

# TOGETHER WITH TOSHA

## Newsletter

### A Message from the Assistant Commissioner

Hi everyone! I want to take a minute to introduce myself. My name is Wendylee Fisher and I am the newly appointed Assistant Commissioner of TOSHA. As many of you already know, the former Assistant Commissioner; Steve Hawkins, was promoted to Deputy Commissioner which allowed me to fill this position. I have worked with Steve since 1992; we think a lot alike and have the same mission. We strive for TOSHA to be the best OSHA program in the nation. I have learned so much from Steve over the last 27 years and hopefully, by following in his footsteps, I will keep our organization at the top of our game.

Having said that, WOW! I never really thought that one day I would be responsible for the day to day operations of TOSHA. In 1992, I started fresh out of college working for TOSHA as an occupational safety specialist (OSS1) in the public sector section. I had no real safety experience or knowledge about TOSHA except for stories told by my dad, an old-time construction worker, as to why the agency should be abolished. Would you believe he called me a "traitor" for going to work for TOSHA? He has since changed his opinion and realized that the safety of today's workforce is more important than "getting the job done" at any cost.

At the end of my first year with TOSHA, I took a position in safety compliance and from there moved up to an OSS2, OSS3, and finally a safety compliance supervisor. In 2001, I became the safety compliance manager. I also became part of TOSHA's training staff and have conducted many seminars over the years on various safety and health topics. In May of 2018, I was appointed to the TOSHA Assistant Administrator position. Then, May of 2019, I was appointed to the Assistant Commissioner position. Time sure does fly by; it doesn't feel like it has been 27 years!

In this new role, I hope to ensure that our agency maintains common sense thinking, consistency, and a sense of objectivity in all our interactions with the workforce in Tennessee. TOSHA is more than an organization where regulations are enforced; it is an organization of caring safety and health professionals who believe in the mission of keeping people safe while they are at work. I cannot stress enough how proud I am to be working for this agency. I will do my best to represent TOSHA in the best light possible.

To help me with this endeavor, Larry Hunt was appointed as the Assistant Administrator. Larry has been with TOSHA for 21 years and for the last 8 years as the Standards Manager. Before that, he worked as an Industrial Hygiene Supervisor in the Nashville area. He and I will work together with our staff to sustain TOSHA as one of the best programs nationwide.



#### In This Issue:

- TSHC
- Safety & Sound Recap
- OSHA Articles
- Fatality Statistics
- SHARP News
- Bulletin Board
- Contact Information



**Wendy Fisher**

Assistant Commissioner,  
Tennessee Department of  
Labor & Workforce Development



## TSHC Thanks You!



Thank you to all the attendees, exhibitors, sponsors, speakers and special guests who attended the 42nd Tennessee Safety and Health Conference!

Make plans to join us at the 43rd Annual TSHC on August 30-September 2, 2020 at Gaylord Opryland Resort and Convention Center. For more information about next year's conference visit [here](#).

## Thank You For Participating In Safe + Sound Week 2019!



With more than 2,400 events across the United States, Safe + Sound Week 2019 helped organizations of all sizes and industries recognize their safety successes.

If you're wondering what you can do to make your workplace Safe + Sound Week, check out the **Safe + Sound Campaign's resources** to help you continuously improve your safety and health program throughout the year.

## New Infographics Promote Heat Protection

This summer's record-breaking temperatures have emphasized the danger heat poses for construction workers, who suffered **36% of all occupational heat-related deaths** between 1992 and 2016 despite making up only 6% of the total workforce. CPWR has just released four new infographics, developed through the OSHA-CPWR Alliance, that **show workers how they can protect themselves against the heat**. The infographics are available in English and Spanish.

### Protect Yourself Against Heat Exposure.

#### You are at risk if you:

- Are new to the job
- Work in hot and humid conditions
- Do heavy physical labor
- Don't drink enough water

#### Dress Appropriately

Wear clothes that are:

- Light-colored (white, etc.)
- Loose-fitting
- Lightweight



If you need to wear protective clothing or personal protective equipment, like impermeable clothing, you may need more frequent breaks for water, rest, and shade.

