

Safety & Health Update

July 2016

Division of Workers' Compensation

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.

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The Safety and Health Update is Getting a Facelift!



Beginning in August, this eNewsletter will come to you with a new name and format. Watch your inbox for a streamlined, biweekly eNewsletter that will include practical safety tips and new features such as an events calendar, an Ask the Expert column, and other helpful information.



Don't Miss the 20th Texas Safety Summit

Join us at 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

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TOP 10 REASONS TO ATTEND THE 20TH TEXAS SAFETY SUMMIT

1. Expert presenters
2. Networking
3. Practical tools and techniques
4. Jump start for your safety programs
5. Expanded exhibit hall
6. Hands-on demos
7. Choice of > 25 sessions
8. CEUs
9. Professional development
10. Industry updates

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>.

Register Today!

Regular Registration Fee

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

Group Registration Fee

\$350/person - Five or more attendees from an organization

Hotel Reservations

Special room rates at the Sheraton extended until July 23

Register online

<http://ow.ly/DmfP300qq4C>

Safety Tips

Supported Scaffolding Safety and OSHA's Summer Heat Safety Campaign

Supported Scaffolding Safety

Scaffolding is a leading source of occupational fatalities, injuries, and Occupational Safety and Health Administration (OSHA) citations and penalties. The most common form of scaffolding is the supported scaffold. This is usually prefabricated and assembled on a construction site.



alternatives@flickr.com

The most important aspect of scaffold safety is the competent person. OSHA defines a competent person as someone who can identify hazards in a specific safety area and has the authority to make immediate corrections. A competent person should

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Transportation Safety Information

Road Rage and Aggressive Driving

The American Automobile Association defines road rage as a violent criminal act involving an intention to cause physical harm. According to the Texas Department of Transportation, 281 rural crashes and 928 urban crashes involved road rage in Texas in 2015. Of these, seven resulted in fatalities and 28 led to serious injuries. Aggressive driving behaviors associated with road rage include running stop signs or red lights, speeding, tailgating, passing on the right, and inappropriate hand and facial gestures.



whereisat@flickr.com

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Transportation Safety Information (cont.)

Here are some things that you can do when confronted by an aggressive driver to avoid an altercation:

- Try to stay out of the aggressive driver's way.
- Do not challenge an aggressive driver by speeding up or attempting to "hold your own" in the travel lane.
- Avoid eye contact with an agitated driver.
- Ignore any gestures directed at you.

If you believe an aggressive driver is following you or trying to start a fight, drive to a place where there are other people around, such as a police station, store, or hospital. If you have a cell phone and can use it safely, call the police. Do not get out of your car and do not go home.

Tips for Employers

Anger and frustration can lead to aggressive driving behavior. Employees who drive for work making sales calls, providing services, or delivering goods may have frustrating encounters with customers and experience these emotions. Employees should never get behind the wheel if they feel this way. Employers should:

- train employees on how to defuse conflict and handle customer complaints,
- provide employees with a contact within your company to talk through anger and frustration they experience on the job before they get behind the wheel, and
- schedule plenty of time between stops to give employees time to relax and focus. ▲

Download!

DWC Resources

Road Rage FactSheet

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

www.tdi.texas.gov/pubs/videoresource/spfsroadrage.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

Texas Department of Transportation

www.txdot.gov/driver/share-road/aggressive-drivers.html

National Highway Traffic Safety Administration

www.nhtsa.gov/Aggressive

Governors Highway Safety Association

www.ghsa.org/html/issues/speeding.html

AAA Foundation for Traffic Safety

www.aaafoundation.org/aggressive-driving

Safety Tips (cont.)

also be familiar with the OSHA standards for the specific safety area. A person can be competent in a specific area through any combination of education, training, or experience.

The competent person supervises the erection and dismantling of the scaffold to ensure that the assembly and disassembly crews are properly trained and are provided proper fall protection. While the scaffold is available for use by employees, the competent person must inspect it at least daily and more often if an event leaves the safety of the scaffolding in doubt (i.e., snow and ice accumulation, severe storms, vehicles colliding with the scaffold, or any other incident that damages any scaffold component).

If a scaffold is unsafe, the competent person should place a red tag on the scaffold which means that no one is allowed on the scaffold except to perform repairs. When the competent person is satisfied that the scaffold is safe, a green tag should be attached to the scaffold to resume normal operations. ▲

Download!

