



DON RAMATICI INSURANCE, INC.

731A Southpoint Blvd., P.O.Box 551 Petaluma, CA 94953 Tel 707.782.9200 Fax 707.782.9300

SAFETY AND GOVERNMENT NEWS



"Number of Flaggers" Rules Revised

CAL/OSHA has revised traffic safety rules for flaggers. The revised Construction Safety Orders, §1599, are effective June 24, 2010. The new regulation not only covers road construction workers in "The Cone Zone" but other workers such as landscaper workers and related trades of construction.

High-Visibility Changes Okayed

CAL/OSHA has made changes to the Construction Safety Orders, §1590, which became effective July 2, 2010. The new regulations cover grade checkers, surveyors, and other workers on private roadways and off-highway jobs. They must now wear high-visibility flagging garments or their equivalent.

For a complete review of the above revised regulations see:

<http://www.dir.ca.gov/Title8/1590.html> , <http://www.dir.ca.gov/Title8/1598.html> , and <http://www.dir.ca.gov/Title8/1599.html>

Standards Board Modifies Heat Illness Proposal

The CAL/OSHA Standards Board has proposed changes to the Heat Illness Prevention regulations. Comments from the public were due by July 6th. The Standards Board will then have 30-days to review the comments and their proposed changes. They are looking at "High Heat" rules which include revisions to language on provisions for water, simply providing access to potable water, revised shade requirements, and training requirements. "High Heat" is proposed to be 95 degrees F. The proposed changes would be limited to agriculture, construction, landscaping, oil and gas extraction, and transportation or delivery of agricultural products, construction materials or other heavy materials. We will keep you informed of the changes when they come out.

Senate Bill also looking to change Heat Illness Regs

A Los Angeles state senator is pushing SB 477 that would put heat illness prevention standards into statute. There would be active steps when temperatures hit 85F and 95F. The bill also includes requirements for employers to observe employee alertness and symptoms for heat illness and employee training. Again, we will keep an eye on this Bill and let you know what happens with it.

Riding Power Motor Rules Adopted

After six years of fighting for changes to the rules following their sons death in a mover accident, Madeline and Julio Petrini were present when new rules were adopted by CAL/OSHA. The new regulations cover power, walk-behind reel, rotary power lawn mowers, and lawn riding tractors with attachments. They include equipment that meets ANSI standards, rollover protection, use of seat belts, and where mowers can't be used. Training requirement have been added and documentation is required. For the complete regulation and changes see: <http://www.dir.ca.gov/Title8/3651.html> and <http://www.dir.ca.gov/Title8/3563.html> .

WORKER SAFETY



High-Visibility Apparel

On page 1, we reported changes to the Construction Safety Orders. Now let us take a look at Best Practices for worker safety where there are exposures to workers from vehicles.

There are many "Authorities Having Jurisdiction" (AHJ's): FED/OSHA, CAL/OSHA, Federal Highway Transportation Administration (FHWA), California Department of Transportation (Caltrans), and local county and city agencies. They refer to: federal or state regulations such as Construction Safety Orders, General Industry Safety Orders (here in California), and the Manual on Uniform Traffic Control Devices (there's both federal and state). In all these regulations, they refer to the American National Standards Institute (ANSI), American Society of Safety Engineers (ASSE), and International Safety Equipment Association (ISEA).

Now, the above organizations all have regulations and standards with various published rules and effective dates. An employer must keep up with the AHJ's regulations and standards, and each regulation can change depending on when and where the work is being done and what task and what trade is doing it. I've always said "CAL/OSHA Regulations are the minimum safety standard an employer should follow". Employers write their own safety manuals and rules. Some take the steps to take their safety rules to a higher standard, a "Best Practices for Safety", so to speak.

My advice, if you are or have workers that are subject to being hit by vehicles in the course of their work, they should wear High-Visibility Apparel Class 2 or Class 3. I make this recommendation for "Best Practice for Safety" from following the combined standards from ANSI, ASSE, etc. Forget the bright or fluorescent shirts, and forget the Class 1 vests. They all get faded and don't offer the reflective materials needed. Yes, that means I need to wear more than those bright and fluorescent yellow-green or orange polo's that make my coworkers put on sunglasses when I'm in the office.