#### Drink Water & Take Breaks



- Take frequent breaks out of the sun
- Drink 1 cup (8 ounces) of water every 15-20 minutes.
- DO NOT** wait until you are thirsty to drink water.
- DO NOT** drink alcohol and **AVOID** caffeine.

#### Know the Warning Signs

##### Heat Exhaustion:



Weakness & Wet Skin



Headache, Dizziness or Fainting



Nausea or Vomiting



##### Heat Stroke:

Excessive sweating or red, hot, dry skin



Confusion or Fainting



Convulsions or Seizures

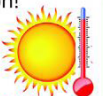
#### Seek Medical Assistance

##### Heat Stroke is a medical emergency

Look out for your co-workers—if you see the warning signs take action!

**Call 911**

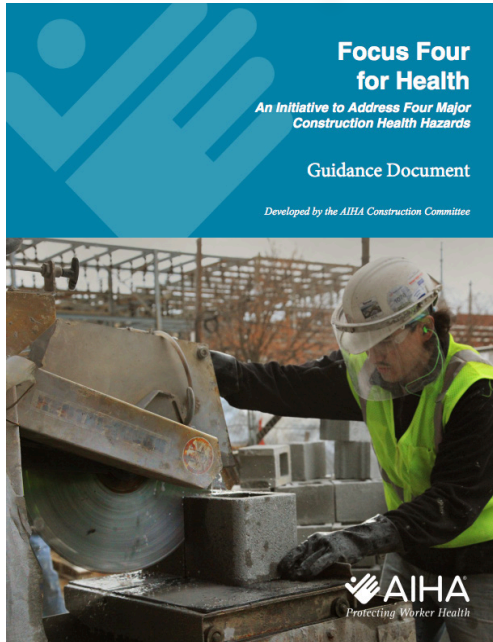
Getting help can be the difference between **life** and **death**.



Learn more about heat-related illnesses and how to prevent them at <http://bit.ly/CPWRHotWeather>

Through the OSHA and CPWR Alliance, CPWR developed this infographic for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor. ©2018, CPWR-The Center for Construction Research and Training. All rights reserved. CPWR is the research and training arm of NABTU. Production of this document was supported by cooperative agreement OH 009762 from the National Institute for Occupational Safety and Health (NIOSH). The contents are solely the responsibility of the authors and do not necessarily represent the official views of NIOSH.

## New Guide Examines Key Hazards to Workers' Long-Term Health



The American Industrial Hygiene Association (AIHA) has released **“Focus Four for Health: An Initiative to Address Four Major Construction Health Hazards.”** Developed by AIHA’s Construction Committee, it highlights the impact that health hazards can have on workers and businesses and provides practical steps that can be taken to control them. This guidance booklet concentrates on manual material handling, noise, air contaminants and high temperatures and provides a companion piece for the construction industry’s long-running Focus Four Program that targets the top four fatal injury hazards.

## September is National Preparedness Month



Tornadoes can occur with little or no warning. Taking precautions in advance of the storms, such as developing an emergency plan, learning the warning signs, and monitoring tornado watches and warnings, can help you stay safe if a tornado occurs in your area.

To prepare for a tornado, businesses should **develop an emergency plan**. The plan should include details on suitable places to take shelter, policies to ensure all personnel are accounted for, and procedures for addressing any hazardous materials that are on-site. It is also recommended that individuals develop action plans for their families.

The **Checklists** and **Resources** pages offer a simple way to make sure that you are prepared for a tornado, including suggestions for communications equipment and personal preparedness kits. <https://www.osha.gov/dts/weather/tornado/>.

## UT CIS Wins Competitive Harwood Grant

This year, the UT Center for Industrial Services Health, Safety and Emergency Preparedness team was awarded a Susan Harwood Training Grant to provide training and education programs to employers and workers on recognition, avoidance and prevention of safety and health hazards in their workplaces. Click [HERE](#) for the full story.



