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We Dig Virginia!



SAFETY NEWS

**THE SAFETY NEWSLETTER OF THE
HEAVY CONSTRUCTION CONTRACTORS ASSOCIATION**

**SAFETY COMMITTEE UPDATE
BY JANICE MCILVOY, SAFETY CO-ORDINATOR, HCCA**

On behalf of the HCCA Safety Committees,
Happy Safe New Year.

In 2007, the HCCA Safety Committee guided the Association's safety program. The HCCA held safety training classes in Fredericksburg and Northern Virginia. Safety was the focus of the March, 2007 HCCA dinner meeting where 16 Awards were handed out.

In 2007, the Committee sponsored the first Safety Awareness Open House held at the Prince William County Fairground. Display participants included representatives from VOSH, Virginia Department of Conservation, Prince William Fire & Rescue, Prince William Police, Miss Utility and the State Corporation Commission, Alcohol Exposed Foundation, and Run Fast - Click Safety. Member firms participating were Coble Trench Safety, Cowles Parkway Ford, Elliot Wilson Capital Trucks, Mid-Atlantic Locating, Payne's Parking Design, Prince William Hospital's Occupational Health, SEE, Inc., Vetro, and Valley Supply & Equipment.

In 2008, the HCCA will again be holding safety training classes in the Fredericksburg and Northern Virginia areas. If you need safety classes, contact the HCCA so we can work with you to get your employees trained.

Last year, the Safety Committee sponsored lunch time speakers and invited all HCCA member firms to send attendees. Again, this

year the Committee plans to have several speakers that will address concerns many of our firms have. In the spring, we are working on having VOSH roundtable lunch discussions both in Fredericksburg and in Northern Virginia. Information will be sent to all firms when the dates and times are confirmed.

The HCCA March 2008 Dinner meeting will again be focused on Safety. The HCCA Safety Award applications will be sent out and all member firms are encouraged to apply.

This year, the HCCA Safety Committee is announcing the first safety award for individuals. The application will be mailed soon and will need to be back by the end of January. This award will be made on the March dinner meeting and will recognize individual contributions to member firms safety programs. If you have had an employee who has gone above and beyond to exemplify your safety goals, please submit the application.

If you have suggestions for speakers, programs or classes you may contact members of the Safety Committee, or the HCCA office.

The Safety Committee always welcomes new members, so if you would like to participate on the Safety Committee, give the HCCA office a call.

Various Safety Information from Safety+Health published by The National Safety Council, August, 2007

Concrete Saw Operator Pinned by Boom

A concrete saw operator working alone at a road construction site was using a backhoe to transport saws to a maintenance building. The backhoe, which did not have a boom swing lock pin, was left running. The victim laid a portable saw on the floor of the backhoe, hitting the right boom swing pedal. The boom swung to the side, pinning the victim between the boom arm and the rear of the backhoe.

TO PREVENT FUTURE OCCURENCES:

- Ensure machine guarding is in place prior to equipment operation.
- Ensure all employees receive documented training on hazards of mobile and stationary equipment.
- Ensure special work procedures are in place for all employees working alone.
- Review modifications or additions to equipment with the manufacturer.

Use Safe Practices Around Wood Chippers

Carelessness around wood chippers can lead to accidents, amputations and even death. Serious injuries most often are incurred when workers stand too close to the machine's blades or are struck by materials being thrown by the chipper. Proper training and extreme caution are required when operating or working around such machinery.

OSHA recommends the following tips to protect workers from common chipper hazards:

- Follow all manufacturer instructions and guidelines when operating a chipper.
- All workers using the machine should be properly trained, and new workers should be supervised to be certain they are complying with safety procedures.
- Never reach into the machine while it is operating.
- Do not operate while wearing loose-fitting clothing.
- Wear proper protective equipment around chippers, including earplugs, safety glasses and hard hats.
- Guard the infeed and discharge ports to eliminate the possibility of workers coming into contact with operating chipper components.
- Prevent the machine from sliding or rolling by chocking trailer wheels when working on uneven ground.
- Maintain a safe distance (approximately two log lengths) between chipper operations and other workers at the site.
- Lock out the machine before servicing or un-jamming to ensure the equipment is de-energized.

How can I guard against underreporting safety statistics at my organization? Answered by Judith Coleman, Western regional mgr. Professional services, ESS, Tempe, AZ

While it may be nearly impossible to eliminate all instances of underreporting due to an employee's inability or unwillingness to report an injury or illness, steps can be taken to improve work processes that will greatly improve data quality.

Data integrity plays a significant role in whether a company's safety program is successful. It is also one of the easiest stumbling blocks to remove, allowing companies to see improved safety performance from the moment their changes are implemented.

Because data is key to determining the success of any safety program, it is in an environmental health and safety professional's best interest to see how the data that the departments report can be expanded to give as much detail as possible, while making the process easier for those tasked with data collection.

Automated software programs are available that offer additional checks and balances to ensure records are filled out correctly and completely. These features can include highlighted fields that guide users through forms to ensure all necessary information is entered, and user-defined sections that address nonreportable data types such as near miss incidents or minor injuries where basic first aid was needed. Although not necessary for compliance with OSHA, these nonreportable data sources offer EH&S professionals an opportunity to identify potential hazards in processes that may be causing injury or illness, and to look for ways to improve departmental responsiveness.

