

Newsletter



Work. Home. Community
A Chapter of the National Safety Council

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Prescription Drugs in the Workplace Conference

Opioids...Silent Killer in the Workplace



Opioids...Silent Killer in the Workplace

A one-day conference sharing all you need to know about prescription drugs in the workplace

6 Speakers - 5 one-hour Sessions

**September 18, 2018
9:00 am - 3:00 pm**

**DuPont Pioneer Auditorium
Johnston, IA**

Cost: \$20

[[Register Online](#)]
[Download the Agenda](#)

*Nearly 21 million Americans are living with substance use disorder, according to the U.S. Surgeon General. That's more than the total number of people living with cancer and more than the population of the state of New York.

Three-quarters of those struggling with addiction to alcohol, pain medication, marijuana and other substances are employed. Workers with substance use disorders miss nearly 50% more work days than their peers - up to six weeks annually - and absenteeism leads to losses in productivity.



This one-day conference will share all the info you need to know about prescriptions drugs in the workplace, from a personal level to what is being done at all levels in the government.

Attendees will receive tools to take back to their facility that will help avoid issues before they happen, identify those at risk, identify suspicious behaviors and how to help people who may have developed a substance abuse disorder.



[*Resource: National Safety Council](#)

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A Message From the Executive Director

Summer Has Flown By!!

The summer is winding down, and wow, it has gone fast. It seems like yesterday we were gearing up for fun in the sun, and now we are prepping for the state fair and back to school.

I honestly don't know where the time went this year. As we move into fall, family life can get pretty hectic. It's important to remember - and share with your children - some key tips that will help keep them safe and healthy while getting to school.



Walkers

- Never walk alone if possible
- Walk on the sidewalk; if there is no sidewalk and you must walk in the street, walk facing traffic
- Before crossing the street, stop and look left, right and left again to see if cars are coming
- Never dart out in front of a parked car
- Parents: Practice walking to school with your child, crossing streets at crosswalks when available
- Never walk while texting or talking on the phone
- Do not walk while using headphones



Bike Riders

- Always wear a helmet that is fitted and secured properly
- Ride single file on the right side of the road, come to a complete stop before crossing the street and walk the bike across
- Watch for opening car doors and other hazards
- Use hand signals when turning
- Wear bright-colored clothing



Bus Riders

- Teach children the proper way to get on and off the bus
- Line up 6 feet away from the curb as the bus approaches
- If seat belts are available, buckle up
- Wait for the bus to stop completely before standing
- Do not cross in front of the bus if possible, or walk at least 10 feet ahead until you can see the other drivers





Drivers, Share the Road

- Don't block crosswalks
- Yield to pedestrians in crosswalks, and take extra care in school zones
- Never pass a vehicle stopped for pedestrians
- Never pass a bus loading or unloading children
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them to safely enter and exit the bus

For more topics on safety for school age children, including backpack safety, playground safety and more visit <https://www.nsc.org/home-safety/seasonal-safety/back-to-school>

Adam Lathrop
Iowa-Illinois Safety Council Executive Director

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August 13-19, 2018 - Safe + Sound Week



What Is Safe + Sound Week?

A nationwide event to raise awareness and understanding of the value of safety and health programs that include management leadership, worker participation, and a systematic approach to finding and fixing hazards in workplaces.

Why Participate?

Safe workplaces are sound businesses. Successful safety and health programs can proactively identify and manage workplace hazards before they cause injury or illness, improving sustainability and the bottom line. Participating in Safe + Sound Week can help get your program started or energize an existing one.

Who Is Encouraged to Participate?

Organizations of any size or in any industry looking for an opportunity to show their commitment to safety to workers, customers, the public, or supply chain partners should participate.

How to Participate

Participating in Safe + Sound Week is easy. To get started, select the activities you would like to do at your workplace. You can host an event just for your workers or host a public event to engage your community. Examples of potential activities and tools to help you plan and promote your events are available. After you've completed your events, you can download a certificate and web badge to recognize your organization and your workers.

