

TOGETHER WITH **TOSHA** newsletter

September 2022



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Highway Work Zones and Signs, Signals, and Barricades



Highway Work Zones and Signs, Signals, and Barricades

Highway, road, street, bridge, tunnel, utility, and other workers for the highway infrastructure are exposed to hazards from outside and inside the work zone. Falls, electrical, struck-by, and caught between are the common hazards found in this type of work. Guidance for the set-up of work zone signs, barricades, flagging, etc. are found in the U.S. Department of Transportation's

"Manual on Uniform Traffic Control Devices (MUTCD)."

The MUTCD is referenced in **1926 Subpart G.**

Workers being struck by vehicles or mobile equipment led to many work zone fatalities or injuries. Work zones need traffic controls identified by signs, cones, barrels, and barriers. Drivers, workers on foot, and pedestrians must be able to see and understand the proper routes. Construction project managers determine traffic control plans within construction/demolition worksites.

Traffic control devices, signals, and message boards instruct drivers to follow paths away from where work is being done.

Approved traffic control devices, including cones, barrels, barricades, and posts, are also used inside work zones. ○





TSHC Thanks You!

Thank you to all the attendees, exhibitors, sponsors, speakers, and special guests who attended the 2022 Tennessee Safety and Health Conference!

Make plans to join us at the 2023 TSHC on August 14-16, 2023, at Gaylord Opryland Resort and Convention Center. For more information about next year's conference visit [here](#). ☺



Safe & Sound Week 2022

Thank you for participating in 2022 Safe + Sound Week!

With more than 3,000 participants across the United States, Safe + Sound Week 2022 helped organizations of all sizes and industries recognize their safety successes.

If you're wondering what you can do to make your workplace Safe + Sound Week, check out the Safe + Sound Campaign's resources at [osha.gov/safeandsound/safety-and-health-programs](https://www.osha.gov/safeandsound/safety-and-health-programs) to help you continuously improve your safety and health program throughout the year. ☺



2022 TOSHA Investigated Fatality Statistics

Inspection # 1521184 -- Safe Zone, LLC



An employee was struck by a dump truck while working as a flagger directing traffic on a construction site. The victim was assigned as a sub-contractor to work with Bell Construction Company as a traffic control flagger. Bell Construction Company had replaced underground utilities. On the day of the accident, they had finished replacing the utilities and were going to replace the asphalt on Jerry Newson Way. Two traffic controllers and one police officer set up cones to shut down Jerry Newson Way from South 5th Street at the start of the intersection. According to interviews, it was determined that traffic control flaggers set-up orange traffic cones along the intersection of Jerry Newson Way/ 710 South 5th Street to block off traffic. At the I-24 ramp intersection and Jerry Newson Way, an arrow board was placed that directed traffic away from Jerry Newson Way. The road was planned to be shut down from

9am to 3pm per a Metro Davidson County Ordinance. At the time of the accident, asphalt was being paved at the beginning of Jerry Newson Way and the I-24 ramp. Asphalt dump trucks were staged at the corner of 710 South 5th Street to enter Jerry Newson Way. According to interviews, the traffic control flaggers moved the cones and started directing traffic on 5th Street. Before the asphalt dump truck started to back down Jerry Newson Way, the driver allowed another vehicle to move at the intersection and one flagger stopped traffic along 5th Street. As the asphalt dump truck driver started backing down Jerry Newson Way, he noticed, in his driver's side mirror, a trailer bed and backhoe parked on the right side of the road approximately 60 feet from 5th Street. The driver backed the truck up at an angle to miss them. The driver was on the milled part of the asphalt which he stated made a rumble and he continued to back



down Jerry Newson Way until he reached the paver. When he got to the paver, the driver signaled with his hands to unlock the dump truck tail gate. The paver then looked up and saw the victim lying in the road. The dump truck driver stated that he only saw one flagger and he was on the road directing traffic. He stated that the 2nd flagger (victim) was not seen. The dump truck's backup alarm and safety lights were working at the time of the accident; however, was not equipped with mechanical backing assistive devices such as collision avoidance or proximity warning systems (radar) or monitoring technologies (e.g., cameras), which may increase the likelihood that operators will detect workers on foot. A spotter was not used either.

