83rd Annual Minnesota Safety & Health Conference

WHY YOU CAN’T MISS IT!

► **Learn** from the best in the field: Nearly 100 educational sessions to help you stay current, build your skills and improve your safety program.

► **Earn** CEUs, ABIH, CSP and CHMM points (if you need them, you know what they are!)

► **New to safety?** Dive in and complete the Basic Workplace Safety Certificate over the course of the conference.

► **Connect!** Network with old and new safety contacts.

► **Stock your tool box:** Check out the latest safety programs, products and gear in the Exhibit Hall, and NEW this year: experience the Wellness Village.

► **Celebrate** safety excellence at the Governor's Safety Awards Luncheon.

► **Meet face-to-face** with our helpful and friendly staff!

**APRIL 18 EARLY-BIRD DISCOUNT:** Register now and save!

► [Register online](#)

► [Downloadable registration form](#)

Questions? Contact us at [msc@minnesotasafetycouncil.org](mailto:msc@minnesotasafetycouncil.org) or 651-291-9150/800-444-9150.
Time to Be Safe

PAUL W. AASEN, President, Minnesota Safety Council

At the end of March, Princeton Professors Anne Case and Sir Angus Deaton published an article in the Brookings Press describing what I would call an epidemic of sickness and early death in the white working class in America. Among the factors they discussed were education, employment prospects and the accumulation of stress that leads to drug abuse, alcohol-related diseases and suicide.

And we are alone. If you compare the American experience to Sweden, Britain, France, Germany and Australia, the U.S. 50- to 54-year-old white population death rate due to these factors is twice as high. This is a sobering analysis.

What’s behind it? Candidates include a difficult recession, fewer economic opportunities and ever increasing competition, and our country’s overuse of opioids.

This is where this story comes home to the workplace. Every safety professional knows that impairment in every aspect of our lives is growing. We see it on the roads where both impaired drivers and impaired pedestrians are contributing to more crosswalk deaths than ever. We see surveys that seem to point to regular impaired working by as much as one-third of the work force. And we know the devastating stories of addiction that often follow medical treatment and the prescription of pain killers.

If your organization isn’t talking about impairment and its reach into the workplace and into our homes, it should be.

Where can you go for info? I’d start here:

Prescription Drug Employer Kit, National Safety Council
Substance Use Cost Calculator, National Safety Council and University of Chicago

Thanks for taking the time to be safe,

Paul

▶ See more about the impact of prescription drug abuse in the workplace on page 7.

SafetyNet Member Community: It’s a Resource Library, Too!

Have a question and you know it’s been discussed in the online community? Remember that all discussions are archived and searchable — all you have to do is log in and search to find information from other members on hundreds of topics. The comments provide invaluable insights into what other companies are doing about safety issues of interest to you. Check out the All-Member library as well, for helpful documents that members have uploaded. Log in at minnesotasafetycouncil.org/mo and click the “SafetyNet” link. Forgot your ID number? Enter your e-mail address into the “Forgot Your Password?” box on the right side of the Members Only homepage and submit it. You’ll receive an e-mail momentarily.
OSHA Update Webinar Available in Members Only

If you missed the recent member update from Jim Krueger, Director of MNOSHA Enforcement, the webinar is now available by logging in to minnesotasafetycouncil.org/mo and clicking the “Webinars” tab; you’ll see links to the recording and to Jim’s PowerPoint. Jim provided the “state of the state” in workplace safety, including injury and death data and trends, most frequently cited standards, and current regulatory initiatives and special emphasis areas. A few slides of key data are highlighted below; check out the webinar for much more.

Fatal Occupational Injuries per 100,000 Full-time Equivalent Workers 2014

<table>
<thead>
<tr>
<th>State</th>
<th>Fatality Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iowa</td>
<td>6.0</td>
</tr>
<tr>
<td>Minnesota</td>
<td>2.3</td>
</tr>
<tr>
<td>North Dakota</td>
<td>9.8</td>
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<tr>
<td>South Dakota</td>
<td>4.8</td>
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<tr>
<td>Wisconsin</td>
<td>3.5</td>
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Member Meetings Around the State

Thanks to Polaris Industries, Inc. in Roseau for hosting our Northwest Region Safety Network member meeting last week. Great discussion and exchange of information among our members, pictured above with Membership Manager Jeff Lovig, far left. Member groups meet quarterly around the state. Questions? Contact Membership Director Cary Swenson.

