



# Safety News

Dedicated to ensuring the safest and healthiest working environment for our members

Fall 2018 | Issue 13

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### Our Vision

The United Association and its local unions will apply its best practices and resources to build the best educated and safest workforce in all sectors of the piping industry.

## Message from Cheryl Ambrose Health, Safety and Environmental Administrator



September was National Emergency Preparedness Month ([www.ready.gov/september](http://www.ready.gov/september)) with the overarching theme: **Disasters Happen. Prepare Now.**

**Learn How.** Recognized each September, it is intended to encourage and remind Americans to be prepared for disasters or emergencies in their homes, businesses, and communities, now and throughout the year.

The devastating hurricanes and wildfires of 2017 and 2018 reminded the nation of the importance of preparing for disasters. Often we will be the first ones in our communities to take action after a disaster strikes and before first responders arrive, so it is important to prepare in advance to help yourself and your community. Here at the UA, we don't have to look far to be reminded of the importance of being prepared. Emergencies with warning can be extremely challenging such as Hurricanes Harvey or Florence, or emergencies that come without warning such as a tornado, flash flood, or a medical emergency requiring immediate action. Both types of emergencies highlight the great importance of planning and preparation, not just in the workplace, but at home. I would argue that every month should be Emergency Preparedness Month.



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That brings me to my next question . . . Are you prepared for an emergency whether at work, at home, or while travelling in between? If we are honest, and this includes myself, we may not be as prepared as we should be. Make a plan and communicate it to those who could be affected during an event. Take time to learn lifesaving skills—such as CPR and first aid, check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with disasters and save for an emergency. Know how to take practical safety steps like shutting off water, gas and power. Download the FEMA app and receive real-time alerts (<https://www.fema.gov/mobile-app>) and check your local city, county, and state for apps in your area.

Look for ways to get involved at the local level. [Find and join a local CERT](#), or Community Emergency Response Team through the FEMA Citizen Responder. CERT programs educate volunteers about disaster preparedness for the hazards that may impact their local areas. This is another great way for our local unions to participate in their communities. The CERT program, a grassroots initiative started in 1993, is designed so local and state program managers have the flexibility to form their programs in the way that best suits their

communities. CERT volunteers are trained to respond safely, responsibly, and effectively to emergency situations.

When I think of an example of preparation, I think back to August and the 2018 Instructor Training Program in Ann Arbor. The level of planning and preparation, mainly accomplished by the sheer hard work and dedication of so many, brought first-class training to our UA instructors in Ann Arbor again

this year. Much of that hard work occurred behind the scenes well before August, and it is that level of preparation that helps make the Instructor Training Program so successful. If we apply even a degree of that level of preparation to our own emergency plans, we are well on our way to being ready if an emergency happens. ■

## IMPORTANT CHANGES TO OSHA OUTREACH TRAINING PROGRAM REQUIREMENTS

As many might recall, last year OSHA reduced the grace period for renewal of OSHA Trainer authorizations to ninety (90) days. **Effective January 1, 2019, the 90-day grace period will be eliminated.**

**TRAINER REAUTHORIZATION CHANGE** <https://www.osha.gov/dte/outreach/>

“As part of its continuing effort to improve the Outreach Training Program, the Occupational Safety and Health Administration (OSHA) will be eliminating the authorized trainer “90-day grace period” described in Sections III.B.1.,2, and 4 of the OSHA Outreach Training Program Requirements... OSHA urges authorized trainers to schedule registration, attendance, and completion of the relevant Trainer Update course well in advance of their trainer authorization expiration date. Authorized trainers that let their authorization lapse will be ineligible to attend a Trainer Update course, and will be required to meet all prerequisite requirements to attend the relevant Trainer course, to include having successfully completed the applicable OSHA Standards course(s) within seven calendar years of attendance at the Trainer course. Extensions of trainer authorizations that expire on or after January 1, 2019, will not be granted.”

Complete OSHA Outreach Program Requirements can be found at [https://www.osha.gov/dte/outreach/OSHA Outreach Training Program Requirements-2018.pdf](https://www.osha.gov/dte/outreach/OSHA_Outreach_Training_Program_Requirements-2018.pdf).

Please ensure that your Authorized OSHA Outreach Trainers plan ahead to complete a renewal course (OSHA 502) prior to their expiration date. Please share this information with your OSHA instructors. See below for information on the next OSHA 502 course offered through the ITF.

