



St. Louis Chapter Newsletter March 2020



Next Meeting

Monday, March 2nd

Professional Development Conference

Join members of the local American Industrial Hygiene Association for a day of professional training, and earn some continuing education. Tickets are still available

Location:

AMEREN Headquarters
1901 Chouteau
Saint Louis, MO 6310

Time:

7:00am Registration & Breakfast
8:00am Conference Begins
3:30pm Closing Speaker Begins

Coming Up

March 5th & 6th – All Day

Midwest Construction Safety Conference

Thursday, March 26th – 4:30pm to 6:30pm

WISH Spring Fling (See Flyer)

Monday, April 13th – Lunch

Monthly St. Louis ASSP Chapter Meeting – featuring Matt Weirich of Athletico, covering First Aid Management of Muscular skeletal disorders in the workplace and OSHA compliance.

Monday, May 11th – Chapter Meeting

May 12th - 14th, All Day

[SafeConExpo2020](#) – Safety and Health Council of Western Missouri and Kansas, held at The Lodge of the Four Seasons in Lake Ozarks, MO

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Chapter Board Nominations

A slate of officers for the 2020-2021 chapter year has been put forward by the nominating committee, as follows.

- Steve Williams, President (current Vice President)
- Dennis Pivin, Vice President (current Secretary)
- Nate Richardson, Treasurer
- Mike Buchana, Secretary

Rick Reams will transition into the Board position of Past President automatically. The officers will be voted upon as a slate at the April Meeting. However, we still need YOU to participate in the life of the chapter. See any board member and let them know how you would like to contribute.



WISE

Women in Safety Excellence



YOU ARE INVITED TO THE
WISH

SPRING FLING

AT 3650 S Lindbergh Blvd, St. Louis, MO 63127

Helen Fitzgerald's



MARCH 26TH, 2020 • THURSDAY
4:30 pm to 6:30 pm

LET US KNOW IF YOU'LL COME!

RSVP to JaNola at
Jringsby@qualsafesolutions.com

Come join us for networking with other women in in the safety realm within a casual and relaxed atmosphere.

[Food & drink available for purchase]

Are We Confused or Is It Just The Regulations?

by William Kincaid, P.E., CSP, CIT

Sr. Loss Control Consultant

Lockton Midwest

The intention of OSHA, like other regulatory agencies, is to fix problems through creating regulations and then enforcing them. It's a fine intention but goes off the rails now and then when people are confused about what the regulations require. Let's review some of the rules which cause trouble and see if we can clarify them a bit.

First, trenching. Something which affects many construction sites as well as utilities installations. What does the rule cover? The rule we enforcers affectionately call Subpart P covers ANY hole in the ground (except for some residential foundation excavations).

The confusion concerns when trench cave-in protection is required. Ask a group of construction people at what depth a trench must be protected, and you will usually get a quick answer: "five feet". Sometimes you will hear four feet, occasionally six, but most people seem to know five feet is the depth where mandatory protection kicks in. However, what very few tradespeople seem to realize is trench protection can be required for excavations less than five feet deep. The OSHA excavation rule lays the foundation for this error when it says trench protection is not required when "Excavations are less than 5 feet (1.52 m) in depth and examination of the ground by a competent person provides no indication of a potential cave-in." The second part of that exception is widely ignored. This is a real problem because so many excavation companies don't even think about protecting against cave-ins when planning for an excavation less than five feet deep.

Even an OSHA inspector might glance at a trench, see it is a few inches under 5 feet, and decide to move on without any further examination. It's not that OSHA people don't care about depths less than five feet. It's just that proving a violation gets a lot more complicated when it takes more than a tape measure to show why the trench is getting cited. Gathering bits and pieces of proof to show "indication of a potential cave-in" might be a tricky job assignment. You would have to show some factor that clearly amped up the chance of a cave-in, such as water in the trench, soil cracks along the sides,

jackhammering in the trench, etc. In my case, only a very tiny fraction of the trenches I cited were less than five feet deep. Consequently, the common perception is that trenches only must be protected when five feet deep or more.