New MN Workers’ Comp Report Released

The number of paid workers’ comp claims has fallen 52 percent in Minnesota from 1997 to 2015, according to a new report from the Department of Labor and Industry. Despite higher benefits per claim, costs are down relative to payroll because of the falling claim rate: Compared to 1997, indemnity benefits per $100 of payroll were 34 percent lower in 2015 and medical benefits were 27 percent lower. See MN Workers’ Compensation System Report, 2015 at dli.mn.gov/RS/Pdf/wcfact15.pdf.

New on Our YouTube Channel

Work Safe: Construction
- Excavations in Construction/Trenching
- Falls in Construction/Fixed Scaffolds
- Carbon Monoxide in Construction/Portable Gas-Powered Equipment

Work Safe: Slips, Trips and Falls
- Slips, Trips and Falls Safety Video

Work Safe: Forklifts
- Forklift Inspection, Battery Charging & Refueling Training Video

Work Safe: Hazard Communication
- GHS Training Video

Work Safe: Hearing Conservation
- 3M™ Hearing Conservation Worker Training Video

Work Safe: Walking Working Surfaces
- OSHA Walking Working Surfaces Industry Standards Video

Go to youtube.com/user/MNSafetyCouncil to view all playlists for work, home and traffic safety — and send us your suggestions!
News, Tools and Articles of Interest

Grain Entrapments, Deaths Rise in 2016

Grain handling entrapment and deaths increased in 2016, according to a Purdue University annual survey of reported confined space incidents in agriculture. According to the report, 29 cases of grain entrapment were recorded, compared to 24 cases in 2015; 11 of the incidents resulted in death. Overall, 60 confined space cases were documented in 2016, 30 of them fatal and 30 non-fatal. In addition to the 11 grain entrapment deaths, 10 people died from asphyxiation due to toxic environments, seven died from falls, and two from entanglement with equipment. According to the Purdue researchers, since there is no comprehensive or mandatory reporting system for agricultural injuries, it’s estimated that the number of actual incidents is significantly larger.

The majority of cases are concentrated in the “corn belt” region which includes Minnesota. The map below shows reported confined space cases, fatal and non-fatal, for 2016 (white boxes) and total number of incidents from previous years (dark boxes).

Federal Contractor Disclosure Requirements Rolled Back

Following House and Senate votes to repeal federal contractor disclosure requirements, President Trump has signed the congressional resolution into law. The Obama-era executive order required employers bidding for federal contracts valued at $500,000 or more to disclose labor-law violations. Business groups objected to the rule's requirement that companies disclose citations for alleged safety violations that they are still challenging.

OSHA Issues PSM Guidance for Specific Settings

Federal OSHA has released guidance documents to clarify process safety management (PSM) requirements for chemicals in three specific settings: explosives and pyrotechnics manufacturing, small businesses and storage facilities. The move follows attempts by OSHA to limit the number of employers who could call themselves “retailers,” which was quashed in federal court; and to make changes to policies for coverage of hazardous chemicals in mixtures, which was delayed and is now being enforced.

To quote KellerOnline: “With all of these delays and reversals of OSHA’s PSM policies, is it any wonder that industry is confused about when and how to comply with the PSM standard?” See the OSHA Publications page and scroll down to “Process Safety Management.”

