

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

[Register Online](#)

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

**DuPont Pioneer Auditorium
Johnston, IA**

Cost: \$20

We have all heard about prescription drug abuse that is running rampant across our country. Unfortunately Iowa is not immune to this epidemic.

Recent studies show that 60% of people with prescription drug abuse disorders are currently employed. Another 13% are not working but actively looking for employment. With the unemployment rate as low as it is in Iowa, many of us are scrambling for employees to fill our openings.

Are you prepared should someone from your facility be one of these statistics? Are you prepared for the possibility that somebody with a prescription drug abuse disorder is already in your facility?



This one-day conference is designed to give front line supervisors, EHS professionals, and human resources partners the background information they need to stay ahead of this epidemic. This seminar will give information on the scope of the epidemic, and what is being done curb it from prescribers.



This conference will help you and your company with tips on how to prevent prescription drug addictions, should an employee become injured, tips on how to prevent bringing in people with substance abuse disorders into your workplace, how to spot a potential disorder, and what to do should someone show signs of a disorder.

[Download the Agenda](#)



[Register Online](#)

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A Message From the Executive Director

Let me start by inviting you all to our Prescription Drugs in the Workplace Conference on September 18th. For more information or to register [click here](#).



We are entering into autumn and "falling" into our routines with work, school, and other autumn activities. As we "fall" into these routines there are some vital things that we need consider. We spend much of our time at the Iowa-Illinois Safety Council talking about workplace hazards and how to mitigate those, but I would like to take a break from that and focus on some things that we should be talking about with our families, friends, and communities, as well as our co-workers.



In Iowa and Illinois autumn can be one of the most dangerous times of year on our roadways. There is more traffic due to school being in session and the activities related to school. Also, as crops are getting ready to be harvested that leads to decreased visibility in rural areas, as well as increased amounts of slow moving vehicles on our roads. Finally, as we move through the season there are more and more instances of slippery roads. Here are some tips that can help you navigate through the autumn driving conditions more effectively:



- Always fasten your seat belt, and give yourself plenty of time to arrive safely.
- Avoid distracted driving at all costs, and never get behind the wheel impaired.
- Don't brake on leaves. Wet leaves can be as slippery as ice.
- Avoid sun glare. Sun glare can make the first 15 to 45 minutes after sunrise and before sunset very dangerous.
- Use your rain smarts. Always maintain a safe distance from the car in front of you, wet roads may be more slippery.
- Use your low beams or fog lights (never high beams) in fog conditions.
- Be careful on bridges. Colder temperatures can leave icy patches on bridges, overpasses, and shaded spots on the road. Slow down.
- Watch out for deer. Deer are most active during sunset and sunrise.
- Approach blind intersections cautiously. Crops can impair our vision and cause dangerous driving conditions when crossing rural intersections.



Another issue that we need to be more and more aware about, especially as our family members are active in extracurricular activities, is concussions. When many of us think about concussions we think about football, but concussions can happen



many different activities.

- 10% of all contact-sport athletes sustain concussions yearly
- Football injuries associated with the brain occur at a rate of one in every 5.5 games
- 5% of soccer players sustain brain injuries
- The head is involved in more baseball injuries than any other body part; almost half of injuries involve a child's head, face, mouth or eyes
- An athlete who sustains concussion is 4-6 times more likely to sustain a second concussion

If your child gets hit on the head do not assume they just had their bell rung or they were just dinged. Concussions are very serious and always require medical attention. Signs and symptoms of concussion include:

- Confusion
- Forgetfulness
- Glassy eyes
- Disorientation
- Clumsiness or poor balance
- Slowed speech
- Changes in mood, behavior or personality

Research indicates most children and teens who have a concussion feel better within a couple of weeks. However, for some, symptoms may last for months or longer and can lead to short- and long-term problems affecting how they think, act, learn, and feel.

Fall is upon us and we in the safety community have the unique opportunity to help others within our workplaces, at home with our families, and in our communities avoid being victims of some of the common hazards that fall in conjunction with this time of year.

