

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

Distracted Driving Awareness

April is Distracted Driving Awareness Month. Effective occupational driving safety programs should address minimizing distractions while employees are driving. Drivers staying alert and focused on the task of driving are critical in preventing motor vehicle collisions. Any activity other than driving is considered a distraction. It only takes a moment of inattention for a crash to occur.



Oregon Department of Transportation

(Continued on [page 2](#))

Safety Tips

National Safety Stand-Down, Campaign to Prevent Falls in Construction

This national campaign was launched on April 26, 2012, to prevent construction employee falls.

The goal of the campaign is to prevent fatal falls from roofs, ladders, and scaffolds by encouraging employers to

- **PLAN** ahead to get the job done safely.
- **PROVIDE** the right equipment.
- **TRAIN** everyone to use the equipment safely.



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Transportation Safety Information (cont.)

Distractions include, but are not limited to, use of electronic mobile devices for calling, texting, or watching; eating; drinking; smoking; reading; applying makeup or other grooming activities; reaching for items; and focusing on other passengers in the vehicle.

Employers should incorporate local jurisdictional laws relating to the use of electronic devices into their programs and employees should comply with those laws.

Eliminating Distractions

The three main types of distraction are

- **visual:** taking your eyes off the road,
- **manual:** taking your hand off the wheel, and
- **cognitive:** taking your mind off driving.

Employees can use the following steps to avoid being distracted while driving:

- Pre-program radio stations.
- Pre-load favorite CDs or set up your iPod.
- Clear the vehicle of unnecessary objects.
- Review maps and plan travel route or program your GPS device in advance.
- Adjust all mirrors for best all-around visibility before starting the vehicle.
- Don't read or write while driving.
- Don't talk or text on a cell phone or other electronic device, even hands-free. If you need to answer, stop in a safe area.
- Avoid smoking, eating, and drinking while driving.
- Don't engage in stressful or emotional conversations with passengers in the vehicle.
- Pull off the road in a safe place to deal with insects, unruly passengers, children, or pets.
- Always keep cool when in stressful driving situations.
- Always pay attention to the road and avoid distractions outside of your vehicle. ▲

The total number of people killed in motor vehicle crashes in Texas in 2014

Type of Crash	Number of People Killed	Percent Increase from 2013
All crashes	3534	3.7
Crashes involving distracted driving	483	4

Information from the Texas Department of Transportation.

Download!

Driving Distractions FactSheet

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

www.tdi.texas.gov/pubs/videoresourcessp/spfsdrivdistract.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

Talk. Text. Crash. – Distracted Driving Campaign

www.txdot.gov/driver/share-road/distracted.html

Official U.S. Government Website for Distracted Driving

www.distraction.gov/

Occupational Safety and Health Administration (OSHA) Distracted Driving

www.osha.gov/distracted-driving/index.html

Centers for Disease Control and Prevention Motor Vehicle Safety: Distracted Driving

www.cdc.gov/motorvehiclesafety/distracted_driving/index.html

National Institute for Occupational Safety and Health (NIOSH) Distracted Driving

www.cdc.gov/niosh/topics/distracteddriving/default.html

Transportation Safety Information (cont.)

Texas Laws

- The use of a wireless communication device while driving in a school zone is prohibited unless the device is hands-free.
- Drivers under 18 are prohibited from using a wireless communication device.
- Passenger bus drivers transporting minor passengers are prohibited from using cell phones while driving.

Local Laws

- Texting while driving is prohibited in Arlington, Canyon City, Denton, Edinburg, Farmer's Branch, Galveston, Grand Prairie, Magnolia, McAllen, Missouri City, Nacogdoches, and Pecos.
- Texting and handheld cell phone use while driving is prohibited in Amarillo, Austin, Corpus Christi, El Paso, San Antonio, and Stephenville.

Employers should check regularly with local authorities to make sure that their policies comply with and support laws where their employees will be traveling. ▲

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:

- Austin – Friday, April 29, 2016
8:30 a.m. – 12:30 p.m.
DWC Tippy Foster Room
7551 Metro Center Drive,
Suite 100, Austin, TX 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.

