

SCATS QUARTERLY

Wintertime Occupational Hazards

Submitted by Jake Huber

Inside this issue:

SCATS supporting Nevada Hispanic Safety Month	2
SCATS has a Lending Library	2
“ A Guide to Written Workplace Safety”	4
Christmas Light Safety	4
SHARP	5
Safe Partner	5
Staff Directory	6
Did You Know	6

Special points of interest:

- Hispanic Safety Month (page 2)
- Did you know? (back page)



To receive the e-mail notifications for the Safety Tip of the Month, SCATS Quarterly Newsletter, Quarterly Training Schedule, and other mailings, go to our website at www.4safenv.state.nv.us or send your name and e-mail address to : Herrera.paty@dol.gov

Although OSHA does not have specific standards that cover working in cold environments, under the Occupational Safety and Health ACT of 1970, 5(a)(1), employers have a duty to protect workers from recognized hazards that are causing or likely to cause death or serious physical harm in the workplace. This includes cold environments.

After a storm, whether due to refreezing of ice/snow melt, or freezing rain, ice may form on walkways and parking lots, creating a slip hazard for employees. Employers should clear any snow and ice from walking surfaces and spread a deicer to prevent ice formation. Due to the unpredictable weather of Nevada, employers should be prepared for this to occur at any time. Likewise, employees should be

trained to select proper footwear that provides good traction and insulation, as well as slower and smaller steps. OSHA investigations have shown falls cause the most fatalities and injuries during rooftop snow removal, precipitating the issuance of a hazard alert letter. The letter provides guidance to employers on how to prevent serious injuries and fatalities. Employers should consider options that avoid working on roofs and elevated heights covered with snow/ice. If that is not an option, plan ahead. Employees will need the required fall protection and training prior to working on a roof or elevated height; use ladders correctly; use extreme caution when working in the vicinity of power lines. The load ratings should be

evaluated to ensure workers are not exposed to roof collapse. If employees must access the roof or elevated surfaces for snow removal, plan ahead. (<https://www.osha.gov/Publications/OSHA-3513roof-snow-hazard.pdf>). Another area of concern is the physical act of shoveling snow. Manual snow removal can create the potential for exhaustion, dehydration, back injuries and heart attacks. Ensure employees limit overexertion. Review the option of using smaller shovels to limit the amount repeatedly lifted; ensure proper personal protective equipment is worn; ensure employees are properly hydrated.

Performing different operations in cold work environments increases the likelihood of cold

Continued on page 3

SCATS supporting Nevada Hispanic Safety Month:

Submitted by Kelly Baetz

Why do we have a Hispanic Safety Month? Because no matter what statistics you look at Hispanics die on the job at a higher rate than other ethnic groups.

Through outreach and partnering with the Hispanic community we can change this.

Here is the good news, fatal work injuries among Hispanic or Latino workers fell three percent to 789 in 2014, compared to 817 in 2013.

And the bad news, overall, there were 827 fatal work injuries involving foreign-born workers in 2014. These 827 foreign-born workers came from over 80 different countries, with the greatest number of workers, about 40 percent, born in Mexico.

Outside Classes

During 2016's Nevada Hispanic Safety Month, SCATS would like to partner with businesses in Nevada to offer our training on topics of specific interest to them.

We would like to conduct training classes in locations convenient to employers, such as at the

workers place of employment.

SCATS is looking for businesses that would like to receive FREE training for their employees. We are looking to conduct one or two classes each week in April of 2016.

Classes at our offices

As part of our program to help you with the training you need we want to know what your priorities are. One class that we would like to conduct at both our main offices (Henderson and Reno) is the OSHA 10 Hour (Spanish) Construction Course.

