Safety training is **required** everywhere you g

Why? Where's the value?

Why Safety Training?

It's as easy as 1, 2, 3…

OSHA®

1. Training **reduces the risk** of accidents & injuries to you and your co-workers.
2. Training **reduces operating costs** (*How?).*
3. No matter who you are or how long you've been operating, **OSHA requires training**. Initial training, refresher training—it's just part of the job!

When any one asks me how I can best describe my experiences of nearly forty years at sea I merely say uneventful. Of course, there have been winter gales and storms and fog and the like, but in all my experience I have never been in an accident of any sort worth speaking about. I have seen but one vessel in distress in all my years at sea, a brig, the crew of which was taken off in a small boat in charge of my third officer. I never saw a wreck and have never been wrecked, nor was I ever in any predicament that threatened to end in disaster of any sort.

*-- Capt. E.J. Smith**


"All the News That's Fit to Print."

The New York Times.

THE WEATHER.

Veteran Commander of Vessel Went Forty Years Without Accident of Any Kind

Col. Astor and Bride, Isidor Straus and Wife, and M... Guard.

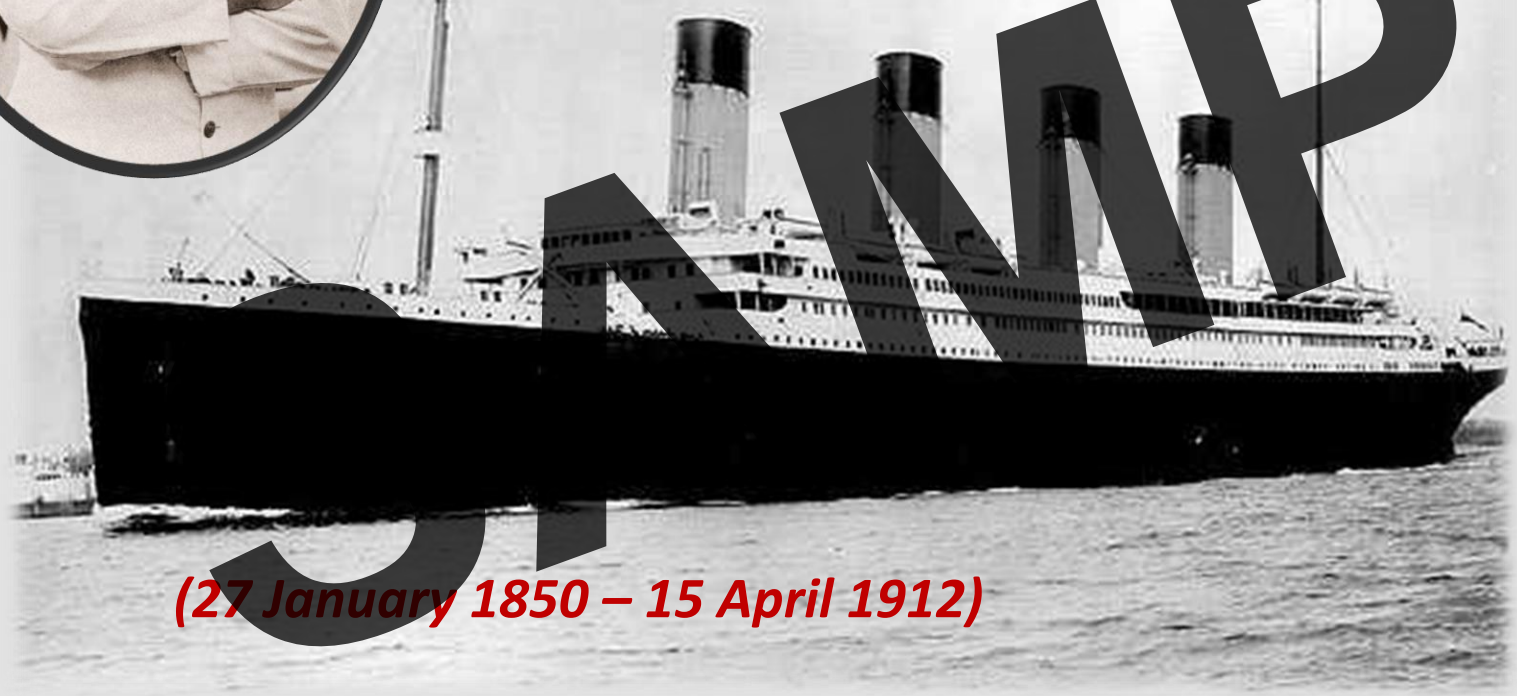
Biggest Liner Plunges to the Bottom at 2:20 A. M.

EXTRA FOR A...

...And who was Captain Smith?

* Quoted in *The New York Times*, April 16, 2012: "Disaster at Last Befalls Captain Smith"

Five years later, he would become captain of the ill-fated Titanic, the great ship thought to be unsinkable.

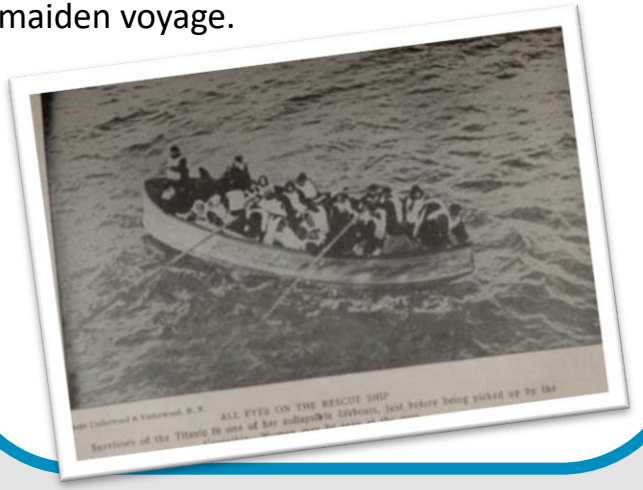


(27 January 1850 – 15 April 1912)

Did you know?

Out of the 2,223 people on board, 1,517 lost their lives. Among these, most died of hypothermia after being tossed into the 28-degree waters.

The Titanic carried a total of 20 lifeboats, even though it was capable of holding enough boats to carry 4,000 people. Initial plans to carry the sufficient number of lifeboats were changed before her maiden voyage.



Did you know?

