



Safety News

Dedicated to ensuring the safest and healthiest working environment for our members

Winter 2018 | Issue 14

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Our Vision

The United Association and its local unions will apply its best practices and resources to build the best educated and safest workforce in all sectors of the piping industry.

Message from Cheryl Ambrose Health, Safety and Environmental Administrator



Where did the year go? Each year I find myself saying that and each year it seems to go by faster than the year before. This is the time of year that brings reflection, reflection on the accomplishments of the past year and anticipation for the

things yet to be accomplished.

Looking back over the past year, there were a number of accomplishments including the release of the updated UA Standard for Safety video, brochure, and poster, as well as the addition of new safety and health courses to the Instructor Training Program. The new Trenching Competent Person trainer course, the Fall Protection Competent Person trainer course, Safety Culture for Front-Line Leaders course, and Safe Pressure Testing for Piping Systems were all new courses at the 2018 Instructor Training Program. In addition, new safety technology was developed in the form of virtual reality apps. These apps include the new Safety VR app built around OSHA's Focus Four hazards and adapted to the piping trades, and the Trenching VR app built as part of the Trenching Competent Person course curriculum. Needless to say, countless persons devoted their time and expertise to helping accomplish all of these projects in 2018, and without whom none of the projects could have happened.

"This time of year brings reflection on the accomplishments of the past year."

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As we look ahead to the New Year, we look to new plans and goals and seeing those plans and goals become reality as we grow and advance the UA's safety and health program in 2019.

Once again in 2019, the International Training Fund (ITF) is proud to offer grants for UA instructors to attend the MCAA Safety Directors' Conference to be held in Orlando, FL in January. The UA will be presenting at the conference on the latest in UA safety technology and the Standard for Safety.

The upcoming 2019 Pipe Trades Training and Technology Conference in San Diego, February 19-21, will feature several safety sessions including Safety Technology for the Piping Industry, UA Standard for Safety and Safety Culture, Pressure Testing: The Focus on Safety, and Construction Health and Safety Technician (CHST) and Safety-Trained Supervisor for Construction (STS-C) Certifications. Guest speakers for these sessions include Peter Chaney, MCAA Director of Safety; Dan Flinta, Business Development Manager with the Board of Certified Safety Professionals; Ted Giltz with the Department of Energy, and Mike de Simon, President of Mosaic Learning.

Looking ahead to the 2019 Instructor Training Program, plans for a new trainer course on NFPA 70E – Electrical Safety in the Workplace are underway. The International Training Fund, collaboratively with the MCAA, is working directly with the National Fire Protection Association (NFPA) to bring the course to UA instructors in August. Also new for the Instructor Training Program will be a certification exam preparation workshop for those interested in pursuing the Construction Health and Safety Technician (CHST) and Safety-Trained Supervisor for Construction (STS-C) certifications through the Board of Certified Safety Professionals. As an added bonus, attendees to the course will be able to go back to their locals and prepare members to take the STS-C certification exam. These courses and certifications are yet another way that the UA is working to help our members and our contractors set themselves apart in the industry.

As we take stock in the past year and look forward to 2019 and all that it has in store, let us take time to reflect on all the great work that happens every day in our locals to help keep our members safe. Take time to say thank you and recognize those special efforts. Cherish the time with family and friends wherever and whenever you can. Time goes by quicker every year—make the most of it. ■



U.S. Department of Labor Issues Final Rule on Crane Operator Certification Requirements

Eight years after beginning the process, OSHA has issued a final rule revising the crane operator certification requirements in Subpart CC – Cranes and Derricks. The final rule removes the requirement that crane operator certifications include the crane's rated lifting capacity. OSHA has concluded that the capacity requirement is not necessary to protect workers and the agency is concerned that a shortage of certified operators could create a severe disruption to the construction industry. Currently, two testing organizations that have certified the majority of operators have issued certifications by "type" but not "capacity." Without a change to the rule, these certifications would not have been valid. The final rule also makes permanent the employer duty to ensure that operators are competent to operate the equipment safely, therefore preserving the requirement in the standard that employers assess the ability of their operators to run the specific cranes they will be using for specific tasks. ■

For additional information, OSHA has published *Frequently Asked Questions – Cranes and Derricks in Construction: Operator Qualification*.

https://www.osha.gov/cranes-derricks/Op_Cert_Final_Rule_FAQs_11-8-18.pdf

To read the change in the Federal Register, click the link below.

