

IUP Pennsylvania OSHA Consultation Program

www.iup.edu/pa-oshaconsultation

The Pennsylvania Consultation Connection

In fiscal year 2024, PA OSHA Consultation conducted over 90% of our visits to PA small businesses with < 100 workers – companies who can't afford to hire a dedicated safety professional or expensive safety consultants.

Bureau of Labor Statistics data shows U.S. businesses with < 100 workers carry the overwhelmingly disproportionate fatal injury risk: 68.8% of all fatal injuries in 2017 happened in companies with less than 100 workers. With small companies bearing the burden of the most serious of occupational injuries, it is easy to justify federal OSHA investing in Consultation compliance assistance services.

Recently OSHA enforcement released their most frequently cited standards for 2024. In General Industry they were:

- 1.Hazard Communication
- 2.Respiratory Protection
- 3.Lockout/Tagout – Control of Hazardous Energy
- 4.Powered Industrial Trucks (fork trucks)
- 5.Machine Guarding

For Construction they were:

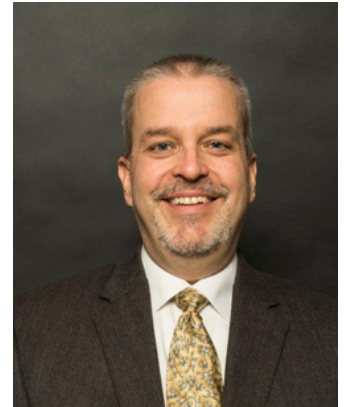
- 1.Fall Protection
- 2.Ladders
- 3.Fall Protection Training (or lack thereof)
- 4.Scaffolding
- 5.Personal Protective Equipment (eye and face protection specifically)

If you are reading this, I'm betting you're the person responsible for managing your company's safety compliance. I'm also betting you appreciate how not complying with OSHA will lead to fatal workplace injuries. Over-exposures to toxic chemicals, failure to control hazardous energy, missing machine guards, falls to the same or lower levels. Is your company at risk?

Does your company have the written programs and worker training in place to comply with these standards, and prevent a fatal injury? If you feel overwhelmed with OSHA.gov, we will help.

Yes, we are working through a significant backlog of PA companies, and yes, OSHA's funding for us continues to shrink. But we are committed: if you submit a request, we will assist. It's that easy. Get started today – click the link below and we'll work together to fulfill your duty, as an employer, to comply with federal OSHA's safety and health standards.

<https://www.iup.edu/pa-oshaconsultation/request/index.html>



*From the desk of
Dr. John M. Mulroy, CSP
Director & Assistant Professor*

Suicide Prevention in the Construction Industry

By Annette Olesen MS, CIH, CIT



Image from CPWR

The construction industry has one of the highest suicide rates compared to other industries.¹ In 2016, the suicide rate for men in construction was 49.4/100,000 – that is almost twice the total suicide rate for civilian working men (16-64 years old) in 32 states¹ (27.4/100,000) and 5 times greater than the rate for all fatal work-related injuries in the construction industry in 2018 (9.5/100,000).² The construction industry has become well aware of the fatalities associated with the focus four hazards (falls, struck by, caught in, and electrical) but not the silent killer of suicide.

As a result of these statistics ranking construction as the #1 industry for deaths by suicide OSHA has designated September 9-13, 2024, as Construction Suicide Prevention Week. During this week companies can register to participate by planning activities utilizing the resources available from the OSHA website. If companies let OSHA know how they participated the company can obtain an industry endorsed certificate of participation and a badge which can be displayed on the company website and social media.

In trying to understand and assist with suicide prevention several organizations have been formed to raise awareness and provide resources to assist employers, construction professionals, and the public to create a zero-suicide industry. One of these organizations is the Construction Industry Alliance for Suicide Prevention (CIASP). The CIASP has developed a needs analysis and integration checklist that can act as a starting place to assist employers on evaluating their suicide preparedness. Once that is complete there is a three-level document that provides steps to establishing a program, getting a commitment from company leadership, and establishing a companywide culture.

The CIASP website has videos, and toolbox talks to build awareness on the dynamics of the construction workplace that put these workers at higher risk. Some of these risk factors are listed below.