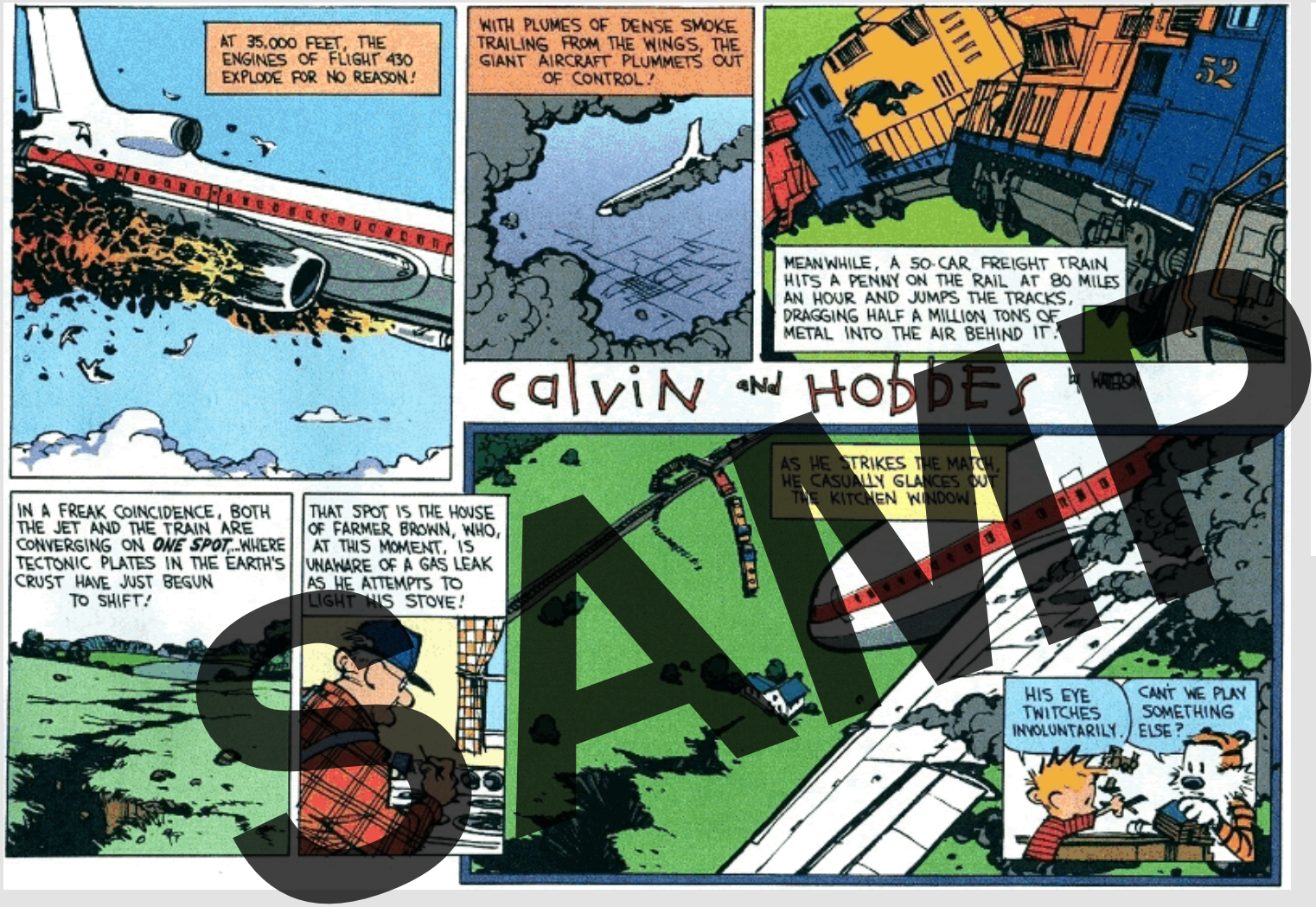
Because the density of icebergs in comparison to that of sea water, typically only one-ninth of the volume of an iceberg is above water. That means what looks like a hazard above water is only the “tip of the iceberg,” or in other words a problem or danger that is only a small manifestation of a large issue.

The real danger lies covertly hidden beneath the surface. Moreover, the shape of the underwater portion of an iceberg can be difficult to judge merely by looking at the portion above the surface. It takes experience, information, training, planning, obedience, and teamwork to avoid any portion of the iceberg.

How does this relate to safety?

- Personal Safety?
- Site Safety?
- Co-worker Safety?
- Company Safety?
- Pedestrian Safety?

Can you think of any others?



Additionally, this comic reiterates yet another application. Most accidents—whether at home or work—are the result of several small decisions or events and their natural consequences converging at a moment when we least expect it and often because we do not expect it. In this vein, the key to safe operation and avoiding a major disaster is to control or prevent those small problems. When something seemingly insignificant occurs, take time to address it. You never know what it *might* lead to.

*Used without the permission of Bill Watterson for the purpose of education/training only.

Why do we take risks at work?

Have you ever heard someone being interviewed after a horrible accident only to claim: "I don't understand what happened, really. I mean, we've been doing it this way for 20 years (*or 30 or 40*) and never had a problem"?

Now, just because they were doing it *that way* for x-amount of years does not necessarily mean they were doing it right or safely, does it? They were just getting away with it.

Injuries and deaths in the workplace are like playing the lottery. If you keep buying tickets (*i.e.,* doing things that are unsafe) it is just a matter of time before someone is killed or injured. It seldom happens the first time…or even the second or the third. This often lulls us into a false sense of security and confidence. In our minds we reason we could do the job *this way* a thousand times without an incident.

But are 1:1000 odds very good when our health or life is concerned. And what about the health or life of the guy or gal working next to us? Is their livelihood worth the risk?

As we go through this training keep in mind that this is not just about a job, but about your life and the life of those around you. **So stop buying lottery tickets!**

WHAT MAKES SOMEONE A PROFESSIONAL?

- You've been taught how to do it
- You've been on the job for years
- You've done this particular task several times before
- You've thought through all angles
- The task at hand comes naturally to you
- You have confidence in your training and skills
- You have proven yourself over the years and are now a supervisor
- Nothing could possibly go wrong

ARE THESE THE ATTRIBUTES OF A PROFESSIONAL?

THINK AGAIN!

Professionalism is *more* than experience and confidence.

A PROFESSIONAL…

- is responsible
- utilizes team members and watches out for their safety
- is on time and stays on task
- comes to work rested, alert and physically & mentally prepared
- is knowledgeable and desires to learn
- gets along with others and respects their differences
- uses required safety equipment and accessories at all times
- has learned skills sets, but works to improve upon them
- is not too proud to learn from administrators and co-workers
- controls the equipment responsibly.
- refers to and obeys *all* manufacturer, government, and company regulations
- finds enjoyment in the job while remaining alert and cautious

REMEMBER, AS A PROFESSIONAL…

You are responsible for others as well as yourself. If you set a bad example or disregard safety rules, others will follow, and the consequences can be deadly.

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How do you respond?