Effective Date Delayed Again for Beryllium Rule

The U.S. DOL will delay the effective date for the beryllium rule a second time, to May 20, 2017, “for the purpose of additional review into questions of law and policy.” Compliance dates are not affected. In the Federal Register notice of the delay, OSHA states that it received twenty-five unique comments on its proposal to extend the effective date, including from Congressman Bradley Byrne, Chairman of the Subcommittee on Workforce Protections, who urged OSHA to delay the effective date, citing concerns with the rule's coverage of abrasive blasting operations under the construction and shipyard standards. OSHA says it also received approximately 2,500 comments with nearly identical messages, urging the Agency to adopt the proposal and delay the effective date, particularly for the construction and shipyards standards.
CSB Highlights Its Impact

After being targeted for elimination in the president’s recent budget proposal, the Chemical Safety Board (CSB) is highlighting its role and responsibilities, noting its safety mandate and non-regulatory status. Among the key points made by the CSB:

- The mission of CSB is to drive chemical safety change through independent investigations to protect people and the environment.
- Investigations are transparent — CSB makes investigative materials available online and holds on-scene press briefings and public hearings.
- Safety reports, recommendations, videos and other CSB products routinely are used as resources for industrial training, and also serve academia and professional organizations.

New from NIOSH

Tracking tools for healthcare worker exposures: Healthcare facilities now have access to two new web-based tools that track and analyze sharps incidents and blood and body fluid exposures among healthcare workers. The modules are part of the Occupational Health Safety Network system, coordinated by the National Institute for Occupational Safety & Health (NIOSH).

Hearing loss prevention program evaluation tool: After researching hearing loss prevention programs (HLPPs) in 14 facilities that employed more than 15,000 workers, a NIOSH-funded team created two self-evaluation tools for use by HLPP managers. The first tool is a checklist designed to evaluate facility compliance with mandatory HLPP requirements, as well as their adoption of best practice methods for preventing hearing loss. The second tool is a calculator that allows facilities to estimate the cost of their HLPP, both overall and by program element. Both tools are available on the NIOSH hearing loss prevention website.

Chemical safety in the workplace: The updated NIOSH webpage on workplace chemical safety contains numerous resources, including the new mobile app for the NIOSH Pocket Guide to Chemical Hazards.

Ladder safety: The NIOSH ladder safety app is designed to improve extension and step ladder safety. Find the app and other ladder safety resources on the NIOSH website.

Total Worker Health workbook: NIOSH has published a Total Worker Health workbook as a practical tool for improving worker well-being. The workbook can help organizations identify and address job-related factors that may be contributing to health problems (e.g., hours of work, workload and stress, interactions with coworkers, and unhealthful work environments).

Preventing law enforcement traffic deaths: A pilot research program investigates traffic-related law enforcement deaths, with the goal of helping local agencies prevent them.

Effective Training and Learning Styles

How can trainers effectively meet employees’ various learning styles? An article from the Greeley, Colorado Tribune reviews a variety of options, noting that adults learn by:

- Seeing — watching videos and demonstrations or reading print materials
- Hearing — listening to lectures or machine sounds and being more focused when music is playing
- Talking — participating in discussions and case studies or asking questions
- Writing — taking notes or tests and filling in workbooks or handouts
- Thinking — figuring out the reasoning or logic behind the concept; and
- Doing — performing drills, exercises, and simulations.
APRIL

17–18 10-hour OSHA General Industry Safety and Health Training
18–21 OSHA 510 OS&H Standards, Construction
18 Powered Pallet Jack Train-the-Trainer PLUS
19 Walking & Working Surfaces Train-the-Trainer PLUS
20 First Aid/CPR/AED Training
21 Defensive Driving Course, Basic (8-hour)
25 12th Annual Northern Minnesota Safety Conference, Bemidji
25 Aerial Lift Train-the-Trainer PLUS
25–27 OSHA 502 Update, Construction Outreach Trainer
27 Defensive Driving Course, Basic (4-hour)
28 OSHA Recordkeeping: Beyond the Basics

MAY

1 Electrical Safety in the Workplace: NFPA 70E
2–5 OSHA 500 Instructor Course in OS&H Standards, Construction
2 Right-to-Know Train-the-Trainer PLUS
9 Forklift Train-the-Trainer PLUS
9–12 OSHA 511 OS&H Standards for General Industry
10 Accident/Incident Investigation
16–18 2017 Minnesota Safety & Health Conference
22–25 Safety Management Techniques
23 Forklift Train-the-Trainer
24 Confined Space Entry
25 First Aid/CPR/AED Training
30–31 10-hour OSHA Construction Safety Course

