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Volume 2, Issue 4

April 2014



The USF OSHA Training Institute Education Center will offer the following courses from April – May 2014:

[500](#) - Trainer Course in Occupational Safety and Health Standards for the Construction Industry

- April 21-24 - Biloxi, MS
- May 5-8 - St. Augustine, FL
- May 12-15 - Miramar, FL

[501](#) - Trainer Course in Occupational Safety and Health Standards for General Industry

- April 14-17 - Daytona Beach, FL
- May 5-8 - Miramar, FL
- May 19-22 - St. Augustine, FL

[502](#) - Update for Construction Industry Outreach Trainers

- April 22-24 - West Palm Beach, FL
- May 20-22 - Miramar, FL

[503](#) - Update for General Industry Outreach Trainers

- April 8-10 - Miramar, FL
- May 20-22 - Tampa, FL

[510](#) - Occupational Safety and Health Standards for the Construction Industry

- April 7-10 - St. Augustine, FL
- April 21-24 - Miramar, FL
- May 19-22 - Biloxi, FL

[511](#) - Occupational Safety and Health Standards for General Industry

- April 7-10 - Daytona Beach, FL
- April 21-24 - Miramar, FL
- May 12-15 - Wesley Chapel, FL



Brown and Brown Inc. provide Safety and Health Seminar in Naples on February 13, 2014

Updates from the USF OSHA Training Institute Education Center



Dear {FIRST_NAME|Student},

Construction workers build our bridges, houses, buildings, and labor on the upkeep of our state's physical structures. Like any industry requiring physical labor, construction sector employees are vulnerable to various occupational hazards.

“Falls are the leading cause of construction worker fatalities in Florida, accounting for one-third of on-the-job deaths in the industry.”

In an effort to promote better practices against fall prevention, create safety awareness through training and applicable standards, and decrease worksite fatalities, the USF SafetyFlorida Consultation Program and USF OSHA Training Institute Education Center have partnered to present a 'no-cost' webinar on Fall Protection.

The webinar will be held on Wednesday, April 30, 2014 from 10:00am-11:30am.

[521](#) - OSHA Guide to Industrial Hygiene

- May 5-8 - Jacksonville, FL

[2015](#) - Hazardous Materials

- April 14-17 - Miramar, FL

[2225](#) - Respiratory Protection

- May 19-21 - Wesley Chapel, FL

[3095](#) - Electrical Standards

- April 28-May 1 - Orlando, FL
- May 12-15 - Jackson, MS

[5400](#) - Trainer Course in Occupational Safety and Health Standards for the Maritime Industry

- April 7-10 - Orlando, FL
- May 12-15 - Biloxi, MS

[5402](#) - Up-Date for Maritime Outreach Instructors

- April 15-17 - Jacksonville, FL

[5410](#) - OSHA Standards for the Maritime Industry

- April 28-May 2 - Biloxi, MS
- May 5-9 - Wesley Chapel, FL

[5600](#) - Disaster Site Worker Train-the-Trainer Course

- April 7-10 - Biloxi, MS
- May 12-15 - Wesley Chapel, FL

[5602](#) - Update for Disaster Site Worker Train-the-Trainer Course

- April 8 - Biloxi, MS
- May 13 - Wesley Chapel, FL

[6010](#) - Occupational Safety and Health Course for Other Federal Agencies

- April 15-25 - TBD

[7205](#) - Health Hazard Awareness

- April 14 - Orlando, FL

- *OSHA regulatory update on Fall Protection in Construction*
- *Fall protection hazards on construction sites*
- *Solutions and training for prevention of accidents and fatalities*
- *Implementing injury prevention plans and safety management systems for fall protection*

All Contractors and Construction workers are encouraged to attend!

To register for this webinar, please [click here](#), or call toll-free at 1-866-273-1105.

Stay Safe,

Robert E. Nesbit

Program Director

USF OSHA Training Institute Education Center



The United States Department of Labor's Occupational Safety and Health Administration (OSHA) has partnered with The National Institute for Occupational Safety and Health (NIOSH) and The National Occupational Research Agenda (NORA) in an effort to reduce fall protection in residential construction.

Every year, hundreds of fatalities are reported in the Construction Industry. Many of these fatalities are as a result of construction workers falling from roofs, and from the improper use of ladders and scaffolds. Falls are the leading cause of death in the Construction Industry and can be prevented with proper planning, providing and training.