Other topics might include:

- Landscaping Hazard Awareness
- Bloodborne Pathogens Awareness
- Housekeeping Hazard Awareness
- Restaurant Hazard Awareness
- Heat Stress
- Excavation Regulatory Review
- Control of Hazardous Energy
- Asbestos Awareness

For suggestions or class requests please contact Kelly Baetz at (702) 486-9143

SCATS has a Lending Library

Submitted by Kelly Baetz

SCATS has established a FREE of charge Video lending library to assist Nevada employers in their safety and health efforts. We have in our inventory over 350 Titles, English and Spanish VHS's and DVD's. SCATS has been working on updating its inventory too DVD's. Currently we have over 170 DVD titles available.

Below is a list of the new DVD's that were added recently to the Lending Library:

More High Impact Lockout / Tagout Safety Training

- Spanish

Electrical Safety for Everyone

- English and Spanish

Surviving the Fall: Your Personal Fall Arrest System

- English

Emergency Preparedness & Response

- English and Spanish

Making Safety Work: An Overview of Workplace Safety

- Spanish

Continued on page 3

Wintertime Occupational Hazards

Continued from page 1

stress. Cold stress is when the body is unable to maintain a normal temperature, resulting in serious cold related injuries and illnesses, including, frostbite and hypothermia. In a cold environment, the body's energy will concentrate on keeping a stable warm internal core temperature. As exposure time increases, blood flow will shift from the extremities and skin to the chest and abdomen. While keeping the critical organs safe, this will increase the risk of frostbite and hypothermia. Frostbite, caused by the freezing of skin and tissues, can lead to permanent damage and even amputation. The symptoms of frostbite include numbness, reddened skin develops gray/white patches in the fingers, toes, nose or ear lobes; area feels firm/hard, blisters may develop.

When the body temperature drops below 95F, hypothermia has occurred. Although mainly caused by very cold temperatures, hypothermia can occur at temperatures above 40F due to wind chill or if a person is chilled from rain, sweat, or cold water immersion. Symptoms begin with uncontrollable shivering. Moderate to severe

symptoms are loss of coordination, confusion, slurred speech, slow breathing/heart rate, unconsciousness and possibly death.

Planning is the key to prevention of cold environment injuries and illnesses. Assess the work areas and duties. Train exposed employees on cold stress and other weather related hazards. Provide engineering controls such as radiant heaters or shields from wind chill. Implement safe work practices such as rotating workers, warm non-alcoholic liquids, warm break areas, limiting time spent outdoors on cold days, etc. Employers, though not required to provide ordinary clothing used solely for the protection from weather, can provide workers with winter gear.

Whether at work or home, winter brings hazards to all of us. Be prepared. Be safe.

For more information or for a schedule of training courses offered at no charge by SCATS, call toll free 1.877.4SAFENV [1-(877)-472-3368].

Or visit,
www.4safenv.state.nv.us.

SCATS has a Lending Library

Continued from page 2

Hazard Communication Your Key to Chemical Safety

- Spanish

Ladder Safety Techniques

- Spanish

PPE: Your Last Layer of Protection

- Spanish

Respiratory Protection: Your Guide to Clean Breathing

- Spanish

Aerial Lift Work Platform

- English and Spanish

Suspended Scaffolding Safety in Construction Environments

- English and Spanish

And many more.

Not all titles are available at all locations at this time. Watch for more titles in all categories in the future.

Questions?

Call SCATS, call toll free

1.877.4SAFENV

[1-(877)-472-3368].

Or visit,

www.4safenv.state.nv.us.

Christmas Light Safety

Submitted by Doni Webber

According to the U.S. Consumer Product Safety Commission, over 12,000 people nationally are treated for, cuts, shocks, and burns due to incidents involving holiday lights, dried-out Christmas trees, and other holiday decorations. Proper safety precautions should be observed at all times to avoid potential injuries.

Statistics show that incidents of fires rise drastically during the holidays. Christmas trees are involved in over 300 fires annually, resulting in an average of 10 deaths and 40 injuries. Make sure that your smoke detectors are working, and fire extinguishers are fully charged and easily accessible.

Decorating the workplace can result in falls and dangerous tripping hazards as well. Potential trips over cords or decorations and falls from ladders hanging Christmas lights are employee injuries waiting to happen.