While many others may not recognize these hazards we are trained to look for them and find ways to avoid them, or navigate them if necessary. Let's give others the tools they need to navigate the changing seasons.

*Adam Lathrop
Iowa-Illinois Safety Council Executive Director*

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Upcoming Events You Need to Know About!

Prescription Drugs in the Workplace Conference

Five Sessions | Six Speakers

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

Johnston, IA

Cost: Member & Non-member - \$20

HOW TO REGISTER

[Click here](#) or call 515-276-4724 ext. 230

Lunch + Learn

Employee Engagement, Myth or Magic?

Guest Speaker: Gary Higbee

October 4, 2018 - 11:30 am - 1:00 pm

Davenport, IA

Cost: Member - \$20 | Non-member: \$25

HOW TO REGISTER

[Click here](#) or call 515-276-4724 ext. 230





USA | CANADA | CHILE



Networking Breakfast What Went Wrong? How to Protect Your Organization From Injury and Property Loss

Guest Speaker: Robert Ridpath

October 17, 2018 - 7:30 - 9:00 am

West Des Moines, IA

Cost: Member - \$20 | Non-member: \$25

HOW TO REGISTER

[Click here](#) or call 515-276-4724 ext. 230



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Advanced Safety Certificate

**IISC would like to congratulate
Joe McNertney
for earning his Advanced Safety Certificate!**



The Advanced Safety Certificate program (ASC) is designed to maximize your effectiveness as a safety leader and help you establish best safety practices for your organization. Course requirements include completing the 4-day Principles of Occupational Safety & Health (POSH) and earning an additional 5.2 CEUs by taking a combination of the following:

- Safety Management Techniques 4 day - 2.6 CEUs
- Safety Training Methods 4 day - 2.6 CEUs
- Fundamentals of Industrial Hygiene 4 day - 2.6 CEUs
- Incident Investigation - 1 day - .65 CEUs
- Safety Inspections - 1 day - .65 CEUs
- Team Safety - 1 day - .65 CEUs
- Job Safety Analysis - 1 day - .65 CEUs
- Ergonomics: Managing for Results - 1 day - .65 CEUs

For more information on how **YOU** can earn your Advanced Safety Certificate and take your safety career to the next level, [click here](#).

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Upcoming IISC Events

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

From the Desk of the IISC Training Department

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

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

September 18:
[Prescription Drugs in the
Workplace Conference](#)

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 4:
DAVENPORT, IA
[Lunch + Learn](#)
Employee Engagement -
Myth or Magic

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](#)



In the last couple month's newsletters we discussed the requirements for being an OSHA Outreach instructor. This month I'd like to recap and remind you about our soon approaching [OSHA 503 Update for General Industry](#). Once established as an Authorized OSHA Outreach Trainer, your certificate is **valid for 4 years**. The cards do have the expiration dates printed on them, **so don't forget to check!**

DON'T FORGET!!!

There is 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.

Our next 503 (General Industry) course is also scheduled at our West Des Moines office [September 18 - September 20](#). If you're due to take the refresher, it's crucial that you register for this course because it's the last one scheduled for this calendar year. You can register:

- On our [website](#)
- Contact Dan Culbertson at 515-276-4724 Ext. 228

We hope to see you there!

Eric Thompson
IISC Trainer/Consultant
eric@iisc.org

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Workers' Comp: Proactive Parking Lot and Sidewalk Audits

October 17:

[Networking Breakfast](#)

How to Protect Your Organization from Injury and Property Loss

November 6-8:

[OSHA 502](#)

Update for Construction Industry

November 13-14:

[OSHA 10 Hour General Industry](#)

November 13-16:

[OSHA 30 Hour General Industry](#)

November 27-30:

[OSHA 511](#)

Standards for General Industry

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



It pays to keep a close eye on the condition of your sidewalks and parking lots. That's because statistics show that 60% of all slip and fall claims occur outdoors. The dangers go beyond falls: The National Safety Council found that one in five traffic accidents takes place in parking lots. It's important that your outdoor surfaces are included in your building's maintenance and audit program. Here are some things to keep in mind when you are developing your outdoor slip and fall checklist.

