

Happy New Year

Each New Year brings thoughts of doing something we've never done before or should have been doing all along. Going to your local gym after January 1st can be a challenge for the first few weeks of the year because of all the people that have made that annual resolution to get into shape and back down to fighting weight. But every year it is the same, after the first couple of weeks the people start to thin out and by February it's the same group of people in the gym every night that was there at the end of the year. I would challenge each of you make a New Years resolution this year and to stick to it. This resolution is not to lose a few pounds, bulk back up or run a race, but make a resolution to invest in SAFETY. Resolve to be the best example of what safe work performance is within your company. Whether you're the owner, supervisor, driver or some other type of employee, I challenge you to commit to knowing your industry regulations and enforcing them, to keep proper documentation on all employees and operations, provide or attend training classes to improve or reinforce your knowledge and skills and above all remember to keep the safety of your fellow employees and your customers above all other priorities. If you can commit to this resolution, you will have a profitable and happy 2008 and you will be around to make a new resolution in 2009 and then maybe we can talk about that gym membership.

Did You Know?

- The force of impact at 10 M.P.H. is equal to the force of a 200-pound bag of cement dropped from a first story window.
- According to researchers at the Free University of Berlin the average "working" person has a 20 percent higher chance of having a heart attack on a Monday than on any other day.
- Ethyl Mercaptan, the chemical that is added to propane gas so the human olfactory can detect it, is the same essence omitted by rancid meat.
- The most common cause of death among marathon runners: severe coronary arteriosclerosis.

Vehicle Stability

Have you ever taken a close look at a skid mark on the road? No! Well that means that you probably have more important things to do each day other than walk up and down the side of the road. If you were to look at each skid mark however, you would easily see that each one has a story to tell. Most people equate skid marks with a drivers attempt to stop very rapidly. This may very well be the case, however, more often then not, skid marks are really the result of a drivers last minute decision to change speed at a high rate of speed.

Commercial vehicles, including tractor-trailers, typically have 1/3 the stability of an automobile due to their high center of gravity and their sheer size. The problem normally begins when the driver attempts to change directions rapidly, whether it is to avoid another vehicle, an animal or any other number of reasons. As a result of this poorly timed and split second decision, the steering tires go one way but the rest of the vehicle wants to continue in the direction that it was traveling before the "emergency" turn. Once these two factors conflict, the high center of gravity of the vehicle will eventually roll the unit on its side.

It is most certainly impossible to make good driving decisions for the other motorists on the road, but it is very possible to manage your own behavior and your position within the flow of traffic. Plan ahead, watch 10 seconds out ahead of your vehicle, allow a minimum of five seconds between yourself and the leading vehicle, slow down in adverse driving conditions such as heavy traffic or poor weather and as terrible as it sounds, it is better to hit an animal then swerve to miss it. Do not leave skid marks on the road for other drivers to wonder what went wrong with the vehicle that left them, instead each time you see a skid mark, remember that they were caused because a "professional" driver was acting in an unprofessional manner. Doing these simple things could mean the difference between replacing a fender, running head on into oncoming traffic, and sliding your truck down the median.



But Honey, OSHA has a record keeping rule!

Propane and Propane Appliances Time to Post the OSHA Logs

RegO® Regulator Safety Tips

1st State or Twin Stage Regulators

- **Use a new Pigtail** – This helps keep the seat disc clean. Older pigtails can have foreign material internally,
- **Point vent down or place under protective cover** – helps protect it from rain, snow, etc.
- **Keep above highest probable water level on underground installations** – this reduces the potential of water entering the regulator and causing performance problems & internal corrosion of the main and relief spring,

