proper selection and use of PPE and shows painful examples of making poor decisions concerning PPE. Covers wearing hardhats, the selection and use of eye protection, choosing appropriate gloves, safety footwear, specialized protective equipment, and the consequences of not wearing proper PPE. 19 minutes.

Personal Protective Equipment:

Win the Race to Safety

DVD2240ES

A NASCAR champion compares auto racing dangers with common industrial hazards and discusses the facts on PPE, including safe use and maintenance of equipment, total body protection, and hazard assessment. Covers full protective covering, knowing the limitations, and maintenance and disposal. 18 minutes. ▲

Book Your DVDs!

The DWC Resource Center catalog and information on how any Texas employer or employee can check out safety DVDs for free are available at www.tdi.texas.gov/wc/safety/videoresources/avcatalog.html.

OSHA Update

National Safety “Step Up” To Protect Workers at Oil and Gas Exploration Sites

Recently OSHA announced the 2016 Step Up for Safety in the Upstream Oil and Gas Industry to raise awareness among employers and employees about hazards in oil and gas exploration. During Step Up events, employers around the country will conduct site inspections, safety trainings, and other activities. These events are being held through the end of March.

The Step Up is an activity of the alliance between OSHA, the National Service, Transmission, Exploration & Production Safety (STEPS) Network, and NIOSH. The National STEPS Network is a volunteer organization that includes industry operators, contractors and associations, OSHA and NIOSH representatives, and educational institutions that promote safety, health, and environmental improvement in oil and gas exploration and production in U.S. onshore operations.

Visit the *Step Up for Safety* website at www.oshastanddown.org/ for more information and resources for employers to use at their event.

OSHA Issues Alert on Working Safely with Scissor Lifts

OSHA posted a new publication, *Hazard Alert on Working Safely with Scissor Lifts* that was developed after a student was killed while filming from a scissor lift in 2010. The alert describes and encourages the safe use of scissor lifts through fall protection, stability, and positioning. The new publication is located on the agency website at www.osha.gov/Publications/OSHA3842.pdf.

New Webpage on Requirements to Maintain Clean and Accessible Restrooms

OSHA’s new Safety and Health Topics webpage, *Restrooms and Sanitation Requirements*, is located on the agency website at www.osha.gov/SLTC/restrooms_sanitation/index.html. The webpage explains an employers’ obligation to provide all employees with sanitary and immediately-available toilet facilities. OSHA’s sanitation standards protect employees against adverse health effects that can happen if toilets are not sanitary or unavailable. The webpage includes the minimum number and standards of toilet facilities an employer must provide and includes a link to OSHA’s best practices publication, *A Guide to Restroom Access for Transgender Workers*.

Free Help with OSHA Compliance

DWC provides free help with OSHA compliance for small and medium-sized businesses, with priority given to high-hazard industries, through its OSHCON program. OSHCON is a non-regulatory program with professional safety and health consultants that is available to help identify and eliminate occupational hazards in your workplace, whether or not your company carries workers’ compensation insurance. Benefits for employers participating in the OSHCON program include prevention of work-related injuries and illnesses; confirmation to employees and customers of their commitment to safety; public acknowledgement of their safety efforts; monetary savings by reducing workers’ compensation costs and other costs associated with work-related injuries and illnesses; and protection of company assets such as employees, equipment, supplies, products, and facilities. ▲

**Find Out More
About OSHCON!**

For more information about the OSHCON program call 1-800-252-7031, option 2, email OSHCON@tdi.texas.gov, or visit www.txoshcon.com.

Upcoming Safety Observances

March 1-31

Workplace Eye Wellness Month

March 20-26

National Poison Prevention Week

April 1-30

Distracted Driving Awareness Month

April 1-30

Alcohol Awareness Month

April 1-30

Injury Prevention Month

April 5-11

National Window Safety Week

April 6-12

National Public Health Week

April 7

World Health Day

April 11-15

National Work Zone Awareness Week

May 1-7

North American Occupational Safety and Health Week

May 1-31

Motorcycle Safety Month

May 1-31

National Electrical Safety Month

May 1-31

Global Employee Health and Fitness Month

May 2-6

National Safety Stand-Down To Prevent Falls in Construction

May 15-21

Hurricane Preparedness Week

May 17-23

National Dog Bite Prevention Week

Upcoming Free Traffic Safety Workshops for Employers

The NSC *Our Driving Concern: Texas Employer Traffic Safety Program* is offering free employer train-the-trainer traffic safety workshops.

- **San Antonio – March 22**

9 a.m. – 1 p.m.

Henry B. Gonzalez Convention Center

200 East Market Street, San Antonio 78205

- **San Marcos – March 23**

8:30 a.m. – 12:30 p.m.

630 East Hopkins Street, San Marcos 78666

- **Brownwood – March 28**

8:30 a.m. – 12:30 p.m.

TxDOT VCT Room

2495 U.S. 183 North, Brownwood, 76801

- **Austin – April 29**

8:30 a.m. – 12:30 p.m.

DWC Tippy Foster Room

7551 Metro Center Drive, Suite 100, Austin, 78744

Space is limited. Register online at www.txdrivingconcern.org. For more information, call Lisa Robinson at 512-466-7383 or email at lisa.robinson@nsc.org.

DWC Workplace Safety Job Postings

There are many benefits to working for the State of Texas and DWC, as detailed at www.tdi.texas.gov/jobs/index.html.

A complete listing of safety related positions is posted at www.tdi.texas.gov/jobs/jobs.html.

CONTACT US!

FREE HELP WITH OSHA COMPLIANCE

- Occupational Safety and Health Consultation (OSHCON) Program
www.txoshcon.com
1-800-252-7031 option 2
OSHCON@tdi.texas.gov

SAFETY AND HEALTH RESOURCES

- Free Safety and Health Publications
www.tdi.texas.gov/wc/safety/videoresources/index.html
- Free Audiovisual Loans
www.tdi.texas.gov/wc/safety/videoresources/avcatalog.html
512-804-4620
- Safety Training Courses and Seminars
512-804-4610
safetytraining@tdi.texas.gov
- Helpful Safety and Health Resource Links
www.tdi.texas.gov/wc/safety/videoresources/govunivlinks.html

OCCUPATIONAL INJURY AND ILLNESS DATA

- Survey of Occupational Injuries and Illnesses (SOII)
www.tdi.texas.gov/wc/safety/sis/nonfatalhomepage.html
512-804-5020
InjuryAnalysis@tdi.texas.gov
- Census of Fatal Occupational Injuries (CFOI)
www.tdi.texas.gov/wc/safety/sis/fathomepage.html
512-804-5020
CFOI@tdi.texas.gov

REPORT A SAFETY VIOLATION OR HAZARD

- Safety Violations Hotline
Reports are taken in both English and Spanish and may be made anonymously.
www.tdi.texas.gov/wc/safety/hotline.html
1-800-452-9595

RETURN-TO-WORK PROGRAM ASSISTANCE

- www.tdi.texas.gov/wc/rtw/index.html
512-804-5000

Subscribe to email alerts when the *Safety & Health Update* newsletter is published at www.tdi.texas.gov/alert/dwcsafetyhealth.html. You will also receive information on occupational safety and health matters, safety tips and publications, upcoming training events, training DVD loans, and OSHA updates.

Please forward this newsletter to friends and colleagues interested in preventing workplace injuries and illnesses. Have a safe day!

DWC Resource Center
512-804-4620
ResourceCenter@tdi.texas.gov