- 1.The tough guy mentality of a predominantly male workforce between the ages of 25-54.
 - 2.A complicated schedule with long hours and shifting day and night work.
 - 3.The frequent moving of the geographical work location creates isolation from family and friends.
 - 4.Supervisors have limited leadership training.
 - 5.Chronic pain possibly from years of wear and tear on the body.
 - 6.The threat of financial insecurity.
-

Statistics indicate that with these factors in place construction workers have a higher rate of substance abuse. Substance abuse can take the form of alcohol, marijuana, or opioids. This can lead to a higher risk of serious injuries on the job from workers being under the influence.

Association, American Society of Safety Professionals, and The Center for Training has posted a u-tube video as part of their workplace stress materials entitled “Start the Conversation”. This video is a conversation between the Senior Director of Safety from the Associated Builders and Contractors (ABC) and the Executive Director from CIASP to discuss how mental health affects workers lives and impacts worksite safety. During this conversation key warning signs are presented as part of raising awareness on when employers or coworkers need to step in and act to possibly save a life.

This September is an opportunity to **STAND UP** and take the pledge for suicide prevention to create a safer culture, raise awareness, normalize the topic of suicide prevention, and decrease the risk of suicide in construction.

Spread the word if in trouble Call the new three-digit dial code 988 or find online chat at 988lifeline.org/chat.

Additional Information and Resources

1 Peterson C, Sussell A, Li J, Schumacher PK, Yeoman K, Stone DM. Suicide Rates by Industry and Occupation — National Violent Death Reporting System, 32 States, 2016. MMWR Morb Mortal Wkly Rep 2020;69:57–62. DOI: <http://dx.doi.org/10.15585/mmwr.mm6903a1>

2 U.S. Bureau of Labor Statistics. Number and rate of fatal work injuries, by industry sector, 2018. <https://www.bls.gov/charts/census-of-fatal-occupational-injuries/number-and-rate-of-fatal-work-injuries-by-industry.htm>



Talk with us.



24/7 support through calling or texting 988.
Online chat is available at 988Lifeline.org.

chainsaw

SAFETY

By Gregory A. Sipos, CSP

Every year, numerous people get injured or killed while using chainsaws. By practicing safe operating procedures, utilizing safe and reliable equipment, and wearing appropriate personal protective equipment (PPE), many of these injuries could have been prevented.

Working Safely with Chainsaws

Chainsaws are efficient and productive portable power tools used in many industries. They are also potentially dangerous if not used correctly and carefully. Proper operation and maintenance greatly reduce the risk for injury when using chainsaws.

Before Starting a Chainsaw

- Check controls, chain tension, and all bolts and handles to ensure that they are functioning properly and that they are adjusted according to the manufacturer's instructions.
- Make sure that the chain is always sharp and that the oil tank is full.
- Start the saw on the ground or on another firm support.
- Drop starting is never allowed. Start the saw at least 10 feet from the fueling area, with the chain's brake engaged.

Operating the Chainsaw

- Always follow the manufacturer's instructions for chainsaw operation and maintenance.
- Keep both hands on the handles and maintain secure footing.
- Plan where the object will fall; ensure that the fall area is free of hazards.
- Plan the cut; watch for objects under tension; use extreme care to bring objects safely to the ground.
- Be prepared for kickback; use saws that reduce kickback danger (chain brakes, low kickback chains).
- Do not cut directly overhead.
- Proper personal protective equipment must be worn when operating the saw, which includes hand, foot, leg, eye, face, hearing and head protection.
- Do not wear loose-fitting clothing.



Operate Within Your Skill Level

- Accidents can happen when chainsaw operators perform tasks that are beyond their capabilities.
- Operating a chainsaw above shoulder height or above ground level, such as from a ladder or tree.
- Higher risk operations may include:
 - Trees on unstable ground or steep slopes.
 - Trees with a heavy lean.
 - Trees with stem or root rot.
 - Trees are known to split.