<https://www.federalregister.gov/documents/2018/11/09/2018-24481/cranes-and-derricks-in-construction-operator-qualification>



Preventing Sprain and Strain Injuries from Materials Handling

New Program Shows How Everyone Can Play a Role

Submitted by: Eileen Betit, CPWR Director of Research to Practice (r2p)

Ask a room full of UA members if they have ever suffered a sprain or strain injury or know someone who has and the answer will likely be YES to both. Sprain and strain, or overexertion injuries – particularly those resulting from manually lifting and moving materials – are a serious and growing problem for the construction industry. These types of injuries result in lost work days and productivity, and are often disabling. They create a financial burden for our employers, and take a human and financial toll on injured members and their families.

In 2017, CPWR – The Center for Construction Research and Training set out to answer the question: *If we know these types of injuries are a problem and there are solutions, what do we – everyone concerned about construction safety and health – need to do to prevent injuries?*

Through surveys, interviews and discussions with contractors and other industry stakeholders, CPWR learned that contractors who engage in safe materials handling practices plan for how materials will be delivered, stored, lifted and moved at each project stage because it prevents injuries, improves productivity, and helps them control insurance costs and win work. Regardless of their size, these contractors believe the time spent on planning contributes to their business success. In contrast, contractors who do not plan for materials handling at each project stage face barriers including a lack of planning experience, awareness of the risks and potential benefits of engaging in safer practices, and the time to find the information or equipment to reduce manual materials handling.

CPWR used what they learned to develop the *Best Built Plans – Build Safety Into Every Job Program*, to help contractors overcome these barriers.