## OSHA Tip Of the Week

Avoid carrying passengers on a tractor.



## Resources on Workplace Fatigue



As part of National Safety Month, the National Safety Council is highlighting the growing problem of fatigue in the workplace. Research estimates that 13% of workplace injuries can be attributed to fatigue, and 43% of Americans admit they may be too tired to function safely at work. Please see the following resources for more information.

### National Safety Council Resources:

- [Fatigue Safety Topics Page](#)
- 5-Minute Safety Talk: Sleep Better: Work Better ([English](#) / [Spanish](#))
- Poster: Fatigue-Reduce Your Risk ([English](#) / [Spanish](#))
- Tip Sheet: Fight Fatigue Risks ([English](#) / [Spanish](#))
- [Social Media Graphic \(Fatigue\)](#)
- Related Safety+Health Articles:
  - [Fatigue and Worker Safety](#)
  - [Shift Worker Health and Safety](#)
  - [NSC: 70% of Workers are Tired on the Job](#)

OSHA and NIOSH Resources:

OSHA Webpage: [Long Work Hours, Extended or Irregular Shifts, and Worker Fatigue](#)

NIOSH Webpage: [Work Schedules: Shift Work and Long Hours](#)

## Protect Yourself From Carbon Monoxide Poisoning



Employers must take necessary precautions to protect workers from the serious, and sometimes fatal, effects of carbon monoxide exposure. Carbon monoxide (CO) is a colorless, odorless, toxic gas which interferes with the oxygen-carrying capacity of blood. CO is non-irritating and can overcome persons without warning. Many people die from CO poisoning, usually while using gasoline powered tools and generators in buildings or semi-enclosed spaces without adequate ventilation. This can be especially true during the winter months when employees use this type of equipment in indoor spaces that have been sealed tightly to block out cold temperatures and wind. Symptoms of carbon monoxide exposure can include everything from headaches, dizziness

and drowsiness to nausea, vomiting or tightness across the chest. Severe carbon monoxide poisoning can cause neurological damage, coma and death. Sources of carbon monoxide can include anything that uses combustion to operate, such as gas generators, power tools, compressors, pumps, welding equipment, space heaters and furnaces. To reduce the risk of carbon monoxide poisoning in the workplace, employers should install an effective ventilation system, avoid the use of fuel-burning equipment in enclosed or partially-enclosed spaces, and use carbon monoxide detectors in areas where the hazard is a concern. If you experience symptoms of CO poisoning get to fresh air right away and seek immediate medical attention.

## 2019 TOSHA Fatality Investigation Statistics

January 1 – September 18, 2019

# 16

### Industry Sectors per NAICS Codes #

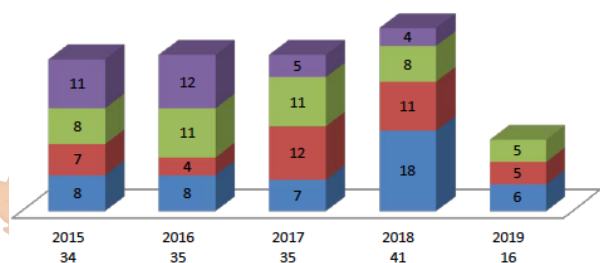
- Manufacturing (31, 32, 33) - 4
- Construction (23) - 6
- Logging (1133) - 1
- Service - 2
- Public Sector - 3

### Fatality Cause #

- Struck by - 5
- Crushed by/Caught in - 4
- Falls - 5
- Trench Cave-In - 1
- Chemical Exposure - 1