JUNE

1–2 10-hour OSHA General Industry Safety and Health Training
1 Electrical Safety in the Workplace: NFPA 70E
5–8 OSHA 501 Trainer Course in OS&H Standards, General Industry
5 OSHA Recordkeeping: Beyond the Basics
6 Aerial Lift Train-the-Trainer PLUS
7 Drug and Alcohol Recognition for Supervisors
8 Defensive Driving Course, Basic (4-hour)
8–9 Defensive Driving Course, Instructor Course (4-hour)
12–15 30-hour OS&H Standards, General Industry
12–13 Defensive Driving Course, Basic (8-hour)
12–14 Defensive Driving Course, Instructor Course (8-hour)
15 First Aid/CPR/AED Training
20 Lockout/Tagout Train-the-Trainer PLUS
20 Safety Training Methods

JULY

11 Forklift Train-the-Trainer
13 Lockout/Tagout Workshop
18 10-hour OSHA General Industry Training
18 Forklift Train-the-Trainer PLUS
20 Confined Space Entry
20 First Aid/CPR/AED Training
24–27 30-Hour OS&H Standards, General Industry
25 Electrical Safety Train-the-Trainer PLUS

AUGUST

2 Aerial Platform Train-the-Trainer
8 Aerial Lift Train-the-Trainer PLUS
8 Electrical Safety in the Workplace: NFPA 70E
9 Accident/Incident Investigation
10 Emergency Response Refresher (HAZWOPER)
15 Forklift Train-the-Trainer
15–18 OSHA 510 OS&H Standards, Construction
17 First Aid/CPR/AED Training
22–25 OSHA 511 OS&H Standards, General Industry
22 Right-to-Know Train-the-Trainer PLUS

Need Training Videos?
We’ve Got ‘Em!

Hundreds of members have taken advantage of our new streaming video program. Have you signed up yet? It's very easy to do, and it's FREE with your membership! The program includes:

- An easy (and quick) sign-up process.
- 900+ titles (many in multiple languages) immediately available, 24/7.
- Options to purchase DVDs or add programs to your LMS at a great member discount.

Questions? Contact Steve Rauh; 651-228-7326/800-444-9150.
Survey: Prescription Drug Misuse Affects More than 70% of Workplaces

More than 70% of U.S. employers are feeling the direct impact of prescription drug misuse in their workplaces, according to survey results released in March by the National Safety Council (NSC).

Drug poisonings, largely from opioid painkillers, have overtaken car crashes as the leading cause of unintentional-injury death among adults. NSC states that seventy-five percent of those struggling with a substance use disorder are in the workforce, revealing a hidden epidemic that many employers are struggling to address.

Other key findings from the survey, the first of its kind in the nation, include:

- Only 19% of employers feel “extremely prepared” to deal with prescription drug misuse in the workplace
- Although just 13% are “very confident” that employees can spot the signs of misuse, 76% do not offer training to help close that knowledge gap
- 81% of respondents’ policies are lacking at least one critical element of an effective drug-free workplace program
- 88% are interested in their insurer covering alternatives to pain relief treatment so that employees can avoid taking opioids
- 70% would like to help employees struggling with prescription drug misuse return to their positions after completing treatment.

NSC’s free Prescription Drug Employer Kit provides information and tools for employers and educational resources for employees. Also, see our class Drug and Alcohol Recognition Training for Supervisors.
AEDs: Are You Prepared and Up-to-Date?

Make AEDs a part of your preparedness plan (Federal OSHA recommends it.)

1. Take a look at our Philips automated external defibrillator (AED) packages — we think they’re the best and your organization will save more than $400 for each package purchased! (And remember, we have discounts on all accessories, replacement pads or batteries.)

2. In addition, Philips has a tremendous trade-in program ending December 30, 2017. Trade in any AED and get $100 off a new Philips AED!

3. It may be time to change the pads or battery for your Philips AED — take a moment to check the expiration dates. If you need new pads or a battery, order through us for a discount (good on any accessories).

▶ For more information about AEDs, contact Al Terwedo at 651-228-7315/800-444-9150; al.terwedo@minnesotasafetycouncil.org. Find details about other first aid resources and our first aid/CPR/AED training online.