For more information and to see who is participating in your area - visit <https://www.osha.gov/safeandsoundweek/>



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From the Desk of the IISC Training Department

Authorized Outreach Trainers:



My article last month detailed the requirement for current and incoming Authorized Outreach Trainers. We discussed course requirements to become a trainer, the course requirements for current trainers to maintain your status, and the documentation that is required to be retained for 5 years.

There is, however, an additional change that is scheduled to become effective on January 1, 2019.

The "90 Day Grace Period" described in section III.B.1.,2, and 4 of the OSHA Outreach Training Program Requirements is being eliminated.

This is a **significant change** intended to reduce confusion regarding trainer authorization status and encourage trainers to be efficient in maintaining their status.

Again, to maintain your status, the OSHA 502 Update course is required for Authorized trainers in the Construction Industry and OSHA 503 Update course for General Industry. The Iowa-Illinois Safety Council has a 502 (Construction) class scheduled in our West Des Moines office coming up later this year ([November 6 - November 8](#)). Our next 503 (General Industry) course is also scheduled to be in our West Des Moines office ([September 18 - September 20](#)).

Take advantage of these Update courses so you don't lose your status as an Authorized Outreach Trainer!

Below is a list of other upcoming courses (2019 dates will be on our website soon!):

- OSHA 510 - Construction - January 2019
- OSHA 511 - General Industry - [November 27-30, 2018](#)
- OSHA 500 - Construction - February 26 - March 1, 2019
- OSHA 501 - General Industry - March 26-29, 2019
- OSHA 502 - Construction Trainer Update [November 6-8, 2018](#)
- OSHA 503 - General Industry Trainer Update [September 18-20, 2018](#)

As always, stay safe and enjoy the rest of your summer!

Eric Thompson
IISC Trainer/Consultant
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Upcoming IISC Events

Courses are taught in Des Moines, IA unless otherwise stated.

August 7:
DAVENPORT, IA
[Lockout/Tagout & Train-the-Trainer](#)

August 7:

Workers' Comp: Step Up to Stairway Safety

Stairways are an easily overlooked hazard. Because using stairs is second nature, we seldom think about the dangers of slipping, tripping and missing a step. With distractions such as cell phones, rushing to meetings, chatting with others or carrying a load of materials that blocks our vision, there are many reasons stairs can become treacherous.

[DAVENPORT, IA
Machine Guarding &
Train-the-Trainer](#)

August 8:
[DAVENPORT, IA
Silica Training](#)

****NEW**** August 8:
[DAVENPORT, IA
Construction Fall
Protection](#)

August 9-10:
[Defensive Driving Instructor
Development Course](#)

August 10:
[Defensive Driving 4 Hour
Course](#)

August 14:
[MASON CITY, IA
Crane and Hoist &
Train-the-Trainer](#)

August 14:
[MASON CITY, IA
Aerial Lift Platforms &
Train-the-Trainer](#)

August 15:
[MASON CITY, IA
Powered Industrial Truck &
Train-the-Trainer](#)

August 15:
[MASON CITY, IA
Recordkeeping](#)

August 21:
[Ergonomics \(ASC Course\)](#)

August 23:
[OSHA 7115-
Lockout/Tagout](#)

August 28-31:
[DAVENPORT, IA
Fundamentals of Industrial
Hygiene \(ASC Course\)](#)

September 5-7:
[First Aid Instructor
Development Course](#)

September 7:
[First Aid/CPR/AED/BBP](#)

September 11:
[SIOUX CITY, IA
Ergonomics](#)

September 11:
[SIOUX CITY, IA
Slips, Trips and Falls
Prevention](#)

September 12:
[SIOUX CITY, IA
Safety Inspections Training](#)

September 12:



While not all workplace slips, trips and falls happen on stairs, workers' compensation statistics confirm that stairways are dangerous. EMC Senior Engineer Larry Readout says that in the past 4 years, EMC-insured organizations have experienced \$10 million in claims from stairway falls. And since both the National Safety Council and the Bureau of Labor Statistics rank falls as the number two cause of fatalities in the workplace, taking stairs seriously can help decrease the potential for accidents.

