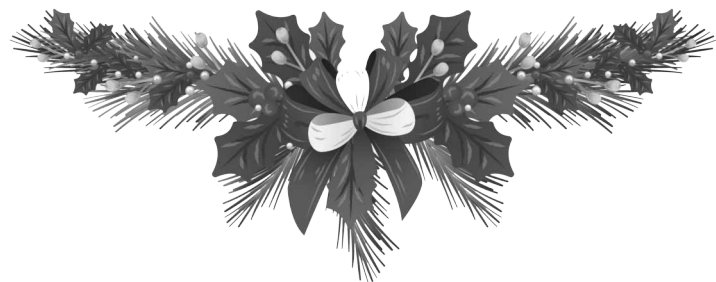


PROTECT YOURSELF DURING FLU SEASON

- **Get vaccinated!** Vaccination is the most important way to prevent the spread of the flu.
- **Stay at home if you are sick.** The CDC recommends that workers who have a fever and respiratory symptoms stay at home until 24 hours after their fever ends (100 degrees Fahrenheit), without the use of medication. Not everyone who gets the flu will have a fever. Other symptoms could include a runny nose, body aches, headache, tiredness, diarrhea, or vomiting.
- **Wash your hands frequently with soap and water for 20 seconds; use an alcohol-based hand rub if soap and water are not available.**
- **Avoid touching your nose, mouth and eyes.**
- **Cover your coughs and sneezes with a tissue, or cough and sneeze into your upper sleeve. Throw tissues into a "no-touch" wastebasket.**
- **Clean your hands after coughing, sneezing, or blowing your nose.**
- **Keep frequently touched common surfaces (e.g., telephones, computer equipment, etc.) clean.**
- **Try not to use a co-workers' phone, desk, office, computer or other work tools and equipment.** If you must use a co-worker's equipment, consider cleaning it first with a disinfectant.
- **Avoid shaking hands or coming in close contact with co-workers and others who may be ill.**
- **Stay in shape.** Eat a healthy diet. Get plenty of rest, exercise and relaxation.
- **Speak with your doctor and find out if you are in a high risk category for seasonal flu (e.g., elderly, pregnant women, small children, persons with asthma, etc.)**
- **Participate in any training offered by your employer.** Make sure you understand how to stay healthy at work.

www.osha.gov



– REMEMBER –
SAFETY DOESN'T HAPPEN BY ACCIDENT!!

Published by the Carpenters-Contractors Workers' Compensation Trust for Southern California under The Workers' Compensation Addendum to the Current Collective Bargaining Agreement between The Southwest Regional Council of Carpenters, affiliated with The United Brotherhood of Carpenters and Joiners of America and The Signatory Employer

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HEALTH & SAFETY NEWS

Published for Carpenters and Employers, in all Crafts,
Covered by the Workers' Compensation Addendum

SAFETY COMMITTEE OF THE CARPENTERS-CONTRACTORS WORKERS' COMPENSATION TRUST FOR SOUTHERN CALIFORNIA

ACCIDENT INVESTIGATION: IT'S A MUST!

Why accidents must be investigated?

Required by law, all employers are mandated to have an internal investigation of all work injuries and illnesses. The investigation helps identify the root cause and reduce the risk of the accident happening again.

Who should conduct the accident investigation?

Someone in higher management, who is competent in safety and accident investigations, must carefully review the investigation. If the investigation is not adequate, further investigation must be done.

What is a workplace accident?

An unplanned incident or event that leads to the injury of an employee and or damage to a company's property. Examples of workplace accidents include:

- Overexertion: e.g. lifting or pulling heavy objects that cause back strains, spinal injuries, and injuries to ligaments and tendons.
- Falls: e.g. falls from unsecured ladders or unguarded scaffolds.
- Slips and falls: e.g. slips and falls from uneven surfaces and by tripping over tools and other objects on the ground.
- Repetitive Motion: An action that is done repeatedly causing injury such as carpal tunnel syndrome.

What is a serious injury?

According to Cal/OSHA, a serious injury may result in the following:

- Inpatient hospitalization, regardless of length of time, for other than medical observation or diagnostic testing.
- Amputation
- Loss of an eye.
- Serious degree of permanent disfigurement.

All serious injuries must be reported to Cal/OSHA within 8 hours after the employer knows one has occurred.

What is a serious exposure?

Cal/OSHA defines a serious exposure as an exposure to a hazardous substance that occurs as a result of an incident, accident, emergency, or exposure over time and is in a degree or amount sufficient to create a realistic possibility that death or serious physical harm in the future could result from the actual hazard created by the exposure.