In the classroom or out in the field, it is not uncommon to hear complaints or statements like these. Maybe you've worked with the confident rookie or the tired veteran and heard them say it. Or maybe you've said something similar—perhaps even just before entering this class. There may very well be a gap between what happens in the boardroom where laws are made and what happens in the field. And maybe you do know everything that is going to be taught today. But law is law, training is required, and the rules are in place to keep people safe. In the end, what you learn and how you apply the law is up to you, and it is what will keep you and those around you safe.

Training is boring and a waste of time. It covers the same stuff every time anyway. I know it already. Besides, the rules OSHA gives are way too strict.

I've been on the job for 30 years. There's nothing new for me to learn, especially not from a trainer with less field experience.

Teaching me something new is up to the trainer. If they're not engaging, it's not my fault I don't learn.

OSHA makes the laws, but they don't understand what really happens in the field. Following the law to a "tee" is just not practical or realistic. It slows the job down and makes it tough to finish anything.

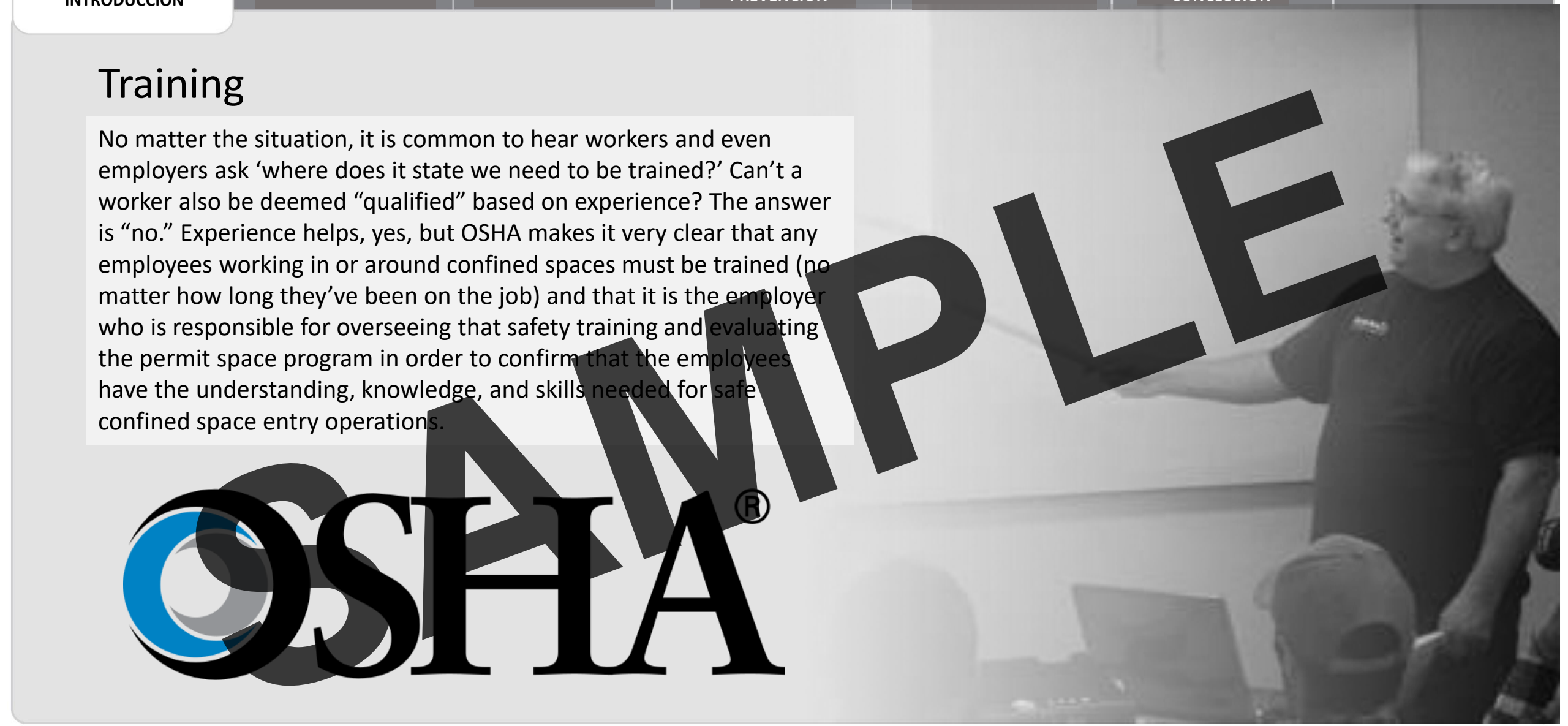
Bad habits are easily passed from one worker and one site to another, all in the name of “experience.” Can you think of a particular time—in or outside of your industry—where you did something a certain way for years only to discover that you had been doing it wrong the whole time? In this case, as in all cases, in our experience, training will only help. It can reinforce and enhance the good experience while addressing and correcting the bad habits from misguided experience.

Have you heard?

The story of the woman who got in a fight with her husband because she believed “you” were supposed to cut the ends of the ham off before cooking it. Her mom had done it that way for years. Her husband argued it was a waste. Turns out her mom cut the ends off only so it would fit into their smaller pan.

Training

No matter the situation, it is common to hear workers and even employers ask 'where does it state we need to be trained?' Can't a worker also be deemed "qualified" based on experience? The answer is "no." Experience helps, yes, but OSHA makes it very clear that any employees working in or around confined spaces must be trained (no matter how long they've been on the job) and that it is the employer who is responsible for overseeing that safety training and evaluating the permit space program in order to confirm that the employees have the understanding, knowledge, and skills needed for safe confined space entry operations.