Free Resources to Save Your Back Just a Click Away at www.bestbuiltplans.org

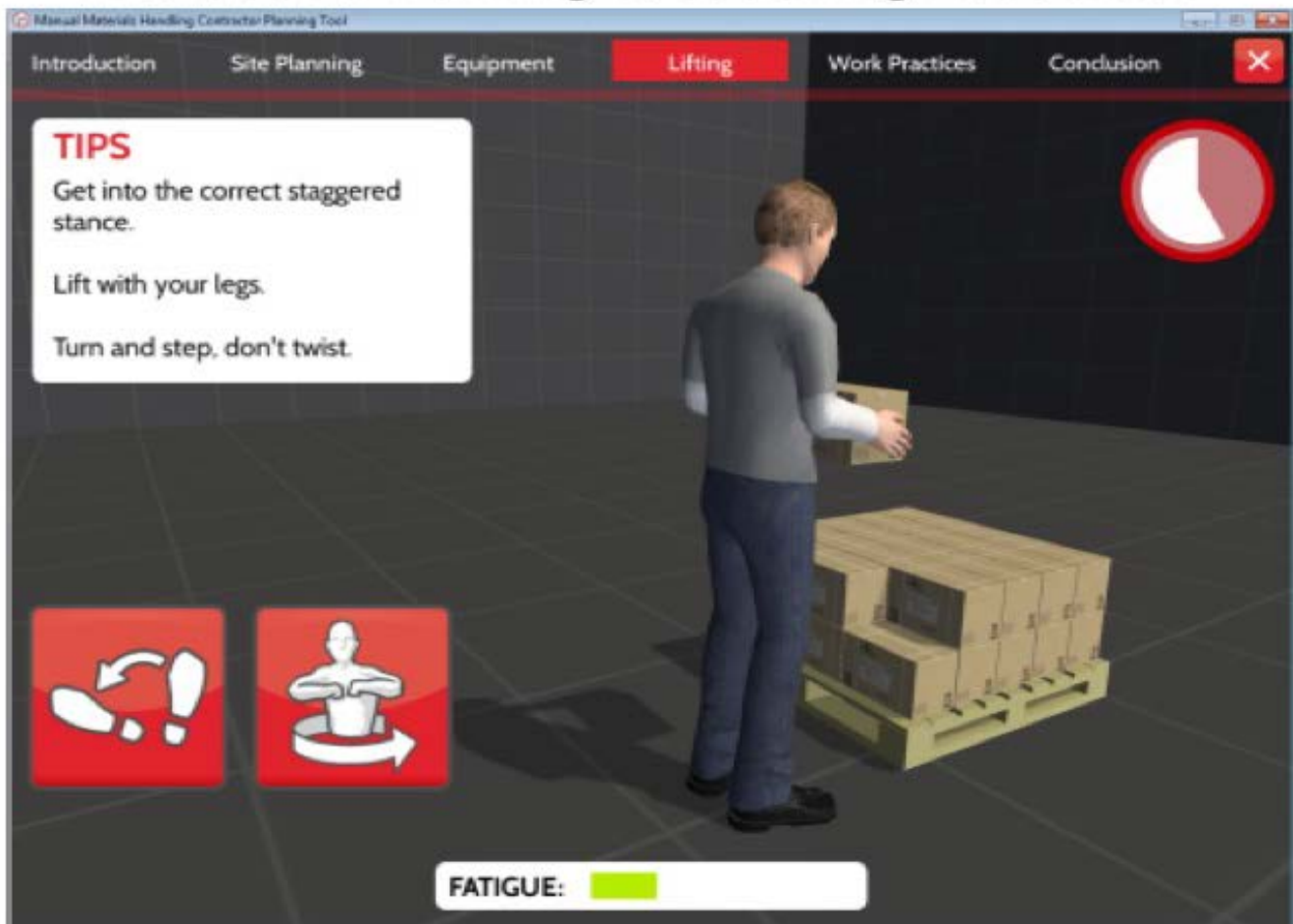
The screenshot displays the website www.bestbuiltplans.org with a browser window titled "Manual Materials Handling Contractor Planning Tool". The main header features the Best Built Plans logo, which includes a red hexagon containing a forklift icon, and the text "BEST BUILT PLANS" and "BUILD SAFETY INTO EVERY JOB". Below the header, there are three main navigation sections: "SITE PLANNING", "TRAINING RESOURCES", and "COACHING". The "SITE PLANNING" section shows a preview of the "MATERIALS HANDLING CONTRACTOR PLANNING TOOL" interface, which includes a checklist with four steps: 1. Bid, 2. Pre job, 3. On the job, and 4. Look Back. The "TRAINING RESOURCES" section shows a 3D rendering of a construction site with a forklift and materials. The "COACHING" section shows a 3D rendering of a person lifting a box.

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Recognizing that contractors are not the only ones that need to understand the injury risks and importance of following safer materials handling practices, the *Best Built Plans Program* includes something for everyone in the industry, from the apprentice entering the trade to the contractor.

- **For Trainers**, a PC-based Interactive Training and Coaching Resource is available to use in a classroom setting to raise awareness of the injury risks, reinforce safe lifting practices, and introduce the important role that workers can play in planning and implementing safe lifts. This interactive resource introduces workers to the key elements of a materials handling plan, including the importance of delivering materials close to where they will be used, storing materials off the ground, setting weight limits for lifting, using lifting equipment, and having a clear pathway when moving materials. It also includes interactive activities that demonstrate safe lifting practices. While these interactive resources can be used by an individual as a refresher, they are best used as a teaching aid.

Interactive Training & Coaching Resources



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- **For Members**, there are two games available for iPhone and Android users in English and Spanish. These games reinforce the information on safe lifting practices and planning introduced through the Training and Coaching Resources, and also covered in a related toolbox talk and hazard alert card.

Lift Coach Games for Smart Phones



In the **Lift Coach: Plan Your Route** game, players plan how they will lift and move materials on a job site. A player's risk of injury increases or decreases depending on the decisions they make, and as the game progresses the job site becomes larger and more complex.