Second Stage Regulators

- **Point vent down as with 1st stage,**
- **Install at least 12” – 18” above ground level** – heights greater than 18” may be required depending on snow and other environmental conditions,
- **Do not use suppressor on large vent regulators** – these require unrestricted outlet & installing a suppressor will limit the relief capacity,
- **Vent must be piped outdoors on indoor installations** – use metal pipe or tubing per NFPA 58, that is equal to or greater than the diameter of the regulator vent, with termination pointing down and protected by a vent screen,
- **DO NOT INSTALL SINGLE STAGE REGULATORS ON FIXED PIPE SYSTEMS**
- **Replace a regulator if it has been submerged in water** – water from floods can fill the bonnet and start to cause corrosion of the springs and components. If water enters below the diaphragm, the seat disc and lever assembly can be damaged affecting proper performance,
- **Always keep the bonnet cap in place and secure.** *If it is missing replace the regulator.* Insects and water can enter into the bonnet area damaging the diaphragm and creating problems with the springs. Both of these problems can lead to the possibility of higher gas pressure affecting downstream appliances. Don't take a chance, replace the regulator.
- **Do not remove the bonnet from the regulator to change the vent position or attempt repairs** – removing the bonnet from the body voids the manufacturers warranty. RegO does not sell repair parts for the diaphragm, linkage assembly or springs. If you require a vent position different than the standard, RegO can supply alternate vent position regulators.
- **Follow regulator inspection guidelines** – Inspection guidelines are specified in the safety bulletin on regulators in RegO products L-500 and L-102 catalogs.
- **Inspect Regulators regularly as outlined in the RegO® products regulator safety warning and replace as required per those recommendations.** Periodic inspection and maintenance are essential.

2007 posting cycle for OSHA's workplace injury and illness reporting rule begins on February 1, 2008. The 2007 cycle is the sixth posting since OSHA finalized major revisions to the reporting rule in 2001. The rule applies to workplaces with more than ten employees. There are three forms that must be filled out and maintained at each worksite with more than ten employees. The following forms are required for compliance:

OSHA FORM 301: This form is used to record a work related injury or illness. The form must be filled out no later than seven days after the injury or illness was first reported.

OSHA Form 300: This is the “log” in which all work related injuries and illnesses must be recorded throughout a reporting cycle.

OSHA FORM 300A: This is the form that must be posted. The OSHA 300A contains a summary of all work related injuries and illness from the previous calendar year as recorded in the 300 log. Post 300A in a conspicuous place (employee bulletin board, etc).

Establishments Identified by NAICS Code with more than 10 employees must maintain injury and illness reports and records. An “establishment” is an economic unit, generally at a single physical location where business is conducted or services rendered. Any single establishment with 10 or fewer employees is exempt from the OSHA injury and illness reporting requirements.

Gasoline Service Stations (NAICS Code 447190) are exempt from the OSHA injury and illness reporting requirements.

Convenience Food Stores with Gasoline Stations (NAICS Code 447110). Where a convenience store and gasoline station is combined, exemption from the OSHA injury and illness reporting rule will depend on the “primary activity” at the establishment. The primary activity of an establishment is determined by value of receipts for each business activity. If the value of receipts for gasoline sales is greater than c-store sales, then the establishment classified as a Gasoline Service Station and **exempt** from injury and illness reporting rule.

Petroleum Bulk Plants (NAICS Code 424710) are **not exempt** from the OSHA injury and illness-recording rule unless there are 10 or fewer employees working at the bulk plant or company headquarters. This category includes motor fuel, heating oil and propane bulk facilities.

Petroleum and Petroleum Products Merchant Wholesalers - No Bulk Facilities (NAICS 424720): are **not exempt** from the OSHA injury and illness recording rule unless there are 10 or fewer employees working at the r company headquarters. This category includes motor fuel, heating oil and propane wholesalers.

FORMS AND INSTRUCTIONS:

Forms, instructions and a Q&A on the OSHA injury and illness-reporting rule can be downloaded at <http://www.osha.gov/>. For forms go to the OSHA website, click on “F” in the alphabet index at the top of the OSHA page and then click on “Forms”. In the search field enter “OSHA 300” click search and download all three forms and instructions.

CAUTION! AK, AZ, CA, CT, HI, IN, IA, KY, MD, MI, MN, NV, NJ, NM, NY, NC, OR, SC, TN UT, VT, VA, WA and WY have their own state OSHA programs and rules may vary slightly.