Remind Employees to Tread Safely

It's hard to change people's behaviors, but with reminders and staff training, you can raise stairs to the higher level of respect they deserve. Include these points in training:

- Proper stair climbing protocol - No phone calls, texting or reading.
- Proper stepping procedures - Don't take shortcuts, take only one step at a time, lifting feet clear of the upward tread when descending.
- Proper attire - Avoid spike heels or flip-flops, make sure shoelaces are tied, and that long skirts or pant legs don't drag on the floor, potentially catching your shoes.
- Proper caution - Hold hand rails, check to be sure that steps aren't wet or slippery.
- Proper watchfulness - Larry says that some research indicates most users only see the first step and the last three as they descend; he notes that a lot of hazards can appear on those steps in between.

Step Up to Keep Stairs in Tip-Top Shape

While reminders raise awareness and help employees concentrate on being careful on stairs, it's up to building maintenance and cleaning crews to do their part in keeping stairs safe. Some of the usual clean-up tasks, such as wiping up spills and not storing anything on the stairs, are no-brainers. Other tips include:

- Keep stairs well lit. Do an evaluation to make sure there is enough lighting in stairwells, and replace burned out lights immediately. Lighting shouldn't cast shadows on the stairway or create glare for those approaching the stairs. Lighting is important enough that your stairway lights should have backup power in case of emergencies and outages.
- Frequently inspect stairs for damage, such as broken step nosings, wobbly handrails, and loose or broken treads.
- Ensure steps have good traction, especially outdoor steps. Increase traction with abrasive tape, grit coatings or high traction step covers.
- Use ice melt sparingly on outdoor stairways with metal components. Select products that are less corrosive to metal, such as calcium magnesium acetate or magnesium chloride.

SIoux CITY, IA
[Job Safety Analysis](#)

September 18-20:
[OSHA 503](#) - Update
Course for General
Industry Outreach Trainers

September 25-28:
BLOOMINGTON, IL
[Safety Management
Techniques \(ASC Course\)](#)

October 3:
[Crane & Hoist &
Train-the-Trainer](#)

October 3:
[Lockout/Tagout &
Train-the-Trainer](#)

October 4:
[Recordkeeping](#)

October 4:
[Incident Investigation &
Train-the-Trainer](#)

October 9-12:
[OSHA 2045 Machine
Guarding \(SSH Course\)](#)

October 16-17:
BLOOMINGTON, IL
[OSHA 10 Hour General
Industry](#)

October 16-19
BLOOMINGTON, IL
[OSHA 30 Hour General
Industry](#)

[See more at www.iisc.org](http://www.iisc.org)

- Provide visual contrast on tread nosings, especially the first and last steps.
- Install proper handrails. Both sides of the stairway should have them, and handrails should be grippable, rounded and 1 1/4 to 2 inches in diameter. They should extend horizontally about 12 inches at both the top and bottom of the stairway. Stairways wider than 88 inches should have handrails in the middle too.
- Don't allow posters and signs on stairwell walls, as they can be distracting and cause a slip or a trip.

Rethink Stairway Design

While it's often not possible to completely redesign stairways, some of these changes may be worth the time and expense:

- Short flight stairways with three or fewer risers are potentially dangerous, as the steps may not be noticed and may cause "air stepping," leading to a fall. Remodeling single steps into a ramp is a safer option. If that's not feasible, add contrasting yellow safety paint or tape and add handrails to help users notice the steps.
- Add architectural elements near the stairway approach to require people to slow down and turn before reaching the stairway.
- Make sure your steps are consistent in riser heights and tread depth, between 4 and 7 inches high and a minimum of 11 inches deep.
- Add step lighting in low-light areas, such as theatres and auditoriums.

