

# Safety Update

## Ohio BWC Library

### Featured Item – Work Zone Safety Awareness Week April 14-21

The Ohio Department of Transportation (ODOT) observes [National Work Zone Safety Awareness](#) week each year with the aim of saving lives and preventing injuries. This year, it takes place April 14 to 21. The unfortunate fact is thousands of people nationwide – both motorists and highway workers – are injured or killed in construction work zone crashes. ODOT does all it can to ensure families and construction workers are safe while working on Ohio's highways. Motorists can do their part by driving the posted speed limit, staying alert and avoiding distractions in work zones – especially cell phone distractions.



### NIOSH News

#### Infographic of the Month

A [recent post](#) to the NIOSH Science Blog discusses the results of a long haul truck driver health survey. The American Journal of Industrial Medicine published the results. Among the findings, the survey found that 69 percent of respondents were obese and more than half smoked cigarettes. These issues lead to a greater prevalence of diabetes and heart disease in the surveyed population. The post includes a link to the [Long Haul Truck Drivers](#) topic page at the NIOSH website.

The post includes a link to the NIOSH Long Haul Truck Drivers topic page and an [infographic](#) featuring the results of the survey and steps to take to prevent obesity.

#### Aircrew Safety and Health

NIOSH has created a [topic page](#) with links to safety and health information for pilots and flight attendants. The topics covered include air quality, job stress, pesticides and jet lag.

#### NIOSH Study on Hearing Loss Trends

This update presents the findings of [a new study](#) from NIOSH examining 30 years of hearing loss trends experienced by workers exposed to noise while on the job. The study found overall prevalence of hearing loss stayed at 20 percent over the entire study period. However, the risk of hearing loss has declined over time. The construction industry has the highest incidence of hearing loss during most of the 30-year study period.

## Preventing Work-related Vehicle Crashes Fact Sheet

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This [fact sheet](#) recommends ways employers can keep workers safe when driving or riding in a motor vehicle on the job. It outlines components of a successful motor vehicle safety program. It ends with a checklist that employers can use to implement the recommendations.

## Police Safety Poster

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Motor vehicle events, including crashes and being struck by vehicles while outside a patrol car, are the leading cause of death among law enforcement officers. This [poster](#) has safety information for police when working in and around a patrol car.

## NIOSH Fatalities in Oil and Gas Extraction (FOG)

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The NIOSH FOG program has published its first [report](#) on suspected inhalation fatalities at oil and gas well sites. The FOG program is a database collecting information about fatal events at U.S. oil and gas extraction sites.

## Asphalt Paving and Silica Control

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The roadwork season is now upon us. This [new publication](#) from NIOSH discusses engineering controls that workers can use to prevent exposure to silica when milling the asphalt pavement road surface. The document discusses silica health effects, current exposure limits, guidelines and best practices for dust control.

## OSHA News

### Adding Inequality to Injury: The Costs of Failing to Protect Workers on the Job

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A [new report](#) released by OSHA explores the substantial impact of workplace injuries and illnesses on income inequality. The report states these injuries can force working families out of the middle class and into poverty. It also prevents families of lower-wage workers from attaining greater economic opportunity.

### OSHA Rule Making on Eye and Face Standard

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OSHA published a [proposed revision](#) to its Eye and Face Protection Standards that updates personal protective equipment requirements in the agency's general industry, shipyard employment, longshoring, marine terminals and construction standards. The proposed revisions will reflect the American National Standards Institute eye and face protection standard. In addition, it updates language in the construction eye and face protection standard to improve consistency with general industry and maritime standards. Comments are due April 15, 2015.

### OSHA/NIOSH Hazard Alert

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This [Hazard Alert](#) from OSHA and NIOSH discusses silica exposure during countertop manufacturing, finishing and installing. Many natural and manufactured stone countertop materials may contain silica. This document discusses the potential hazards. It also points out what employers can do to protect workers from exposure to silica.

### OSHA's Safety Pays Program

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OSHA has updated its easy-to-use tool to help you demonstrate the impact of workplace injuries and illnesses on your company's profitability. The [OSHA Safety Pays Program](#) uses a company's profit margin, the average costs of an injury or illness and an indirect cost multiplier to project the amount of sales a company would need to covers those costs.

### **CDC Vital Signs Newsletter - Truck Driver Safety**

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The Center for Disease Control and Prevention (CDC) March's [Vital Signs newsletter](#) is about trucker safety and the use of seat belts. More than 1 in 3 truck drivers who died in crashes in 2012 were not wearing seat belts. Buckling up could have prevented up to 40 percent of these deaths. The newsletter has an infographic, a description of the issues and solutions.

### **Report on Truck Driver Seat Belt Use**

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Motor vehicle crashes were the leading cause of occupational fatalities in the United States in 2012, accounting for 25 percent of deaths. Truck drivers accounted for 46 percent of these deaths. [This study](#) estimates the prevalence of seat belt use and identifies factors associated with non-use of seat belts among long haul truck drivers, a group of workers at high risk for fatalities resulting from truck crashes.

### **Dangers of Working Multiple Jobs**

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Liberty Mutual Research Institute for Safety reports in the [American Journal of Public Health](#) that working in multiple jobs is associated with an increased risk of an injury. This includes at work and not at work.

### **How to Avoid OSHA Violations**

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The website [Safety.BLR](#) offers five suggestions for how to be proactive about safety at your facility to avoid OSHA citations and keep your employees safe and on the job.

### **ASSE's Farm Safety Page**

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The American Society of Safety Engineers has a website dedicated to [farm safety tips](#). Topics include grain bin hazards and electrical safety.

### **World Steel Safety Day**

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Established in 2014, [Steel Safety Day](#) reinforces awareness of the five most common causes of safety incidents. It also serves as a reminder the importance of creating a safer working environment across the entire steel industry worldwide.

### **25 Signs You Have an Awesome Safety Culture**

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The website Ergonomics Plus lists [25 signs of awesome safety cultures](#). It notes if you have most of them, then you truly have an awesome safety culture. If not, don't be discouraged because safety change takes time and perseverance. The page includes a slide show that employers can present.

### **Fire-Related Firefighter Injuries**

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This [US Fire Administration report](#) found that an estimated 70,450 firefighters were injured annually from 2010 to 2012. Most of the injuries occurred on the fire ground and most occurred in structure fires. The greatest risks of injuries were in the month of July and between the hours of 1 and 4 p.m. Overexertion and strains caused 27 percent of the reported injuries.

## Office Ergonomics Training

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This 90-minute training from the Ontario Canada-based Public Services Health & Safety Association offers [nine interactive modules](#). The training covers how to make a comfortable and safe office work environment using basic ergonomic principals. These include posture, office chair setup, and lighting. The modules discuss the risks associated with computer work, how to evaluate your office and apply ergonomic strategies in your work environment.

## Rap and Ergonomics!

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This [fun video from SAIC Corp.](#) features SAIC employees rapping about office ergonomics and dancing around their offices. Guaranteed to give you a lift!

Please contact the [library@bwc.state.oh.us](mailto:library@bwc.state.oh.us) or 614-466-7388 for more information on any of these items.