Class 2 and 3 HV-Apparel offer Retroreflective Trim. Class 2 is only good for workers being seen by vehicle operators traveling 30 mph, the driver or worker seeing each other, and each reacting to avoid each other, at about 550 feet. This is all dependent on the driver not being distracted while on the cell phone, texting, etc. Class 2 would be for roadway (private or public) during daylight hours and Class 3 for nighttime and federally funded projects.

Don't Sit Still For Back Pain

That was the title of a recent article in a State Fund Safety News. It's worth repeating. We were not made to sit long hours in a chair at a desk. We need to do that to get our jobs done and earn a living. We do need to regularly move our body into different positions, get the blood flowing, and the muscles moving too! It's good ergonomics to integrate alternative work breaks or mini breaks during the work day for our body to remain pain free.

The article talked about the importance of the right chair, sitting smart, position of the body in the chair, placement of the chair, and frequency of moving. For more information you can see: http://www.statefundca.com/pdf/TradesQ210_WEB2.pdf. You don't have to be a customer of theirs to visit their website. If you need additional information on office ergonomics, just let us know.

DRIVER SAFETY



After the Accident

This is not a safety tip that we report, but a claims prevention tip. Our claims department reports that one of our client's, after many months of police and insurance accident investigation, were able to be found 0%, that's ZERO PERCENT, at fault in an auto accident. Our client's employee took great pictures and amazing video immediately following the accident before the vehicles were moved. He showed the impact of the hit, and position of the vehicles, with pictures and video taken with his cell phone. "His quick thinking saved us paying the claim" said the insurance company. Our claims representatives were able to set up a file with a well done accident report, pictures, and video, that were used by the insurance company to deny the claim of the driver who drove into our client's vehicle. Our client's employee showed he was properly parked with flashers on, while making a delivery, and the other driver struck the parked vehicle.

So the moral of the story, write a good accident report, take good photos and video, with your cell phone or camera, and our claims representatives will be able to help you with claims against you. If you don't have a blank accident report form in your glove box, let us know and we will send you some. All you have to add is a pen or pencil, and take pictures with your cell phone or camera.

Work Zone Driving Safety

Everywhere we drive, we see road or landscape work these days. Many of those we see in these work/cone zones are employees of our clients. We want both you and them to be safe, which requires us all to drive safely. Here are some tips:

- Pay attention to the orange diamond-shaped warning signs and/or electronic message boards posted in advance of road work.
- Stay alert. Dedicate your full attention to driving.
- Minimize distractions. Avoid changing radio stations, using a cell phone, etc. while driving in a Work/Cone Zone.
- Drive carefully and slowly through the Work/Cone Zone. Always obey the posted speed limits in the Work/Cone Zone.
- Pay close attention and heed directions on work zone warning signs. Follow instructions of flaggers. Don't rush through the work zone.
- Watch for stopped vehicles. DO NOT tailgate.
- Expect the unexpected. Anticipate potential dangers.
- Watch how the traffic ahead is flowing.
- Keep an eye out for construction workers, their equipment and vehicles, as well as the other vehicles around you. Me too! I'm out there working with our clients from time to time.
- Use extra caution when driving through a site at night.
- Watch for detours and lane diversions.

DO NOT:

- Speed up or slow down significantly while going through a work/cone zone.
- Slow down to look at the construction work being done.
- Resume normal speed until after you emerge completely out of the work/cone zone.
- Tailgate. Most accidents within a work zone are rear-end collisions.
- Change lanes within a work zone.

For all our sakes, please drive safely.

HOME SAFETY



Weekend Warrior/Do It Yourselfers Take Note

In a recent issue of *Professional Safety*, published by the American Society of Safety Engineers, was an article for us weekend warriors aka do it yourselfers. It was written by the folks at Underwriters Laboratories. They are the ones who for many years have tested those products we use at work and home. They are looked to by insurance companies, building and fire departments, and OSHA, to check for the safety of appliances and equipment. They have a very good website for Consumers: <http://www.ul.com/global/eng/pages/offerings/perspectives/consumer/> that you can access for all kinds of safety information.