### Fatalities per Quarter

■ Jan-March ■ April - June ■ July - Sept ■ Oct - Dec



# Tree Care Work: Employee Injuries Prevention Checklist



## **Before beginning any tree care operation, employers need to:**

- Assess the work site for fall and falling object hazards.
  - Have a qualified arborist survey the worksite and identify the types of trees involved and possible hazards related to tree structure.
  - Determine if rigging is necessary and, if so, that workers can use it safely.
  - Determine if workers will need to climb or use aerial lifts.
  - Identify and provide without cost properly fitting personal protective equipment to protect workers from fall and overhead falling object hazards, and ensure that the workers use the equipment and are trained in its proper use.
  - Only use climbing equipment approved by the manufacturer for tree care work, including climbing lines, safety lines, personal fall protection equipment, and inspect all equipment for safe operation before starting work; remove damaged, defective, or worn equipment from service.
- Ensure that all workers at a tree care operation are trained in hazard recognition for falls from elevation and falling object hazards, and the use of personal protective equipment, such as hard hats, to protect against injury from overhead falling objects.
  - If workers cannot remain at least 10 feet from electric lines to perform tree care operations, contact the utility company to de-energize and ground the lines.
  - Take the following steps to protect workers from falling object hazards: Establish a visual or audible communication system between overhead workers and workers on the ground before starting rigging operations for piecing out the tree.
  - Provide traffic and pedestrian traffic control around the jobsite prior to the start of the tree care operation.
  - Have emergency procedures in place prior to the start of the tree care operation.

## **SHARP Update**

On August 15, 2019, TOSHA Assistant Commissioner Wendy Fisher presented Cassemco their Safety and Health Achievement Recognition Program (SHARP) rectification award and recognized the site for being in SHARP for 20 years. Cassemco is TOSHA's oldest SHARP site and is the 19th oldest SHARP site nationwide.

Cassemco was established in 1975. The company makes foam parts for the healthcare, automotive and sporting goods industries. In June of 1998, TOSHA Consultative Services performed the program's first-ever SHARP evaluation in Tennessee at Cassemco in Cookeville and in December of 1999, Cassemco was first awarded SHARP. The site has not experienced any recordable injuries since 2012.

The Safety and Health Achievement Recognition Program (SHARP) is consultation's award program which recognizes small employer sites working in partnership with TOSHA Consultation who reduce their injuries to below the national averages for their industry and have effective workplace safety and health programs. Having lower rates and effective programs benefits the site through the reduction of direct and indirect costs for workplace injuries and illnesses. There are currently 14 SHARP sites in Tennessee. For further information on SHARP, please visit **TOSHA's website** or call (800) 325-9901.



*Cassemco's first SHARP presentation in December 1999*



## OSHA ALERT

# Working Safely Near Overhead Power Lines

Working with or near power lines can expose workers to electrical hazards, but these dangers can be avoided through safe work practices. These practical steps can prevent injuries from contact with power lines.

- Conduct a hazard assessment to identify and address potential safety hazards before work begins.
- Ask the electric company to de-energize and ground overhead power lines.
- Educate workers on safety procedures and requirements.
- Know the safe working distance for workers and equipment.
- Use non-conductive wood or fiberglass ladders.
- Wear personal protective equipment, such as rubber insulating gloves and insulating sleeves, and industrial protective helmets.

For more information on recognizing hazards from energized power lines, visit OSHA's [Electrical Safety and Health Topics](#) page. OSHA videos on electrocutions in construction show how to work safely with [cranes](#) and [ladders](#) near power lines.

OSHA's [On-Site Consultation Program](#) provides no-cost and confidential occupational safety and health compliance assistance to small- and medium-sized businesses. Consultation services are separate from enforcement and do not result in penalties or citations. The [OSHA Training Institute Education Centers](#) offer courses for workers, employers, and managers on hazard recognition and abatement at convenient locations nationwide.

*OSHA alerts are issued on occasion to draw attention to worker safety and health issues and solutions.*



# Tennessee

Safety & Health Conference

August 30-September 2, 2020

Reminder: Electronic submission of OSHA Form 300A is due by March 2, 2020.

