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Volume 2, Issue 5

May 2014



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

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

- May 5-8 - St. Augustine, FL
- May 12-15 - Miramar, FL
- June 16-19 - Biloxi, MS
- June 23-26 - St. Augustine, FL

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

- May 5-8 - Miramar, FL
- May 19-22 - St. Augustine, FL
- June 9-12 - Wesley Chapel, FL

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

- May 20-22 - Miramar, FL
- June 3-5 - Orlando, FL
- June 10-12 - St. Augustine, FL

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

- May 20-22 - Tampa, FL
- June 17-19 - Jacksonville, FL

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

- May 19-22 - Biloxi, FL
- June 2-5 - St. Augustine, FL
- June 23-26 - Orlando, FL

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

- May 12-15 - Wesley Chapel, FL
- June 9-12 - Orlando, FL



USF OSHA Training Institute Education Center, Wesley Chapel, FL

### Updates from the USF OSHA Training Institute Education Center



Dear {FIRST\_NAME|Student},

The USF OSHA Training Institute Education Center is a non-profit organization headquartered in Wesley Chapel, FL., which serves the Southeast region to support the overall mission of reducing workplace accidents, injuries and illness by training workers, employers and safety professionals on hazard recognition, avoidance and prevention. The Education Center strives to deliver occupational safety and health training to both public and private sector workers, supervisors, and employers on behalf of OSHA.

The Occupational Safety and Health Act of 1970 stipulates employer’s responsibility for providing training and keeping worker’s safe. Employees should receive training that is adequate, effective, timely, and in a language that they can understand. We at the OTI understand your needs! All training and resources that our center offers, is in accordance with the OSHA Agency. You and your employees will benefit tremendously from taking courses with our education center. Our center offers training and assistance in both English and Spanish. We also offer an

June 9-12 - Orlando, FL

- June 23-26 - Miramar, FL

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

- May 5-8 - Jacksonville, FL

[2015](#) - Hazardous Materials

- June 23-26 - Wesley Chapel, FL

[2045](#) - Machinery and Machine Guarding Standards

- June 23-26-Tampa, FL

[2255](#) - Principles of Ergonomics

- May 19-21 - Wesley Chapel, FL

[2264](#) - Permit Required Confined Space Entry

- June 10-12 - Orlando, FL

[3095](#) - Electrical Standards

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

[3115](#) - Fall Protection

- June 3-5 - Tampa, FL

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

- May 12-15 - Biloxi, MS
- June 2-5 - Wesley Chapel, FL

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

- May 5-9 - Wesley Chapel, FL

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

- May 12-15 - Wesley Chapel, FL
- June 16-19 - West Palm Beach, FL

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

- May 13 - Wesley Chapel, FL
- June 17 - West Palm Beach, FL

[6000](#) - Collateral Duty Course for Other Federal Agencies

array of 1-hour specialty courses, certificate programs, and OSHA courses in the General, Construction, and Maritime Industry.

Since the USF OSHA Training Institute Education Center's inception in 2003, we have reached more than 7,400 students, and have trained over 50,000 students through safety and health training via classroom and online courses. For a complete listing of course offered, please visit us at [www.usfotcenter.org](http://www.usfotcenter.org) or call 813-994-1195 today.

*We invite you to experience firsthand what sets us apart from other training providers!*

Stay Safe,

**Robert E. Nesbit**

*Program Director*

*USF OSHA Training Institute Education Center*

## Schedule of Events



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

### Fall Protection Webinar (FREE)

**April 30, 2014**

10:00am – 11:30 am

Online Webinar

Registration link:

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

### SHARP Recipient Webinar

**May 29, 2014**

10:00am-11:00am

- June 16-19 - Wesley Chapel, FL

[9001](#)- OSHA Sub Part R Safety Standards

- June 25 - Wesley Chapel, FL

[Scaffolding](#) - Scaffolding Qualified Person Training

- June 26 - Wesley Chapel, FL

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

Open to all recipients of the SHARP – Safety & Health Achievement Recognition Program Award

