

April 2005

Low Country Chapter

AMERICAN SOCIETY OF SAFETY
ENGINEERS



President's Message

We are nearing the end of the ASSE year in June, and time has sure flown by. **Our slate of officers for 2005-2006 is to be voted on at the April 15th meeting during the PDC**, so be sure to be there to have your vote count.

Also, our **Region Vice-President has stepped down** due to work commitments, and **the Region is actively searching for a replacement while soliciting your help with nominations. You may nominate yourself or another.** You have to be a Professional Member in good standing, and you and your employer must be willing to dedicate about 30 days per year to travel and ASSE business. If you have a nomination or would like to be considered, please let me know.

I hope to see you all at the PDC on the 15th!

Joel

It's not too late to register for the one day ASSE Low Country Chapter **Professional Development Conference**. Please contact Michele McCutchen at 843-795-9060 (ext. 124) or via fax at 843-762-5240. And, **you can register at the DOOR too!!!!** We hope to see you on Friday!! Yes, **this Friday, April 15th**

Next Meeting



Date: Friday, April 15th, 2005
Place: Low Country Safety Council
7410 Northside Drive
STE G103
North Charleston, SC 29420
Phone 843-797- 8820

In the basement of the Springfield University building off Ashley Phosphate Road next to I-26 (Beaser sign on front)

Time: 7:30 am – 3:30 pm

Future Meeting & Speakers

May 17th, 2005

North Towne Seafood and Grill
2093 Eagle Landing Blvd.
North Charleston, SC
Phone: (843) 863-1001
Time: 11:30 am

Guest Speaker: Richard J. Overman
Safety Specialist
Coble Trench Safety

June 21st, 2005

North Towne Seafood and Grill
2093 Eagle Landing Blvd.
North Charleston, SC
Phone: (843) 863-1001
Time: 11:30 am

Guest Speaker: Sandra Love
Damage Prevention Coordinator
BellSouth

**Lunch is promptly at Noon
and please bring a Guest**

Treasurer's Corner

As of, March 31st, 2005, the Chapter's account continues to operate with a balance of \$8,518.46.

Michele

Did You Know

Beryllium, atomic number 4, is a brittle, steel-gray metal found as a **component of coal, oil, certain rock minerals, volcanic dust, and soil.** Elemental beryllium is the second lightest of all metals and is used in a wide variety of applications. In its elemental form beryllium exhibits the unique properties of being light weight and extremely stiff, giving the metal several applications in the aerospace, nuclear, and **manufacturing industries.** In addition, beryllium is amazingly versatile as a metal alloy where it is used in **dental appliances, golf clubs, non-sparking tools, wheel chairs, and electronic gadgets.**

Beryllium causes lung and skin disease in two to ten percent of exposed workers. **Occupational exposure most often occurs in mining, extraction, and in the processing of alloy metals containing beryllium.** The adverse health effects of beryllium exposure are caused by the body's immune system reacting with the metal, resulting in an allergic-type response.

Chronic beryllium disease (CBD) occurs when people inhale beryllium dust or fumes and can take anywhere from a few months to 30 years to develop. CBD is caused by an "allergic reaction" to beryllium metal, with symptoms such as persistent coughing, difficulty breathing upon physical exertion, fatigue, chest and joint pain, weight loss, and fevers. **Beryllium has been classified as a group 1 human carcinogen.**

Safety 2005 New Orleans

June 12th – 15th, 2005

www.asse.org/safety2005.htm

A Walk a Day

The popularity of walking as a fitness activity is growing by leaps and bounds. Low risk and easy to start, walking has proved its health benefits in numerous studies.

An eight-year study of 13,000 people found that those who walked 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised.

A regular walking program can help:

- Reduce blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Boost bone strength
- Burn calories and keep weight down
[Calculate how many calories you burn walking.](#)

Get ready

A walking program is simple to start. All you need are comfortable clothes and shoes. Layer loose clothing, keeping in mind that exercise elevates the body's temperature. Shoes specifically designed for walking are best.

Every workout should begin with a brief warm-up and a few simple stretches. Walk around the house or in place for a few minutes to get the blood flowing to the muscles before you attempt to stretch them. Although walking primarily works the major muscles of the legs, don't forget to stretch your back, shoulders and arms. This will help to loosen up any tension you may be carrying and make your walk more enjoyable as well as more effective.

Get moving

Beginning walkers can make their workouts less strenuous by limiting how fast and far they walk. Keep in mind the following:

- **Walk short distances**
Begin with a five-minute stroll and gradually increase your distance.
- **Forget about speed**
Walk at a comfortable pace. Focus on good posture, keeping your head lifted and shoulders relaxed.