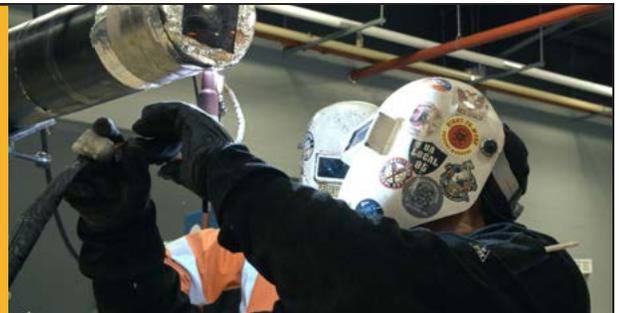
**Course #2151 – OSHA 502 Trainer Update**, October 30, 2018 – November 1, 2018  
Great Lakes Regional Training Center, Washtenaw Community College, Ann Arbor, MI

Contact Cheryl Ambrose ([cambrose@uanet.org](mailto:cambrose@uanet.org)) or the UA Registrar’s Office ([cathym@uanet.org](mailto:cathym@uanet.org)) with any questions.

## United Association’s Commitment to a Standard for Safety

Check out the new video on the UA YouTube channel below or click on the photo.

<https://www.youtube.com/watch?v=bKXJwm7KEMw>



## Safety Courses Get Hands-on at the 2018 Instructor Training Program (ITP)



Pictured above: UA instructors take part in the fall protection demonstration by Jethro Roemer with 3M Fall Protection as part of the UA 2158 course.



Pictured above: Terry Hayes with CPWR continues the Fall Protection course hands-on activities with a demonstration on rescue techniques.

# Safety News

UA 2160 Safe Pressure Testing for Piping Systems lead instructor Nate Jacobson, LU 400 (top left photo) and co-instructor Willie Heiss, LU 168 (top right photo) work with students during one of the hands-on activities for the course at this year's ITP.



Nate Jacobson  
Lead Instructor

Willie Heiss  
Co-Instructor

GRANTABLE  
ITEM

TEC

UNION

Technology was front and center at the 2018 ITP with new VR apps in the Trenching Competent Person course where VR supplements the new curriculum. A new Safety VR app depicting Focus Four hazards in a mechanical room setting was also unveiled.

## UA OSHA Master Instructor Achieves BCSP Certification

### Rita Neiderheiser Passes CHST Exam

The UA and the International Training Fund (ITF) are proud to recognize and congratulate Rita Neiderheiser with Local Union 669 on achieving the certification of Construction Health and Safety Technician (CHST). She successfully passed the certification exam through the Board of Certified Safety Professionals (BCSP). Construction Health and Safety Technician, or CHST, is a certification awarded to safety practitioners who meet and continue to meet all requirements established by BCSP. BCSP awards CHST certification to individuals who demonstrate competency and work part-time or full-time in health and safety activities devoted to the prevention of construction illness and injuries.



After attending a CHST exam preparation workshop held in January 2018 at the MCAA Safety Directors Conference in San Diego, Rita set her sights on achieving the CHST designation. Her hard work and preparation paid off and she passed the exam with flying colors on September 6, 2018. Sister Neiderheiser becomes one of 6,500 safety professionals nationwide, and one of only 166 in the state of Colorado, to hold the professional safety certification of CHST. When asked to describe her motivation to pursue the CHST certification, she responded, "Having worked in construction for 40 years, I know a lot about the safety and health issues concerning our occupation, but earning the CHST certification validates that assertion. As UA members and professionals in the piping industry, we have many opportunities to gain certification in various proficiencies. I think it's important to get all the certifications we can because it provides evidence that we're keeping our expertise current and up to date."

In addition to being one of the UA's OSHA Master Instructors since 2008, Rita has been the Technical Advisor for Sprinkler Fitters Local 669 since 2009, where she works on issues related to fire sprinkler codes and standards, public awareness and acceptance of fire protection systems, water safety and fire sprinkler systems. She also works in support of certification and licensure of fire sprinkler installers and inspectors.

As a UA Local Union 669 Sprinkler Fitter since 1978, Rita Neiderheiser has had various roles related to safety. As a foreman, she was responsible for ensuring best safety practices on many job sites. In 1993, she became an OSHA Outreach Trainer while continuing her work as a sprinkler fitter. Rita has been a UA Instructor since 2007 when she graduated from the

UA Instructor Training Program in Ann Arbor. She earned her Bachelor's Degree in Adult Education and Training from the National Labor College in May 2010.

