

# Safety Update

## Ohio BWC Library

### Sleep

March 11 is the start of Daylight Savings Time. That means we lose an hour of sleep and need to reset our internal clocks. The [National Sleep Foundation](#) (NSF) sponsors Sleep Awareness Week, which takes place this year from March 11-17. This year's theme – Begin with Sleep – highlights the importance of good sleep health for individuals to best achieve their personal, family and professional goals. [Sleep.org](#), from the NSF, features information on sleep health in four categories: age, bedroom, lifestyle and science. Learn more about how to improve your sleep.

### NIOSH/CDC News

#### Occupational Asthma Mortality

The Centers for Disease Control and Prevention (CDC) issued a [report](#) estimating that 11 percent to 22 percent of asthma deaths in the U.S. may be due to occupational exposures. The CDC analyzed cause-of-death data from 1999-2016 for this study. Female workers in health care and male workers in the construction trades had the highest numbers of asthma-related deaths. This study shows the importance of management of asthma and increased need to manage and prevent exposures in industries with elevated asthma mortality.

#### New FACE Report Database

The Center for Construction Research and Training (CPWR) has developed a database of the National Institute of Occupational Safety and Health (NIOSH) Fatality Assessment and Control Evaluation (FACE) data for construction fatality reports since 1982. The database allows researchers to analyze data from these fatality reports for trends. Access to the database in a variety of formats is available on the [CPWR website](#).

CPWR has used the database to publish two papers: [The construction FACE database - Codifying the NIOSH FACE reports](#) and [Fatal falls and PFAS use in the construction industry: Findings from the NIOSH FACE reports](#).

## Report on Standing and Exertion at Work

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While there are health risks with sitting all the time, there are also risks involved with jobs that expose workers to frequent exertion and standing. This [Morbidity and Mortality Weekly Report](#) describes the findings of analysis of data from the National Health Interview Survey. The survey suggested that the industries with the most frequent exertion and standing at work are the agriculture, forestry, fishing and hunting industry groups as well as the construction and extraction occupation group. Approximately two thirds of all workers reported frequent standing at work.

### OSHA News

## OSHA Penalty Adjustment for 2018

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In accordance with the Federal Civil Penalties Inflation Adjustment Improvements Act of 2015, the Occupational Safety and Health Administration (OSHA) adjusted [penalty rates](#) up 2 percent for 2018.

- Serious and Other-Than-Serious Posting Requirements are now \$12,934 per violation.
- Failure to Abate is now \$12,934 per day beyond the abatement date.
- And Willful or Repeated are now \$129,336 per violation.

## New OSHA Fact Sheet

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OSHA's new fact sheet, [Safety Walk-Arounds for Managers](#), provides suggestions for conducting inspections that can help you evaluate the effectiveness of your current safety and health efforts, and communicate directly with workers about job hazards. The document provides pre-inspection, on-site inspection and post-inspection activities to assist you with improving safety by fixing hazards at your place of business.

## Tree Care Hazards Sheet

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A new [publication](#) from OSHA shows five hazards of the tree care industry with risk factors, prevention tips and links to more information beyond the brief overview on the sheet.

## Silica Exposure Webinar

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OSHA and OSHA Education Centers in Louisiana, Oklahoma and Texas are offering a free, hour-long WebEx presentation on silica hazards available for viewing from March 5 to 9. The webinar focuses on silica awareness, regulatory compliance for construction and general industry and best practices for silica exposure prevention. You can register [here](#) for this free session.

### Other News

## Safety Stand Down Webinar

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CPWR is presenting a free webinar on March 21 on the upcoming May 2018 National Safety Stand-Down. Speakers from CPWR, OSHA and NIOSH will present [The National Campaign to Prevent Falls in Construction: Getting Ready for the 2018 Safety Stand-Down](#). It will discuss the success of this program and the plans for this year's Stand-Down.

## Solar Panel Installation Safety

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CPWR coordinated with researchers from University of Washington and Oregon State University to create a [safety protocol document](#) for the installation of rooftop solar panels in a prevention through design approach.

## Work Zone Safety Guidance

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The Transportation Research Board's National Cooperative Highway Research Program released the report: [Estimating the Safety Effects of Work Zone Characteristics and Countermeasures](#). This report provides guidance for evaluating safety during planning of traffic work zones.

## Traffic Death Count

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The National Safety Council [preliminarily reported](#) the number of motor vehicle fatalities leveled off in 2017 from their 2016 numbers after a steep rise the previous two years. The number of deaths still numbered more than 40,000 for the year. The report indicated 4.57 million people were seriously injured in 2017. The release also provides a list of seven actions to ensure safer roads.

## Safety Videos

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- **Harness Inspection**

This [short video](#) from safety company MSA provides a quick visual overview of how to inspect your fall protection harness.

- **Backing Up**

The [National Safety Council](#) reminds operators to take care when backing up a vehicle.

- **Kitchen Safety**

This entertaining [video](#) from Oregon workers' compensation firm, SAIF uses a takeoff on cooking competition shows to present kitchen safety tips.

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.