Registration link:

<https://www4.gotomeeting.com/register/176681535>

**69th Annual Workers' Compensation Educational Conference**

**August 17-20, 2014**

Orlando World Center Marriott

Orlando, FL

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



### **Important News: A reflection on OSHA after more**

The Occupational Safety and Health Administration was established in 1971. Since then, the Occupational Safety and Health Administration and state partners have joined forces, to have a positive impact in the workplace. According to OSHA.gov, Workplace fatality and injury rates have decreased from an average 14,000 workers in 1970 to approximately 4,340 in 2009. That's an incredible accomplishment! Many people were against OSHA's mission and criticized if they could actually impact America's workforce and employ safe work practices. OSHA's mission was very successful as evidenced from their historical timeline. The numbers don't lie. Since the passing of the OSH Act, the rates of reported serious workplace injuries and illnesses have declined (OSHA.gov, 2011.)

**Click on the image below to view the OSHA timeline from its inception until 2010.**



## Heat Illness Prevention Campaign



Heat illness continues to sweep 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.



### **National Safety Stand-Down**



OSHA has announced a national safety stand-down that will take place from June 2-6, 2014. The stand-down hopes to raise awareness among employers and employees about the hazards of falls and death as it relates to the construction industry. Employers and employees alike will be asked to pause their workday to talk about fall prevention in construction, and a number of issues to include ladder safety, scaffolding safety and roofing work safety (OSHA.gov, 2014).

The USF OSHA Training Institute Education Center offers the following courses in alignment with fall prevention:

- [OSHA 510](#) - Occupational Safety & Health Standards for the Construction Industry
- [OSHA 3115](#) - Fall Protection (formerly Fall Arrest Systems)

- [OSHA 7405](#) - Fall Hazard Awareness for the Construction Industry
- [OSHA 9001](#) - OSHA Subpart E Safety Standards
- [Fall Protection](#) - Qualified Person Training

Don't see the course you're looking for? Call (813) 994-1195 or visit [www.usfoticecenter.org](http://www.usfoticecenter.org) for more information.



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](http://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.

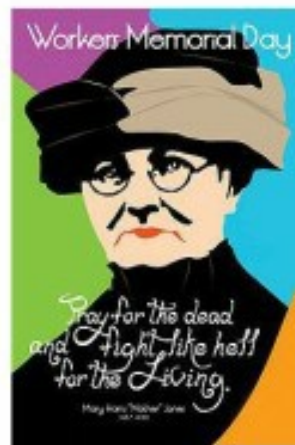
**3. Train** – Workers must be trained in the safe use equipment to complete job tasks. Employers must also train workers to recognize potential hazards and fall protection systems.

NIOSH (National Institute for Occupational Safety and Health) has 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](#).

## **Workers Memorial Day**



Thousands of American workers are killed or become injured due to unsafe work practices and conditions. Approximately 4.6 million workers sustain serious injuries, and 100 are killed while on the job. That’s roughly 14 deaths per day!

*“No one—regardless of his or her occupation—should have to be injured or killed to earn a paycheck.” – US Secretary of Labor, Hilda L. Solis*

On April 28, 2014, the Occupational Safety and Health Administration and several Regional offices will honor workers who have died while on the job, with a moment of silence and “toxic chemical” themed presentations.

To view the schedule of events taking place in your area, click [here](#).

The USF OSHA Training Institute Education Center located in Wesley Chapel, Florida offers the following courses in alignment with Workers' Memorial Day.

