

Indiana Labor Insider

November/December 2008

"Advancing the safety, health and prosperity of Hoosiers in the workplace."

Mitchell E. Daniels Jr., Governor

Lori A. Torres, Commissioner of Labor

2007 Safest Work Year Ever for Hoosier Workers

Just before the release of this edition of the newsletter, we received encouraging news from the Bureau of Labor Statistics. Occupational injuries and illnesses in Indiana in 2007 declined 42% from where they were a decade ago. While this is far from our goal of reducing and eliminating all instances of workplace injuries and illnesses, this is a significant improvement. More information is available in the article below.

In other news, information about Indiana's occupational fatalities was released in August. Although workplace fatalities in Indiana declined significantly from 1997, the indisputable fact is that traffic crashes are the leading cause of work-related deaths in Indiana. Today's workplace has become mobile and moved to the highways that cross our state and nation. With winter weather on the way, safe driving practices cannot be over emphasized. Take the survey found inside this newsletter to better gauge your own driving practices. Be alert and stay safe on our roadways.

Our newest feature, "Ask Our Expert," can also be found in this edition. This segment answers *real* questions posed by *real* Hoosiers about happenings in the workplace. Whether you have a technical question, interpretation of a safety or health standard or a wage and hour issue, this is your opportunity to ask your questions directly to our experts.

We are committed to providing you with the tools that will help advance the safety, health and prosperity in your own workplaces. If you would like to offer suggestions for future articles, or provide us with feedback, please send us your comments.

To your health and wealth,

Lori Torres

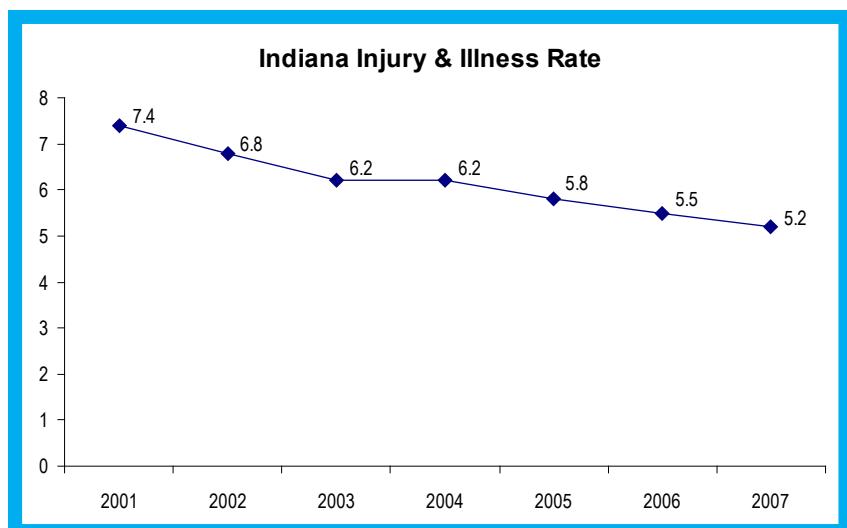
Lori A. Torres
Commissioner

Indiana Workplace Injuries and Illnesses at an all-time Low

The Indiana Department of Labor released the 2007 Bureau of Labor Statistics (BLS) Survey of Occupational Injuries and Illnesses (SOII) data for Indiana. The report states that Indiana's injury and illness rate is a historic low of 5.2 per 100 workers. Similar to the downward trend in workplace fatalities, which decreased 33% over the past decade, injuries and illnesses to Hoosier workers have also decreased 42% from 216,200 in 1997 to 125,000 in 2007.

More information regarding injuries and illnesses in specific occupations, industries, worker characteristics and injury event types will be available in November. A thorough analysis of the BLS SOII and Census of Fatal Occupational Injuries (CFOI) will be

published in the annual publication, *IN Review*, in February 2009.



Behind the Wheel: Getting There Safe

In 2007, 1,311 workers in the United States died of occupational-related injuries as a result of highway and street crashes. Further analysis indicates that nearly four workers are killed each day from these accidents.

Transportation-related incidents are the primary cause of occupational-related fatalities in Indiana. This includes car, van, truck and tractor operators that have the responsibility to drive or move equipment as a duty of their job. Bureau of Labor Statistics (BLS) data confirms that incidents involving vehicles and materials movers were the cause of 62 of 127 workplace fatalities in 2007 in this state. **Truck drivers** were most often affected in 2007 with 28 crash-related deaths, or 19% of Indiana's occupational fatalities. While the majority of these fatalities occurred on Indiana highways and roadways, three took place in either a parking lot or non-road situation.