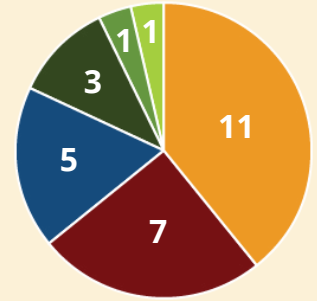
A general duty citation was recommended for the employer failing to implement and communicate to all dump truck operators and all other workers an Internal Traffic Control Plan (ITCP). ☺

TOSHA Fatality Statistics

INDUSTRY

Number of Inspections (28)

Construction	11
Manufacturing	7
Public Sector	5
Service	3
Transportation	1
Farming	1

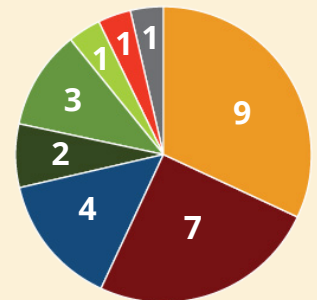


Total 28

FATALITY TYPE

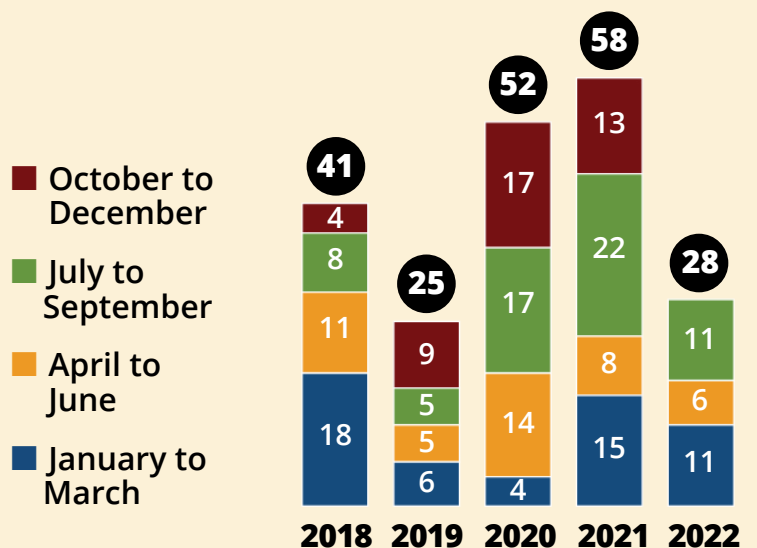
Number of Victims (28)

Fall	9
Struck by	7
Thrown from/ Overturned vehicle	4
Crushed by/ Caught in	2
Electrocution	3
Cave in	1
Fire	1
Workplace Violence	1



Total 28

FATALITY TOTALS PER QUARTER



Ladder Safety Requirements



Falls from ladders account for 20 percent of all fatal and lost work-day injuries in general industry. The rule includes requirements to protect workers from falling off fixed and portable ladders as well as mobile ladder stands and platforms. In general, ladders must be capable of supporting their maximum intended load, while mobile ladder stands and platforms

must be capable of supporting four times their maximum intended load. Each ladder must be inspected before initial use in a work shift to identify defects that could cause injury. Fixed Ladders – Fixed ladders are permanently attached to a structure, building, or equipment. These include individual-rung ladders, but not ship stairs, step bolts, or manhole steps. The rule

PROVIDE the Right Stepladder for the Job with the Proper Load Capacity.

Safe Stepladder Use—DO:

Read and follow all the manufacturer's instructions and labels on the ladder.

