



UTAH
Safety™
COUNCIL

Safety Notes

August 2021

Volume 70



MEMBERSHIP MINUTE

by Lisa Christofferson,
Membership Manager

Each year, the Utah Safety Council's Women in Safety Organization presents the Women in Safety and Health Award (WISH AWARD) to a deserving woman who has shown exceptional dedication and leadership. The recipient is presented with the award and honored during the Utah Safety Council's Annual Meeting and the Women in Safety Award Event, held in December.

This year the Annual Women in Safety WISH Award luncheon will be held on 12/15/21. Nominations for this award are being accepted until 9/30/2021. Please honor an exceptional, impactful woman by submitting a nomination.

USC and the Utah Highway Patrol

by John Wojciechowski, President, *Shared in the Utah State Trooper Magazine*

For over 80 years, the Utah Safety Council has been saving lives by promoting safety and health through education, services, and products all throughout Utah's communities. We are a chapter of the National Safety Council, a non-profit organization, membership based and the foremost authority for safety and health resources in Utah. The council supports a diversified group of organizations in the state with member representation from government, transportation, construction, manufacturing, healthcare, education, mining, and oil & gas. We are proud to serve over 1000 member companies.

The Utah Safety Council provides excellent educational experiences for members and non-members alike.

We offer **occupational safety** training with the resources Utah employers need to help keep their workplaces safe and the tools needed to implement and manage successful safety programs in any industrial or office setting. We help keep workers safe in Utah's warehouses, manufacturing plants, refineries, mining operations and office settings.

The council is also vested in the National Safety Council's **traffic safety** programs to help prevent crashes and reduce collision related injuries and fatalities on Utah's roads. For many of us, our drive to work is the most dangerous part of our day. Our Defensive Driving and Alive at 25 courses provide education to improve driver behaviors, making Utah's roads safer and advancing our mission of saving lives.

Effective **emergency care** and response could make the difference between life and death in the workplace and in the home. First aid, CPR and access to an AED have the power to save a life. Not all first aid and CPR courses are created equal! All the emergency care programs at the Utah Safety Council meet or exceed the current OSHA standards as well as the current CPR and ECC guidelines.

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Membership Benefits

- Streaming Safety Videos
- Safety Media Library
- Members Only Website
- NETS Membership
- OSHA 10-Hour Training
- First Aid, CPR and AED Course
- Member Appreciation Events
- Start With Safety
- Discounts on Occupational Safety Training
- Health & Safety Fair Participation
- Family Safety & Health Magazine
- Monthly Publications and Email Updates
- Membership Recognition on Website
- Exclusive Discounts on Safety Products
- Safety Consulting
- Safety Management Systems for Business Course

USC and the Utah Highway Patrol, cont...

With the Utah Safety Council's **home and community** education programs, we offer Utah's communities the knowledge and know-how to prevent the common injuries that occur outside of the workplace. With these resources, you can take safety home and on the go! We also offer anybody a child passenger safety (CPS) car seat inspection so we can keep our kids safe in moving vehicles.

In total, the Utah Safety Council will train about 13,000 Utahns every year in any one of our training programs. This is only possible because of the incredible and dedicated team at the Utah Safety Council. Every day we look forward to serving Utah and creating safer environments where we all live and work. But we cannot keep Utah safe all by ourselves. Nobody can do it alone.

We want safety for all, but why should what we do at the Utah Safety Council matter to the Utah Highway Patrol?

The Utah Safety Council is just one piece of the puzzle when it comes to keeping Utah's citizens safe. Collectively it takes all of Utah's safety, health, environmental, law enforcement professionals and organizations to make safety the foundational culture in Utah. We all want a strong safety culture in Utah but changing behaviors and prioritizing safe practices starts with all of us. It is our partnerships with organizations and people with common goals that will help us save lives. Safety is good for business in Utah, plus protecting people is the right thing to do.

How do the citizens of Utah think about safety and do they understand its importance? As safety professionals, we know health and safety is essential for any community. Death and injuries can employ major losses to the state. We understand it is every member of societies duty and moral responsibility to help keep people safe. We need to keep Utah to a higher standard.