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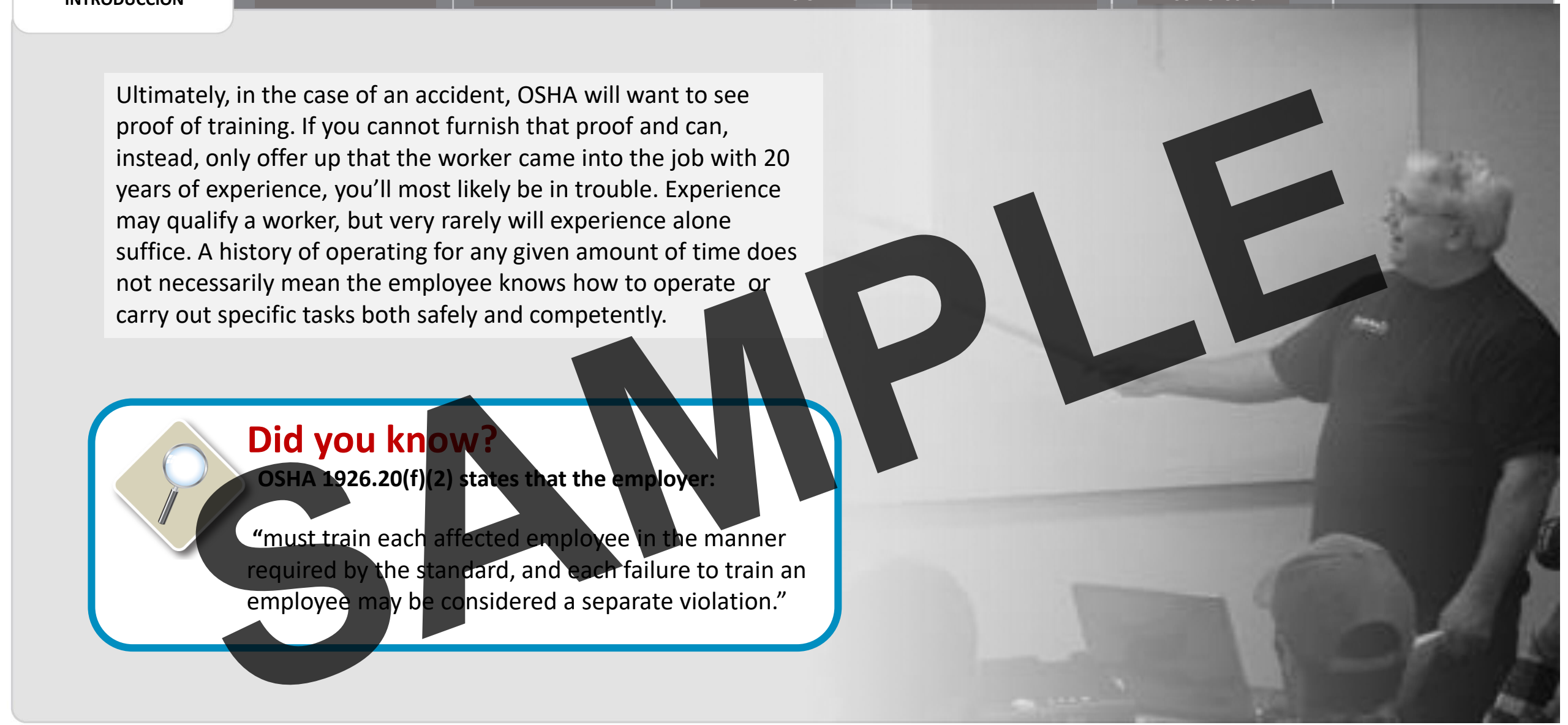
Ultimately, in the case of an accident, OSHA will want to see proof of training. If you cannot furnish that proof and can, instead, only offer up that the worker came into the job with 20 years of experience, you'll most likely be in trouble. Experience may qualify a worker, but very rarely will experience alone suffice. A history of operating for any given amount of time does not necessarily mean the employee knows how to operate or carry out specific tasks both safely and competently.



Did you know?

OSHA 1926.20(f)(2) states that the employer:

"must train each affected employee in the manner required by the standard, and each failure to train an employee may be considered a separate violation."

More specifically…

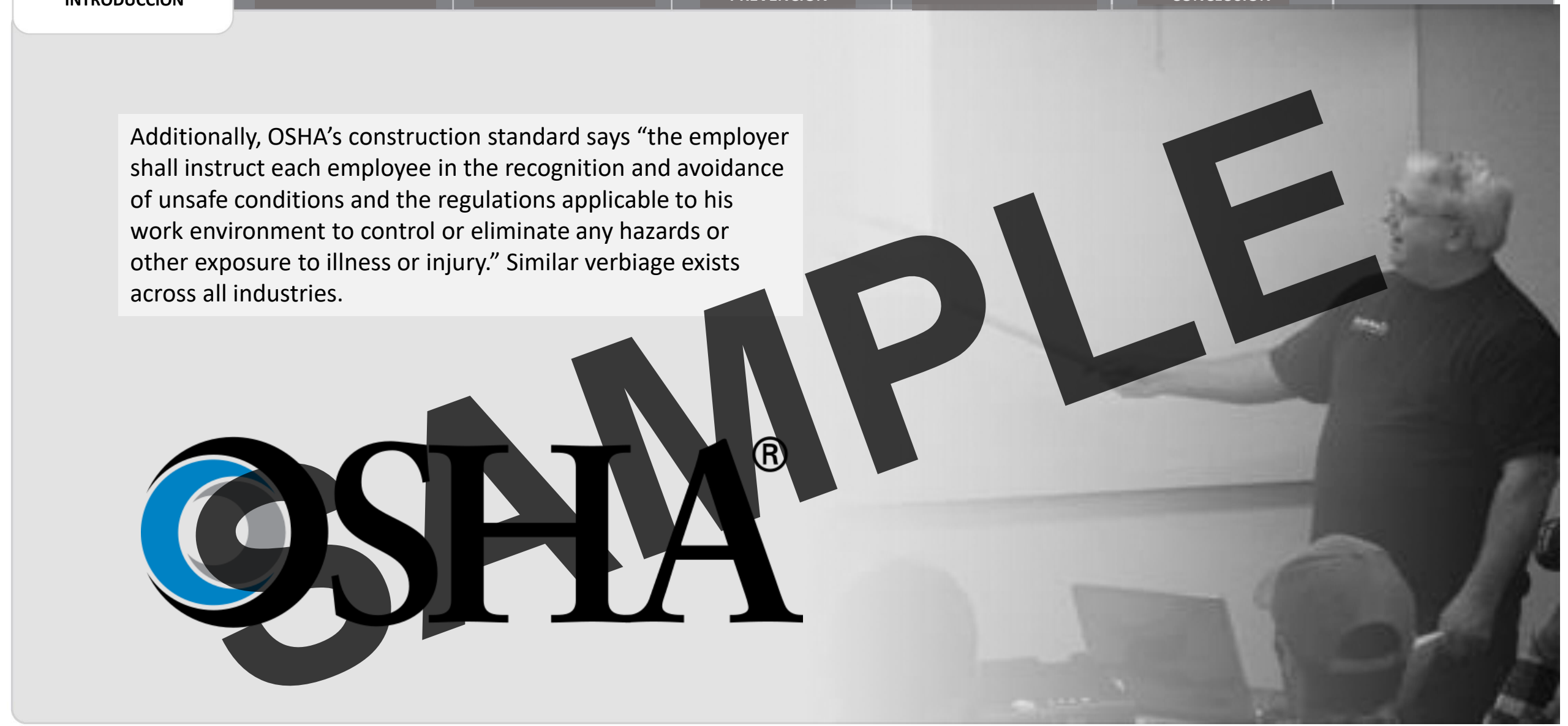
Did you know?