Who's at risk? — Each and every person who operates a motor vehicle as part of his or her job is at risk of serious injury or death. Indiana is a rural state, and as such, many Hoosier employees are required to drive to and from worksites to deliver goods, provide maintenance and repair work and other services each week. Often stresses associated with our personal lives are relieved during our drive time and affect our ability to focus on the job at hand—arriving at our destination safely. Because of this, the prevention of work-related roadway crashes poses one of the greatest challenges in occupational safety and health.

What can employers do to protect their workers? — Preventing crashes requires strategies that combine traffic safety principles and sound safety management practices. While employers cannot control roadway conditions, they can promote safe driving behavior by providing safety information to employees as well as setting and enforcing driver safety policies. Policies may include assigning a key member of the management team responsibility and authority to set and enforce a comprehensive driver policy. Additionally, management

may also enforce the use of seatbelts. Also, employers may consider not permitting employees to work irregular shifts or for long periods of time beyond typical working hours. Employers may wish to develop work schedules that encourage employees to obey speed limits and to follow applicable hours-of-service regulation. Finally, employers may consider banning cell phones from being used while driving.

Despite challenges, instilling drivers with safe driving principles may assist in providing relief for on-the-road tension. Drivers share the road and this means that mutual respect should be given to and from every road user. We share the road with drivers of all ages and skill levels; as well as with bicyclists, pedestrians, motorcyclists and vehicles of varying sizes. It is important to be mindful as well as respectful of the special needs and limitations of other drivers and roadway users.

Driving requires our full attention as well as demands that we stay alert and focused. Avoiding distractions like adjusting the radio, using a cellular phone, grooming and eating or drinking is necessary. It is critical to stay alert and anticipate the actions of other drivers, which

includes scanning the roadways for situations that may require our immediate attention and quick action.

For long commutes, stopping every two hours or more for a break may provide the opportunity for drivers to feel less stressed on the roadway. Stopping the car for a stretch or walk-break can assist in refreshing and reenergizing the driver for the remaining commute.

Additional safe driving tips can be found on the OSHA website at http://www.osha.gov/Publications/Safe_Driving_Practices.pdf. Also, to better gauge how prepared you are to deal with the driving you do, please take the informal survey on page three. While there are no right or wrong answers, this may be a useful tool to prepare you to "Arrive Safely" at your destination.

Continued: Take the Survey on page 3.

ARE YOU PREPARED TO ARRIVE SAFELY*?	ALWAYS	SOMETIMES	RARELY	NEVER
I check traffic reports and road conditions before getting behind the wheel.				
I allow plenty of time to get to work without speeding or driving aggressively.				
I travel on congested highways or roadways.				
I drive through school zones, work zones or areas with pedestrians.				
My route includes rural roads with narrow lanes, sharp curves and/or trees.				
My tires are properly inflated and have good tread.				
My seat, mirrors and radio controls are properly adjusted before I leave.				
I wear my seatbelt.				
I have at least a half tank of fuel.				
I am well rested and relaxed during my commute.				
I travel with passengers that demand my attention (small children, car pools, etc.).				
I eat breakfast, prepare for meetings or presentations while I drive.				
I groom (apply make-up, comb hair) myself while I drive.				
I make phone calls or send text messages while I drive.				

*Adapted and used with permission from James Norman, Project RoadSafe Manager, Vermont Department of Labor.

It Happened Here: Johnson County

Background: Workers are more likely to be killed from traffic-related motor crashes than any other hazard on-the-job, including workplace violence and machine-related injuries. Between 2003 and 2007 in the United States, 265 employees in the waste collection industry were fatally injured while working. Refuse and recycle workers are listed in the top ten most hazardous occupations because they are often struck by vehicles. During the five-year span, 47 of the fatalities were a result of the victim being struck by a vehicle. Also, more than 10,000 employees in this industry were injured while working in 2007.