DWC Resources

Scaffold Safety Checklist

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

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

Resource Center Safety DVD Loans

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

Other Resources

The Occupational Safety and Health Administration

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

www.osha.gov/SLTC/etools/scaffolding/index.htm

www.osha.gov/Publications/osh3150.pdf

OSHA's Summer Heat Safety Campaign



The work can't get done without them.



OSHA continues its annual outreach to highlight how heat-related fatalities are entirely preventable. According to the Bureau of Labor Statistics, 2,630 employees suffered from heat illness, and 18 died due to heat stroke and related causes on the job in 2014. OSHA has updated its [heat campaign webpage](#) to include illustrations of heat exhaustion and heat stroke with an animated video, training resources, and links to an updated heat safety phone application. OSHA also sponsors Twitter posts using the official hashtag [#WaterRestShade](#) that encourages employers to provide employees working outdoors with water, ample breaks, and a shaded area. OSHA also partners with NOAA to raise awareness on the dangers of working in the heat through its [Weather-Ready Nation](#) campaign. ▲

Upcoming Free Traffic Safety Workshop for Employers

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

- 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.

Regional Safety Summits



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:

Scaffold Safety

This Course covers :

- scaffold capacities
- construction and placement requirements
- supports
- access standards
- procedures for safely erecting and dismantling scaffolds
- clearance restrictions for placement near power lines
- regulations for suspended scaffolds
- fall protection
- falling object protection
- training requirements
- safe use of aerial lifts

(Length: 1 hour. This program may be included in the OSHA 10-Hour Construction Course.)▲

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, El Paso, Fort Worth, 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

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

October 3-7

Drive Safely to Work Week

October 9-15

National Fire Prevention Week

October 16-22

National School Bus Safety Week

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 are granted a two-year exemption from OSHA planned inspections.

L.F. Manufacturing, Inc. employs 30 people at its Giddings location. This company specializes in manufacturing fiberglass storage tanks, manholes, wetwells, pipes, and ducts.

Trinity Terrace employs 175 people at its Fort Worth location. This company is a fully accredited Continuing Care Retirement Community.

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. ▲

Safety DVDs for Back Injury Prevention

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.

Back at Work

DVD1656ES

"Reviews proper lifting procedures. Reminds viewers how important lifestyle is when it comes to avoiding back injuries." 16 minutes.

Back Protection: Defending Your Safety Zone

DVD1108ES

"Illustrates how the human spine functions and shows proper body mechanics. Describes proper grasping and lifting techniques as well as reverse stretches." 20 minutes.

Back Safety: A User's Guide

DVD2795

"Uses workplace scenarios to cover proper lifting procedures. Discusses how lifestyle choices and everyday activities can contribute to back problems. Shows simple stretches and exercises to help preserve back health." 30 minutes.

Back Safety for First Responders

DVD1913ES

"Emergency medical technicians, firefighters, and law enforcement officers encounter back-stressing situations due to the nature of their jobs. Covers proper back safety techniques and exercises to prevent back injuries. Discusses back structure, repetitive stress injuries, reverse stretching, and training points for handling stretchers, gurneys, and fire hoses." 20 minutes.

Back Safety & Health

DVD1749, DVD1749S

"Presents the fundamentals of back safety and health to all employees. Covers types of spinal injuries and diseases, the importance of good posture, and the use of proper lifting techniques." 20 minutes.

Back Safety for Material Handlers

DVD1640ES

"Teaches back safety techniques specific to material handlers, as well as exercises to help keep back muscles strong and flexible. Covers back structure, repetitive stress, reverse stretching, proper lifting techniques, back safety when using vehicles and hand trucks, and the warning signs of back injury." 13 minutes.

Construction Back Safety

DVD2214ES

"Shows employees how the back functions and how to prevent back injury on the construction job site." 10 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

New Lightning Safety Fact Sheet from OSHA and the National Oceanic and Atmospheric Administration (NOAA)

OSHA and NOAA have released a [Lightning Safety When Working Outdoors Fact Sheet](#) that provides employers and employees with information about lightning hazards and how to protect employees. Often overlooked as an occupational hazard, lightning strikes can severely injure or kill employees in the following occupations:

- construction
- logging
- utility repair
- agriculture
- telecommunications
- landscaping and lawn services
- airport ground operations
- pool and beach lifeguarding.▲

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.

NIOSH Update

NIOSH Launches Personal Protective Equipment Information Database (PPE-InfoDatabase)

The National Institute of Occupational Safety and Health (NIOSH) has launched the [PPE-InfoDatabase](#), a comprehensive tool that offers information on personal protective equipment (PPE) standards and regulations. More information is available on the [NIOSH publication webpage](#).

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