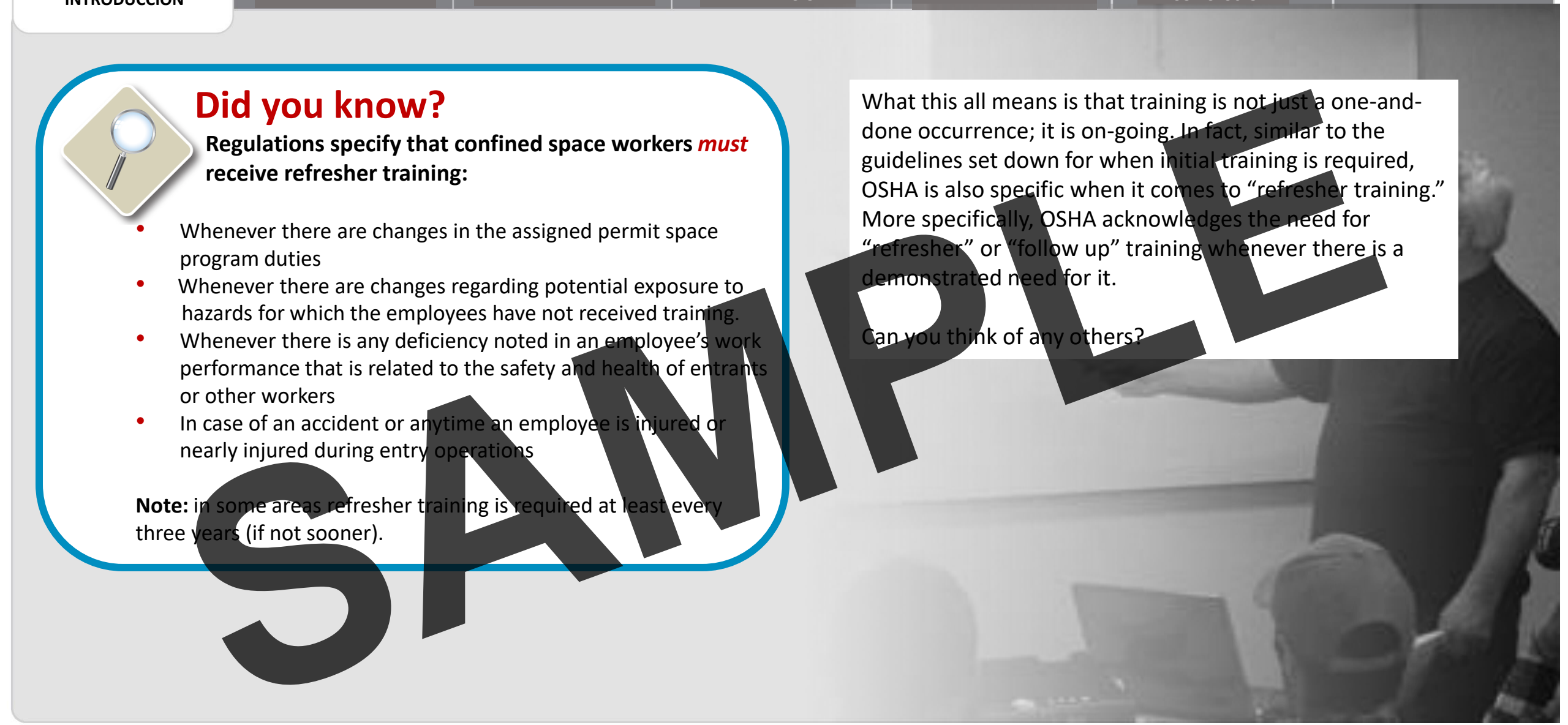
Regulations specify that confined space workers *must* receive training:

- Before they are first assigned confined space duties
- before there is a change in assigned duties
- Whenever there is a change in permit space operations that presents a hazard about which the employee has not previously been trained
- Whenever the employer has reason to believe that there are deviations from the permit space entry procedures or that there are inadequacies in the employee's knowledge or use of these procedures.

Note: in some areas, periodic assessments are required (at least annually) in which the effectiveness of employee training is reviewed by a qualified person to ensure workers remain competent to perform the tasks required.

Additionally, OSHA's construction standard says "the employer shall instruct each employee in the recognition and avoidance of unsafe conditions and the regulations applicable to his work environment to control or eliminate any hazards or other exposure to illness or injury." Similar verbiage exists across all industries.





Did you know?

Regulations specify that confined space workers *must* receive refresher training:

- Whenever there are changes in the assigned permit space program duties
- Whenever there are changes regarding potential exposure to hazards for which the employees have not received training.
- Whenever there is any deficiency noted in an employee's work performance that is related to the safety and health of entrants or other workers
- In case of an accident or anytime an employee is injured or nearly injured during entry operations

Note: in some areas refresher training is required at least every three years (if not sooner).

What this all means is that training is not just a one-and-done occurrence; it is on-going. In fact, similar to the guidelines set down for when initial training is required, OSHA is also specific when it comes to "refresher training." More specifically, OSHA acknowledges the need for "refresher" or "follow up" training whenever there is a demonstrated need for it.

Can you think of any others?

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The extent of training is to be determined by the employer, but at the very least it should include classroom instruction followed by a written and practical examination that prove continued competency.

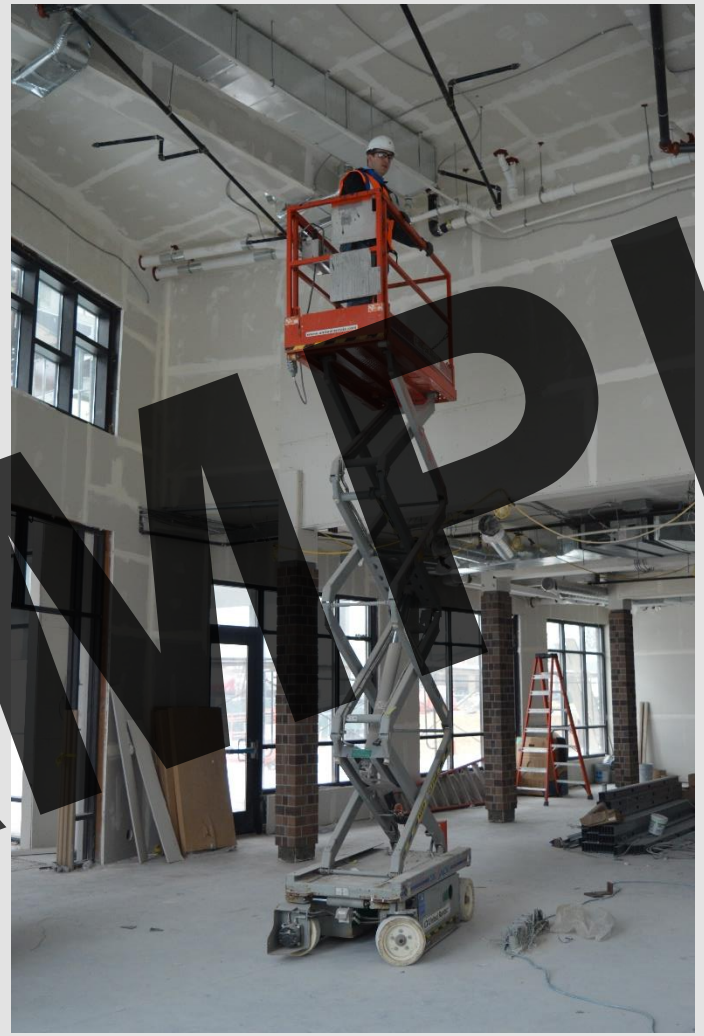
Initial training and refresher training, as well as any written and practical evaluations, must be documented and filed. At the very least, in the case of an investigation, OSHA will want to see proof of proper and consistent training (in the way of training outlines, class lists, training goals, tests, certificates, etc.) These documents should include the name of the person who taught the class or conducted the evaluation.

