

UOSH Safety Line



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UTAH
LABOR COMMISSION
Utah Occupational Safety and Health Division

UOSH Renews Construction Local Emphasis Program (LEP)

In 2012, construction related fatalities accounted for 64% of all UOSH reportable fatalities in the state of Utah. In order to help reduce the incidents of injury, illness, and fatality throughout the construction industry and to solicit the cooperation of the industry to achieve better and continuously effective safety and health programs, UOSH established and implemented an LEP for Construction Industry, directive number 2014-001, on August 1, 2014. Since the establishment of this LEP, the percentage of construction related fatalities has begun a downward trend. In Federal Fiscal Year 2019, the reported construction related fatalities fell to 43% of all UOSH reportable fatalities in the state of Utah. However, falls from elevation, struck-by, caught-in or between, and electrical hazards continue to cause many workplace fatalities and injuries in Utah's construction industry. Activities associated with construction fatalities include, but are not limited to; construction and demolition of residential and commercial and industrial structures; work from elevated surfaces such as; scaffolds, aerial equipment and ladders; trenching and excavation operations; construction, service or repair of overhead power lines; work on or near streets, roads, highways, bridges and overpasses for the purpose of building, maintaining or repairing. This LEP expired on July 31, 2019.

UOSH issued a renewed LEP on August 12, 2019. UOSH has added an emphasis on trenching and excavation to the LEP. Renewal of this LEP enables UOSH to continue to commit a number of resources to address this issue, including enforcement, outreach, training and, onsite consultation.

UOSH Rule Update

UOSH will post on the State Bulletin an update of the Administrative Rule (Utah Administrative Code R614-1) on November 15, 2019. This update includes the adoption of the 2018 Final Rule on Crane Operator Certification (29 CFR 1926.1427) and the 2018 Final Rule on Beryllium in General Industry (29 CFR 1910.1024). The new rule eliminates duplicative and out of date standards. A public meeting will be held in November and the public comment period will end on December 16, 2019. Depending upon comments received the new rule will be effective on December 23, 2019. Read the new rule <https://rules.utah.gov/publications/utah-state-bull/>.

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UOSH Compliance Assistance

UOSH has added a Compliance Assistance Specialist (CAS) to provide outreach to a variety of groups free of charge. These groups include small businesses and other employers, trade and professional associations, local unions, and community groups. The CAS can provide general information on UOSH, Local Emphasis Programs, and newly adopted UOSH standards. The CAS is available to speak at your event (such as a safety day), host a booth at your association's conference or golf tournament, and provide materials to assist with your training program.

The CAS is also the Voluntary Protection Program (VPP) coordinator for the state of Utah. The CAS will assist you in the journey to become a VPP site. This year UOSH has developed the Utah VPP Alliance, which is made up of current VPP sites, and sites working towards their VPP status.

For more information on UOSH, CAS, or VPP please contact Jerry Parkstone (CAS and VPP coordinator) at jparkstone@utah.gov

Federal Fiscal Year 2019 Statistics

According to the Federal Occupational Safety and Health Act of 1970, States can apply for approval to operate their own occupational safety and health programs. Utah started the state-plan application and approval process in 1973 and was granted official approval on July 16, 1985. Since that date, occupational safety and health in the state falls under the authority of the State of Utah Labor Commission. There are 28 states and territories considered state-plan states in the country. The main requirement for a state plan is to be as effective as federal OSHA. UOSH is overseen by the Region VIII OSHA office in Denver, Colorado. One means of showing the effectiveness of the UOSH program is to review the statistics from each Federal Fiscal Year (FFY). FFY19 closed on September 30, 2019. Here is an overview of the activities UOSH conducted this past FFY.

Compliance Section

UOSH Compliance investigated 14 total reportable workplace accident fatalities (not included are medical issues, auto accidents, acts of violence, etc.). UOSH Compliance Officers conducted a total of 1,102 inspections or investigations. In the public sector officers conducted 90 inspections.

UOSH Compliance Officers provide compliance assistance to employers in the field. These outreach activities include training workers on site, and assisting employers with UOSH related questions. The officers conducted 169 compliance assistance activities.