Our second point of confusion concerns lockout. The requirement to have written lockout procedures is cited often enough it has become a gift which keeps on giving – to the Treasury of the United States, I mean. That’s where OSHA’s penalties end up after they’re paid. The OSHA rule came out thirty years ago, and yet it is still not understood by the “regulated community”, leading to many citations and more to come.

The part of the rule which seems to cause the most trouble says:

1910.147(c)(4)(i) Procedures shall be developed, documented and utilized for the control of potentially hazardous energy when employees are engaged in the activities covered by this section.

It’s not clear that there’s supposed to be a procedure specifically written for every machine, but that’s what thirty years of citations, letters of interpretation and court decisions tell us it says. Too bad the rule doesn’t say it clearly.

A lot of well-meaning companies, even today, still have a general, one-size-fits-all lockout procedure. During a safety review, there is sometimes a moment when someone will proudly present me with the company’s entire library of lockout documentation: a generic lockout procedure which fits on one sheet of paper. Looking at the way the rule is worded, it’s hard to blame them. Unless you are the guy whose job is to inspect them, in which case you are required to blame them, and to throw in a fine. But the average person might read that and think, “We developed and documented a lockout procedure back in, what, 2002? It’s in the Safety Book. So we’re done!”

Considering how many steps must be taken to truly make some machines safe to work on, requiring procedures for each machine makes sense. For example, working under an overhead door which has become stuck in the raised position. (Yes, overhead doors are “machines and equipment” and are covered by the lockout rules.) A generic lockout procedure might lead you to shut off the power and lock it out. A procedure specifically written for the overhead door would also tell you to block the door so it can’t fall on someone, as well as to deal with the counterbalance springs and any other hazardous energy surprises inherent to the design.

Making too much of a simple overhead door? We investigated a fatality where one of these overhead doors fell on a guy while locked out per a generic procedure. A machine-specific overhead door procedure could have pointed out how to deal with the weight of the door. This would protect much better than the old “start from scratch every single time you lock it out and guess your way through it” process of a generic procedure.

It’s a lot of work to write a procedure for each machine. However, I can think of numerous fatalities caused by inadequate lockout. Among the companies where these deaths occurred, the management would all now agree the time involved in crafting a better, more thoughtfully designed procedure would be a negligible cost compared to the terrible losses caused by those fatalities. (Another point of confusion concerns the “periodic inspection of the energy control procedure at least annually”. Not enough room here to get into periodic inspections, but if you’re not already doing those, you should start now. It’s a common “gotcha” citation.)

The next rule we’ll touch on is actually four of them. There is a perception in some companies that OSHA’s rules on Chemical Hazard Communication, Lockout, Forklifts and Permit Required Confined Spaces all require annual retraining. This leads to a lot of time spent getting groups together once a year to retrain them on things which most of the attendees already know quite well.

Although some rules require annual refreshers, Chemical Hazard Communication, Lockout, Forklifts and Permit Required Confined Spaces don’t require annual retraining. Built into each of these rules are circumstances which require retraining, but no rote annual requirements. See 1910.1200(h)(1), 1910.147(c)(7)(iii)(A), 1910.178(l)(4) and 1910.146(g)(2) for details. The confusion isn’t caused by the wording of the rules, but by confusing them with the many rules which have annual retraining rules.

Not that I am taking a stand against training on any of these subjects, as I am not, but training is expensive when you factor in the wages and lost productivity of the trainees. When it’s not required and isn’t teaching anyone anything they don’t already know, retraining simply because a certain date on a calendar is approaching is not necessarily a good value for the money. There are better places in EHS to spend it.

These are certainly not all the examples of confusion over what it says in OSHA's book. We could discuss quite a few more areas of confusion, but there's not space for them in a single column. We will touch on more in future newsletters.