A safety conscious person at work, at home or at play is probably not going to be the person traveling over 100 mph on the highway. It is also going to be the same person who will drive safely even if he does not see a UHP patrol vehicle parked to the side of the road. As safety professionals, we are all doing work that matters. When we engage with Utah's citizens about the importance of safety and promote behaviors that keep people from getting hurt, we all play a part of a system that will save lives. We need Utah's population to engage and learn safe practices from various organizations like the Utah Safety Council long before they are stopped by a UHP officer for unsafe behaviors. A safety conscious citizenry at work and at home will directly correlate with public safety.

Utah's demographic is changing and there is a new generation coming up. The world has changed, and the way generations grow up has changed. Let us keep safety alive from generation to generation. As safety professionals, it is going to take all of us in all our various settings to find new and innovative ways to educate the new generation that Utah's most valuable asset needs to be protected - its people. Without health and safety, we will lose every time. A safe state is a sound state.

National Safety Month

Thousands of organizations across the country celebrated National Safety Month, during June. We would especially like to thank our member organizations for their participation as well as our Utah State Governor, Spencer Cox who honored our request and declared June 2021 as National Safety Month in Utah.



Visit the Traffic Safety Resources section of our website for Safety Talks, Posters, Videos, Sample Policies, Power Point Presentations and other driving resources.



Spencer J. Cox
Governor
Declaration

Whereas, the rate of unintentional injuries and deaths in the United States remain at high levels;

Whereas, risk identification, pandemic-related safety concerns, psychological safety and advancing organizational safety remain critical to preventing injuries and deaths in the United States;

Whereas, preventing unintentional injuries and deaths requires the cooperation of all levels of government, employers, and the general public;

Whereas, the National Safety Council, founded in 1913, was congressionally chartered in 1953 to lead this nation in injury prevention through safety and health information, education, training and advocacy in the United States;

Whereas, the National Safety Council and the Utah Safety Council promote policies, practices, and procedures leading to increased safety, protection and health in business and industry, in schools and colleges, on roads and highways, and in homes and communities;

Whereas, the National Safety Council and the Utah Safety Council in 2021 will provide this nation with a month-long public education campaign; and,

Whereas, the summer season is a time of increased rates of unintentional injuries and deaths, it is an appropriate time to focus attention on injury risks and preventions;

Now, Therefore, I, Spencer J. Cox, governor of the great state of Utah, do hereby declare June 2021 as

National Safety Month in Utah


 Spencer J. Cox
Governor

History of the Utah Safety Council Computer Lab

by Cassie Henson, Customer Service Manager

Our computer lab started in 2016. We started out small offering just two computer-based training modules, two eventually turned to three, and so on so forth. Although our computer lab is still small, we have grown it tremendously. In 2017 we partnered with ARSC (Association of Reciprocal Safety Council's) and started offering Basic Orientation Plus (classroom course) and



the Basic Orientation Plus Refresher (computer-based training course). From there our lab took off full speed. In mid-2017, we partnered with other Safety Council Chapters and started streaming refinery site specific training, along with many others. We now have the ability to stream a large variety of training and we keep adding more. We are excited to see how quickly this program has grown in such a short period of time and looking forward to what the future holds. For more information about our computer lab and the training we provide, please contact Cassie Henson at chenson@utahsafetycouncil.org or 801.746.7233 x 300.

Look! Potential Water Hazard!

by Aimee Figueroa, Office Assistant/Interim Office Manager

This time of year, the sun rays are still in full effect. Canoes, swimming pools, and all the best water toys are all over the shelves at our favorite stores. While we all want to enjoy fun in the sun, The Utah Safety Council would like to remind you about a few **water safety facts and tips**:

- Children can drown in as little as one inch of water, so never leave your children unsupervised while they are splashing around in any body of water.
- If possible, install barriers of protection around home pools and hot tubs, and remember to remove toys or any items that might attract your child to the pool after swim time is over.
- If trips are made to the lake, always remember that if on a canoe, boat, or paddle board; at least one U.S. Coast Guard-approved **wearable or inflatable life jacket is always required on board.**
- Not just children get injured while swimming.
- Having a first-aid kit in your beach bag is always recommended.
- Having at least one person First-Aid, CPR, and AED certified on water days, is also recommended.
- Parents/Guardians must consistently remind and have **open conversations** with children about:
 - always swimming with a buddy,
 - never underestimating bodies of water,
 - remembering not to shove or push one another in near water,
 - always being aware of surroundings,
 - preparing for an emergency.