- **Swing your arms naturally**
Breathe deeply. If you can't catch your breath, slow down or avoid hills.
- **Be sure you can talk while walking**
If you can't converse, you are walking too fast.

Get fit!

Walking is one fitness activity that allows you numerous options. Once you have reached a point where you can walk a few miles with relative ease, you can start to vary the intensity.

Walking hills, in addition to increasing your cardiovascular endurance, is a great way to tone the legs. Concentrate on lengthening your stride or increasing your speed. And don't forget to reward yourself after each workout with a few minutes of relaxing stretches to help prevent sore muscles.

Listening to lively music while you walk is also a great way to energize your workout. But if you wear headphones, keep the volume down and watch out for traffic that you may not hear.

Keep track of your progress. Many experts recommend that you walk a minimum of 20 minutes a day. But there are no hard and fast rules. Fit walking into your schedule whenever you can. That may mean two 10-minute walks each day, or even hour-long walks two to three times a week. The best schedule is one that keeps you walking and keeps you fit!

Healthy Hydration

Water is a calorie-free source of the fluid your body needs to keep going. There is no better way to compromise performance than to exercise while you're dehydrated. Research shows that your heart rate increases eight beats per minute for every liter of sweat lost during exercise. This can occur in as little as 30 minutes of exercise depending upon the environment and your intensity.

This increased heart rate, combined with inefficient cooling, causes your temperature to elevate. This not only compromises performance, but can lead to heat illness as well.

Most experts recommend drinking at least a cup (four to 10 ounces) of water every 15 minutes of exercise.

**Interesting bits and pieces of the speech
"Where is OSHA Heading" presented by
Jonathan L. Snare of the American Bar
Association OSH Law Committee, Key
West, Florida**

March 2, 2005

Balanced Approach

- As we move forward, we have a model for success in the agency's balanced approach, which includes
 - Strong, fair and effective enforcement
 - Outreach, education and compliance assistance
 - Cooperative and voluntary programs
- At 4.0 per 100,000 workers, the U.S. on-the-job fatality rate for 2002 and 2003 is the lowest ever recorded -- even though fatalities increased slightly in 2003. And for Hispanic workers, fatalities have fallen by 11.6% since 2001.

2006 Budget

- Last month, the President announced his budget for FY 2006, which begins this coming October. He proposed a \$2.8 million increase for OSHA to \$467 million. This funding will support our existing programs and maintain our staff at 2,208. There is an increase for enforcement to cover inflation.
- The proposed budget includes three specific changes: two increases and one decrease. There is an additional \$1 million for state plan states to expand compliance assistance programs. There's \$1 million more for improving our data analysis and performance measurement capabilities. And the training grant program would be eliminated in light of the many other training opportunities available.

Outreach, Education and Compliance Assistance

- OSHA is committed to expanding outreach, education and compliance assistance. We are continuing to put additional information on our website and making it more accessible -- such as our recently added Spanish Compliance Assistance page. We're projecting 64 million web visitors in 2005 -- a 10 percent increase over last year.
- There are now more than 57,000 subscribers to our bi-weekly electronic newsletter ***QuickTakes***. And we project that more than 335,000 will receive training this year through OSHA-sponsored programs such as the Outreach Training Program, the OSHA Training Institute, the Ed Centers and the training grants program.
- ***We will continue our work on compliance assistance initiatives on recordkeeping, hazard communication, trenching and reactive chemicals -- as well as motor vehicle safety for federal workers. And we will focus special attention on Hispanic and other immigrant workers and employers.***

Cooperative and Voluntary Programs

- In 2005, OSHA will maintain its emphasis on cooperative and voluntary programs. As you know, we launched two pilot programs last year to increase participation in VPP, our premier partnership program. Today we have more than 1,230 sites participating.
- OSHA Challenge offers a three-step process to help workplaces get ready for VPP. We have nine Challenge administrators working with us in the pilot to shepherd worksites along to get ready for VPP.