Before you start decorating your office/business for the holidays, it's a good idea to take the time to educate your-self about Christmas light safety. Holiday lights can add a festive touch to your business inside and out, as long as they are used as directed, observing all necessary safety precautions.

Below are a few safety tips for safe holiday lighting:

Observed OSHA Standards at Work - Before hanging lights

and decorations in your office/business, make sure they are fully compliant with Occupational Safety and Health Administration (OSHA) standards for workplace safety.

Limit Installation and Use: OSHA addresses Holiday lighting under Temporary Wiring - (1910.305 (a) (2) (I) (B) and states installation for Christmas decorative lighting, carnivals and similar events may not exceed a period of 90 days. The 90 day limit is because extreme weather can cause deterioration of wires due to sun, rain, snow and wind.

Verify Proper Rating - The 1910.303 (b) (2) standard – also requires that holiday lighting be listed. Listed or labeled equipment shall be installed and used in accordance with any instructions included in the listing or labeling. Only use lights that have been tested and rated by Underwriter's Laboratory (UL). Strings of lights that have a safety rating are clearly marked, both on the packaging and with labels attached to the electrical cords.

Check for Fraying – When you remove your holiday lights from storage, check the cords to make sure they are not frayed or otherwise damaged. Hanging lights with damaged cords can lead to an electrical short. This can damage your other lights and holiday decorations, as well and potentially lead to fire. If you

“A Guide to Written Workplace Safety”

Submitted by Bob Harris

SCATS' “A Guide to Written Workplace Safety” has recently been revised.

Some of the items that were updated include:

The guide now differentiates between mandatory requirements and best management practices. Since these requirements would provide the bare minimum safety program, best management practices are also included to help employers to develop truly effective safety programs.

Whenever applicable the Nevada Revised Statutes and Nevada Administrative Code is quoted.

The guide also includes an updated checklist that employers can use to evaluate their safety program.

This guide can be downloaded in pdf format from the SCATS website or a hard copy can be obtained by visiting the SCATS Henderson, Reno or Elko offices.

For more information or for a schedule of training courses offered at no charge by SCATS, call toll free 1.877.4SAFENV [1-(877)-472-3368].

Or visit,
www.4safenv.state.nv.us.

SHARP & Safe Partner Recognition Page

The following companies have achieved success in their efforts to become members in the Safety & Health Achievement Recognition Program (SHARP). The hard work, diligence, and commitment required to achieve SHARP status are not common and not easily maintained. To truly achieve this level you must have programs in place that will survive and thrive in the absents of their creators. The safety culture necessary to sustain these programs must be fed from the top but grown and nurtured in the rank and file where the real work gets done.

Sam's Town Hotel & Gambling Hall



Congratulations to
Casablanca Hotel and Casino
 for attaining
Safe Partner Status



Your Partner for a Safer Nevada

Christmas Light Safety

Continued from page 4

discover damage strings of lights, throw them away.

Choose Locations Carefully - Avoid hanging holiday lights near any item that poses a potential fire hazard, such as flammable work areas, space heaters, etc. Make sure bulbs aren't too close to loose paper or any other flammable materials that present a safety hazard.

Hang Carefully - Never use tacks, staples, or nails to hang up your holiday light display. Instead, use insulated holders designed especially for this purpose.

Once lights are in place check bulbs when burnt out, it's important to replace them right away. It's dangerous to have light strings plugged in with empty sockets. Also, make sure that cords are placed so as not to poise a tripping hazard.

Don't let your holiday season be spoiled by failing to observe proper Christmas light/decorations safety practices. It's not difficult to have a safe and attractive holiday display as long as you avoid taking shortcuts and observe proper electrical safety procedures.