The "weekend warrior/do it yourself" safety tips included:

- Keep a first aid kit handy. Anticipate those bumps, scrapes or something more serious with a basic first aid kit that is easy to carry and latches securely, but can be opened quickly when needed.
- Use the 4-to-1 rule for proper ladder placement. For every four feet of ladder height, the bottom of the ladder should be one foot away from the wall or object it is leaning against. Remember to read the instructions and warning labels before using a ladder. The instructions will help you identify the proper ladder for the job and describe ladder weight and height limits.
- Pay attention to ladder length. Always use a ladder that is long enough for the task at hand. A great number of ladder accidents are the result of using a ladder that is too short.
- Incorporate safety goggles into your DIY style. Wear safety glasses to protect from debris and avoid jewelry while using power tools. Don't wear watches, bracelets and long sleeves as they can get caught in moving parts. If operating a loud power tool, wear earplugs to minimize damage to your ears.
- Follow instructions, not intuition. As with any household appliance, power tools need to be maintained and used in accordance with the manufacturer's warnings, precautions and instruction. Also, be sure to check the switch on a power tool or garden appliance to make sure it's "OFF" before you plug it in.
- Never leave an active power tool unattended. Unplug power tools before leaving the room and store them out of children's reach.
- As a rule, be sure to inspect your power tools. If you're re-using last year's power tools, be sure to inspect them for frayed power cords and cracked or broken casings. If the product is damaged, have it repaired by a qualified technician, or replace it.
- Keep your tools in shape. Never carry tools by the cord and never yank the cord when removing it from a receptacle. When disconnecting the cord, always grasp the plug, not the wire. Also, keep the cord away from heat, oil and sharp edges.
- Be aware of your surroundings. If you're working with someone else, make sure you know where they are at all times to prevent accidents or injuries. Be aware of who enters your work area and keep children and pets away from tools and projects.
- A clean workspace is a safe workspace. Properly store or place power tools, sharp tools or dangerous materials on high shelves out of a child's reach. Or, consider placing them in a locked storage cabinet. Also make sure your workspace is well-lit.
- Before you mow, have your owner's manual in tow. When pulling out the lawn mower for the first time this year, refresh your memory and read the owner's manual. Also know how to stop the machine in case of an emergency.
- If you have a gas-powered mower, store the gas in a UL Classified safety can.
- Always start the mower outdoors. Never operate it where carbon monoxide (CO) can collect, such as in a closed garage, storage shed or basement.
- Use extension cords are rated for outdoor use.

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OUR WEBSITE



- Don't forget to visit our website.
- We frequently update it with Insurance, Safety, and Risk Management information to keep you informed.
- We post the latest in Workers' Comp issues and a frequently updated Safety Training Calendar.
- It's just a click away at <http://ramaticiins.com/>

SAFETY TRAINING OPPORTUNITIES



- Check out our website at <http://ramaticiins.com/> for a list of Safety Training in our area.
- Also Check your insurance company and/or trade association website for additional training opportunities.

HOME SAFETY (continued)

- Do not operate an electrical or gas-powered lawn mower on wet grass.
- Use the right extension cords. If you're tackling outdoor DIY home improvement projects, make sure
- Look for the UL Mark. Always look for the UL Mark before purchasing a power tool, garden appliance or electrical product. The UL Mark means representative samples of that product have been tested to stringent safety standards with regard to fire, electric shock and related safety hazards.

Great safety tips for all of use to follow. Thanks UL.

HEALTH & SAFETY CAMPAIGNS

All Month:

- Fireworks Safety Months (starts June 1st)
- National Recreation and Parks Month



Not many safety campaigns this month, so we can spend more time practicing Family & Employee Safety Month (24/7)

Need materials to celebrate or endorse a safety campaign:

<http://www.positivepromotions.com/category.asp?c=30&c2c=tn&bhcd2=1270483151>