## 2019 August – December TOSHA Seminar Schedule



**Walking, Working Surfaces** – This half day course will review subparts D & I of 29 CFR 1910.  
09/19/19 - Johnson City - City of Johnson City  
10/04/19 - Bartlett - TCCI  
10/09/19 - Knoxville - TCCI  
10/11/19 - Mt. Juliet - TCCI

**Silica in Construction** - This half day course will review the silica in construction standard; Table 1, written exposure control plan, competent person, housekeeping & medical exams.  
11/12/19 - Johnson City - City of Johnson City

**OSHA 30-Hour for General Industry** – This four day course emphasizes the identification, avoidance, control, & prevention of safety & health hazards present in general industry; review of the 1910 TOSHA standards for general industry. An OSHA 30 Hour card is achieved after successfully completing the course.  
10/22-25/19 - Blountville - NESCC  
11/18- 21/19 - Murfreesboro - TCCI  
12/3-6/19 - Greenville - WSCC

**OSHA 10-Hour for General Industry** – This two day course emphasizes the identification, avoidance, control, & prevention of safety & health hazards present in general industry. An OSHA 10 Hour card is achieved after successfully completing the course.  
10/2-3/19 - Jackson - TCCI  
10/29-30/19 - Knoxville - TCCI

**OSHA 10-Hour for Construction** – This two day course emphasizes the identification, avoidance, control, & prevention of safety & health hazards present in construction. An OSHA 10 Hour card is achieved after successfully completing the course.  
9/24-25/19 - Johnson City - City of Johnson City  
12/10-11/19 - Memphis - ABC West TN

**Maintenance Related Standards** – This full day course will review the most cited standards in maintenance, lockout/tag-out, machine guarding, electrical, confined spaces, housekeeping, egress routes, emergency procedures, fire safety, compressed gas safety & health hazards.  
8/27/19 - Kingsport - TCCI  
9/5/19 - Jackson - TCCI  
9/13/19 - Gallatin - TCCI  
9/20/19 - Fayetteville - MSCC

**Health Hazards in Industry** – The full day course covers common health hazards that are encountered in the workplace including chemical, biological, physical hazards. Topics include bloodborne pathogen, hazard communication, personal protective equipment, respiratory protection, noise, & TOSHA's most cited standards.  
09/04/19 - Murfreesboro - TAUD

**OSHA 300 Log Recordkeeping** - This half day course will review recordkeeping requirements, maintenance of the OSHA 300 log, reporting & electronic reporting requirements.  
8/8/19 - Mt. Juliet - TCCI  
8/13/19 - Jackson - TCCI  
8/15/19 - Tullahoma - TCCI  
8/28/19 - Morristown - TCCI  
11/15/19 - McMinnville - MSCC

**Basic Safety** – This full day course will review walking working surfaces, emergency procedures, personal protective equipment (PPE), electrical, machine guarding, lockout/tag-out, and most cited standards in general industry.  
9/17/19 - Columbia - TCCI  
10/8/19 - Morristown - TCCI  
11/5/19 - Johnson City - City of Johnson City  
12/3/19 - Chattanooga - TCCI

**Basic Safety for Utilities** - This full day course will review permit required confined spaces, trenching & excavating, lockout/tag-out, electrical, walking working surfaces, personal protective equipment (PPE), and the most cited standards in utilities.  
9/5/19 - Murfreesboro - TAUD  
9/11/19 - Jackson - TAUD  
12/12/19 - Murfreesboro - TDEC Flaming Training Center

## Agency Links

OSHA

Tennessee's Government Website

Tennessee Department of Labor & Workforce Development

Tennessee Occupational Safety & Health Administration (TOSHA)

## Useful Links

File a Complaint

Video Library

TOSHA Publications

Safety & Health Conference

## Recognition Links

TOSHA Safety Awards

VPP

SHARP



#337483



# GET IN TOUCH WITH US

SUBSCRIBE

TN Department of Labor & Workforce Development  
**Commissioner Jeff McCord**

TN Department of Labor & Workforce Development  
**Deputy Commissioner Steve Hawkins**  
Steve.Hawkins@tn.gov

TOSHA Assistant Commissioner  
Wendy Fisher  
Wendy.Fisher@tn.gov

TOSHA Newsletter Editor  
Calvin Wyatt  
Calvin.Wyatt@tn.gov

Layout and Design  
Ivy Johnson  
Ivy.Johnson@tn.gov