

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

In This Issue

Transportation Safety Information: Driver Fatigue	2
Safety Tips: Heat Stress, Fireworks Safety	3
Upcoming Free Traffic Safety Workshop for Employers	4
Regional Safety Summits	6
Custom On-site Training	6
Free OSHA 10-Hour Construction Classes	7
Upcoming Safety Observances	7
Safety DVDs for Outdoor Safety	8
DWC, OSHCON, and OSHA Recognizes Two Texas Companies with Exemplary Safety Programs	8
OSHA Update	9
Contact Us	10



Texas Safety Summit

DWC will host the 20th Annual Workplace Safety and Health Conference, the Texas Safety Summit August 8 - 10, 2016 at Sheraton Austin at the Capitol, located at 701 East 11th Street.

The conference will help employers reduce injuries and associated costs through training in workplace safety and return-to-work programs. The summit is open to all segments of the Texas workforce, including small and large employers, public and private sector employers, and employers with or without workers' compensation coverage. The conference is held in cooperation with the University of Texas at Arlington, Division for Enterprise Development Conference and Event Management (UT Arlington-CEM).

The Texas Safety Summit will offer four optional pre-conference sessions and more than 25 sessions with speakers from an array of industries covering a variety of occupational safety and health-related issues. The conference is a learning opportunity for anyone who plays a role in safeguarding Texas employees. UT Arlington-CEM will provide continuing education credits (CEUs). Attendees will be eligible to receive 0.1 CEU per hour of attendance on August 8, 9, and 10.

For Additional Conference Information, call 512-804-4610, email safetytraining@tdi.texas.gov or visit the TDI website at <http://www.tdi.texas.gov/wc/safety/summithome.html>.

(Continued on [page 2](#))

Register Today!

Early Registration Fee

\$375/person Through July 1, 2016

Regular Registration Fee

\$400/person On or after July 2, 2016

Group Registration Fee

\$350/person

Five or more attendees from an organization

Register online

<http://ow.ly/DmfP300qq4C>

Submit an Abstract!

DWC is accepting abstracts for presentations that improve knowledge and understanding of occupational safety and health issues that Texas employers face, as well as provide attendees practical information that they can implement in their workplaces to improve safety outcomes. All selected presenters will receive free admission to the 2016 Texas Safety Summit.

Submit your topic online at

<https://www.surveymonkey.com/r/2016TDI>
by June 17, 2016.

Transportation Safety Information

Driver Fatigue

The dangers of drinking and driving are well known, but many people do not realize that driver fatigue could be just as dangerous. Like alcohol, sleepiness slows reaction time, decreases awareness, impairs judgment, and increases your risk of crashing.



nickhell_@flickr.com

Fatigue is a general term commonly used to describe the experience of being "sleepy," "tired," "drowsy," or "exhausted." While all of these terms have different meanings in research and clinical settings, they tend to be used interchangeably when addressing transportation safety.

(Continued on [page 3](#))

Safety Tips

Heat Stress

Summer temperatures in Texas increase the likelihood of developing heat stress while on the job or at home. Heat stress is divided into three categories: heat cramps, heat exhaustion, and heat stroke. These can be avoided through preparation.



National Oceanic and Atmospheric Administration

Prepare for heat stress using the following tips:

- Wear light-colored, loose-fitting, breathable clothing such as cotton.
- Avoid non-breathable synthetic clothing.
- Preplan work to gradually build up to heavy work.

(Continued on [page 4](#))

Transportation Safety Information (cont.)

There are many underlying causes of driver fatigue, including:

- sleep loss from restriction or too little sleep,
- interrupted or fragmented sleep,
- chronic sleep debt,
- driving patterns or work schedules that interrupt biological sleep cycles,
- undiagnosed or untreated sleep disorders,
- time spent on a task,
- the use of sedating medications, or
- the consumption of alcohol.

These factors have cumulative effects and any combination of these can greatly increase the risk for a fatigue-related crash.

Fatigue may cause

- impaired reaction time, judgment, and vision;
- problems with processing information and short-term memory;
- decreased performance, attention, and motivation; or
- increased moodiness and aggressive behavior.

Avoid fatigue by using the following tips:

- Get seven to eight hours of sleep before any trip.
- Never drink alcohol before driving.
- Avoid taking medication that causes drowsiness, either before the trip or while driving.
- Plan a healthy, well-balanced diet.
- Start out as early in the day as possible.
- Eat a light meal before driving, not a heavy one.
- Avoid driving alone.
- Avoid soft music, and change pre-programmed radio stations often.
- Keep trips to reasonable distances.
- Take frequent breaks to get out of the vehicle and walk.
- If tired, pull over in a safe location and take a 20-minute nap (longer will make you feel groggy).▲

Download!