By following these three simple steps provided by ([OSHA.gov](#), 2010), you can save lives:

- 1. Plan** – Plan ahead for potential fall hazards. Evaluate the job site, tasks that will be completed, and the equipment used to perform each task. Ensure that all equipment is readily accessible, and proper Personal Protective Equipment (PPE) is provided.
- 2. Provide** – Provide equipment that workers need to complete tasks, i.e. – Ladders, Scaffolds, and Personal Fall Arrest Systems (PFAS). A fall from a lower level; for example, six feet can end in fatality or serious injury.
- 3. Train** – Workers must be trained in the safe use equipment to complete job tasks. Employers must also train workers to recognize potential hazards and fall protection systems.

NIOSH (National Institute for Occupational Safety and Health) has

[7300](#) - Understanding OSHA's Permit-Required Confined Space Standard

- April 15 - Orlando, FL

[7500](#) - Introduction to Safety and Health Management

- April 16 - Orlando, FL

[7505](#) - Introduction to Accident Investigation

- April 17 - Orlando, FL

[7845](#) - Recordkeeping Rule Seminar

- April 17 - Wesley Chapel, FL

[8 Hour](#) - 8 Hour Hazwoper

- April 15 - Wesley Chapel, FL

[Fall Protection](#) - Fall Protection Qualified Person

- April 16 - Wesley Chapel, FL

[Click here for a full listing of classes](#)

developed a phone application that was designed to reduce fall risk by concentrating on ladders. This Ladder Safety app makes it easy to select, inspect and position the ladder correctly. It is free and is available for iPhones and Androids.

Click [here](#) to download the app now!

To learn more about the fall prevention in residential construction campaign, click [here](#).

Do you need your OSHA Outreach Card?



For many years, workers in the construction and general industry have taken OSHA compliance training in a classroom setting. Now, with the increasing demand for OSHA safety certification and 10/30 hour cards, OSHA compliance training is available online to accommodate a growing need, busy schedules, or those who don't have access to a training center. With online OSHA training, there are no travel costs and no time away from the job. You'll have instant access to the course 24 hours a day, 7 days week.

Our online OSHA training course offers the following benefits

- OSHA Authorized Safety Training
- Full Audio Narration – Listen or Read the Material
- Real Life Case Studies
- Interactive Exercises
- Illustrations of the Standards in Use
- Access to a Certified OSHA Instructor for any questions
- Printable reviews to help prepare for the final exam
- Official DOL Wallet Card

For more information regarding the online OSHA Outreach Training and Cards, or to register for this course, [click here](#).



Did you know? According to the Florida Department of Transportation (2012), 3,328 people were killed in crashes as a result of distracted driving.

During this month, employers should work together with their employees to prevent injuries and death while on the

road.

"It is well recognized that texting while driving dramatically increases the risk of motor vehicle injury or fatality. We are asking employers to send a clear message to workers and supervisors that your company neither requires nor condones texting while driving." -Dr. David Michaels, Assistant Secretary of Labor for OSHA



Please click on image above to view a short video clip on the potential dangers of distracted driving

Remember, talking or texting while driving is a dangerous combination!



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Patient Safety



Did you know? In 2011, U.S. hospitals recorded 253,700 work-related injuries and illnesses. That's 6.8 work-related injuries and illnesses for

every 100 full-time employees (OSHA.gov, 2014).

The Occupational Safety and Health Administration launched a new web-based resource to aid hospitals in preventing these work-related injuries and illnesses. This new initiative stands to assess workplace safety needs, enhance safe patient handling programs and implement safety and health management systems.

USF OSHA Training Institute Education Center has knowledgeable, expert-trained instructors that can provide education, training and resources to help your facility eliminate unnecessary workplace injuries and illnesses.

Call today at (813) 994-1195 to learn more information and reserve your seat.

Our sister company, USF SafetyFlorida Consultation Program offers free and confidential services to benefit your organization as well. Call toll free 1-866-273-1105 or visit www.safetyflorida.usf.edu to schedule your free consultation now!

OSHA has announced a new National Emphasis Program (NEP) for occupational exposure to isocyanates!

The Occupational Safety and Health Administration (OSHA) announced a National Emphasis Program (NEP) to protect workers from the serious health effects from occupational exposure to isocyanates in 2013. This NEP scheduled to last through 2016, will focus on workplaces in general, construction and maritime industries that use isocyanate compounds in an effort to reduce occupational illnesses and deaths.