Fatal Event: On September 17, 2008 in Johnson County, a 22 year-old refuse collection worker and a fellow co-worker were collecting residential garbage along their east-bound route. The weather was clear and sunrise was at approximately 7:28 a.m. Just before 8 a.m., the two employees stopped to pick up garbage set out along a narrow roadside. The garbage truck was parked on the right shoulder of the road, however because of the narrowness of the shoulder; most of the truck was in the roadway. Both employees were wearing reflective vests and the truck's flashers, work lights and strobes were in operation. A vehicle traveling east came around a curve in the roadway and drove into the left rear of the truck, striking both workers. At least one of the two employees struck the vehicle's windshield

and ultimately, both were thrown into the garbage truck's hopper. Having suffered a severe head injury, an employee was pronounced dead at the scene. The other employee suffered both head and leg injuries. According to witnesses of the incident, the driver of the vehicle did not brake before striking the truck. Driver actions and crash re-enactment indicate that the sun's glare was a factor in the incident.

About Service Vehicle Safety:

Make sure vehicles are equipped with appropriate occupant protection and other safety features;

Ensure that the operators are trained in the proper use of the vehicle's safety features;

Ensure that flashers, strobes and lights are in operation when the vehicle is stopped or stalled;

Ensure that all operators wear high-visibility clothing and protective vests when working in roadways or other areas where motorists are present and;

Institute engineering controls to reduce the risk of serious injury or death—hydraulic arms for lifting waste containers are available. The device makes it possible to collect waste without leaving the vehicle's cab.

An example of an employer instituted campaign, *Slow Down to Get Around*, raises motorists' awareness of service vehicles as well as educates in exercising caution when driving around those vehicles on roadways. Learn more about the program by visiting http://www.rumpke.com/Our_Commitment/Safety.asp .



You Asked, We Answered - First Aid/CPR at Jobsites

Question: We are currently revising our safety program and I was instructed to contact OSHA regarding CPR certification. Are employees supposed to be CPR certified? If so, how many per jobsite are required to be certified?

Subpart D of CFR 1926 Construction Safety Standards provides information pertaining to medical services, first-aid which includes cardiopulmonary resuscitation (CPR). The purpose of the standard is to assure that adequate first-aid is available in the critical minutes between the occurrence of an injury and the availability of physician or hospital care for the injured employee.

For serious injuries such as those involving stopped breathing, cardiac arrest or uncontrolled bleeding, first-aid treatment must be provided within the first few minutes to avoid permanent medical impairment or death. In workplaces where serious accidents such as those involving falls, suffocation, electrocution, or amputation are possible, emergency medical services must be available within **3-4** minutes if there is no employee on the site who is trained to render first-aid.

The employer is required to make provisions for prompt medical attention in case of serious injury prior to commencement of a project. In the absence of an infirmary clinic, hospital or physician that is reasonably accessible in terms of time and proximity to the worksite, the employer must ensure a person who has been trained and has a valid certificate in first-aid training is available at the worksite to provide immediate care. In addition, the employer is required to provide documentary evidence of the training.

While the standard does not indicate the number of personnel that should hold a valid certificate, it is recommended that the employer assess the needs of the worksite. If there is a likelihood of multiple injuries to multiple personnel, there may be a need to train additional responders to render medical attention. For worksites that operate multiple shifts, this same provision applies. The employer is responsible for ensuring that all shifts in which personnel work, trained responders are present. To learn more visit; <http://www.osha.gov>, click on '**Standard Interpretations**'.

"Ask Our Expert" will be a regular feature of the INdiana Labor Insider. To ask a question of one of our experts, please email INSafe at insafe@dol.in.gov.

Mine Rescue Teams Compete in Simulated Disasters

On September 4, 2008, 43 teams from the Midwest, including Indiana Mine Rescue Teams from **Gibson County** and **Black Beauty** Coal Mines participated in the Kentucky State Mine Rescue Competition. The Gibson County team placed 8th in the event, while the Black Beauty team finished 18th.

In a separate state competition in Illinois, teams from five states competed on September 9, 2008. The **Gibson County** team placed 7th in the competition, while the **state's** team finished 11th and **Black Beauty** placed 18th.

On November 14, 2008 all six of Indiana's mine rescue teams will compete in a simulated mine disaster. The event will be held to comply with mine safety and health laws as well as to acclimate new team members to mine rescue scenarios. The teams are trained by Rod Dilbeck (Gibson Mine), Greg Xanders (Black Beauty Mines) and Don "Blink" McCorkle (Indiana State Teams).