DWC Resources

Driving Fatigue Prevention – Take 5 for Safety

www.tdi.texas.gov/pubs/videoresource/t5driverfatigue.pdf

www.tdi.texas.gov/pubs/videoresource/spt5driverfatigue.pdf (Spanish)

Safety Training Resources for Transportation-Related Incidents

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

Resource Center Safety DVD Loans

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

Other Resources

U.S. Department of Transportation Federal Motor Carrier Safety Administration Driver Safety Education Center

<https://csa.fmcsa.dot.gov/YourRole/Drivers.aspx>

The National Highway Traffic Safety Administration

www.nhtsa.gov/people/injury/drowsy_driving1/drowsy.html

The Centers for Disease Control and Prevention

www.cdc.gov/features/dsDrowsyDriving/index.html

The National Sleep Foundation DrowsyDriving.org

<http://drowsydriving.org/>

Safety Tips (cont.)

- Schedule heavy work during the coolest parts of day.
- Plan to take more breaks when doing heavier work, and in high heat and humidity.
- Plan breaks in areas that provide shade or cooler temperatures.
- Have enough clean water for you and others (one cup every 15 to 20 minutes per person).
- Pack healthy snacks.
- Be aware that protective clothing or personal protective equipment may increase the risk of heat-related illnesses.▲

(Continued on [page 5](#))

Download!

DWC Resources

Heat-Related Injuries and Illness Prevention

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

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

(Spanish)

Heat Stress Safety Training Program

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

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

(Spanish)

Resource Center Safety DVD Loans

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

Other Resources

The National Institute for Occupational Safety and Health (NIOSH)

www.cdc.gov/niosh/topics/heatstress/

The Occupational Safety and Health Administration (OSHA)

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

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

The Texas State Office of Risk Management

www.sorm.state.tx.us/risk-management/surviving-the-heat

Upcoming Free Traffic Safety Workshop for Employers

The National Safety Council's (NSC) *Our Driving Concern*: Texas Employer Traffic Safety Program is offering free employer train-the-trainer traffic safety workshops:

- Abilene – Tuesday, July 12
1 p.m. – 5 p.m.
Texas Department of Transportation, Abilene District (Session I)
4250 North Clack Street, Abilene, Texas 79601
- Abilene – Wednesday, July 13
8:30 a.m. – 1 p.m.
Texas Department of Transportation, Abilene District (Session II)
4250 North Clack Street, Abilene, Texas 79601
- Corpus Christi – Wednesday, September 14
8:30 a.m. – 12:30 p.m.
Texas Department of Transportation – Corpus Christi
1701 S. Padre Island Dr., Building 2, Rooms A,B,C,
Corpus Christi, Texas 78416

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.

Safety Tips (cont.)

Fireworks Safety

Fireworks are common during the Fourth of July, weddings, and other special occasions. In anticipation for events, it is important to remember that fireworks are dangerous when not responsibly handled.



Here are a few safety tips to keep everyone safe:

- Obey all local laws regarding the use of fireworks.
- Keep a charged fire extinguisher within reach.
- Always have a bucket of water and water hose nearby.
- Know your fireworks; read the cautionary labels and instructions before igniting.
- A responsible adult should supervise all firework activities. Never give fireworks to children.
- Alcohol and fireworks do not mix.
- Wear safety glasses.
- Light one firework at a time and then quickly move away.
- Use fireworks outdoors in a clear area away from buildings and vehicles.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Never carry fireworks in your pocket or shoot them into metal or glass containers.
- Do not experiment with homemade fireworks.
- Dispose of spent fireworks by wetting them down and place in a metal trash can away from any building or combustible materials until the next day.
- Do not transport fireworks in your checked baggage or carry-on luggage.

- Report illegal explosives, like M-80s and quarter sticks, to the fire or police department.
- After the fireworks display is over, keep watch for fires for at least 30 minutes to assure that everything has been extinguished.▲

Download!

DWC Resources

Fireworks Safety FactSheet

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

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

Other Resources

National Fire Protection Association

www.nfpa.org/safety-information/for-consumers/seasonal/fireworks

National Safety Council

www.nsc.org/learn/safety-knowledge/Pages/news-and-resources-fireworks-safety.aspx

Consumer Product Safety

www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/Fireworks/

National Council on Fireworks Safety

www.fireworkssafety.org/safety-tips/

Regional Safety Summits

Houston — June 21, 2016

**University of Houston Small Business
Development Center
2302 Fannin Street, Suite 200, Houston**

Austin — June 28, 2016

**Holiday Inn Lady Bird Lake
20 North IH-35, Austin**

Waco — July 12, 2016

**Holiday Inn Express
5701 Legend Lake Parkway, Waco**

Edinburg — August 23

**Region 1 Education Service Center
1900 West Schunior Street, Edinburg**

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>

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:

Landscaping and Grounds Personnel Safety

Employees who work in landscaping, grounds keeping, nurseries, and other areas of horticulture are subject to many hazards such as noise, chemicals, insects, weather, and repetitive motion. Timely and appropriate safety training can greatly reduce employee exposures and injuries. This course is for field, supervisory, and risk management personnel. The information is presented through a combination of lecture, discussion, videos, handouts, and hands-on training. Topics include:

- tool, equipment, and machinery safety;
- hot weather safety;
- back and lifting safety;
- avoiding poisonous plants and dangerous animals;
- hazard identification and elimination; and
- safety program development and implementation.