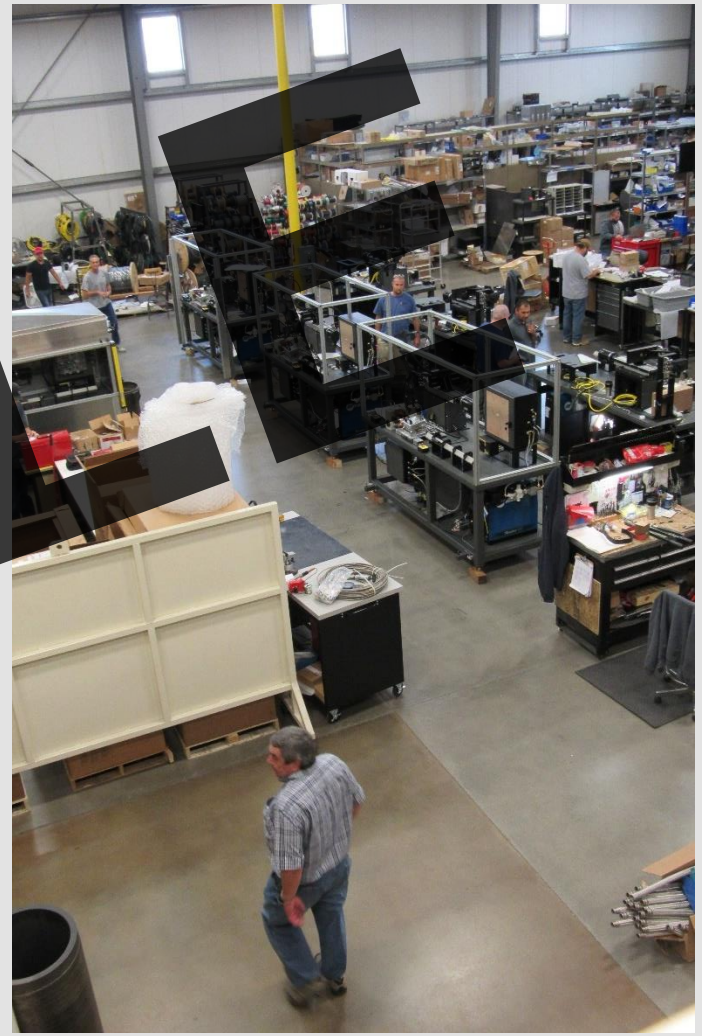
While wallet cards are not typically required by federal law, many companies and worksites do require onsite proof that workers have been trained. So it's a good idea to have one.

¡Bienvenido al Serie de Entrenamiento Hard Hat!

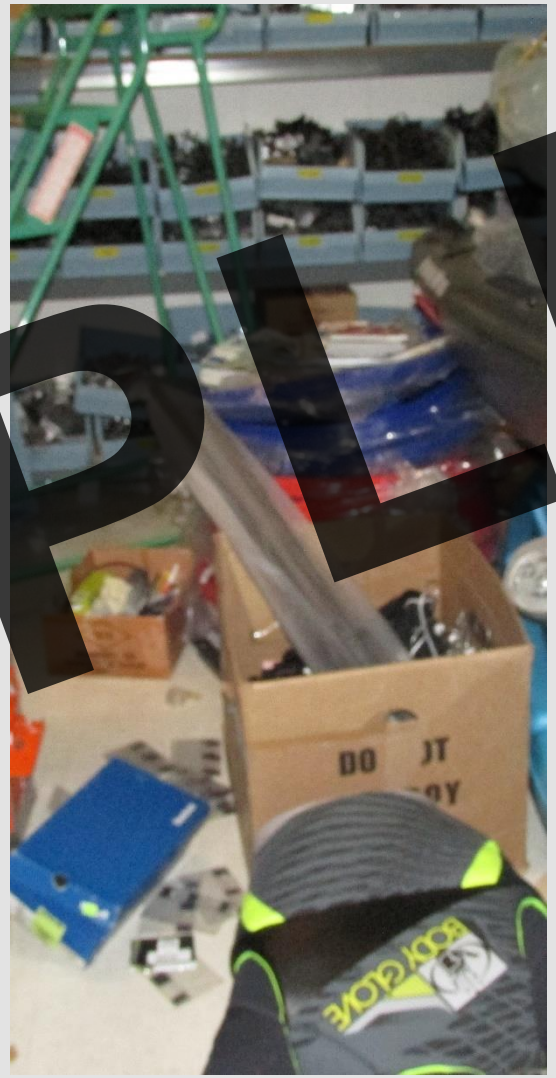
Bienvenido a la serie de entrenamiento Hard Hat. Hoy, discutiremos una de las principales causas de heridas en el lugar de trabajo: resbalones, tropiezos y caídas causados por los riesgos de caminar y trabajar en las superficies y cómo evitarlos.