For more information, please call or visit our Home and Community **“Safety Fact Sheets”** page [HERE](#), on the Utah Safety Council Website.

Abandoned Mine Sites

by Megan Spackman – Mining, Refinery Safety Program Manager

Mine sites are full of hazards, both seen and unseen. Protection from these mine site hazards is provided by security and constant monitoring. However, across the nation are thousands of abandoned mines. The Utah Geological Survey indicates 450 recorded abandoned coal mines in the state. These sites, and countless others can be dangerous for children, pets, and hikers.

Many of these sites have been marked and blocked off by the Utah Geological Survey, MSHA, the Bureau of Land Management, and other organizations. However, not all abandoned mines have been found.

Keep an eye out when walking in unfamiliar areas for cave like structures or holes. Don't trust timbers covering holes to hold your weight as they may be old and rotting. It may be tempting, but don't explore these caves whether marked or not. Shafts can drop off hundreds of feet, and even a short fall can cause serious injury or death. Walking through these mine sites can stir up “bad air” containing poisonous gases. These gases can rise behind you, blocking your exit with an invisible and deadly barrier. Explorers have also been stopped by insufficient oxygen, which is difficult to detect until it's too late. These old mine sites can also be new homes for wild animals that do not appreciate visitors.



If you find an abandoned mine, report these sites to the proper local entities. In Utah, you can call the Utah BLM State Office at (901) 539-4026 or the Department of Natural Resources / Division of Oil, Gas, and Mining at (801) 538-5323. They will assess the danger and block it off from entry (ensuring not to harm local wildlife). Reporting these sites can save lives.

Why we do what we do - an instructor's point of view.

by Daphne Felley, National Safety Council First Aid Instructor

As instructors, we hope that the basic skills we teach will help save someone's life one day. After teaching a First Aid, CPR & AED class on 06/09/2021, I was driving home on Main Street in Davis County. It was 9:30 p.m. and across the intersection I saw a small group of people waving their arms frantically, motioning for help. I rolled down my window and could hear them yelling for anyone with medical knowledge. I jumped out and ran over to see if there was anything I could do.

There, in the middle of the street was a horrific scene. There was a 67-year-old male lying in the street bleeding profusely. His wheelchair was a few feet from him mangled, and a woman was screaming that someone ran over him and left the scene. I looked him over and saw that his injuries were extensive and life threatening. I bolted to my SUV, grabbed my first aid kit and threw on a pair of gloves. Although many people had gathered around there was only two people that were at his side asking what they could do. Immediately one person held his head and neck to stabilize his spine. I got to work stopping his bleeding as fast as I could. He was bleeding uncontrollably from his right leg where he had a gruesome compound fracture. His leg was bent in half, arteries and bones exposed.



Just as we got his bleeding under control, I could hear the sirens. Police, fire, and paramedics had arrived. I knew I did as much as I could do. I picked up what was left from my first aid kit and let the medical team do their job. Without the skills I used, he would have bled out before help arrived. I felt like I had given him a chance, more time.

We are so lucky to be able to teach people to act in an emergency, like I tell my class, do something! The skills we teach really can help save someone's life and give people the confidence to jump in and help. The skills I used that night were all things we teach in first aid classes. Stop a bleed, stabilize a spine, treat shock, ready to start CPR if needed. Giving every person the confidence to use those basic lifesaving skills in a situation is my goal when teaching.

I wish everyone could be trained, I know I will train as many people as I can to do what I did that night. We never know when we will come across someone needing help. Basic lifesaving first aid really can save a life. We really do make a difference. Teaching basic lifesaving skills, scene safety, and confidence to take control of a scene is paramount. I am so proud to make a difference and be able to teach others to do the same.

-

Need a safety consultant?

By individually matching our safety consultants to each organization, our consulting program allows companies to implement safety as never before!

Request a quote!

For more information, contact Cameron Clark at 801.746.SAFE (7233) or email cclark@utahsafetycouncil.org



Vehicle Theft Prevention

by Nichole Rilck, Traffic Safety Manager

To help vehicle owners keep their cars safe, the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) is continuing its annual Vehicle Theft Prevention Campaign. In 2019 alone, nearly three quarters of a million motor vehicles were stolen in the United States, costing vehicle owners more than \$6 billion. Motor vehicles include passenger cars, trucks, and multipurpose vehicles. Review these 2019 statistics on vehicle theft in the United States and NHTSA's tips on keeping your vehicle safe.