Free Webinars

The NSC also offers free webinars on a variety of workplace safety topics, including:

- How Do Teen Drivers Impact the Employer? (April 19)
- My Car Does What? (May 20)

More information can be found on the Texas Driving Concern website at www.txdrivingconcern.org.

All mini webinars begin at 10:00 a.m.

Safety Tips (cont.)

This campaign invites the employers to stop activities during the workday and talk with all the employees about the importance of fall prevention, common hazards in the construction industry, and proper use fall protection systems.

Preventing Falls

In 2014, 29 Texas employees working in the construction industry died as a result of slips, trips and falls. Falls and falling objects can result from unstable working surfaces, ladders that are not safely positioned, and misuse of fall protection. Employees are also subject to falls or to the dangers of falling objects if sides and edges, floor holes, and wall openings are not protected. Any time an employee works six feet or more (construction industry) or four feet or more (general industry) above the ground, he or she must be protected.

Fall Protection

Fall protection must be provided for each employee on a walking/working surface with an unprotected side or edge at the height required by the OSHA standard applicable to their work environment. The Construction Industry Standards (29 Code of Federal Regulations (CFR) 1926) is available on the OSHA website at www.osha.gov/SLTC/fallprotection/construction.html.

Unprotected Sides, Wall Openings, and Floor Holes

Almost all sites have unprotected sides and edges, wall openings, or floor holes at some point during construction. Injuries from falls or falling objects ranging from sprains and concussions to death may occur if sides and openings are not protected at your site.

Ladders

You risk falling if portable ladders are not safely positioned each time they are used. While you are on a ladder, it may move and slip from its supports. You can also lose your balance while getting on or off an unsteady ladder. Falls from ladders can cause injuries ranging from sprains to death. ▲

Download!

DWC Resources

Fall Protection for the Construction Industry

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

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

Fall Protection for the Construction Industry Sample OSHA Written Program

www.tdi.texas.gov/pubs/videoresource/ofallprotect.docx

Resource Center Safety DVD Loans

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

Other Resources

OSHA Fall Protection

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

OSHA Fall Protection in Residential Construction

www.osha.gov/doc/topics/residentialprotection/index.html

OSHA Fall Prevention in Construction Campaign

www.osha.gov/stopfalls/index.html

NIOSH Campaign to Prevent Falls in Construction

www.cdc.gov/niosh/construction/stopfalls.html

DWC, OSHCON, and OSHA Recognize Four 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.

The Baptist Memorial Center employs 71 people at its East Houston Harte Expressway location and 43 people at its North Main Street location in San Angelo. This company provides extended-stay nursing care to seniors with varying levels of disabilities. This company received SHARP awards for both worksites.

The OK Concrete Company employs 21 people at its Wichita Falls (Plant 2) location, 10 people at its Vernon (Plant 4) location, nine people at its Childress (Plant 6) location, three people at its Windthorst (Plant 7) location, and one person at its Jacksboro (Plant 13) location. This company manufactures and delivers ready-mix concrete as well as other construction materials such as sand, gravel, and rock chips to the construction industry. This company received SHARP awards for all the worksites listed.

Packless Industries employs 87 people at its Tyler location. This company manufactures fluid heat transfer coils, vibration absorbers, and pull-out assemblies for the air conditioning, heating, and refrigeration industries.

The following company has been granted a two-year exemption from OSHA for planned inspections.

Woodlawn Manufacturing, Ltd., employs 75 people at its Marshall location. This company manufactures precision metal parts and assemblies for the defense, oil and gas, aerospace, automotive, HVAC, and other industries.

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. ▲

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

San Antonio — May 10, 2016

Region 20 Education Service Center
1314 Hines, San Antonio

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.

Compliance Seminars Offered for Restaurant Industry May 3 and 4 in Austin

The U.S. Department of Labor and DWC will present two seminars on May 3 and 4 in Austin to help the restaurant industry comply with labor laws and provide a safe workplace.