(Length: 4 hours.) ▲

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, La Marque, 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 that 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.

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.

Upcoming Safety Observances

June 1-30

National Safety Month

June 1-7

National CPR and AED Awareness Week

July 1-31

National Fireworks Safety Month

August 1-31

National Immunization Awareness Month

August 17-September 5

Drive Sober or Get Pulled Over

September 1-30

National Preparedness Month

September 22-29

Fall Prevention Awareness Week

Safety DVDs for Outdoor Safety

The DWC Resource Center has 4,000 DVDs in its library, and includes more than 120 DVDs on outdoor safety. Most titles are available in English and Spanish. DVD titles and descriptions are found under the landscape safety, outdoor safety, and heat stress subject headings.

Groundskeeping Safety: Dealing with Bugs and Critters

DVD1020ES

"Covers basic personal protective equipment, snakes, wasps, bees, fire ants, poison ivy, poison oak and first aid." 16 minutes.

Poisonous Plant Safety

DVD2877, DVD2877S

"Covers poison ivy, poison oak, poison sumac, plant toxicology, what to do if exposed, and preventing exposure." 16 minutes.

The Mosquito: What You Need To Know

DVD1494, DVD1494S

"Provides information needed to help employees protect themselves from being bitten. Shows how to identify and eliminate the areas where mosquitoes breed and multiply." 11 minutes.

Venomous Snakes

DVD2852, DVD2852S

"Describes venomous snakes of Texas, their habitats, and their habits. Covers strike posture, venom toxicology, and safety precautions. Also explains what to do if bitten." 23 minutes.

Wasps and Spiders

DVD2616

"Includes interviews with insect experts and doctors. Covers wasp and spider bites, wasp behavior, and illustrates different varieties of spiders." 13 minutes.

Working Safely in Hot Environments

DVD1865ES

"Shows viewers how to recognize the signs and symptoms of heat stress. Explains first aid procedures to administer when assisting victims

of heat-related illnesses. Includes several scenarios that illustrate the importance of knowing the warning signs of heat stress." 15 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.

DWC, OSHCON, and OSHA Recognize Two Texas Companies with Exemplary Safety Programs

The DWC's Occupational Safety and Health Consultation (OSHCON) Program and OSHA recently recognized the following Texas companies for outstanding safety programs with the Safety and Health Achievement Recognition Program (SHARP) award. As a SHARP recipient, these companies have been granted a one-year exemption from OSHA for planned inspections.

Regal Machine Manufacturing employs 48 people at its Tyler location. This company specializes in a variety of services including progressive die stampings, tube fabrication, laser cutting, production welding, robotic welding, and assembling.

MSA Industries, Inc. employs nine people at its Odessa location. This company provides protective coatings, sandblasting, and other services to the oil and gas industry.

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.▲

OSHA Update

OSHA and NIOSH Issue Interim Guidance for Protecting Employees from Occupational Exposure to Zika Virus

An outbreak of Zika is spreading through Central and South America, Mexico, and parts of the Caribbean, including U.S. territories. While no one is known to have contracted Zika from a mosquito bite in the continental United States, employers and employees should take steps to prevent or minimize the risk of Zika infection if transmission starts to occur, or if they work with travelers returning to the U.S. with Zika. OSHA and NIOSH have created a FactSheet that provides recommendations on protecting employees who may be at risk for Zika virus infection through on-the-job exposure to mosquitoes, or blood or other body fluids of infected individuals. Visit OSHA's [Zika index page](#) and NIOSH's [Zika virus webpage](#) for further information.

Final Rule Issued to Improve Tracking of Workplace Illnesses and Injuries

OSHA's new rule, which takes effect January 1, 2017, requires certain employers to submit injury and illness data electronically. These employers will not be required to collect additional information, but report information they are already required to record on their on-site OSHA Injury and Illness forms.

Analysis of this data will enable OSHA to use its enforcement and compliance assistance resources more efficiently. Some of the data will also be posted to the OSHA website. OSHA believes that public disclosure will encourage employers to improve workplace safety and provide valuable information to employees, job seekers, customers, researchers, and the general public. The amount of data submitted will vary depending on the size of company and type of industry.

The rule also prohibits employers from discouraging employees from reporting an injury or illness. The final rule:

- Requires employers to inform employees of their right to report work-related injuries and illnesses free from retaliation.

- Clarifies the existing implicit requirement that an employer's procedure for reporting work-related injuries and illnesses must be reasonable and not deter or discourage employees from reporting.
- Incorporates the existing statutory prohibition on retaliating against employees for reporting work-related injuries or illnesses.

These provisions become effective August 1, 2016. ▲

More information can be found on OSHA's [Recordkeeping Final Rule webpage](#).

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.

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 https://public.govdelivery.com/accounts/TXINSUR/subscriber/new?qsp=CODE_RED. 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