Why do accidents happen?

An accident can result from an unsafe action by a person, physical condition, or a combination of both.

Contributing accident factors.

There are often multiple contributing factors involved in an accident – most of which can be controlled.

Confidentiality.

Accident investigations should be a confidential management report. Investigations should also be confidential because sensitive information in the report could be misinterpreted or used to suggest that the employer has legal liability beyond the normal workers' compensation benefits.

While confidentiality is important, it does not mean that appropriate parts of an in-depth analysis cannot be shared with select employees or groups of employees.

Reprinted Courtesy of www.safeatworkca.com

DON'T GIVE FIRE A CHANCE!

There's plenty of air, plenty of fuel, and plenty of ignition sources around construction sites—so we've all got to be on our toes to prevent fire. Here are some ways to keep the job from going up in smoke:

- Help keep the site clean. Store combustible materials away from ignition sources.
- Report any possible fire hazards that you notice: open flames, sparks, and electrical equipment that appears to need repairs.
- On hot-work jobs, be sure combustibles are safe from ignition. Have a fire extinguisher handy for welding and cutting operations, or when open flame equipment is used.
- Help protect temporary electric wiring from possible damage. In case of a fire in or near live electrical equipment, use a dry chemical extinguisher, and not water.
- Don't smoke near flammables, in "No Smoking" areas, or while re-fueling equipment. Make sure cigarettes and matches are out.
- Always use approved safety cans or the original manufacturer's container to store flammable liquids. Keep these containers closed when not in use, and never store them near exits or passageways.
- Clean up any spills as soon as they occur. Put saturated rags into closed metal containers.
- Watch to see that canvas tarps, plastic sheeting or other ignitables don't get close to space heaters. Take care to see that heaters aren't accidentally tipped over.
- Know where the closest fire-protection equipment is located, and how to use it. Check to see that fire-fighting equipment is in the clear, in proper condition, and ready for instant use.

www.toolboxtopics.com

Have Happy & Safe Holidays!



SEASON'S GREETINGS

SAFETY IS EVERYONE'S RESPONSIBILITY

CONSTRUCTION FALL PROTECTION

You might think you can get a job done faster if you don't have to spend time putting on safety equipment. But cutting corners can have devastating effects. Falls remain one of the top causes of death in construction. It's the law to use fall protection whenever a worker faces serious risk of injury, including:

- Working on structures where a worker could fall more than 7 feet.
- Working on thrustouts, trusses, beams, purlins, and plates at heights over 15 feet.
- Working on a sloped roof.

To prevent falls at worksites, you should use guardrails and toeboards or other strong fall barriers. Still, there will be areas where guardrails or other barriers aren't going to work. That's when workers need to use approved personal fall protection systems or positioning devices.

PERSONAL FALL PROTECTION

Personal fall protection systems need a tie off and what's called fall arrest and travel restraint. Fall arrest stops a fall within a few feet of the worker's original position. A full body harness is required with a fall arrest system. The system typically consists of a full body harness, a lanyard, a rope grab, a lifeline, and a lifeline anchor. Workers need to wear it when working on a rolling scaffold that is being moved. Workers also need to wear it when using or getting on and off suspended access equipment. There should be an emergency plan in place in case an employee becomes suspended in a harness.

SAFETY NETS

It's not always possible to use personal fall protection. In that case, use safety nets. Hang the nets far enough off the ground so that if someone falls on it, the net doesn't hit the ground or a surface below.

Safety nets need to be within 10 vertical feet and never more than 30 feet below a working surface. Nets must extend at least 8 feet beyond the building or structure. A net greater than 5 feet below the working surface must extend 10 feet beyond the building. A net from 10 feet to 30 feet below the working surface must extend 13 feet.

If you use fall protection equipment, check that you are using the right kind for the job. It should be labeled as meeting the requirements of the American National Standards Institute (ANSI). Make sure the equipment is in good condition.

Employers must set up things like temporary floors, guardrails, toeboards, or other barriers when possible. When it isn't possible, personal fall protection or safety nets must be used. No work should happen unless the necessary fall protection is in place. However, fall protection is the first step.

Reprinted Courtesy of www.safeatworkca.com

January is NATIONAL BLOOD DONOR MONTH...

A time when we honor the generosity of America's blood donors and remind people about the importance of donating blood regularly for those who are able to do so.

DONATE BLOOD and HELP SAVE LIVES

HHS.gov