- Look for overhead power lines before handling or climbing a ladder.
- Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when climbing/descending a ladder.
- Stay near the middle of the ladder and face the ladder while climbing up/down.
- Use a barricade to keep traffic away from the ladder.
- Keep ladders free of any slippery materials.
- Only put ladders on a stable and level surface that is not slippery.

Safe Stepladder Use—DO NOT:

- Use ladders for a purpose other than that for which they were designed. For example, do not use a folded stepladder as a single ladder.
- Use a stepladder with spreaders unlocked.
- Use the top step or cap as a step.
- Place a ladder on boxes, barrels, or other unstable bases.
- Move or shift a ladder with a person or equipment on the ladder.
- Use cross bracing on the rear of stepladders for climbing.
- Paint a ladder with opaque coatings.
- Use a damaged ladder.
- Leave tools/materials/equipment on stepladder.
- Use a stepladder horizontally like a platform.
- Use a metal stepladder near power lines or electrical equipment. Ⓢ



phases in a requirement for employers to have ladder safety or personal fall arrest systems for fixed ladders that extend more than 24 feet and phases out the use of cages or wells for fall protection. Portable Ladders – Portable ladders usually consist of side rails joined at intervals by steps, rungs, or cleats. They can be self-supporting or lean against a supporting structure. Ⓢ

Workplace Mental Health and Suicide Prevention



Suicide is a leading cause of death among working age adults in the United States. It deeply impacts workers, families, and communities. There were approximately 1.2 million suicide attempts in America in 2020. Tragically, more than 45,000 of these attempts were fatal. The construction industry has one of the highest rates of suicides among all occupations - four times higher than in the general population. September is Suicide Prevention Month and is an opportunity to raise awareness and provide support in protecting the mental health of America's workers.

According to the National Institute of Mental Health, nearly 1 in 5 adults are living with a mental health condition, such as anxiety, depression, or post-traumatic stress. In June 2020, the Centers for Disease Control and Prevention found that 40% of U.S. adults were struggling with mental health or substance abuse and 11%

seriously considered suicide. Work-related stress can have an impact on mental health and, without proper support, could lead to substance abuse and even suicide. Workers in the construction industry are generally at a higher risk for suicide due to work-related stress factors including seasonal/temporary employment, demanding work schedules, and serious injuries, which are sometimes treated with opioids. Not addressing the underlying stressors or injuries can exacerbate mental health symptoms and may increase the risk of substance abuse or even suicide.

By demonstrating their commitment to a safe and healthy workplace, employers can play an important role in reducing stigma and promoting mental health. In return, they may experience benefits such as improved workplace safety, higher morale, increased productivity, reduced turnover, and decreased operating costs. ☺



During Suicide Prevention Month:

Participate in Construction Suicide Prevention Week, see [construction-suicide-prevention.com](https://www.construction-suicide-prevention.com) for tools, resources, and information about how to plan your own activities and register your participation.

Learn how to develop mental health and safety programs to help workers get the resources they need, which are available at [osha.gov/preventingsuicides](https://www.osha.gov/preventingsuicides).

For example:

- Strive to create a workplace environment that fosters open communication and a sense of belonging.
- Implement a workplace safety and health program that proactively identifies and addresses hazards that could lead to injuries or illnesses.
- Provide resources and programs that promote employee health and well-being and support work-life balance.
- Inform employees of resources and treatment services available for mental health and substance use disorders through employee assistance or health insurance programs, or in the community.
- Provide accommodations and return-to-work assistance for employees seeking treatment or in recovery.