MARCH 2nd, 2020



PROFESSIONAL DEVELOPMENT CONFERENCE ST LOUIS

Joint Professional Development Conference with the AIHA & ASSP Saint Louis Local Sections

Nationally Recognized Speakers without the travel cost.

Topics include: *TBD*

CEU's available through University of Central Missouri (UCM or CMSU to many of us); Certificates of Attendance will be provided and speaker handouts will be available online. (Approved for TBD CEUs)

Unemployed members of local sections receive free registration - Contact St Louis ASSE or Donn Cahill (for AIHA)

Thank you to AMEREN for the generous use of their facility.

Continental Breakfast, Lunch & afternoon Snack included in the price of the conference.

Lunch Scheduled includes: LUNCH TBD

Date And Time

Mon, March 2, 2020
7:00 AM – 5:00 PM CST
[Add to Calendar](#)

Location

AMEREN Headquarters
1901 Chouteau
Saint Louis, MO 63101
[View Map](#)

Refund Policy

Refunds up to **7 days** before event



Safety Council of Greater St. Louis

2330 Hampton Avenue
St. Louis, MO 63139
Phone 314-621-9200
Fax 314-621-9204
www.stlsafety.org

ADVANCED WORK ZONE AND FLAGGER TRAINING

8 Hour Course

Monday, March 9th From 8:00 AM- 4:00 PM

At The Safety Council of Greater St. Louis

**2330 Hampton Avenue
St. Louis, MO 63139**

\$260.00

As You Probably Know...

[Sec 616.3.4](#) of the Missouri standard specifications for highway construction requires contractors to train their work zone supervisors in MoDOT's Advanced Work Zone Training or an approved equivalent training course.

Our training meets the **MoDOT Work Zone Specialist Requirement** and a certificate will be issued upon successful completion of class requirements. Certification is valid for 4 Years.

Learning Objectives

- Discuss work zone safety and mobility policy
- Identify the different components that make up a temporary traffic control zone
- Describe each step involved in temporary traffic control zone operations
- Apply temporary traffic control devices in accordance to the EPG and MUTCD
- Recognize temporary traffic control device quality requirements
- Apply traffic control plans to site conditions through inspecting, monitoring traffic controls, and changing traffic control devices indicated by traffic incidents
- Identify the legal consequences of action or inaction relative to work zone traffic control and identify risk management procedures

Agenda

- MoDOT policy
- Work Zone Standards
- Work Zone Basics
- Transportation Management Plan
- Law Enforcement
- Traffic Capacity
- Travel Time Information
- Designing for the Driver
- Pedestrian & Bicyclist Considerations
- Test
- Nighttime Work Zones
- Work one Speed Limits
- Temporary Traffic Control Devices
- Crash-worthiness of Devices
- Creating a Safe Driving and Work Environment
- Basic Plan Reading
- Work Zone Inspections
- Addressing Work Zone Deficiencies
- Tort Liability and Risk Management
- Classroom Exercises

Register by calling 314-621-9200 OR

Registration



Save the Date- 5th Annual



MAY 12-15, 2020

The Lodge of the Four Seasons

Lake of the Ozarks, MO

May 12th, 2020

Morning Pre-Conference – 8:00 a.m. – 12:00 p.m.

Fall Protection Equipment Inspector Class

Golf Tournament - 1:00 p.m. Robert Trent Jones Course

Conference - May 13 & 14, 2020

Keynote Speaker: Don Kernan, a consultant who also serves the CCBS as a Safety Accreditation Commissioner and an Advisor to the Board.