Code	Course Name	City	Dates
OSHA 7000	OSHA Ergonomic Guidelines for Nursing Homes	TBD	TBD
OSHA 7005	Public Warehousing and Storage	TBD	TBD
OSHA 7205	Health Hazard Awareness	Orlando	April 14, 2014
OSHA 7205	Health Hazard Awareness	Wesley Chapel	July 30, 2014
OSHA 7205	Health Hazard Awareness	Tampa	August 26, 2014
OSHA 7205	Health Hazard Awareness	Jacksonville	December 10, 2014
OSHA 7300	OSHA'S Permit-Required Confined Space Standard	Orlando	April 15, 2014
OSHA 7300	OSHA'S Permit-Required Confined Space Standard	Tampa	August 27, 2014
OSHA 7300	OSHA'S Permit-Required Confined Space Standard	Miramar	November 6, 2014
OSHA 7300	OSHA'S Permit-Required Confined Space Standard	Jacksonville	December 9, 2014
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Tampa	August 28, 2014
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Miramar	November 5, 2014
OSHA 7405	Fall Hazard Awareness for the Construction Industry	Jacksonville	December 8, 2014

**USF OSHA Training Education Center • (813)  
994-1195 • [www.usfoticer.org](http://www.usfoticer.org)**

**Join us in Keeping Workers Safe!**



The USF OSHA Training Institute Education Center works together with 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.usfotcenter.org](http://www.usfotcenter.org) for your training and education needs.**



### **USF SafetyFlorida, OSHA, and Barton-Malow's Strategic Partnership**

On April 4, 2014, the Daytona International Speedway Front Stretch Redevelopment Project Strategic Partnership (referred to as the DIS Partnership) between the Occupational Safety and Health Administration Jacksonville Area Office, the University of South Florida SafetyFlorida Consultation Program and the Barton-Malow Company was signed. The Partnership which was developed jointly by the three partners covers the construction of the Daytona International Speedway (DIS) Front Stretch Redevelopment Project, which is located in Daytona Beach, FL.

The common objective and goals of the Partnership include the following:

1. To reduce injuries and illnesses;
2. To increase safety and health training;
3. To share of best work practices; and
4. To assure employers have appropriate safety and health management systems.

This Partnership is consistent with OSHA's long-range efforts to develop a contractor/ government partnership approach to safety management. It allows for better use of OSHA resources and innovation in safety management and encourages more participation in the safety process from the construction community.

The primary objective of this partnership is to create a working relationship that focuses on preventing work-related fatalities, controlling or eliminating serious workplace hazards, and establishing a foundation for the development of an effective safety and health program. To facilitate the goal of reducing occupational related fatalities and serious injuries within the construction industry OSHA, USF SafetyFlorida Consultation and the Barton-Malow Company will implement

this agreement under the OSHA Strategic Partnership Program (OSPP). By combining their efforts, skills, knowledge and resources OSHA, the Barton-Malow Company and USF SafetyFlorida Consultation expect to reduce exposure to hazards and thereby decrease the possibility of serious injuries and fatalities during all phases of construction at the DIS Partnership site.



### **USF SafetyFlorida Consultation Program**

13201 Bruce B Downs Blvd

Tampa, FL 33612

Toll-free: 1-866-273-1105

[www.safetyflorida.usf.edu](http://www.safetyflorida.usf.edu)

### **USF OTI Education Center**

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### **Construction: Focus-Four Hazards**



#### ***What does focus-four represent?***

According to OSHA.gov, The leading causes of construction related fatalities are: Falls, Struck-By, Caught-In/Between and Electrocutions. In 2012, there were a reported 3,945 workers in the private-industry, killed while on-the-job. 775 or 9.6% of those fatalities can be attributed to the construction industry.

## *What are the primary causes for the focus-four hazards?*

### **Causes of Falls**

- Improper use of access equipment
- Slips and Trips (housekeeping)
- Unprotected sides, edges and holes
- Failure to properly use PFAS – Personal Fall Arrest System
- Improperly constructed walking/working surfaces

### **Causes of Struck-by**

- Falling Objects
- Vehicle and Equipment Strikes
- Flying Objects

### **Causes of Caught-In/Between**

- Equipment Maintenance
- Equipment Rollovers
- Trench/Excavation Collapse
- Rotating Equipment
- Unguarded Parts

### **Causes of Electrocutation**

- Contact with Overhead Power Lines
- Contact with Live Circuits in Panels
- Poorly maintained Cords and Tools
- Lightning Strikes

## *How to prevent the four leading causes of fatalities in the construction industry?*

The Occupational Safety and Health Administration has provided several great tips to avoid injuries and death in the construction arena. They are as follows (OSHA.gov, 2006):

### **Prevent Falls**



- Wear and use personal fall arrest equipment.