Exposure to isocyanates can cause chest tightness, wheezing, coughing, shortness of breath occupational asthma, upper respiratory irritation, hypersensitivity pneumonitis, and skin irritation. Effects from isocyanates may be serious and sometimes fatal.

USF OTIEC offers the following courses that may be beneficial to your organization:

- OTI 2015 – Hazardous Material
- OTI 9056 – Personal Protective Equipment
- OTI 9043 – Recordkeeping

If your business uses isocyanate compounds, now is the time to take action. You can start by contacting USF OSHA Training Institute Education Center for additional resources and education opportunities. See [flier](#) for more information.

Knowledge is key! Aid in the effort to raise awareness and keep your environment safe... Help is just a phone call away. Call toll-free now at 1-866-273-1105.



New bulletin on recording requirements for temporary workers

The Occupational Safety and Health Administration (OSHA) recently announced a new educational tool, now readily accessible at www.osha.gov that will better identify who is responsible for recording injuries and illnesses for temporary workers. The bulletin tool further explains the reporting requirements for staffing agencies and host employers.

“The Recordkeeping Bulletin is the first of many materials we are releasing and helps to clarify which employers are responsible for reporting injuries and illnesses,” “These materials will provide valuable information for both host employers and staffing agencies on how they can work together to make sure their workers are properly trained and protected.” – Dr. David Michaels, Assistant Secretary of Labor for OSHA

OSHA has received innumerable reports of temporary workers suffering from serious or fatal injuries. OSHA has therefore made a concerted effort to provide enforcement, outreach and training to protect temporary workers, and ensure that they are afforded the same training and education opportunities as existing workers.

Under the OSHA Recordkeeping regulation 29CFR 1904, covered employers are required to prepare and maintain records of serious occupational injuries and illnesses.

For more information, please refer to the [Recordkeeping Bulletin](#).

Click [here](#) to view the Trade Release.

Need help completing the OSHA 300 log? Contact the USF OSHA Training Institute Education Center to obtain additional information regarding the [OSHA 9073](#) – 1 hour General Industry Recordkeeping course or [OSHA 9043](#) – 1 hour Construction Recordkeeping course.

**USF OSHA Training Education Center • (813)
994-1195 • www.usfoticecenter.org**



Brown & Brown Inc. for teaching safety and health awareness



Brown & Brown Inc. Insurance Company hosted a Safety & Health Seminar to their clients. This seminar took place in Naples, Florida on February 13, 2014. There were approximately 50 companies represented, covering all industries including General Industry, Maritime and Construction.

USF Consultation Instructor, Gabriel Garcia (*pictured above*) was a guest speaker at the Safety & Health Seminar. Mr. Garcia presented on topics to include: OSHA regulations, enforcement and services provided by The USF SafetyFlorida Consultation Program and USF OTI Education Center.



Are you safe from the heat?

Heat illness is sweeping the nation, claiming the lives of thousands of outdoor workers. It is imperative to stay hydrated, take breaks and monitor temperature and working conditions.

Beat the heat! Prevent heat illness in outdoor workers by following these three simple steps provided by (OSHA.gov).

1. **Water**
2. **Rest**
3. **Shade**

OSHA's key pieces of advice for workers are:

- Drink water often. Preferably every 15 minutes, even if you are not thirsty
- Rest in the shade to cool down
- Wear a hat and light-colored clothing
- Learn the warning signs of heat illness and what to do should an emergency arise
- Keep an eye on fellow workers

Some symptoms of heat illness may include weakness, wet skin, headache, dizziness, faint, confusion nausea or vomiting, and thirst. Heat illness can affect the workers nervous system and lead to death.

The Occupational Safety and Health Administration (OSHA) and Department of Labor (DOL) have developed a heat safe phone application tool for android and iPhone users. This app allows workers and employers to calculate the heat index, monitor risk levels and provide safety precautions if needed.



Remember, employers are required to provide a safe and healthful workplace, free from recognized hazards.

Schedule of Events



The USF OTI Education Center will be participating in the following events. Please come join us!

IEC-FWCC 2014 Conference

April 24, 2014

Tampa Convention Center, Booth # 48

Tampa, FL

For more information, click [here](#).