- Passenger cars made up more than 50% of all stolen motor vehicles.
- Only 56.1% of all stolen motor vehicles were recovered.
- Of all motor vehicles stolen, 74.5% were passenger vehicles.
- There were 721,885 motor vehicles stolen.
- A motor vehicle was stolen every 43.8 seconds.

PROTECT YOUR VEHICLE FROM THEFT WHAT YOU SHOULD KNOW

In 2019, there were **721,885** **VEHICLES STOLEN** NATIONWIDE

In 2019, thieves stole more than **\$6 BILLION** in motor vehicle value

In the United States, a vehicle is stolen every **43.8 SECONDS**

Nationally, nearly **44%** of stolen vehicles are **NOT RECOVERED**

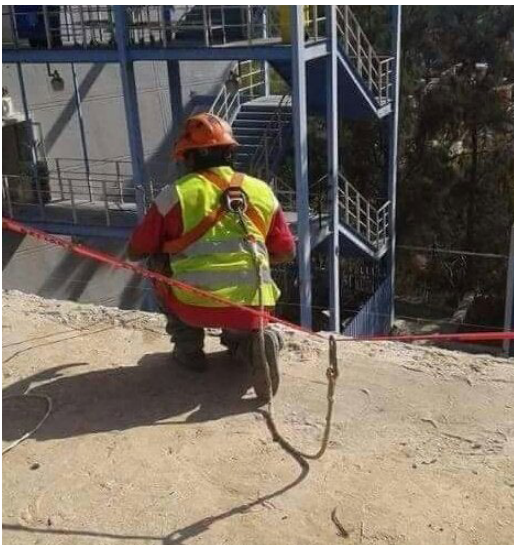
Prevent vehicle theft:

- PARK** in well-lit areas.
- PUT** away valuables.
- LOCK** cars and windows.
- DO NOT** leave keys in car.
- NEVER** leave your vehicle while it's running.

Source: NHTSA, 2020. Revised January 2021.

U.S. Department of Transportation National Highway Traffic Safety Administration. For more information on vehicle theft prevention and NHTSA, check out [NHTSA.gov/theft](https://www.nhtsa.gov/theft).

Safety Violation!



Does this image make you cringe? Can you identify exactly what's wrong, why and how to fix it? Let us know what the "Safety Violation" is in this image (bonus points for "Regulatory References") and win. Winners will receive a prize from the Utah Safety Council.

Email your response to safety@utahsafetycouncil.org and put **SAFETY VIOLATION!** In the subject line to enter. Entries must be received by the last day of the month and the winner will be announced in Safety Notes.



Child Passenger Safety Week September 19-25

Deaths and injuries can be prevented by proper use of car seats, boosters, and seat belts.

Take advantage of our **FREE** car seat checks by scheduling an appointment today!

Visit our website or call 801.746.SAFE (7233)

In Case You Haven't Heard

by Cameron Clark, Occupational Safety Training Manager



Hearing Protection

Hearing protectors must be available to all employees exposed to an eight-hour TWA noise level of 85 dB or above. This requirement will ensure that employees have access to protection before they experience hearing loss. Hearing protection must be worn by:

- Employees for any period exceeding six months from the initial exposure to eight-hour TWA noise level of 85 dB or above until they receive their baseline audiograms.
- Employees who have experienced an STS.
- Employees exposed over the permissible exposure limit of 90 dB over an eight-hour TWA.

Hearing protection should be comfortable and adequately reduce the severity of the noise levels for each employee's work environment. Hearing protection should be selected so that the noise reduction

rating (NRR) of the protective device is adequate for the exposure. For details on personal protective equipment selection and noise reduction ratings, see OSHA 1910.95, Appendix B.

Training

Employee training is critical. By helping your employees understand the dangers of noise, and the positive effects of complying with the hearing conservation program, they will be motivated to actively participate in the program. Employees exposed to TWAs of 85 dB and above must be trained annually on the effects of noise; the advantages and disadvantages of various types of protectors; the selection, fit, and care of protectors; and the purpose of the annual audiometric testing.