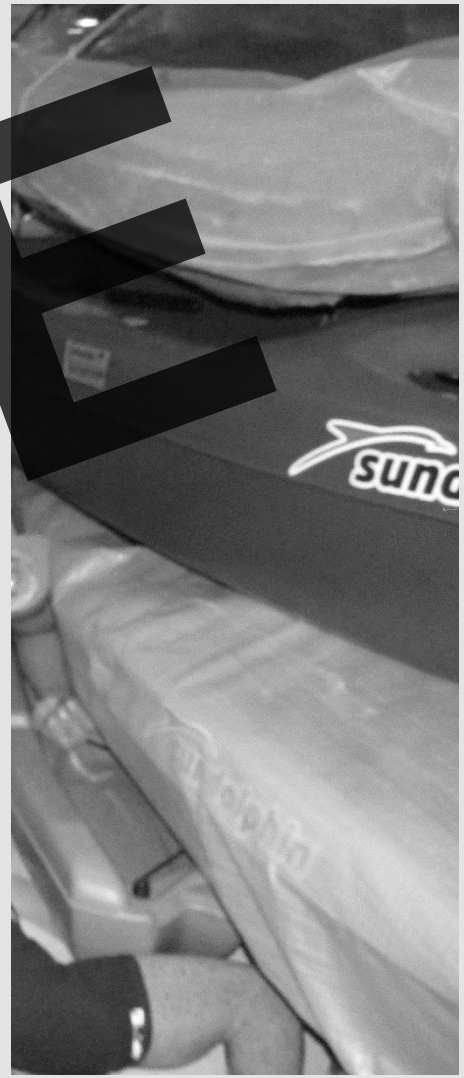
Las superficies para caminar y trabajar son exactamente lo que su nombre implica: la superficie sobre la que los empleados caminan o trabajan. Los riesgos que están asociados con dichas superficies son resbalones y tropiezos que causan lesiones a los empleados al caerse y golpearse contra el piso.



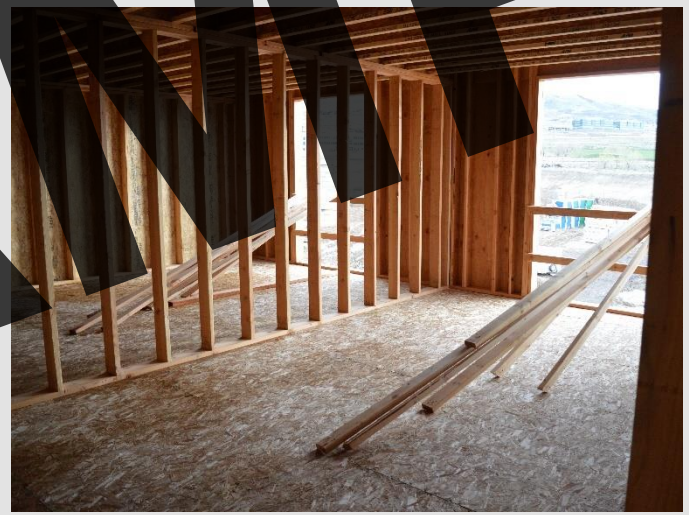


Muchas veces las superficies en las que trabajamos o usamos a diario quedan descuidadas. Caminar es algo tan natural que es fácil olvidarse de los peligros potenciales. Esto no se puede hacer ya que los resbalones, los tropiezos y las caídas son muy peligrosos.





Para poner las cosas en perspectiva, ocurren más de 202,000 heridas por día de trabajo perdido al año desde el mismo nivel de resbalones, tropiezos y caídas. Más de 340 de ellos son, en promedio, fatalidades.



El gráfico a la derecha pasa por otros peligros asociados con las superficies. Tómese su tiempo para repasarlo y piense en los riesgos potenciales enumerados en él que se encuentran en su instalación o lugar de trabajo. ¿Puede pensar en otros peligros?

ESTÁNDARES

1910 Subparte D - Superficies para caminar y trabajar

1910.22 - Requisitos generales.

1910.23 - Escaleras.

1910.24 - Paso de pernos y pasos de pozo.

1910.25 - Escaleras.

1910.26 – Muelle de Carga.

1910.27 - Andamios y sistemas de descenso de cuerdas.

1910.28 - Deber de tener protección contra caídas y protección contra objetos caídos.

1910.29 - Sistemas de protección contra caídas y protección contra objetos que caen - criterios y prácticas.

1910.30 - Requisitos de entrenamiento.

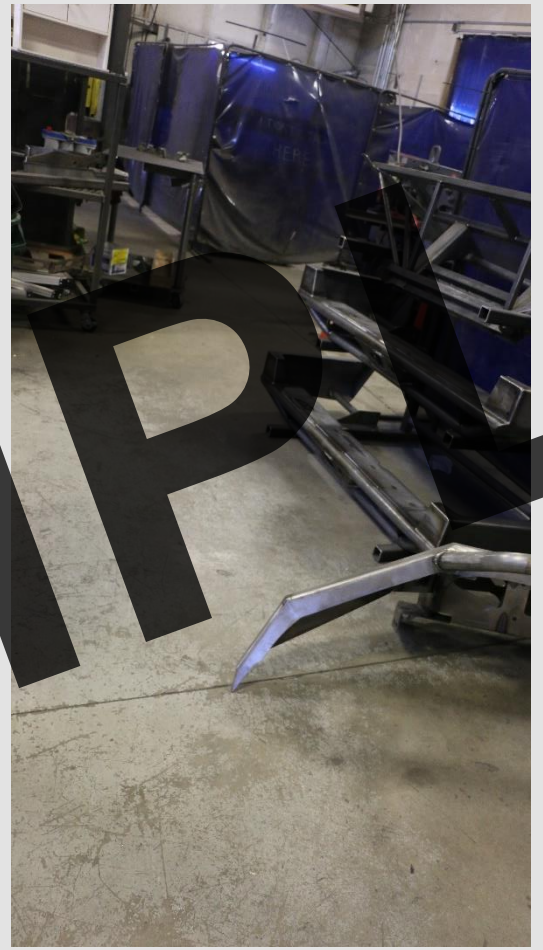
Estos son algunos de los principales estándares relacionados con las superficies para caminar y trabajar. Muchos estados tienen estándares adicionales, al igual que algunas industrias. Hemos proporcionado estos como una guía, pero es su responsabilidad conocer todas las reglas federales, locales y de la compañía que se aplican a su sitio de trabajo.

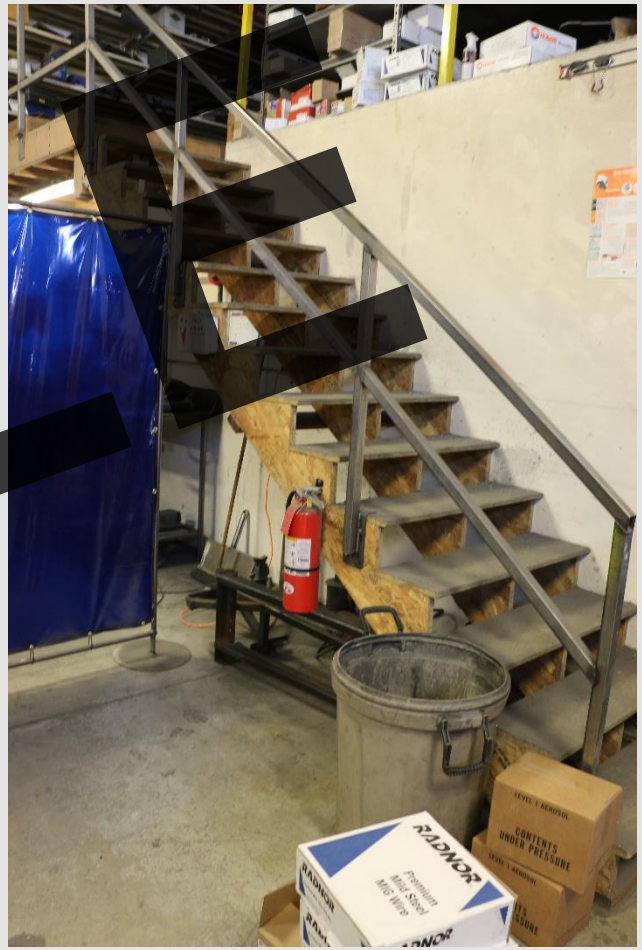
Lo que hace que las superficies sean tan peligrosas es alguna forma de inconsistencia. Ya se trate de piedras, surcos en la tierra, herramientas o suelos irregulares, todos pueden provocar heridas.

