

# Safety Update

## Ohio BWC Library



### BWC/OSU Push/Pull Guidelines

New Push/Pull Guidelines will allow employers to evaluate their current pushing or pulling tasks and determine whether they pose an ergonomic hazard to workers. BWC's Ohio Occupational Safety and Health Research Program funded the development of the Push/Pull Guidelines by the Spine Research Institute at The Ohio State University. Based on biomechanics instead of psychophysics, the guidelines protect workers' shoulders as well as the lower back. [A mobile-friendly web app](#) allows for on-the-spot field analysis.

As employers have increasingly recognized the dangers associated with lifting, they often replace lifting with pushing and pulling by using overhead hoists, carts and articulating arms. Yet pushing and pulling has its own risks. These guidelines will help employers design safe pushing and pulling tasks and reduce the risk of costly shoulder and back injuries that are the leading cause of lost work days.

### NIOSH/CDC News

#### Noise and Wellness

This National Institute of Occupational Safety and Health (NIOSH) [Science Blog post](#) describes a new NIOSH study discussing the relationship between high noise levels and high blood pressure and cholesterol. The study found:

- 25 percent of current workers had a history of occupational noise exposure (14 percent exposed in the last year).
- 12 percent had hearing difficulty.
- 24 percent had hypertension.
- 28 percent had elevated cholesterol.
- 58 percent, 14 percent and 9 percent of these cases can be attributed to occupational noise exposure, respectively.

The study makes a case for workplace wellness programs, particularly in those with high noise-exposed workers, and reducing workplace noise levels.

## New NIOSH Workplace Solutions for Firefighting Below-Grade

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Firefighters are at significant risk of injury or death when fighting fires in basements or floors below-grade level. This [Workplace Solutions report](#) describes the risks and indicators of a basement fire, and describes strategies and tactics for fighting these fires.

## Evaluation of Musculoskeletal Disorders Among Pharmacy Employees

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An [investigation of pharmacy employees](#) by the NIOSH Health Hazard Evaluations (HHE) program found that many employees used repetitions, forceful movements and awkward positions while performing pharmacy tasks, and had symptoms consistent with work-related musculoskeletal disorders. The report makes recommendations for reducing the risks.

## OSHA News

### Beryllium Standard Extension

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The Occupational Safety and Health Administration (OSHA) has extended certain ancillary parts of the Beryllium Standard for General Industry until Dec. 12, 2018. This [extension](#) affects provisions for methods of compliance, beryllium work areas, regulated areas, personal protective clothing and equipment, hygiene facilities and practices, housekeeping, communication of hazards, and recordkeeping.

### Regulations Webpage Redesign

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OSHA redesigned its [Law and Regulations](#) webpage. It's now searchable by standards, keyword or number. It also contains a list of key resources and the latest updates on active rulemaking. There are informational buttons to describe the materials on the site that may be unfamiliar to users.

### OSHA On-Site Consultation Benefits Top \$1 Billion

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OSHA recently published an [analysis](#) showing how the agency's On-Site Consultation Program, contributes \$1.3 billion to the national economy each year. [The On-Site Consultation Program](#) provides free, confidential safety and health services to small and medium-sized businesses. To contact Ohio's OSHA On-Site Consultation Program, visit [BWC's website](#).

### New Silica Standard Compliance Tools

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OSHA created several new tools to help employers meet the new silica standards, they include:

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

### Updated Topic Page for Legionellosis

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The OSHA website has an updated topic page for [Legionellosis \(Legionnaires' Disease and Pontiac Fever\)](#). The page contains technical information on recognizing outbreaks, conducting investigations and performing water sampling. Additionally, there is information on how to prevent outbreaks and how to respond to an outbreak.

### **Workplace Violence Prevention Webinar**

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A free [60-minute webinar](#) on preventing workplace violence in health-care settings is available from The Joint Commission, an independent, not-for-profit organization, that accredits and certifies health-care organizations and programs.

### **2019 Safety Innovation Awards Deadline Is This Month**

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Has your company or organization developed an innovative solution to help reduce the risk of workplace injuries and illnesses? If so, you could earn a cash award up to \$6,000 for it!

The innovation must demonstrate a reduction in safety or ergonomic risk factors, or occupational health exposures. The deadline to apply is Sept. 30, 2018.

*Learn more and apply [here](#) today!*

### **Reduce Strains and Sprains on the Jobsite**

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The Center for Construction Research and Training (CPWR) has a program called [Best Built Plans](#) with tools and information for safe material handling. The program has a site planning tool, training resources and coaching exercises.

### **Prevention of Opioid Deaths in the Construction Industry**

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An analysis of fatal opioid overdoses in Ohio showed that construction workers were seven times more likely to die from opioid use than other workers. CPWR has [resources to prevent opioid deaths](#) in the construction industry. Information from CPWR, NIOSH, CDC and others are all presented.

### **Contractor Selection and Oversight**

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The U.S. Chemical Safety Board (CSB) issued a [Contractor Safety Digest](#) on contractor selection and oversight. The document describes two incidents investigated by the CSB and how contractors impacted the accidents.

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.