Use and share resources from OSHA and the National Institute for Occupational Safety and Health (NIOSH), such as:

- OSHA. Poster: Suicide Prevention: 5 Things You Should Know. OSHA Publication [4180 \(English\)](#) and [4181 \(Spanish\)](#). OSHA. [Recommended Practices for Safety and Health Programs](#).
- OSHA. Safety and Health Topics:
 - [Preventing Suicides](#)
 - [Long Work Hours, Extended or Irregular Shifts, and Worker Fatigue](#)
- NIOSH. Workplace Safety & Health Topics:
 - [Opioids in the Workplace](#)
 - [Workplace Supported Recovery Program](#) ☉



Talk. Listen. Encourage.

When you work closely with someone, you may sense when something is wrong. If you are concerned about a coworker, talk with them privately, and listen without judgment. Encourage them to get help. If someone is in crisis, stay with them and get help. If you believe a coworker is at immediate risk of suicide, stay with them until you can get further help. Contact emergency services or call 988 for the [Suicide and Crisis Lifeline](#).

Together, we can stop the stigma and address mental health of American workers! ☉



Photo: WSMV 4

Trench Safety LIVE Training Event

The first annual Live Trench Training is in the books and was a huge success. There were over 325 attendees including 25 students from the Goodwill Industries Construction Training School. Thank you to all the sponsors and volunteers that made this day possible. ☺



Photo: WSMV 4

Amputations



Amputations are some of the most serious and debilitating workplace injuries. They are widespread and involve a variety of activities and equipment. Amputations occur most often when workers operate unguarded or inadequately guarded presses, rollers, and blades. These injuries also happen during materials handling activities and when using forklifts. Besides normal operation, the following activities involving stationary machines also expose workers to potential amputation hazards: setting up, adjusting, cleaning, lubricating, and maintaining machines as well as clearing jams.

During calendar year 2021, TOSHA received 46 reports of amputation resulting in the permanent loss of fingers (67), arms (2), feet (1), hands (4), legs (2), and toes (3) as a result of conducting the work identified above.

These injuries are preventable. It requires the employer to evaluate the workplace for hazards. Train employees on these hazards and the measures needed to protect themselves. Install guards/light curtains to prevent employee exposure to pinch points, blades, moving parts, and crushing hazards.

No one thinks a permanent life altering event will happen in their workplace. Take steps to make sure it doesn't happen in yours. ☺

OSHA has resources to assist you
Machine Guarding
Implementing an Effective Lockout/Tagout Program
Powered Industrial Truck Safety



Volunteer STAR News update

Successful Volunteer STAR recertifications were conducted at Sherwin Williams in Memphis, Westrock in Lewisburg, Pfizer in Memphis, Mitsubishi Chemical America in Memphis, and Bridgestone-Warren County in Morrison.

The Volunteer STAR is patterned after the OSHA Voluntary Protection Program and recognizes the best of the best in safety and health programming and performance. Qualified candidates must demonstrate that they have performed in a manner that is below the national average for injury and illness rates in their industrial classification. They must also have all the critical safety and health management system components in place and

involve their employees in a manner that ensures total involvement in safety and health issues. Volunteer STAR is open to all manufacturers (NAICS codes 20 – 39). Programs must be in place for at least a year, prior to evaluation.

On average for 2021 the Tennessee Volunteer STAR sites experience three-year Total Case Incident Rates (TCIR) 60% below their industry average and three-year Days Away, Restricted or Transferred Case Rates (DART) 46% below their industry average. In 2021 there were thirteen (13) sites that experienced a TCIR of 0.0 and there were fifteen (15) sites that experienced a DART of 0.0.

For more information on Volunteer STAR contact the VPP Manager at (800) 325-9901. [📍](#)

Consultative Services

Have you heard about TOSHA's Consultative Services?

The Tennessee Department of Labor and Workforce Development offers a confidential consultation service for small and medium sized employers wanting safety and health assistance.

This voluntary service is offered at no direct cost and without penalty or citations.