The two-hour seminars will be offered at 2:30 p.m. May 3 and 9 a.m. May 4 at the DWC Central Office, 7551 Metro Center Drive, in Austin. Each seminar will cover:

- Minimum wage, including tips
- Overtime
- Recordkeeping (notices, hours worked, tips, payroll)
- Child labor (youth under age 18)
- Employee rights under OSHA
- Employer responsibilities under OSHA
- Restaurant safety hazard recognition and prevention

The seminars are free and seating is limited. Visit www.tdi.texas.gov/wc/events/index.html to register. For additional information, call 512-297-8274 or email garcia.lucia@dol.gov. ▲

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:

Fall Protection

This program covers the OSHA requirement of 29 CFR 1926, Fall Protection. Some of the topics covered include:

- employer responsibilities,
- fall protection requirements for specific work areas,
- requirements for protection from falling objects,
- the six fall protection systems,
- proper procedures for fall protection systems inspection,
- the elements of fall protection planning,
- guidelines for developing emergency response planning, and
- training requirements of Subpart M.

(Length: 1-3 hours. This program may also be included in the Safety & Health Outreach Program – Construction.)

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.

Safety DVDs for Distracted Driving and Fall Protection

The DWC Resource Center has 4,000 DVDs in its library, and includes more than 12 DVDs on Distracted Driving and more than 50 DVDs on Fall Protection. Most titles are available in English and Spanish. DVD titles and descriptions are found under the Driving Safety and Fall Protection subject headings.

Distracted Driving

Driven to Distraction DVD1944ES

Illustrates just how dangerous distracted driving can be. Covers cell phone use, reaching for laptop cases, talking to passengers, and eating and drinking. 20 minutes.

Driving to Distraction II DVD2886ES

Covers cell phone use, talking to passengers, reaching for laptop cases, using a GPS, texting, tweeting, mp3 players, personal grooming, eating, and drinking. 20 minutes.

Fall Protection

Fall Protection: the Right Connection DVD1643ES

Focuses on the proper use of fall protection in general industry. Also provides valuable information about rescue after falls. Covers guardrails, personal fall protection systems, positioning devices, and rescue from heights. 20 minutes.

High-Impact Fall Prevention DVD1789ES

Dramatizes ten accidents that will remind employees about common safety mistakes that lead to death and severe injuries. Covers ladder safety, improper use of forklifts as elevating devices, body harnesses and shock absorbing lanyards, and recognizing fall hazards. 19 minutes.

Fall Protection: the Right Connection DVD1643ES

Focuses on the proper use of fall protection in general industry. Also provides valuable information about rescue after falls. Covers guardrails, personal fall protection systems, positioning devices, and rescue from heights. 20 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.

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.

OSHA Update

OSHA Extends Public Comment Period on Guidance for Determining Potential Health Hazards of Chemicals

OSHA has extended the comment period for the draft Guidance on Data Evaluation for Weight of Evidence Determination to May 2, 2016. OSHA published the draft guidance on February 16, 2016. OSHA received requests to extend the comment period to allow stakeholders more time to review the highly technical guidance and respond constructively to the questions that OSHA posed.

For more information visit OSHA's Guidance on Data Evaluation for Weight of Evidence Determination web page at www.osha.gov/weightofevidence/index.html. Stakeholders may view and comment on the draft guidance there.

Reminder: National Safety "Step Up" To Protect Workers at Oil and Gas Exploration Sites Runs Through May 31

The 2016 Step Up for Safety in the Upstream Oil and Gas Industry continues through May 31. Visit the Step Up for Safety website at www.oshastanddown.org/ for more information and resources for employers to use at their event.

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

New Webpage Offers Aerial Lifts Safety Resources

Aerial lifts such as cherry pickers or bucket trucks, aerial ladders, and vertical towers are used frequently at various job-sites, such as construction sites and warehouses. Aerial lifts are mobile and involve minimal setup, so their use is increasing for various industrial jobs such as painting, tile and drywall installation, and maintenance. When employees use aerial lifts, the major causes of injuries and fatalities are falls, electrocutions, and collapses or tip-overs. NIOSH has launched a new [Aerial Lifts](#) webpage that offers the following safety resources such as:

- aerial lift hazard recognition simulator,
- links to standards,
- brief videos of computer simulation tests, and
- aerial lifts safety publications. ▲

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

April 1-30

Distracted Driving Awareness Month

April 1-30

Alcohol Awareness Month

April 1-30

Injury Prevention Month

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

May 23-June 5

Click It or Ticket Campaign

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