Additional Information and Resources

[Chainsaw Safety](https://www.osha.gov) (osha.gov)

[Working Safely with Chainsaws](https://www.osha.gov) (osha.gov)

[OSHA CHIPPER MACHINE](#) – Chipper Safety

[OSHAHB3731.pdf](#) – Tree Care Work: Falls and Falling Object Hazards

[Electricity and Tree Care Work: A Deadly Combination](#) (osha.gov)

[OSHA3752.pdf](#) – Tree Care Work: Know the Hazard

PENNSYLVANIA WORKERS' COMPENSATION CONFERENCE

The 23rd Annual Pennsylvania Workers' Compensation Conference was held at the Hershey Lodge and Convention Center in Hershey, PA on May 30–31, 2024.

This conference is designed to provide a forum to learn about and discuss trends and changes in the workers' compensation field. This conference is typically attended by human resource managers, attorneys, workers' compensation judges, adjusters, and risk management/safety professionals.

Shown in the photos below, IUP/PA OSHA Consultation was joined by Bryan Turo, **NextWave Academy**, to provide technical support as we demonstrated VR safety and health training technology to conference participants.



TORNADO WATCHES VS TORNADO WARNINGS

TORNADO WATCHES VS TORNADO WARNINGS

TORNADO WATCHES VS TORNADO WARNINGS

By David Yanoschick, CSP

For those of us living and working in Pennsylvania, it seems as though there has not been a week go by in recent memory when we haven't heard an alert on our phones or local media outlet for a 'severe weather warning' or 'tornado watch.' Just last week, while eating dinner, our Alexa device notified us of 'Tornado Watch' for our county. My daughter then asked, "Does that mean we are going to have a tornado?" I answered, "No, that means conditions are right for a possible tornado." She then asked "If we did have a tornado, where should we go?" I said, "That's a good question, let's discuss it."

I'd like to take this opportunity to highlight the differences between tornado watches / warnings / emergencies and discuss the planning you should do at home and in the workplace.

Understand Tornado Alerts ([weather.gov](https://www.weather.gov))

The National Weather Service has three key alerts:

Tornado Watch: Be Prepared! Tornadoes are possible in and near the watch area. Review and discuss your emergency plans, take inventory of your supplies and check your safe room. Be ready to act quickly if a warning is issued or you suspect a tornado is approaching. Acting early helps to save lives. Watches are issued by the Storm Prediction Center for counties where tornadoes may occur. The watch area is typically large, covering numerous counties or even states.

Tornado Warning: Take Action! A tornado has been sighted or indicated by weather radar. There is imminent danger to life and property. Move to an interior room on the lowest floor of a sturdy building. Avoid windows. If in a mobile home, a vehicle, or outdoors, move to the closest substantial shelter and protect yourself from flying debris. Warnings are issued by your local forecast office. Warnings typically encompass a much smaller area (around the size of a city or small county) that may be impacted by a tornado identified by a forecaster on radar or by a trained spotter/law enforcement who is watching the storm.

Tornado Emergency: Seek Shelter Immediately! A tornado emergency is the National Weather Service's highest alert level. It is issued when a violent tornado has touched down in the watch area. There is a severe threat to human life and property, with catastrophic damage confirmed. Immediately seek refuge in the safest location possible. Call friends and family who are within the watch area to ensure they are aware of the situation. If you see a tornado approaching, do not attempt to outrun it in a vehicle, and shelter in place. Once safe, be sure to monitor your local forecast for the latest updates.

The American Red Cross has developed a 'Tornado Checklist' to assist your family is developing a plan for your household. The highlights, shown below, are discussed in further detail in the following link:

Tornado-Safety-Checklist.pdf ([redcross.org](https://www.redcross.org))

- Designate a safe room in your home best suited to withstand high winds. This room should have no windows and be on the lowest level of the structure.
- With your entire household, practice moving quickly to the safe locations that you identified.
- Develop a communications plan to stay connected to local emergency weather services, for example weather app on your smartphone, or an AM/FM radio powered by batteries.
- Put together an emergency supplies kit and learn emergency skills such as first aid and CPR.
- Be prepared to be without power for a period of time.

In the workplace, OSHA has created a Tornado Preparedness and Response webpage to assist employers preparing their business for such events: Tornado Preparedness and Response - Preparedness | Occupational Safety and Health Administration ([osha.gov](https://www.osha.gov)).