Tips for Photographing an Accident Scene

While taking photos of an accident scene may seem like a simple enough task, there are really many things to consider. Remember, the ultimate goal of the photo is to serve as an aid to preventing future accidents (and of course to serve documentation purposes). Oregon OSHA provides the following tips to consider when taking photos of an accident scene:

- Make sure you start with distance shots, and move in closer as you take the photos. Also make notes about the photos you took.
- Take photos at different angles (from above, 360 deg. of scene, left, right, rear) to show the relationship of objects and minute and/or transient details such as ends of broken rope, defective tools, drugs, wet areas, containers.
- Take panoramic photos to help present the entire scene, top to bottom—side to side.
- Take notes on each photo. These will be included in the appendix of the report along with the photos. Identify the type of photo, date, time, location, subject, weather conditions, measurements, etc.
- Place an item of known dimensions in the photo if hard-to-measure subjects are being photographed.
- Identify the person taking the photo. You may indicate the locations photos were taken on sketches.
- Finally, consider using a standard print camera instead of a digital camera, as questions can arise about the authenticity of digital photos (they can be easily “touched up.”)

Largest OSHA Fine in History, \$21 Million

OSHA has fined a company more than \$21 million in penalties for safety and health violations following an investigation of a fatal explosion at its Texas City, Texas, plant March 23 that claimed the lives of 15 workers and injured more than 170 others. The penalties are part of a settlement agreement announced by OSHA.

The agreement settles citations issued against the company following the fatal explosion at the refinery complex caused by a fire in the Isomerization Unit (ISOM) when a cloud of hydrocarbon vapors ignited during the start up of the ISOM. The settlement also addresses other ongoing investigations at the Texas City Refinery and requires the company to address process safety management (PSM) plant-wide.

“This citation and penalty - nearly double the next largest fine in OSHA history - sends a strong message to all employers about the need to protect workers and to make health and safety a core value”.

The company agreed to the following under terms of the settlement:

- Pay \$21,361,500 in penalties and abate all hazards for which they were cited;
- Complete a review of the ISOM unit to determine how it can be operated safely and alert OSHA if and when a decision is made to start up the unit in the future,
- Retain a firm with expertise in PSM, including pressure relief systems, safety instrumented systems, human factor analysis and performing process safety audits, to conduct a refinery-wide comprehensive audit and analysis of the company's PSM systems;
- Hire an expert to assess and report on communication within and between management, supervisors, and authorized employee representatives and non-management employees and the impact of the communication on implementation of safety practices and procedures;
- Submit to OSHA and the company's authorized employee representative, every six months for three years, logs of occupational injuries and illnesses (“OSHA 300 Logs”) and all incident reports related to PSM issues;
- Notify the OSHA area office of any incident or injury at the Texas City facility that results in an employee losing one or more workdays during the same three-year period.

Safe At Home

Carbon monoxide (CO) is a deadly gas that is difficult to detect because it is odorless and invisible. As a result, it is known as “the silent killer.” According to the U.S. Consumer Product Safety Commission (CPSC), this poisonous gas kills nearly 300 people in their homes each year.

Fuel-burning appliances and equipment in our homes produce CO. If you have heating, cooking or power equipment that uses fuels such as oil, natural gas, coal, wood, propane, gasoline, etc., then your home is at risk for potential CO poisoning. Homes with attached garages are also at risk, because vehicles left running in the garage can cause CO to seep into the home.

CO poisoning can be prevented by proper care and use of household equipment. CO alarms can provide early detection if CO leaks or accumulation occurs. Both are important for your safety.

- If you suspect CO poisoning in your home, call the appropriate responding agency, usually your local fire department or 9-1-1. Keep all emergency response numbers posted by every telephone.
- CO alarms are different from smoke alarms, and have different functions. CO alarms do not provide early warning of a fire. Smoke alarms do not provide early warning of CO exposure. Your home needs both CO and smoke alarm protection.

Symptoms of CO poisoning are similar to symptoms of the flu, and can include headache, dizziness, nausea and shortness of breath. If your CO alarm sounds check to see if it is plugged in properly, or if battery-powered, check the battery to be sure the device is operating. If you suspect that CO is leaking in your home, follow these steps:

- Open windows and doors to ventilate the rooms, or in severe cases of CO exposure, evacuate the home.
- Call to report that you suspect CO is accumulating. Usually the appropriate agency to call is the fire department or 9-1-1.
- Seek immediate medical treatment for anyone who has severe symptoms.
- Follow the advice of the responding agency before re-entering your home, and quickly obtain repairs as needed.

Quotables

- It takes months to find a customer and only seconds to lose one.
- Success means having the courage, the determination, and the will to become the person you believe you were meant to be.