- *A month ago, we approved the first corporation -- Georgia Pacific -- under OSHA's VPP Corporate pilot. This program streamlines the VPP application process for companies that have many facilities in the program and are committed to bringing additional sites in. Six corporations, plus the U.S. Postal Service, are participating in this pilot.*
- We're also working on VPP for Construction -- an effort to better align VPP to fit the special needs of the construction industry. We are looking at the results of the pilot program for VPP for Construction to determine the best way to proceed in the future. We hope that VPP will become a "seal of approval" within the construction industry and that it will be used to pre-qualify contractors and sub-contractors.
- Our other cooperative programs are also growing. We now have 736 small businesses in SHARP and 304 Alliances to promote the value of safety and health and increased training and outreach.
- *We also have 221 Strategic Partnerships, including one signed last summer that will benefit more than 750,000 workers in the electrical transmission and distribution industry.*

Enforcement

- *Our mainstay for zeroing in on the right sites to inspect is Site Specific Targeting. SST identifies individual employers in general industry and maritime with the highest injury and illness rates.*
- Very soon, I will send a letter to 13,000-14,000 sites from the 80,000 surveyed earlier on injury and illness rates. The letter will inform the sites that their rates are significantly higher than average and suggest strategies for reducing injuries and illnesses

among their workers. Then, we will begin inspecting several thousand sites with the highest rates.

- As part of OSHA's strategic management plan, the Agency has been looking at ways to improve OSHA's health outcomes. We target our health inspections based on our experience and knowledge of where specific health hazards are likely. Toward that end, four task groups have been working on a variety of health measures including:
 - A revised training curriculum for industrial hygienists
 - Improved targeting of inspection -- health-based local and national emphasis programs
 - Industrial hygiene-related outreach and materials development
 - Measurement criteria specific to industrial hygiene
- *We use business reports of construction activity to target construction inspections.*
- *In addition, we currently have five National Emphasis Programs. These focus on specific safety and health issues including amputations, lead, silica, ship breaking and trenching.* We also have more than 140 Local Emphasis Programs, developed by our 10 regional offices and our 67 local offices. About 20,000 of our inspections result from emphasis programs.
- The agency also plans a special focus - - both in enforcement and compliance assistance -- on the *seven priority industries identified in our strategic plan:*

- Landscaping
 - Oil and gas field services
 - Fruit and vegetable processing
 - Concrete and concrete products
 - Steel works
 - Ship building and repair
 - Warehousing
- By far the largest number of these EEP cases -- more than 80% -- involve fatalities with high gravity violations. About 55% of the EEP cases involved construction. Of the other 45%, about half were in manufacturing, and the rest were in other industries.

Criminal Cases

- Since last fall, we've held two specialty criminal investigation courses, similar to a course offered some years ago at the Federal Law Enforcement Training Center. We'll hold another session this coming August.
- These two-week classes are designed for experienced compliance officers and focus on the concepts and principles of criminal law. Our goal is to make sure that our compliance officers understand how to conduct effective investigations to ensure that we have the information and evidence prosecutors need should the cases go to court. The Department of Justice has provided excellent technical and instruction assistance to us in these courses.
- Over the next eight months, we expect to issue proposals for electric power transmission and distribution in construction, confined spaces in construction, general working conditions in shipyards, and explosives. We also

expect to have final action on assigned protection factors for respirators, employer payment for PPE and electrical safety.

- During this year, we'll be working on the proposals for crystalline silica and beryllium. For cranes and derricks, we're looking at whether a SBREFA process is needed. If so, we'll move forward with that process or we'll move directly to a proposal later this year.
- We're also developing guidance products. We're working on tuberculosis, mold, hazard communication, PPE for emergency responders, metal recycling and other topics.
- In addition, we're continuing with our four-pronged approach to ergonomics. We are also exploring other emerging issues such as the Globally Harmonized System of Classification and Labeling of Chemicals, an important issue for addressing occupational health and safety in the global economy. We are also exploring control banding, a novel approach to addressing workplace exposures that relies less on expensive exposure monitoring, and nanotechnology, a cutting edge technology for which the health and safety implications are not yet known.

FUTURE ASSE ROC MEETINGS

July 26-28, 2005
Tarheel Chapter (Officer Training)
Charlotte, NC

November 16-18, 2005
SC Low Country Chapter
Charleston, SC

Member Directory & Job Line

Jane Lyons will continue to update the member directory as needed. If you have not sent her your updated information, please email her at:

Jane.Lyons@us.bosch.com

Jane also maintains a Job Line by email notification. Please email her if you would like to be on the distribution.

If you are a member of ASSE, you may want to update your information at:

www.asse.org/format_frames_main.asp?bannerframe2=professional_safety_banner.html&mainframe2=contact2.htm

Safety Performance Solutions Seminar

People-Based Safety

May 4, 2005 – Atlanta, GA

June 21, 2005 – Chicago, IL

July 15, 2005 – Houston, TX

www.safetyperformance.com

Always Looking for a Meeting Host!!!!

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Web-site

Checkout this safety web site:
<http://www.emeeetingplace.com>



American Society of Safety Engineers
The oldest National Safety Organization in the United States – Founded in 1911