The following steps are recommended to help assure the safety of personnel in the event of a tornado:

- Develop a system for accounting for workers, contractors and visitors in the building in the event of an emergency.

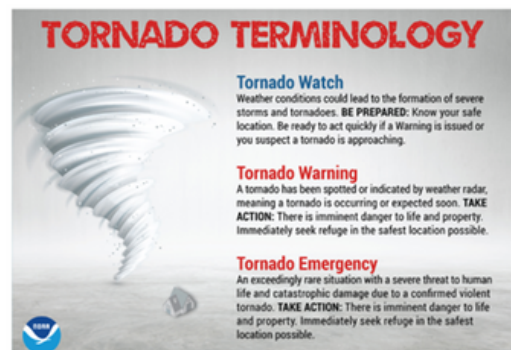
Establish an alarm system to audibly and visually warn workers.

- Test systems frequently, and
- Develop plans to communicate warnings to personnel with disabilities or who do not speak English.

Account for workers, visitors, and customers as they arrive in the designated storm shelter.

- Use a prepared roster or checklist, and
- Take a head count.

Assign specific duties to workers in advance; create checklists for each specific responsibility. Designate and train alternates in case the assigned person is unaccounted or injured.



Business Spotlight



Recently **Building Systems, Inc. (BSI)** of Erie PA hosted an educational tour for the local Boys/Girls Scouts Troup 352, held after work hours at the Gannon University (GU)- Highmark Center's construction and renovation project.

Staff Members from BSI and GU spoke about the project's scope of work including: Design, Demolition, Scaffolding Erection, General Construction and Mechanical Trades in addition to Safety and Health information. The Scout Group had lots of good questions about how the project was shaping up and is to be completed by next December.

Scouts, Troup Leaders and Parents saw BSI's handy work slogan in action: "We build our reputation from the ground up." The following day members from IUP's Onsite Voluntary Visit Program also inspected BSI's continuing commitment to their "Working Safely Never Ends" safety culture and hazard elimination & controls at this jobsite.

Scouts received complimentary gear bags from the University and BSI, along with Personal Protective Gear (PPE) to help keep them safe during the tour and to take home as well. This was the third scouts tour provided by BSI over the last six years at various jobsites.

Hopefully some of these Great Kids will remember construction as a possible career path when they enter the work force down the road!

Respectfully,
Gordon McMichael, Safety Director



Heat Illness Alert

↓ READ MORE ↓

By Dane Sprankle MS, CSP

Even though summer is coming to an end, there are still hazards to be prepared for. One of the most prevalent this time of year is heat stress. Both recreational and occupational settings present this risk, so the information provided here is relevant both on and off the job. From an occupational standpoint, some of the industries where the risk is greatest include:

- Construction
- Agriculture
- Landscaping
- Utilities
- Shipping and delivery services
- Foundries
- Baking
- Warehousing

The contributing risk factors common to all of these industries (and many others) include:

- High temperatures
- High humidity
- Heavy or strenuous work
- Limited or no air movement
- Significant protective gear required to be worn

The symptoms of over-exposure to heat can range from a minor rash to a stroke or even a fatality. Key is recognizing the symptoms and taking action to prevent a bad situation from becoming worse. Some of the more serious symptoms to look for include cool, clammy skin, severe headache, nausea, excessive sweating, and, at the most serious stage, dry skin with no sweating or unconsciousness.

It is therefore critical that employees receive training addressing the recognition of potential heat illnesses in themselves and coworkers, appropriate on-the-job response and treatment, and notification procedures for advanced medical care when the situation requires. Of equal importance is implementing prevention strategies such as:

- Engineering controls (e.g. air conditioning, cooling fans, thermal barriers, etc.)
- Administrative controls (e.g. *acclimatization protocols, fluid replacement, work scheduling, work/rest regimens, etc.)
- Personal Protective Equipment (e.g. reflective clothing, infrared face shields, etc.)