Photo: Members of the state's mine rescue team work through a simulated mine disaster. The team is led by the Captain, Cory Baker (Prosperity Mine). Other members include Scott Kent (Prosperity Mine), Joby Johnson (Freelandville Mine), Rick Bolding (Prosperity Mine), David Roach (Prosperity Mine) and Troy Goodman (Freelandville Mine).

Recognizing Excellence

Recognizing Excellence spotlights Hoosier employers and their employees for their efforts in achieving status in either the Indiana Voluntary Participation Program (VPP) or Indiana Safety and Health Achievement Recognition Program (INSHARP). The Indiana Department of Labor congratulates the following employers and employees for their efforts to ensure Hoosier occupational safety and health. For more information on Indiana's exemplary safety and health programs please visit <http://www.in.gov/dol> .

INSHARP

New: Carter-Lee Lumber (Indianapolis, IN)
American Colloid Company (Troy, IN)
Nachi Technology, Inc. (Greenwood, IN)
Pre-SHARP: Holiday World (Santa Claus, IN)
Recertification: City of Jasper (Jasper, IN)

VPP

New Star: First Vehicle Services (Fort Wayne, IN)
Manchester Tank (Elkhart, IN)
Recertification: BAE Systems (Fort Wayne, IN)
BMW Constructors (Munster, IN)

Training Opportunities

The Indiana Department of Labor works with the **Indiana Chamber of Commerce**, **Indiana Manufacturers Association** (IMA), **Risk Management Services** (RMS) and **Safety Management Group** (SMG) to provide safety and health training scholarships.

More information on scholarship and training opportunities may be found on our website at <http://www.in.gov/dol/3520.htm>.

Date	Sponsor	Class
11/05 - 11/06/08	IMA	OSHA General Industry 10-Hour (Terre Haute, IN)
11/13 - 11/14/08	RMS	OSHA Construction 10-Hour (Indianapolis, IN)
11/13 - 11/14/08	SMG	OSHA Construction 10-Hour (Indianapolis, IN)
11/18 - 11/21/08	RMS	OSHA Construction 30-Hour (Indianapolis, IN)
12/02/08	Chamber	Hazard Recognition - Top 100 (Indianapolis, IN)
12/02 - 12/05/08	SMG	OSHA Construction 30-Hour (Indianapolis, IN)
12/03 - 12/04/08	IMA	OSHA General Industry 10-Hour (Indianapolis, IN)
12/03 - 12/04/08	Chamber	OSHA General Industry 10-Hour (Indianapolis, IN)
12/11 - 12/12/08	RMS	OSHA Construction 10-Hour (Indianapolis, IN)
12/11 - 12/12/08	RMS	OSHA Construction 10-Hour (Indianapolis, IN)
12/16/08	RMS	First Aid/CPR (Indianapolis, IN)

Nominations for the 2009 Governor's Workplace Safety Awards Sought

On behalf of Governor Mitch Daniels, the Indiana Department of Labor is seeking applications/nominations for the annual Governor's Workplace Safety Awards. The awards are presented in partnership with the **Indiana Chamber of Commerce** and the **Central Indiana Chapter of the American Society of Safety Engineers** at the state's annual Safety and Health Conference & Exposition. The conference will be held on February 23-25, 2009 at the Indianapolis Marriot East.

The Governor's Workplace Safety Awards recognize the most innovative safety and health initiatives among Indiana's workplaces. Applicants/nominees should possess a strong commitment to Hoosier workplace safety and health in one of the following categories; innovations, partnerships, education and outreach and construction—specialty, residential or commercial contractor. Winners from 2008 included **BioConvergence LLC** (Small Company Safety Award), **Purdue University/Liberty Mutual Loss Prevention Services** (Partnership Award), **Gartland Foundry** (Medium Company Safety Award), **Toyota Motor Manufacturing Indiana, Inc.** (Large Company Safety Award), **HomeCrest Cabinetry** (Education & Outreach) and **Steinberger Construction** (Construction Safety Award). Additional information may be obtained at <http://www.insafetyconf.com/> in December 2008.

The Indiana Labor Insider is a bi-monthly newsletter of the Indiana Department of Labor. To subscribe or unsubscribe to this publication, please email INSafe at insafe@dol.in.gov .

