

As Time Goes By...



By Jim Peterson

Wow, another year is nearing completion and there are still many things that we would like to do in '06. Does that sound familiar? I feel we have made some progressive strides this past year, however some SafeAssure accomplishments and goals have not been totally completed or reached. We continue to work on a couple of major projects and hope to have these completed sometime before or in January 2007.

Let me first touch on our accomplishments so far this year:

- SafeAssure has completed the reformatting, and are well on the way rewriting all client OSHA safety programs. Your safety programs are now easier to read, or should I say more “user friendly”.

- Our web site www.safeassure.com has finally been completed and I would invite all of you to check it out. We now have a video on our web site that gives a little history and some interesting information about OSHA and SafeAssure. This includes an explanation of the SafeAssure “Full Circle of Safety”. You might also like to check out our References Page and see who we have featured.

Now, let’s talk about what is still to come that also effects you, our clients:

- Many of you have asked if we offer, or are going to offer, on-line employee training of some OSHA topics. The answer is, Yes We Are! We will be bringing some of the Annual Required Training (annual requirements for ALL Employees) to you via the internet. Employee training topics that

SAFESIDE FEATURES

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will become available to you on the internet will include, A.W.A.I.R., Employee Right To Know, Emergency Action Plan and Er-

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By Chad Peterson

Where Do You Begin?

Compliance with the respiratory program can sometimes seem daunting. Whether it is the use of dust masks, negative pressure (cartridge

Respirators: Are You in Compliance?

type), air hoods, or SCBAs, the basic compliance issues apply.

Keep in mind, respirators should be used for protection *only*; a) when engineering controls have been shown to be infeasible for the control of the hazard, or b) if it is difficult/impossible to determine the exact air contaminant (ex: fires, chem. spills, etc.-emergency use--SCBA).

Let’s take a closer look at your program:

- **Is the respirator you are using legal and/or adequate?** It really depends on what you are using it for; comfort or health.

1. Comfort...Respirators can be used even though there is no hazard. This would be considered “voluntary use”. Since there is no hazard and the employee only wears for comfort/peace of mind, only a handout explaining this use is required.

2. Health...Respirators are chosen on the basis of the hazard protection required. This is determined by the specific contaminant information.

- **Does the respirator fit properly?** All respirator wearers must have a fit test com-

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Dear Abby (or rather, Melanie)....



By Melanie Bauman

Many of the questions I get here at the main office are asked by more than one person, so I thought my space in the newsletter might be a good avenue for getting the information out to everyone. Many of the questions are weather related, and with winter creeping up on us as I write this, now is the time to address this and a few other issues.

Q: What is the procedure in case of snow?

R: There are actually 2 responses to this question:

If YOUR site needs to cancel training due to snow, please call the main office as soon as you are able to make that decision. If no one is available to take your call please leave us a message in the General Mailbox. Our protocol for inclement weather is to have our

Consultants check the Voice Mail before they travel to your site, hopefully to eliminate unnecessary travel. In some cases that means they could be leaving as early as 4 or 5 in the morning. Our consultants may be traveling quite a distance and we may not have the same or know about the weather related issues you have. If you are able to determine that snow will be an issue that will prevent your employees from attending the training session, please don't hesitate to give us a call at the main office the night before the training. We do understand however that you may not make that determination until after business hours and therefore we will use our General Mailbox as a sort of "snow desk".

If SAFEASSURE should need to cancel we will contact you as soon as we are able to make that determination. Our consultants will make an attempt to travel but may need to turn around if conditions prove dangerous. In this case they will call the main office and let us know. Ideally we will have enough forewarning to make this determination with you the day before, but we all know our Minnesota weather is unpredictable at best!

Q: What is the best way to contact a SafeAssure Consultant?

R: If you need immediate assistance:

Call the main office and we will help you if we are able. If we cannot answer your question we will contact the consultant who can. If we are unable to answer the phone and you need an answer in the immediate future, leave your message in the General Mailbox. This mailbox is checked throughout the day. If your question is not urgent and you would like a certain consultant to call you back, feel free to leave your message in their personal voicemail box. The consultant will be able to help you the next time they are in the office if they aren't able help you while they are off-site.

Q: The Holiday Season is coming up; What if we have employees out during our scheduled training session?

R: This is a very good question!

December and January are particularly busy, unpredictable times for employees and we fully understand this. If it appears that your training will fall during an inconvenient time, please don't hesitate to give us a call so we can take a look at what might work better. I have already contacted the sites with trainings that fall the week between Christmas and New Years and offered them alternatives, however it might be a different time that will affect your employees. We will do our best to accommodate your needs.

SAFEASSURE ALLIANCES



SafeAssure Clients save **BIG BUCKS**
by taking advantage of special pricing
through the
SafeAssure Alliance Program



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gonomics. This means your current employees as well as newly hired employees will be able to enter our training site and view the above mentioned training programs at their convenience. Due to the complexity and specialization of the other topics, it is impossible to meet all of the OSHA regulations and statutes for all employee training requirements through on-

line training. Consequently SafeAssure will continue providing this type of employee classroom and hands-on training at your site.