* According to OSHA, “most outdoor fatalities, 50% to 70%, occur in the first few days of working in warm or hot environments because the body needs to build a tolerance to the heat gradually over time. The process of building tolerance is called heat acclimatization. Lack of acclimatization represents a major risk factor for fatal outcomes.”

Additional Information and Resources

<https://www.osha.gov/SLTC/heatstress/index.html> - includes many downloadable resources as well as the OSHA-NIOSH Heat Safety Tool Smartphone App for iPhone and Android applications.

[OSHA National Emphasis Program on Outdoor and Indoor Heat Hazards](#)

[Heat - Overview: Working in Outdoor and Indoor Heat Environments | Occupational Safety and Health Administration \(osha.gov\)](#)

[OSHA Technical Manual \(OTM\) - Section III: Chapter 4 | Occupational Safety and Health Administration](#)

[Occupational Exposure to Heat and Hot Environments | NIOSH | CDC](#)

[Heat Stress | NIOSH | CDC](#)

[CPWR Heat Hazards \(construction\)](#)

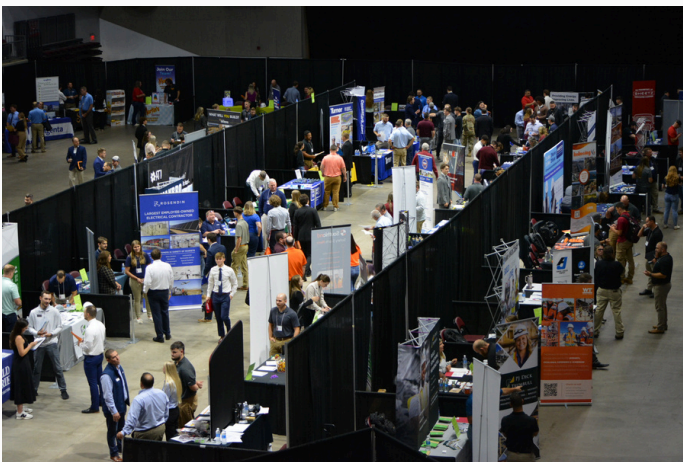
Department of Safety Sciences and Environmental Engineering

www.iup.edu/safetysciences



A special thanks to Milwaukee Tool and Werner Co for their donations to the IUP Safety Sciences Department! The equipment donated by them will be instrumental in improving our students' hands-on experiences in the classroom.

Thank you!



The IUP Safety Sciences and Environmental Engineering Career Fair was a huge success! Thank you to all the companies that came out to support our students! If you are looking to hire a graduate of our program, or bring on an intern or co-op, please reach out to Dr. Tracey Cekada at cekadat@iup.edu



Undergraduate Programs



Graduate Programs



Indiana University of Pennsylvania

MS in Safety Sciences



Flexibility: **100% online**. You have SIX years to complete the program once admitted. You have the flexibility to take zero to four classes per semester. Start in fall, spring or summer. Synchronous classes 5:30-7:00pm est.



Each academic year, TUITION AWARDS of \$3,000 to \$5,000 available for NEW admittees while funds last.

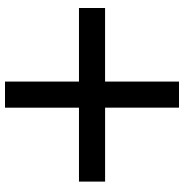
Save \$ by adding on a degree:

- With early admission for BS students, take up 4MS classes as electives at the undergraduate cost.
- Three MS courses count as PhD courses, if pursued.
- Dual-degree option available Employee Labor Relations

Earn BioRisk Management Certificate with two (2) additional courses.

	In-State	Out-of-State
Tuition per credit	\$541.80	\$622.25
Fees per credit	\$161.60	\$214.10
Required credits	36	36
*Total Cost	\$25,322	\$30,108.60

*Estimates taken from: <https://www.iup.edu/student-billing/tuitionfees/distance-education.html>



Benefits:

- Be taught by current industry experts and prominent faculty known for their cutting-edge research, grants and publications.
- You have the option to pursue a thesis instead of six credits (2 electives).
- Take advantage of our annual Safety Sciences career fair.
- Work with PA OSHA consultant to develop and deliver an OSHA webinar!
- Consider a Job-shadow with an PA OSHA consultant.

Did you know?