Consultation and Education Services Section

The UOSH Consultation and Education Services provides confidential, on-site safety and health services, at no charge to Utah businesses with 250 employees or less throughout the state or 500 employees or less corporate-wide, and all Public Sector employers. During FFY 2019 consultants conducted 373 consultations in the private sector and 74 in the public sector.

UOSH Consultants provide outreach to employers in the state of Utah. These activities include speeches to organizations, providing consultation information at conferences and other activities, and providing training to employees. In FFY 2019 consultants completed 397 outreach activities in the private sector and 56 in the public sector.

Employee Involvement

Companies with a strong Safety and Health Management System encourage their employees to be actively involved with increasing safety in their workplace. Employees will often know the most about the hazards associated with their job, and are more likely to spot potential hazards and provide information to management.

The phrase “You have the right to stop work if you see a hazard” shouldn’t be just a phrase, it needs to be expected of the employees. Companies with a strong safety and health management system involve the employees in setting goals and objectives for continued improvement of the system.

There should be at least three ways for employees to report workplace hazards: reporting directly to supervisor/management, reporting hazards using a written form, and an anonymous means to report the hazard. Employees must feel free to participate in the safety and health management system without fear of discrimination or reprisal. Once a hazard has been reported the employer needs to have a system to notify the employee of the work being done to eliminate the hazard, and when the work has been completed.

Safety teams work best when employees are actively involved. This includes investigating near-misses, and accidents.

Include employees in your training program. Have your employees conduct training when possible. Include office employees in the training program and utilize them to conduct inspections of the worksite.

When conducting Industrial Hygiene sampling ensure that the employees are aware of the sampling and the results.



Cold temperatures and increased wind speed (wind chill) cause heat to leave the body more quickly, putting workers at risk of cold stress. Anyone working in the cold may be at risk, e.g., workers in freezers, outdoor agriculture and construction.

Common Type of Cold Stress

Hypothermia: normal body temperature (98.6° F) drops to 95° or less.

Mild Symptoms: alert but shivering.

Moderate to Severe Symptoms: shivering stops; confusion; slurred speech; heat rate/breathing slow; loss of consciousness; death.

Frostbite: body tissues freeze, e.g., hands and feet. Can occur at temperatures above freezing due to wind chill. May result in amputation.

Symptoms: numbness; reddened skin develops gray/white patches; feels firm/hard; and may blister.

Trench Foot (also known as Immersion Foot): Non-freezing injury to the foot, caused by lengthy exposure to wet and cold environment. Can occur at air temperature as high as 60°F, if feet are constantly wet.

Symptoms: redness; swelling; numbness; and blisters.

Risk Factors: dressing improperly; wet clothing/skin; and exhaustion

For Prevention, Your Employer Should:

Train you on cold stress hazards and prevention. Provide engineering controls, e.g., radiant heaters. Gradually introduce workers to the cold; monitor workers; schedule breaks in warm areas.

How to Protect Yourself and Others

Know the symptoms; monitor yourself and co-workers. Drink warm, sweetened fluids (no alcohol).

Dress properly: Layers of loose-fitting, insulating clothes, insulated jacket, gloves, and a hat (waterproof, if necessary), insulated and waterproof boots

What to Do When a Worker Suffers from Cold Stress

For Hypothermia

Call 911 immediately in an emergency.

To prevent further heat loss: move the worker to a warm place; change to dry clothes; cover the body (including the head and neck) with blankets; and with something to block the cold (e. g., tarp, garbage bag), do not **cover** the face.

If medical help is more than 30 minutes away: give warm, sweetened drinks if alert (no alcohol); apply heat packs to the armpits, sides of chest neck, and groin. Call 911 for additional rewarming instructions.

For Frostbite

Follow the recommendations "For Hypothermia".

Do not rub the frostbitten area. Avoid walking on frostbitten feet. Do not apply snow/water. Do not break blisters.

Loosely cover and protect the area from contact. Do not try to rewarm the area unless directed by medical personnel.

For Trench (Immersion) Foot Remove wet shoes/socks; air dry (in warm area); keep affected feet elevated and avoid walking. Get medical attention.