- In January of 2007 SafeAssure will also be introducing a new "Respirator Fit Testing" service. We are in the process of purchasing equipment (PortaCount®) which will enable us to test any type of respirator you may have, from the simple N-95 mask

to the more complex PARPs and SCBAs (See Chad's article for more information). We will be offering a reduced respirator testing fee schedule for clients that also have a SafeAssure safety program contract.

In conclusion, we have been busy and I truly believe that your entity will benefit from these changes. Thank you so much for your continued confidence in, and loyalty to, SafeAssure.

Tips To Protect Workers In Cold Environments



By Wade Thonvold

It's that time of year again!

Those extreme Minnesota winters can have an effect on us on the job and off the job. Since prolonged exposure to freezing or cold temperatures can cause serious health problems such as trench foot, frostbite and hypothermia, it is important to protect ourselves from these very preventable injuries.

I have noticed in training that many of you have heard of various safe practices when working, or playing, in a cold environment. The following are a few helpful tips that all employees can use to get home the same way you show up to work!

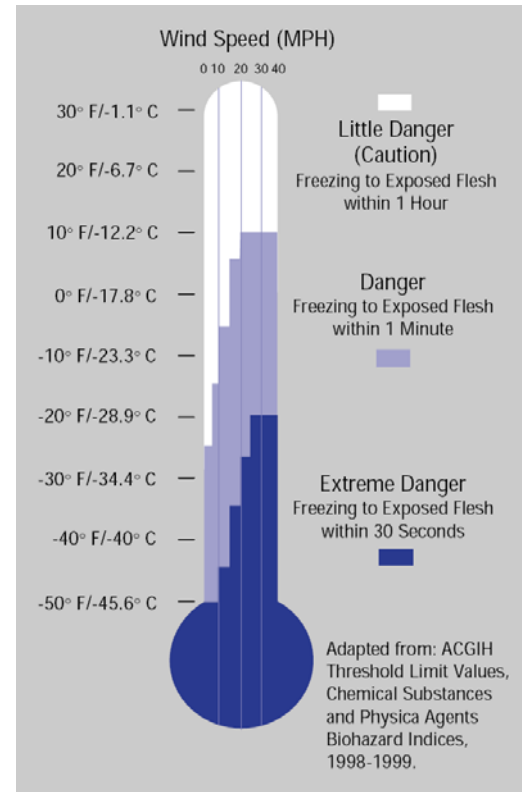
How to Protect Workers

- Recognize the environmental and workplace conditions that may be dangerous.
- Learn the signs and symptoms of cold-

induced illnesses and injuries and what to do to help workers.

- Train workers about cold-induced illnesses and injuries.
- Encourage workers to wear proper clothing for cold, wet and windy conditions, including layers that can be adjusted to changing conditions.
- Be sure workers in extreme conditions take a frequent short break in warm dry shelters to allow their bodies to warm up.
- Try to schedule work for the warmest part of the day.
- Avoid exhaustion or fatigue because energy is needed to keep muscles warm.
- Use the buddy system - work in pairs so that one worker can recognize danger signs.
- Drink warm, sweet beverages (sugar water, sports-type drinks) and avoid drinks with caffeine (coffee, tea, sodas or hot chocolate) or alcohol.
- Eat warm, high-calorie foods such as hot pasta dishes.
- Remember, workers face increased risks when they take certain medications, are in poor physical condition or suffer from illnesses such as diabetes, hypertension or cardiovascular disease.

In extreme cases, including cold water immersion, exposure can lead to death. Danger signs for cold disorders will vary based on the type and length of exposure. The most critical warning signs include uncontrolled shivering, slurred speech, clumsy movements, fatigue and confused behavior. If these signs are observed, call for emergency help immediately! Work Safely!



SafeAssure Consultants, Inc. WELCOMES New Clients:



◆ City of Edina, Minnesota:

Administration, Police Department,
Fire Department and Centennial Lakes

◆ TRICO—TCWIND Inc.— Litchfield, Minnesota



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pleted at least annually (29CFR 1910.134). **No exceptions.** The Standard also requires a certain "Fit Factor" which can only be measured by technical equipment (SafeAssure uses the PortaCount® system). Facial hair in the sealing areas will result in

an automatic failure in the fit test. OSHA is especially concerned about fire fighters not having the annual fit tests. Consider the consequences of a fire fighter's mask not fitting properly (life and death). Although there are many facets to a respiratory program, the above are the most common.

YOU WILL DEFINITELY RECEIVE A CITATION IF OUT OF COMPLIANCE. SafeAssure can assist you with these and all your OSHA Compliance needs. Please feel free to discuss your issues/concerns with your primary consultant.

**SafeAssure Consultants,
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On the Lighter Side...

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3	<p>MA YOUR IL</p>	4	



"Who taught the new guy how to use the Brad Nail Gun?"



"With all these lectures and safety manuals, I'm about ready for a trip to where I can lie down and forget about all these rules and regulations!"

Frame Game Answers: 1: Safety in numbers, 2: Double talk, 3: Your check is in the mail, 4: Surf the web