Record Keeping

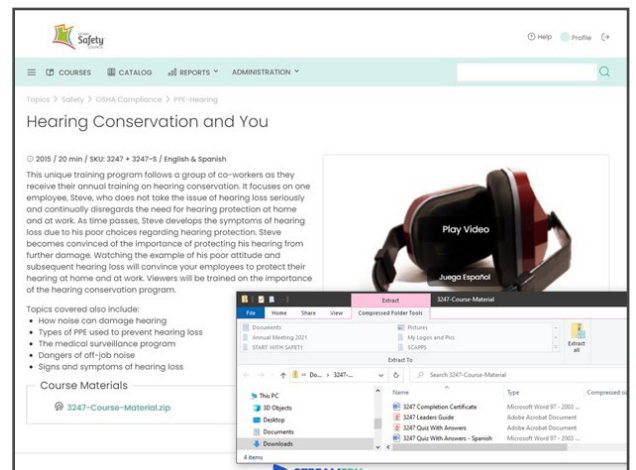
Noise exposure records must be kept for two years, and records of audiometric test results must be kept for the duration of employment of the affected employee. Audiometric tests must include the name and job classification of the employee, the date, the examiner's name, the date of the last acoustic or exhaustive calibration, measurements of background sound pressure levels in the audiometric test room, and the employee's most recent noise exposure measurement.

Have You Heard About This?

by Lisa Christofferson, Membership Manager

Use your Utah Safety Council membership benefit to stream a video about hearing protection. There are several to choose from so you can pick the best one for your team. Don't forget to download the Course Materials that support each course, we always recommend using the Leaders Guide to supplement your videos with toolbox talks and safety discussions.

To gain access, or for questions; contact Lisa Christofferson, Membership Manager lisac@utahsafetycouncil.org or 801.746.7233 Ext 302.



Date	August / September Courses	Member	Non-Member
August 9	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
August 9	Trenching and Excavation for the Competent Person 	\$160	\$200
August 10-12	First Aid, CPR and AED Instructor Course 	\$497	\$710
August 11	Risk Management 	\$112	\$160
August 13	Annual Meeting and Safety Awards 	FREE	FREE
August 16	Fire Extinguisher Training	\$25	\$25
August 16	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners * IN PERSON COURSE *	\$75	\$75
August 17	Basic Orientation Plus	\$75	\$90
August 17-18	OSHA 10-Hr General Industry	FREE*	\$140
August 19	OSHA 7000: OSHA Training Guidelines for Safe Patient Handling	\$175	\$175
August 20	Competent Person Fall Protection 	\$160	\$200
August 23	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
August 23	Hazwoper 8 Hr Refresher 	\$147	\$210
August 24	Contractor Safety Orientation (UITC)	\$75	\$75
August 25	Machine Guarding 	\$112	\$160
August 25	First Aid, CPR and AED Training	FREE*	\$110
August 26	Incident Investigation 	\$108	\$360
August 30	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
August 31	Emergency Action Plans and Fire Prevention OSHA Compliance Series 	\$112	\$160
August 31	Basic Orientation Plus	\$75	\$90
September 1	Start With Safety, Live Web-Based 60 Minutes - 10:00 AM 	FREE*	FREE
September 2	Fire Protection: OSHA Compliance Series 	\$112	\$160
Sept. 2-3	OSHA 10-Hr Construction Industry	FREE*	\$140
Sept. 7	Contractor Safety Orientation (UITC)	\$75	\$75
Sept. 8	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
Sept. 8-11	MSHA 32-Hour Training for New/Inexperienced Underground Miners 	\$375	\$375
Sept. 9	Ergonomics: Managing for Results 	\$108	\$360
Sept. 13	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
Sept. 13	Welding, Cutting & Brazing: OSHA Compliance Series 	\$112	\$160
Sept. 14	Basic Orientation Plus	\$75	\$90
Sept. 14	Job Safety Analysis 	\$252	\$360
Sept. 15	Reasonable Suspicion Drug & Alcohol Compliance Training for DOT Supervisor 	\$75	\$75
Sept. 16	Team Safety 	\$252	\$360
Sept. 17	Slips, Trips & Falls: OSHA Compliance Series 	\$112	\$160
Sept. 20	First Aid, CPR and AED Training	FREE	\$110
Sept. 20	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
Sept. 21	Contractor Safety Orientation (UITC)	\$75	\$75
Sept. 21-24	Safety Management Techniques 	\$1,200	\$1,715

 Interactive, Live, Web-Based Course Option Available