- Install and maintain perimeter protection.
- Cover and secure floor openings and label floor opening covers.
- Use ladders and scaffolds safely.

### **Prevent Struck-By**



- Never position yourself between moving and fixed objects.
- Wear high-visibility clothes near equipment/vehicles.

### **Prevent Caught-In/Between**



- Never enter an unprotected trench or excavation 5 feet or deeper without an adequate protective system in place; some trenches under 5 feet deep may also need such a system.
- Make sure the trench or excavation is protected either by sloping, shoring, benching, or trench shield systems.

### **Prevent Electrocutions**



- Locate and identify utilities before starting work.
- Look for overhead power lines when operating any equipment.
- Maintain a safe distance away from power lines; learn the safe distance requirements.
- Do not operate portable electric tools unless they are grounded or double insulated.
- Use ground-fault circuit interrupters for protection.

- Be alert to electrical hazards when working with ladders, scaffolds or other platforms.

***What can the USF OSHA Training Institute Education Center do to help?***

USF OSHA Training Institute Education Center provides training for employers and workers in the General, Construction and Maritime Industry. Our goal is to reduce workplace accidents, injuries and illnesses by training workers, employers and safety professionals on the recognition, avoidance and prevention of safety and health hazards in workplace.

The USF OSHA Training Institute Education Center offers the following training programs, to aid in recognizing, preventing and abating workplace hazards as they relate to the focus-four hazards in the construction industry.

[OSHA 500](#) – Trainer Course in OSHA Standards for Construction

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

[OSHA 510](#) – Occupational Safety and Health Standards for Construction

[OSHA 2045](#) – Machinery and Machine Guarding Standards

[OSHA 3015](#) – Excavation, Trenching and Soil Mechanics

[OSHA 3095](#) –Electrical Standards

[OSHA 3115](#) – Fall Protection

[OSHA 7100](#) – Introduction to Machinery and Machine Safeguarding

[OSHA 7405](#) – Fall Hazard Awareness for the Construction Industry

[OSHA 7415](#) – OSHA Construction Industry Requirements: Awareness of Major Hazards and Prevention Strategies

[OSHA 10-Hour Construction](#)

[OSHA 30-Hour Construction](#)

***\*\* The 10-hour and 30-hour Construction classes are delivered by OSHA-authorized trainers or online. The 10-hour class is intended for entry level workers, while the 30-***

*hour class is more appropriate for supervisors or workers with some safety responsibility. Completion of 10 or 30 hour courses will provide an official US Department of Labor Card.*

**Type Title Here**

### Puzzle: Safety Word Scramble

KSRIS	□□□□
TYFESA RAEG	□□□□□□ □□□□
MIALSCECH	□□□□□□□□
HAHTELY	□□□□□□□
OPEXLVSIE	□□□□□□□□
FMLAMBALE	□□□□□□□□
FREI GUINHSETRIEX	□□□□ □□□□□□□□□□□□
BNUR	□□□□
RNIGNIAT	□□□□□□□□
IYNRJU	□□□□□□
SILSNLE	□□□□□□□



\*\*\*Answers will appear in June issue!

### 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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[Visit us on LinkedIn](#)

[Follow us on Twitter @USFOTIEC](#)



## 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](http://www.usfsafetyflorida.com) or call toll-free 1-866-273-1105.

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Email: [usfotioutreach@health.usf.edu](mailto:usfotioutreach@health.usf.edu)

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