New Walking-Working DVD — Now Available!

Simplify your training with this new training program

JJ Keller’s new Walking-Working Surfaces: What You Need to Know for Supervisors and Employees is in stock and ready to ship for your training! Slips, trips and falls can happen in any area of any workplace — from the office to the production floor to the loading dock to the warehouse and everywhere in between.

KIT INCLUDES:

• DVD with training for both supervisors and employees
• Trainer Guide
• Employee Handbook
• Poster
• All materials in both English & Spanish!

▶ To order, visit our website or contact Steve Rauh at 651-228-7326/800-444-9150; steve.rauh@minnesotasafetycouncil.org.

Regular Price $395.00  
Member Price $355.50
Help Keep Your Employees Safe on the Road

JUST DRIVE!

April is national Distracted Driving Awareness Month, an opportunity for employers to raise awareness at the same time that more than 300 law enforcement agencies statewide focus special enforcement efforts on distracted driving.

Three Things You Need to Know About Distracted Driving

1) It’s a leading factor in Minnesota crashes
   - Involved in one out of four crashes (2011-2015, most current detailed data)
   - A factor in 7,666 injuries and 74 deaths (2015)
   - Contributes to 65 deaths and 215 life-changes injuries a year, on average (2011-2015)

2) It’s a myth to think we can multitask behind the wheel
   - At 55 mph, texting and driving is like traveling the length of a football field without looking up.
   - Too many Minnesota drivers are letting distractions take their focus off the road — a gamble that’s wrecking lives and causing pain, loss and regret for too many people.
   - No one intends to seriously injure or kill someone by driving distracted. But good intentions don’t prevent crashes — smart choices do.

3) What can you do? Put the phone down if you’re driving, and speak up if you’re with a driver who’s distracted.
   - With Minnesota’s “No Texting” law, it’s illegal for drivers to read, send texts and emails, and access the web while the vehicle is in motion or a part of traffic. That includes sitting at a stoplight or stop sign.
     - $50 plus court fees for a first offense.
     - $275 plus court fees for a second and/or subsequent offense.
   - If you injure or kill someone because of texting and driving, you can face a felony charge of criminal vehicular operation or homicide.
   - Before heading out, do what you can to eliminate distractions — set your music, put your phone out of reach and figure out your directions.

Types of Distraction

- Visual: looking away from the road.
- Mechanical/physical: taking hands off the wheel to dial a cell phone, adjust radio or music device, etc.
- Cognitive/mental/emotional: being “lost in thought,” or focusing on a conversation, resulting in withdrawal from situational awareness.
- Combination of the above: reading a map or texting while driving.

Make the Right Choice

- Cell phones: Put the phone down, turn it off or place it out of reach.
- Music and other controls: Pre-program radio stations and arrange music in an easy-to-access spot. Adjust mirrors and ventilation before traveling.
- Navigation: Map out the destination and enter the GPS route in advance.
- Eating and drinking: Avoid messy foods and put drinks in a secure holder.
- Children: Teach children the importance of good behavior in a vehicle and model proper driving behavior.
- Passengers: Speak up to stop drivers from distracted driving behavior and offer to help with anything that takes the driver’s attention off the road.

Minnesota NETS has compiled comprehensive distracted driving resources for use year-round: information for management and employees, presentations, posters, fact sheets, sample polices and more.

Minnesota NETS provides resources, consultation and speakers to help employers promote traffic safety. Questions? Contact Lisa Kons at 651-228-7330/800-444-9150; lisa.kons@minnesotasafetycouncil.org.
OFFICIALS ARE STEPPING-UP ENFORCEMENT ON DISTRACTED DRIVING LAWS.

www.distracti.gov
National Safe Boating Week, May 20–26

It won’t be long now before lakes and rivers around the state will be packed with boaters. It’s an enjoyable way to spend a day, but boating and drinking is a serious threat on the water. Boating while intoxicated (BWI) is one of the leading factors in boating injuries and fatalities in Minnesota and across the United States. According to the Minnesota Department of Natural Resources (DNR), over the past five years an average of 42 percent of fatal boating incidents were alcohol-related.