The **Lift Coach: Plan Your Lift** game lets a player correct the way their on-screen character lifts and moves materials. The goal is to avoid actions that can increase the risk of injury. Players will need to pay attention to avoid building up too much strain and getting hurt. Each level increases in difficulty.

- **For Contractors**, a Site Planning Tool to help them plan for how materials will be stored and moved at every project stage, from developing the bid to project completion. This tool reinforces why planning is a good business practice and raises questions every contractor should consider at each project stage. For contractors new to the process, there are planning spreadsheets and daily checklists. For those short on time to find solutions,

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there is quick access to weights of common construction materials, and storage and lifting options. And for all contractors there are training resources to use with their foremen and employees to make sure their plans are carried out on the job. Materials such as a toolbox talk, hazard alert card, and flyers that can be handed out or posted in central locations are available to help raise their employees' awareness of the risks associated with lifting heavy materials on their own and how to prevent an injury. The planning tool is available online or as part of the downloadable PC-based program that includes the interactive training and coaching resources.

PLANNING TO REDUCE MANUAL HANDLING OF HEAVY MATERIALS CAN SAVE CONTRACTORS TIME AND MONEY.



Encourage lift teams

INSTEAD OF THIS



TRY THIS



SEE MORE SIMPLE STEPS YOU CAN TAKE AT BESTBUILTPLANS.ORG.

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CPWR is piloting this program over the next several months in order to learn what works, what doesn't work, and what else is needed. We encourage our contractors, members, and trainers to use the materials and provide feedback on how to improve the program. You can share your thoughts anonymously about the materials at <https://tinyurl.com/BestBuiltPlans-Feedback>.

"This is just a first step in tackling the high rates of sprain and strain injuries in our industry," says Cheryl Ambrose, UA Health, Safety and Environmental Administrator, "but with everyone's help we can raise awareness of what needs to be done to prevent these painful injuries, and contribute to the development of a program that will reduce injuries and the pain that goes with them." ■

Happy Holidays



OSHA Resources: Did You Know . . . ?

Did You Know...OSHA has Trenching Resources?

<https://www.osha.gov/SLTC/trenchingexcavation/>



Did You Know...Select OSHA publications are available in eBook format? OSHA eBooks are designed to increase readability on smartphones, tablets, and other mobile devices?

https://www.osha.gov/pls/publications/publication_atrurz?pType=Types&pID=10412



The 12 DAYS of SAFETY

- Never use lighted candles near trees or boughs
- Keep poisonous plants out of reach of children and pets
- Keep trees away from fireplaces, radiators and other heat sources
- Make sure your tree has a stable platform
- Choose an artificial tree that is labeled fire resistant
- If using a natural tree, make sure it is well watered
- Check holiday lights for fraying, bare spots, gaps in the insulation or excessive kinking in the wire
- Turn off all tree lights and decorations when not in use
- When putting up decorations, use a step stool or ladder to reach high places
- Designate a sober driver
- When preparing a meal, wash hands, utensils, sink and anything else that touches raw meat
- Reheat leftovers to at least 165°F

Happy Holidays.

Proud Member

Holiday Fire Safety – Video

Electrical Safety Foundation International (ESFI)



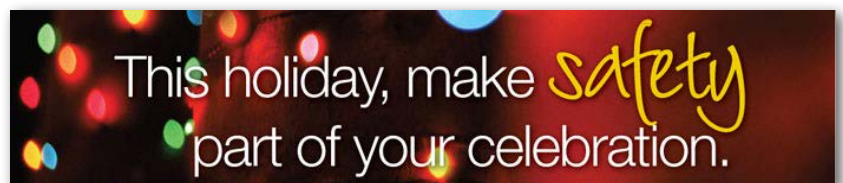
Click on image for link to video

Turkey Fryer Fire – Video

U.S. Consumer Product Safety Commission (CPSC)



Click on image for link to video



The United Association is a member of the National Safety Council Labor Advisory Committee.