Sister Neiderheiser is the Chairperson for the American Society of Sanitary Engineers (ASSE)'s ASSE 15000 Technical Committee (Inspection, Testing and Maintenance of Water-Based Fire Protection Systems Certification). She is a member of UA Local Union 669 JATC; Advisory Board for the Colorado Division of Fire Safety; the Backflow Prevention Education Council of Colorado; the NFPA 14 Technical Committee (Standard for the Installation of Standpipe and Hose Systems); NFPA 75 Technical Committee (Standard for the Fire Protection of Information Technology Equipment); NFPA 150 Technical Committee (Fire and Life Safety in Animal Housing Facilities Code); the ASSE 7000 Committee (Residential Potable Water Fire Protection Certification); the ASSE 12000 Committee (Health and Safety of Construction and Maintenance Personnel Certification); and the ASSE Cross Connection Control Technical Committee.

In addition to her certification as a CHST, Rita is certified as an International Code Council (ICC) Fire Inspector II and ASSE Backflow Tester, Repairer, Fire Sprinkler System Tester, and Surveyor. She also holds the National Institute for Certification in Engineering Technologies' NICET III – Inspection and Testing and NICET III – Design and Layout certifications.

Our congratulations to Rita on her great achievement! ■

## CPWR Research Update

### New Study Reveals the Type of Drill Used to Drill Concrete Can Impact Worker Health and Safety

Drilling large holes into concrete is demanding and difficult work. Workers are exposed to hand vibration, noise, respirable crystalline silica dust at high levels. A new study from CPWR—The Center for Construction Research and Training conducted by Dr. David Rempel and his team identified how to improve safety when performing this type of work.

Rempel and his team used a test bench system to compare use of electric and pneumatic drills of similar weight to drill ¾" diameter holes under identical conditions for exposure to vibration, noise and silica, as well as productivity. They found that even though pneumatic drills have long been considered more robust and productive, there was no difference in productivity between the drills. When it came to safety, however, they found that the electric drill generated significantly lower



exposures to vibration, noise, and respirable silica dust (with-out the use of a vacuum control), as illustrated below:

Source: *Applied Ergonomics*, August 2018

- The handle vibration with the pneumatic drill was approximately five times greater than the electric drill.
- The mean peak noise level for the pneumatic drill was significantly greater than for the electric drill. While both drills would require the user to wear hearing protection, the noise levels for the pneumatic drill would require double protection (e.g. a combination of earplugs and earmuffs).
- The silica dust levels produced without the use of a control (vacuum or water) by the pneumatic drill were 444 times higher than the OSHA permissible exposure level and 11 times higher for the electric drill. While the new silica standard would require the use of controls with both types of drills to reduce workers' exposure to respirable silica dust, it would be more challenging to bring the exposures generated by the pneumatic drill below the OSHA PEL.

Given these findings, the researchers recommend that structural contractors consider switching from pneumatic rock drills to electric rotary hammer drills for drilling large holes into concrete, such as dowel and rebar work and inserting anchor bolts, in order to provide protection for the safety and health of construction workers. For more information about these and related studies visit <https://www.cpwr.com/research/test-bench-evaluating-concrete-drilling-methods>.

### Summer May be Over but the Risks from Sun and Weather Remain

Two new Hazard Alert Cards and toolbox talks on lightning and skin cancer, and an infographic on heat exposure are important reminders of how to work safely when working outside. This year alone, it is estimated that more than 90,000 people will be diagnosed with and 9,000 will die from melanoma, the deadliest form of skin cancer. Many of those diagnosed are expected to be construction workers.

Lightning is also a concern when working in open spaces, on roofs, or other high places. Finally, while summer is ending, heat exposure is still an issue in many parts of the country. This infographic provides an easy guide to protecting yourself and your co-workers against heat exposure.

To find these topics and more information on how to protect yourself from occupational hazards, visit <https://cpwr.com/publications/handouts-and-toolbox-talks>.

**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**

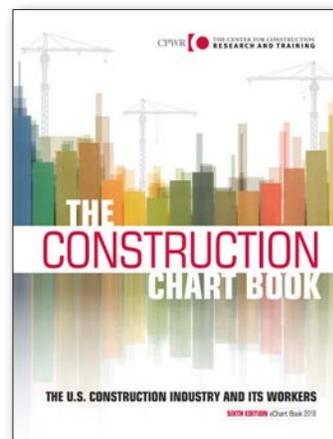
Getting help can be the difference between **life and death.**

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 NIBTEC. Production of this document was supported by cooperative agreement #100702 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.

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### CPWR Releases The Construction Chart Book, 6th edition



The Construction Chart Book - The U.S. Construction Industry and Its Workers presents the most complete data available on all facets of the U.S. construction industry: economic, demographic, employment/income, education/training, and safety and health issues, plus much more—all in one place. This new edition not only offers on-demand access to the charts and data, but also includes interactive features that enhance the user's

experience. Visit the CPWR website to [consult the contents online](#) or to [download](#) this essential reference volume to your PC or laptop. ■