The federal BAC legal limit for operating a boat under the influence is .08 — the same as for driving a vehicle. Drunk boating is drunk driving, and carries the same consequences. Penalties for boating under the influence vary by state but can include fines, jail and loss of boating or even driving privileges.

The bottom line is: Boating under the influence endangers lives. Alcohol use can impair a boater’s judgment, balance, vision and reaction time as well as make a person more susceptible to the effects of being immersed in cold water.

More boating safety tips from the U.S. Coast Guard:
- **Wear a life jacket.** Coast Guard-approved life jackets are widely available. The [Wear It campaign](https://www.associationcdn.com/wp-content/uploads/2019/08/Wear-It-Campaign-2019-Flyer.pdf) promotes boating safety by encouraging boaters to wear life jackets all the time.
- **Check out Minnesota DNR’s online boating course,** required for youth who will be operating a boat or personal watercraft while unsupervised.
- **Get a free vessel safety check;** contact a local volunteer here.
- **Know about carbon monoxide:** this odorless, colorless poisonous gas is emitted by all combustion engines and onboard motor generators.

Visit the [Minnesota Department of Natural Resources](https://www.dnr.state.mn.us/) for more information on boating safety, including local laws/regulations and online/classroom courses.

Fresh Air = Fresh Hazards

As spring arrives, more and more windows open to the fresh air. But an open window can be a hazard to an unsupervised child. If you have young children in the home, these safety tips from Minnesota Safety Council member Andersen Windows can help:
- If you need ventilation, open windows that children can’t reach. Children can quickly climb to window ledges or sills and fall.
- Keep furniture — or anything children can use to climb — away from windows.
- Don’t rely on insect screens to prevent falls. They are designed to let air in and keep insects out.
- Consider installing window opening control devices or window guards that comply with local building codes. When properly installed, these devices will limit the window sash to less than a four-inch opening. These devices have easy-release mechanisms so they can be disengaged to allow the window to fully open if needed for an emergency escape or rescue.
- Plant shrubs and soft edging like wood chips or grass beneath windows to provide a cushion in the event of a fall. The surface can make a big difference in the severity of injury sustained from a fall.

And remember, when it comes to safety there’s no substitute for adult supervision. Visit Andersen Windows for additional fall prevention resources, including downloadable “Look Out for Kids!” materials.

Statewide Tornado Drill, April 20


Monday: [Alerts and Warnings]; Tuesday: [Severe Weather, Lightning and Hail]; Wednesday: [Floods]; Thursday: [Tornadoes (with statewide tornado drills)]; Friday: [Extreme Heat]
May is National Bike Month

According to the National Highway Traffic Safety Administration (NHTSA), Americans are increasingly bicycling to commute, for exercise, or just for fun. By law, bicycles on the roadway are vehicles with the same rights and responsibilities as motorized vehicles. Remind employees, friends and family members to make safer choices – while bicycling or as a driver sharing the road with bicyclists – to help reduce deaths and injuries on our roads. Visit our YouTube channel to view NHTSA’s Bike Riding Safety video and find downloadable print resources on our Bike Safe, Bike Smart website. Additional bike safety tips can be found on the Minnesota Department of Transportation’s website.

Blast Off into Concussion Safety with HEADS UP Rocket Blades!

The CDC’s Injury Center has developed their first-ever mobile game app on concussion safety for children aged 6 to 8. Through a futuristic world of galactic racing adventures children can learn the benefits of playing it safe and smart!

The app aims to teach children:
- the different ways the brain can get hurt during sports activities.
- how important it is to tell a coach, parent, or other adult when an injury occurs.
- the importance of taking time to rest and recover if they have a concussion.

Download the HEADS UP Rocket Blades at no cost.

SUMMER SAFETY SAFARI for Kids

Children are invited to go on a safety safari, June 13, 10 a.m. – 1 p.m. at Como Zoo, for fun, games and hands-on learning about making safer choices!

Summer is usually a peak injury season for children, so AAA, the Minnesota Safety Council and Safe Kids Minnesota have partnered to raise awareness about how kids and families can stay safe. Children who visit all Summer Safety Safari stations can receive a new bike helmet from AAA (while supplies last).