Exhibitors located in the Main Ballroom

Book your hotel reservation. Rooms are \$112.00 a night. Hotel reservations at this rate will be accepted until April 10, 2020. Bring your family and make it a vacation, the room rate is good weekend before and after. May 8-17, 2020. Based upon availability

The Lodge of Four Seasons

315 Four Seasons Drive

Lake Ozarks , MO 65049

<https://4seasonsresort.com>

Hotel Phone: 573-365-3000 - Hotel Fax: 573-365-8525

Toll Free Reservations: 888-265-5500, between 8 – 5 M – F

Registration Code: SAFECONEXPO

Online Registration use group attendee- room rates start at \$112.00

<https://reservations.travelclick.com/17336?groupID=2584426>



Are you or your company in need of Lift Truck/Forklift Training? We are offering a National Safety Council Lift Truck Operator/Refresher Class on March 18th and 19th.

Lift Truck Refresher Course

March 18th, 2020

6 hours, \$250

Lift Truck Operator Training

March 18th and 19th

12 hours, \$375

Lift, carry, stack – and comply. Here's why.

OSHA's safety training requirements for powered industrial truck operators help prevent an estimated 11 deaths and 9,500 injuries per year, plus \$135 million in employee costs. What can they do for your facility?

The National Safety Council's Powered Industrial Truck Compliance Training Seminar lays it all out for you. Our professional facilitator will walk you through the standard and show you how to put it to use. Through discussion and activities, you'll learn practices and procedures that will help you comply and keep your employees safe.

The Training Covers:

- Details of the OSHA 29 CFR 1910.178 Powered Industrial Trucks standard
- Basic safety precautions for operators and those working in the vicinity
- Operating forklifts and other powered industrial trucks in hazardous locations
- Training requirements for operators
- Maintenance, including safe fuel handling and storage

Both classes offer hands-on training.

Both classes will be held at:

Carpenters Training Center
8300 Valcour Avenue
St. Louis, MO 63123

TO REGISTER, CLICK THE LINK BELOW OR GIVE US A CALL

Registration



American Society of Safety Professionals

St. Louis Chapter Committees

Website – Dave Callies – dcallies@kelpe.com

Maintains website with updated news, chapter events, and job postings

Newsletter – Dan Bembower – dan.bembower@usi.com

Publishes and distributes the chapter newsletter to all chapter members

PDC Chair – Dennis Pivin – DPivin@aegion.com

Coordinates logistics of professional development activities

Membership – Dianne Gibbs – dianne@ideasftp.com

Ensures new members are recognized & introduced at membership meetings

Public Relations – Steve Williams – swilliams@bellelectrical.com

Promotes chapter activities to the general public. Coordinates poster contest

Awards & Honors – Bill Kincaid – billkincaid@yahoo.com

Recognizes member achievement through chapter awards

Scholarship – Rob Miller – robertmiller91@yahoo.com

Promotes student scholarships & continuing education scholarships for members

Programs – Tim Michel – tmichel@keeleycompanies.com

Plans the program time and needs for presentations & coordinates schedule

Social Media – JaNola Rigsby – jrigsby@qualsafesolutions.com

Maintains Face book & Twitter accounts promoting discussion with local membership

Please contact the committee chair with comments or if you would like to participate.

Mid Missouri Officers

Bret Derrick, Chairman

bderrick@broadwayergonomics.com

Mark Woodward, Vice Chair

mwoodwar@mem-ins.com

Bethany Watson, Membership Chair

bethany@365safetyservices.com

Job Opportunities

Job opportunities are posted frequently on the website:

<https://stl.assp.org/current-openings/>

Remember, the St. Louis Chapter offers unemployed ASSE members a free lunch at our monthly meeting!

St. Louis Chapter Board Members

Rick Reams – President, 618-670-6589 (ricky_reams@hotmail.com)

Steve Williams – Vice President, 314-213-5859 (swilliams@frenchgerleman.com)

Dennis Pivin – Secretary (DPivin@aegion.com)

Erica Heinssen – Treasurer, 207-522-0368 (elheinssen@hotmail.com)

Mark Krieger – Past President, 314-435-3630 (mark.krieger2007@gmail.com)

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<http://stl.assp.org>