Resource: EMC Insurance Companies Loss Control Insights

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Roadway Safety: National Transportation Leaders Brainstorming Ways to Stop the Rise in Drugged Driving

Campaigns against drinking and driving have made the practice socially unacceptable.

But when it comes to certain drugs, experts say, we have a lot of catching up to do.



"The thing that's the scariest is that people who are impaired with THC in their blood think they drive better," said Heiki King, deputy administrator for the National Highway Traffic Safety Administration (NHTSA).

It's a myth many believe, especially among young people, according to a survey done by the Washington Traffic Safety Commission. A 2018 report showed that more than half of 15 to 20 year olds who participated believed that using marijuana made them better drivers. WTSC also says many also believe that using marijuana erases the effects of alcohol.

"That's where the disconnects are, how do we change that culture?" WTSC Director Darrin Grondel asked.

The growing problem of drugged driving bringing leaders like King from Washington D.C. to Washington state. King met with local prosecutors, law enforcement and traffic safety experts on Monday. Washington state is the first leg of NHTSA's journey to find best practices in dealing with the issue.

"The key problem we are seeing are growing across the nation is use of cannabis, of using marijuana, using hash oil," King said. Using those drugs and driving, that is.

King says we need to track better data and find best practices when it comes to dealing with drugs and driving.

WTSC says fatal crashes use to be down, that we were going in the right direction but fatal crashes started to steadily increase in 2012. For example, 2011 there were 67 fatal crashes that involved alcohol and drugs and experts say that drug was most of the times marijuana.

In 2016, we had 137 fatal crashes involving drugs and alcohol. "Those who use cannabis, it doubles or quadruples crash risk; that may be a little lower than what the alcohol risk may be for crash risk, but it's still dangerous," Grondel said.

That goes for any drugs, not just marijuana, but the emphasis at least right now in Washington state is on marijuana since it became legal in the state in 2012.

"Is it a direct result of legalization, that's still a tough question to answer," Grondel said.

Grondel says there is not enough empirical evidence to draw any direct correlation between legalization and the rise in fatal crashes. His main goal is to stop the trend and educate that any drugs or alcohol behind the wheel is unsafe.

Grondel says as a society we need to treat drugs like alcohol. He says we need to be more aware of the signs of someone who is on drugs and try to intervene when anyone tries to get behind the wheel impaired.

Resource: NETSWork e-Newsletter July 2018 & Q13 Fox

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OSHA: Slope It. Shore It. Shield It. New Stickers Emphasize Trench Safety



When done safely, trenching operations can limit worker exposure to cave-ins, falling loads, hazardous atmospheres, and hazards from mobile equipment. The

best way to prevent a trench collapse is to slope or bench trench walls, shore trench walls with supports, or shield trench walls with trench boxes. The new "Slope It, Shore It, Shield It" sticker can be affixed to equipment on a worksite. To order, visit OSHA's [Publications page](#).

OSHA Quick Takes - July 16, 2018 - Volume 17, Issue 14

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New Members

GRAIN MILLERS, INC
ST ANSGAR, IA

KATUN CORPORATION
DAVENPORT, IA

R&R REALTY GROUP
WEST DES MOINES, IA

MARY ANN'S SPECIALTY FOODS
WEBSTER CITY, IA

SEARS MANUFACTURING CO
DAVENPORT, IA

RD LAWRENCE
SPRINGFIELD, IL

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What steps should an organization take to buy an AED for its premises?



The AED should be placed for use within an AED program that includes these elements:

- Training of all users in CPR and operation of an AED (this can be achieved through the NSC CPR/AED Course).
- Physician oversight to ensure appropriate maintenance and use of the AED. (Required in Illinois but not Iowa)
- Notifying local EMS of the type and location of AED(s).

The Iowa Illinois Safety Council can help you with the selection and training for your AED use. Questions, or for pricing and offering information please contact Dan at the safety council.

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