Fall Protection Webinar (FREE)

April 30, 2014

10:00am – 11:30 am

Online Webinar

Registration link:

<https://www4.gotomeeting.com/register/937809479>

69th Annual Workers' Compensation Educational Conference

August 17-20, 2014

Orlando World Center Marriott

Orlando, FL

For more information, click [here](#).



OSHA continues extensive public

engagement on silica proposal

The Occupational Safety and Health Administration (OSHA) will continue to hold public hearings through Friday, April 4, 2014 for public comments on the proposed silica rule making. OSHA's proposed rule seeks to decrease workers exposure to crystalline silica.

Prolonged exposure to silica can result in health conditions such as silicosis, cancer or kidney disease. Silica affects workers in the construction, general and maritime industries. Overexposure to this substance can be avoided.

To learn more, contact us today at (813) 994-1195 or visit www.usfoticecenter.org!

Puzzle: Poison



Hydrochloric acid is a corrosive, fuming, poisonous, highly acidic solution of hydrogen chloride (HCl). Sodium hydroxide is a caustic, strongly alkaline compound (NaOH) used in drain cleaners. If ingested, hydrochloric acid corrodes the mucous membranes, esophagus, and stomach causing dysphagia, nausea, circulatory failure and death. Sodium hydroxide, if ingested, will cause vomiting, prostration, and collapse. Why is it that if you mix these two substances in the right proportions before ingesting them you will not have any poisoning symptoms?

[Click here for the Answer](#)

Source: <http://www.scientificpsychic.com/mind/poison1.html/> (2014)

Join Us!



Join us in keeping our workers safe!

The USF OSHA Training Institute Education Center works together the USF Safety Florida Consultation Program, to offer employers and employees a wide array of services and training programs. The OTI Education Center has formed partnerships and alliances with numerous organizations outside of USF in order to provide top quality classes, workshops and seminars. Our goal is to improve workplace safety and health through education. In addition, the OTI Education

Center has provisions in place for hosting contract classes at employer work sites, developing special classes on safety and health related topics, and arranging conferences and seminars on health and safety related topics, as well as disaster and emergency planning.

We currently serve the southeast including Alabama, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee.

Click [here](#) to view the 2014 OTI Course Catalog.

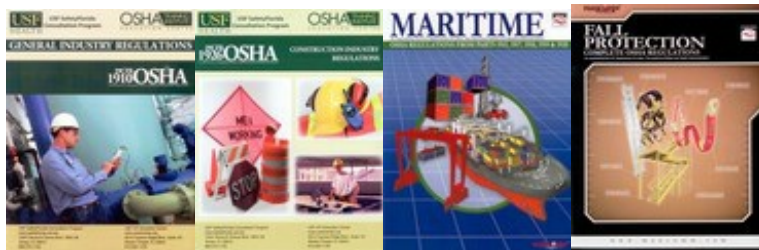
CEUs are offered on multiple courses! Contact our course coordinator at (813) 994-1195 or visit www.usfotiecenter.org for your training and education needs.

Book Orders

USF OTIEC offers OSHA Training tools and materials!

The following are currently available for purchase:

- Book of Regulations
 - 29 CFR 1910 for General Industry
 - 29 CFR 1926 for Construction Industry (Also available in Spanish)
 - 29 CFR 1915, 1917-18 for Maritime Industry.
- Instructor and Student Manuals
- Training materials on CD-ROM



Click [here](#) to order your copy today!

*Greater savings if purchased in bundles.

Follow Us on Social Media!

Select a link below to stay up-to-date on additions to our course schedule, view photos of our classes and facilities, and learn about upcoming events!

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USF SafetyFlorida Offers FREE Services to

Florida Businesses

Visit the USF SafetyFlorida Consultation Program to learn how your company may benefit from a **free** and confidential safety and health consultation.

Role of the Consultant

Consultants will:

- Help employers recognize hazards in the workplace
- Assist employers in developing or maintaining effective safety and health management programs
- Suggest general approaches or options for solving a safety or health problem
- Identify resources available if an employer needs further assistance
- Provide employers with a written report summarizing findings and
- Provide safety and health training

Consultants will not:

- Issue citations or propose penalties for violations of OSHA standards

For more information about USF SafetyFlorida or to [request a free consultation](#), visit www.usfsafetyflorida.com or call toll-free 1-866-273-1105.

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