- IUP Safety Sciences Department is one of few in the nation to offer OSH degrees at all three levels; BS, MS and PhD.
- IUP Safety Sciences is home to the PA OSHA Consultation program.
- The MS in Safety Sciences degree is a Qualified Academic Program (QAP), meaning you can apply for the Graduate Safety Practitioner (GSP) designation upon graduating.

Apply at:

<https://www.iup.edu/admissions/graduate>



Dr. Cekada, Safety Sciences Department Chair, Dr. Mulroy, Director PA OSHA Consultation MS faculty: Dr. Rhodes, Dr. Minnick, Dr. Zreiqat, Dr. Marin, Dr. Seal, Ms. Walaski, Mr. Burkhart, Mr. Chambers

? minnickw@iup.edu



Department of Labor & Industry

Dept. of Labor/OSHA Webinars

- All webinars are no-cost and offered from 10:00 a.m. to 11:00 a.m. ET via Microsoft TEAMS with Q&A Chat.
- Preregistration is required for each webinar and is limited to 150 participants.
- The webinar sessions are not recorded, and handouts are provided for attendees after the presentation.
- Presenters are subject matter experts from the U.S. Dept of Labor Wage & Hour Division and OSHA.
- Registration Links contain additional information on webinar topics.

November 12, 2024

Preventing Storage & Warehouse Area Hazards

<https://www.sba.gov/event/53420>

December 10, 2024

Understanding OSHA Regulations & Top 10 Violations

<https://www.sba.gov/event/53421>

January 21, 2025

Implementing the Family Medical Leave Act & PUMP Act

<https://www.sba.gov/event/53422>

All SBA programs and services are provided on a nondiscriminatory basis. Reasonable accommodations will be made if requested at least two weeks in advance to sonia.smith@sba.gov.

PATHS Training Calendar

Wednesday, November 6

9:30am

Aerial Work Platform & Scissors Lift Safety Webinar

Thursday, November 7

1:30pm Excavation & Trenching Webinar

Tuesday, November 12

1:30pm OVR - Disability Perceptions, Empathy not Sympathy Webinar

Wednesday, November 13

9:30am Carbon Monoxide Poisoning Webinar

Thursday, November 14

9:30am Warehouse Safety Webinar

Friday, November 15

9:30am OSHA Injury & Illness Recordkeeping Webinar

Monday, November 18

1:30pm Active Shooter Awareness Webinar

Tuesday, November 19

11:00am Business Case for Safety Webinar

Thursday, November 21

9:30am Workplace Safety Committee Certification Renewal Webinar

Friday, November 22

9:30am Hazard Identification Webinar

Tuesday, November 26

11:30am Fatigue & Worker Safety Webinar

For complete list of webinars visit:

<https://www.dli.pa.gov/Businesses/Compensation/WC/safety/paths/calendar/Pages/default.aspx>

What You Need to Know!



Request Consultation

Free Safety Consultations Make Big Impact on Businesses. Employers can receive no-cost safety, health, and industrial hygiene evaluations by signing up for a program run by IUP's Safety Sciences and Environmental Engineering Department.

<https://www.iup.edu/pa-oshaconsultation/request/index.html>



Focal Point Series

The Pennsylvania OSHA Consultation Program developed this series of videos focusing on the top 25 areas identified by the Occupational Safety and Health Administration during inspections.

<https://www.iup.edu/pa-oshaconsultation/resources/focal-points/index.html>



Pennsylvania OSHA Consultation

@paoshaconsultationpaosha2922 · 804 subscribers · 106 videos

The Pennsylvania OSHA Consultation Program, housed in the Safety Sciences Department...more

iup.edu/pa-oshaconsultation/request/index.html

Subscribed

PA OSHA YouTube

The Pennsylvania OSHA Consultation Program's YouTube channel is dedicated to assisting small business owners understand their federal OSHA responsibilities and the Agency's numerous safety and health regulations. This channel houses all current and past compliance assistance webinars, short safety and health educational videos. Subscribe to our [YouTube channel](#) and keep up with the latest content.



PA OSHA Consultation Webinars

Webinars provided by the PA OSHA Consultation Program.

<https://www.iup.edu/pa-oshaconsultation/resources/webinars/index.html>