Our consultants will work in partnership with you to help identify hazards, implement and improve programs, and ultimately reduce injuries and illnesses in your workplace. The consultation program and its staff are separate from TOSHA enforcement. To learn more on how to take advantage of this taxpayer funded service and request assistance, please follow this [link](#). [📍](#)



Click any image to visit website



Tennessee
Safety & Health Conference

Aug 14 - 16, 2023

Form 300A

Posting Employers must post summary of injuries and illnesses recorded for year 2022 (February 1 to April 30).

Small Business Safety and Health Handbook



2022 August - December TOSHA Seminar Schedule

TN Department of Labor & Workforce Development

TOSHA

Basic Safety and Health - This full day class will review Exit Routes, Emergency Action and Fire Prevention Plans; Machine Guarding, Lockout/Tag-out, Hazard Communication, Personal Protective Equipment, and Respiratory Protection.
11/02 - Jackson - TCCI
11/10 - Chattanooga - TCCI
12/08 - Murfreesboro - TCCI

Basic Safety for Utilities - This full day class will review confined spaces, trenching & excavation, personal protective equipment (PPE), walking working surfaces, lockout / tag-out (LOTO), electrical, & the most cited standards in utilities
09/07 - Jackson - TAUD
09/27 - Murfreesboro - TAUD

Health Hazards in Industry - The full day course covers common health hazards that are encountered in the workplace including chemical, biological, physical hazards. Topics include bloodborne pathogen, hazard communication, personal protective equipment, respiratory protection, noise, & TOSHA's most cited standards.
09/28 - Murfreesboro - TAUD

Forklift and Warehouse Safety - This full day class will cover the hazards and injuries likely to occur in warehousing and storage operations, including encounters with powered industrial trucks, material handling, lifting, hazard communication, walking and working surfaces, and life safety including fire protection and evacuation. This course is intended for warehouse workers, supervisors, and employers responsible for developing safe work practices and procedures in a warehouse setting.
09/20 - Murfreesboro - TCCI
09/22 - Jackson - TCCI
09/28 - Knoxville - TCCI
10/26 - Chattanooga - TCCI

Maintenance Related Standards - This full day class will review the most cited standards in general industry, lockout / tag-out (LOTO), machine guarding, electrical, confined spaces, housekeeping, egress routes, emergency procedures, fire safety, compressed gas safety & health hazards.
08/10 - Jackson - TCCI
09/13 - Clarksville - TCCI
09/15 - Knoxville - TCCI
10/06 - Morristown - TCCI

OSHA 30-Hour for General Industry - This four-day course emphasizes the identification, avoidance, control & prevention of safety & health hazards present in general industry. The training helps to ensure that workers are more knowledgeable about workplace hazards and their rights. An OSHA 30 Hour card is achieved after completion of the course.
11/15-18 - Murfreesboro - TCCI
12/05-08 - Greeneville - WSSC

Recordkeeping - This half day class will review recordkeeping requirements, maintenance of the OSHA 300 log, reporting & electronic scanning requirements.
08/02 - Murfreesboro - TCCI
08/04 - Morristown - TCCI
08/11 - Jackson - TCCI

Electronic Reporting
March 2, 2023, is the deadline for electronically reporting your OSHA Form 300A data for calendar year 2022.

988 Suicide & Crisis Lifeline



CHAT WITH LIFELINE

Agency Links

[OSHA](#)

[Tennessee's Government Website](#)

[Tennessee Department of Labor & Workforce Development](#)

[Tennessee Occupational Safety & Health Administration \(TOSHA\)](#)

Useful Links

[File a Complaint](#)

[Video Library](#)

[TOSHA Publications](#)

[Safety & Health Conference](#)

Recognition Links

[TOSHA Safety Awards](#)

[VPP](#)

[SHARP](#)

The Tennessee Department of Labor and Workforce Development is committed to principles of equal opportunity, equal access, and affirmative action. Auxiliary aids and services are available upon request to individuals with disabilities.



Tennessee Department of Labor and Workforce Development; Authorization No. 337483, February 2019 ; This public document was promulgated for electronic use.



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