- Your city may have guidelines for sidewalk maintenance, as does [The Federal Highway Administration](#). Be sure to do your research to make sure you are compliant with all necessary guidelines.
- OSHA considers parking lots to be part of your premises, so if employees are injured there it's considered a work injury. Also keep in mind that a minor pothole may not be a problem for a driver, but can be a major trip hazard for someone who is walking.
- Your outdoor slip and fall audits will need to be adjusted based on weather. Precipitation, including rain, hail, sleet, snow and fog, can all impact the ability to park and walk safely. Temperature changes can cause melting and refreeze leading to icy surfaces. Any time conditions change you'll need to be on alert, increasing the frequency of surface monitoring. Instead of a weekly or monthly check, inclement weather may force you to schedule daily or even hourly condition checks.
- Seasonal changes beyond temperature and precipitation can be a cause for audit timing changes, too. Falling leaves can lead to plugged drains or slippery sidewalks and parking lots. As the days get shorter in the fall and winter you may need to adjust automatic lighting timers so that employees arriving early or leaving late have sufficient light to walk safely to and from their vehicles.
- While the condition of your parking lots and sidewalks won't keep drivers from being distracted by their phones or driving too fast, there are some things you can do to help reduce accidents. For example, keeping your landscaping cut back near parking lot entrances and exits can help protect drivers and pedestrians. Parking lot designers suggest that rumble strips (instead of speed bumps) are a safer way to get a driver's attention and slow them down. Be sure that marked crosswalks in the parking lot are easily seen by motorists, and keep pavement markings bright and easy to spot.

Resource: EMC Insurance Companies Loss Control Insights

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This week and every week, parents should have conversations with their teens about the important rules they need to follow to stay safe behind the wheel of a passenger car, truck, or SUV. These rules address the greatest dangers for teen drivers: alcohol, inconsistent or no seat belt use, distracted and drowsy driving, speeding, and number of passengers.

For more information go to: <https://www.trafficsafetymarketing.gov/get-materials/teen-safety/national-teen-driver-safety-week>

Resource: NETSWork

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OSHA: New Compliance Assistance Resources Available for OSHA's Silica Standard



OSHA's silica standards require employers to limit worker exposures to respirable crystalline silica and take steps to protect workers. OSHA has several new resources to help employers meet the requirements of the standards.

- [A customizable slide presentation](#) can be used to help train construction workers.
- [A five-minute video](#) shows how to protect workers from exposure to silica dust.
- [A series of short videos](#) demonstrates the proper use of specified dust control methods for six common construction tasks.
- [An FAQ page](#) provides answers to frequently asked questions about the Respirable Crystalline Silica Standard for Construction.

OSHA QuickTakes - August 15, 2018 - Volume 17, Issue 16

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New Members

Parks Marina
Okoboji, IA

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According to the OSHA Standard 1910.151(b) "In the absence of an infirmary, clinic, or hospital in near proximity to the workplace which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first aid. Adequate first aid supplies shall be readily available." The Iowa-Illinois Safety Council can help you with training and lifesaving products.

Do you have an AED? Do you know how to use an AED? Have you ever used an AED before?

The Iowa-Illinois Safety Council offers classroom instruction and on-site training using the NSC First Aid/CPR/ AED program. Here you'll learn not only how to use defibrillators, but what to do and how to conduct yourself and others in an emergency situation. Are you interested in teaching the NSC First Aid program yourself? IISC has a First Aid Instructor Development Course offered as well.

If you or your company is looking for an AED or an AED accessory we can help with this as well. We offer a wide variety of options, at discounted prices, to help you acquire and have an AED available in case of emergency. If you already have an AED but are in needs of replacement pads or batteries we can help as well.

Questions, or for pricing and offering information please contact Dan at IISC.

Dan Culberston
dan@iisc.org | 515.276.4724 ext. 228

Iowa-Illinois Safety Council | 1501 42nd Street, Suite 100 - West Des Moines, IA 50266
ph. 515-276-4724 / 800-568-2495 | fax 515-276-8038 | www.iisc.org