SAFETY CONSULTATION AND TRAINING SECTION

Southern Nevada
 1301 N. Green Valley Parkway
 Suite 200
 Henderson, Nevada 89074
 702-486-9140 Fax: 702-990-0362

Northern/Central Nevada
 4600 Kietzke Lane
 Suite E-144
 Reno, Nevada 89502
 775-688-3730
 Fax: 775-688-1478

Northeastern Nevada
 350 West Silver Street,
 Suite 210
 Elko, Nevada 89801
 775-778-3312
 Fax: 775-778-3412



Let Us Help You

Safety Consultation and Training Section is committed to assisting Nevada employers in their efforts to improve workplace safety and health. This **no cost** program is designed for Nevada's small employers who see the added value of safety and health activities in reducing their accident costs or who want to be in compliance with the OSHA regulations.

One of the most beneficial services to companies is our comprehensive consultation surveys. Upon your company's request and agreement to correct serious hazards, consultation safety and/or health consultants will survey your operations and help identify hazards, non-compliance issues, and program deficiencies to the Nevada OSHA requirements. If a comprehensive survey is not what is needed, our safety consultants and industrial hygienists can provide a survey that will assist in a specific area of concern.

Other services to supplement your safety and health awareness and recognition training include: a video lending library, specific technical assistance, and various safety and health related training classes (which can also be conducted at your facilities). **Simply call SCATS!** You can contact SCATS by calling the local numbers listed or call the toll-free number at **1-877-4SAFENV or 1-877-472-3368**.

Please visit our website
at:
www.4safenv.state.nv.us

Did You Know?
SCATS offers 4
hour Defensive
Driving classes for
free! Insurance
discounts anyone?

How To Contact Our Other Division of Industrial Relations (DIR) Sections!

Workers' Compensation Section (WCS)

HENDERSON Phone: (702) 486-9080

CARSON CITY Phone: (775) 684-7270

<http://dirweb.state.nv.us/WCS/wcs.htm>
WCSHelp@dbi.state.nv.us

NV OSHA Enforcement Section

HENDERSON Phone: (702) 486-9020

RENO Phone: (775) 688-3700

<http://dirweb.state.nv.us/OSHA/oshes.htm>

Mine Safety and Training Section (MSAT)

HENDERSON Phone: (702) 486-9131

CARSON CITY Phone: (775) 684-7085

<http://dirweb.state.nv.us/MSTS/msts.htm>

MAIN OFFICE LOCATIONS FOR ABOVE SECTIONS

HENDERSON:
1301 N Green Valley Pkwy, Suite 200
Henderson, Nevada 89074

CARSON CITY:
400 West King Street
Carson City, Nevada 89703

RENO:
4600 Kietzke Lane
Reno, Nevada 89502

SCATS Staff Directory

ADMINISTRATION

Chief Administrative Officer:

Todd R. Schultz, CSP, CSHM
Las Vegas Office

Program Coordinator:

Stephen Rodgers
Las Vegas Office

Administrative Assistants:

Las Vegas Office
Lucero Camorlinga
Paty Herrera
Susana McGee

Reno Office

Carl Coling
Misty Peterson



CONSULTATION

Supervisors:

Bob Harris
Las Vegas Office
Andy Giddings, CSP
Reno Office

Safety Consultants:

Las Vegas Office
Ardyce Brundage, CSP, CSHM
Janis Pappa, CSHM
Michelle Vieira
Sarah Ball, CSP
Kym Heckman
Kirtikumar Shah
Shane Buchanan
Reno Office
Dave Murray
Doni Webber
Jana Morales

Industrial Hygienists:

Las Vegas Office
Antonio Samson, CIH
Kate St. Aubin
Reno Office
Jake Huber, MBA
John Lindgren, ASP, OHST

TRAINING

Supervisor:

Kelly Baetz
Las Vegas Office

Trainers:

Las Vegas Office

Pamela Martin
Maria Lyons
Virginia Wicklund

Reno Office

Alberto Garcia
Randy Westmoreland, MS, CSP

Consultant/Trainer:

Elko Office
Richard Bochman



Your Partner for a Safer Nevada