Las caídas desde más de 10 pies no necesitan una explicación sobre sus peligros, pero a menudo se pasan por alto las caídas del mismo nivel. A pesar de que altura, se crea la fuerza suficiente para romper los huesos, desgarrar los músculos y los tendones, provocar cortes y hematomas, y causar conmociones cerebrales y la muerte. Lo que aterriza cuando se resbala o tropieza, las cosas suceden tan rápido que no tiene suficiente tiempo para reaccionar adecuadamente.

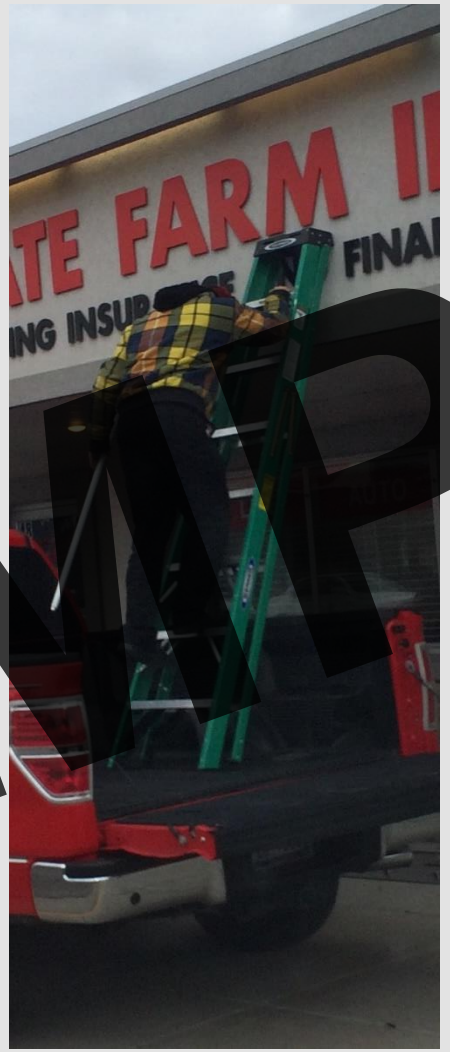
A lo largo de este entrenamiento, nos referiremos a las superficies para caminar y trabajar como solo superficies. Con suerte, esto mantendrá las cosas claras para fines de capacitación.

Los peligros de las superficies pueden variar en cuanto a lo que causa el peligro, pero el principio detrás de encontrar el peligro será el mismo para todos.



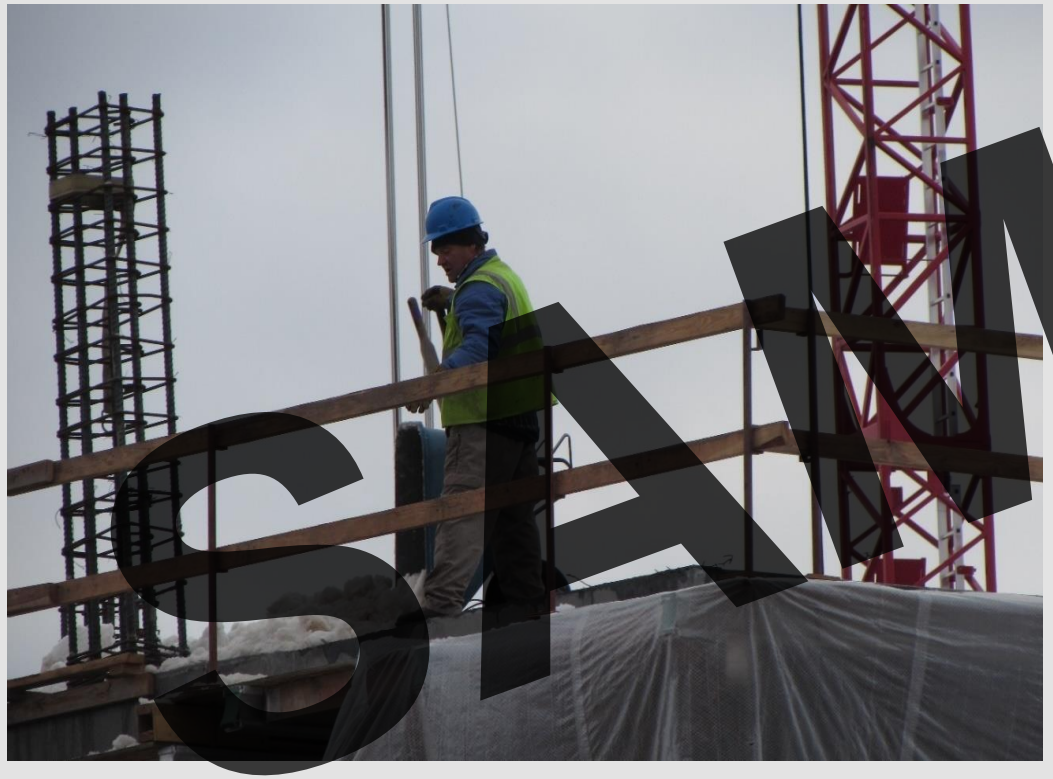


A lo largo de este entrenamiento discutiremos los diversos tipos de superficies, incluyendo: escaleras, andenes, andamios, sistemas de descenso de cuerdas, tipos de pisos, tipos de suelo, materiales de techos, etc.



A medida que observamos las diferentes superficies, dividiremos las superficies en secciones exteriores e interiores. Algunos elementos de la lista pueden clasificarse en ambas categorías, y las escaleras son un ejemplo. Para estos temas los incluiremos en una u otra sección, y los principios discutidos serán los mismos sin importar dónde se encuentren.

Después de analizar los peligros de cada superficie, hablaremos sobre el equipo de protección personal (PPE) y otras medidas preventivas que pueden realizarse o usarse para eliminar lesiones.



SAMPLE

Superficies