Studies have shown that fewer restrictions in data management programs regarding what must be entered at the time a record is open actually improves overall reporting and data integrity. For this reason, some software packages have preloaded reports that show professionals where gaps may exist in their incident data, so that users are free to populate data fields as data is reported or as time permits, instead of having to manage data entry as a batch process.

Additional benefits of automated reporting software packages includes the use of charting and graphing capabilities to help safety managers actively track and analyze data that is entered. Having a visual representation of safety data helps management to identify problem areas and remedy them before they become more serious occurrences.

The problem of underreporting OSHA recordables doesn't have to bring safety programs to a halt. EH&S professionals can change the way their organizations view OSHA record-keeping by making the active pursuit of safety the program goal, and the elimination of hazardous processes and environments the metric by which employees measure success.

WORKPLACE INJURIES AND ILLNESSES 2006 by Kathy Moss of Prince William Health Systems

The Labor Department's Bureau of Labor Statistics recently released the latest data for workplace injuries and illnesses. The statistics for 2006 show that, overall, nonfatal injuries and illnesses dropped from 4.6 cases per 100 full-time employees to 4.4 cases per 100 full time employees.

The construction industry's statistics regarding illnesses and injuries also showed improvement, with a decrease to 5.9 per 100 full time workers from 6.3 injuries and illnesses reported per 100 full time workers. The Bureau of Labor Statistics attributes this drop to a decline in the number of reportable cases combined with an increase in the number of hours worked.

Unfortunately, the Construction Industry also reported the greatest number of fatalities for all industries. At 1,226 fatalities, the number increased 3 percent over 2005, and represented 10.4% of the total fatalities in all industries. These fatalities occurred mainly in painters, ceiling tile installers and roofing contractors, with falls from roofs being the leading cause of death.

The Bureau of Labor Statistics requests the same information from individual companies that is collected for the OSHA 300 log. The information is divided into the following categories: total recordable cases, days away from work, job transfer or restriction and fatalities. By maintaining a thorough and concise log, you can ensure that your data is accurate.

A REVIEW OF OSHA RECORD KEEPING

The OSHA record keeping requirements were updated in 2002 to simplify data collection. It is now permissible to keep computerized records, and many companies sell programs for just that purpose. These programs allow you to enter each case and then create summaries or present the data in different ways. It is also permissible for the employers to design their own form or log, as long as all of the required information is included.

In addition to illnesses and injuries, any employer covered by OSHA must report directly to OSHA any incident resulting in death or the hospitalization of three or more employees within 8 hours of the occurrence. If your business has fewer than ten employees, or your business is classified as being a "low-hazard industry", you do not need to maintain an OSHA log, unless OSHA or Bureau of Labor Statistics request that you do.

In addition to tracking injuries and illnesses, the log can assist you in identifying trends and problem areas so that you can prevent them in the future. Employee awareness may make the workers more careful.

An injury or illness must result from a identifiable event or exposure in the work environment to be considered work related. Just because the illness occurs at work does not necessarily make it recordable. It is also considered work-related if the event at work significantly aggravated an existing injury or illness. If a person is injured in the workplace but not on duty then the injury would not need to be recorded.

There is often confusion about temporary employees and contract workers. If you act as the supervising company, you are responsible and must record their injuries. If the workers have their own supervisor on site with them, then that company is responsible for recording.

Recording criteria:

Death

Days away from work

Restricted work or work transfer

Medical treatment beyond first aid

Diagnosis of a significant injury or illness by a physician or other healthcare provider

UNDERGROUND UTILITY DAMAGE MEDIATION PILOT

The following information was provided for the HCCA by the State Corporation's Damage Prevention group. This was handed out to the membership at the November dinner meeting held in Fredericksburg.

Underground Utility Damage Cost Mediation Process Guidelines for the Pilot Period of 24 months beginning July 1, 2007.

1. Background

For more than 15 years, damage prevention stakeholders in Virginia have worked tirelessly to reduce damage to underground utility lines. Their efforts have resulted in one of the most effective damage prevention programs in the country. The desire and partnership of these stakeholders to work together and resolve issues of common interest continues to be one of the cornerstones of the program.

The recovery of utility damage cost has been an issue of some controversy and has threatened to harm the partnership Virginia stakeholders have worked so hard to establish. After much deliberation and discussion, a group representing utilities and contractors have reached consensus on a non-binding Damage Cost Recovery Mediation Pilot program. The purpose of this program is to gauge the effectiveness of a mediation process to help contractors and utilities in Virginia reach resolution on disputed utility damage cost claims without expensive, frustrating, and time-consuming adjudication through the courts. A mediation process facilitated by a neutral person affords parties who understand their dispute better than anyone to reach a "win-win" resolution as opposed to issues being resolved by a judge or jury. This saves time and money and preserves the parties relationship by improving communication. Better relationships amongst contractors and utilities will continue to strengthen the partnership in Virginia's damage prevention program.

The State Corporation Commission's Division of Utility and Railroad Safety will collect certain data during the pilot period and will provide regular reports to stakeholders in order to determine the effectiveness of the mediation process. The Department of Dispute Resolution Services of the Virginia Supreme Court has

agreed to assist by informing the certified mediators in Virginia regarding this pilot program. Interested mediators will then be trained relative to the Underground Utility Damage Prevention Act. The names and contact information of these mediators will be made public through several means including the Supreme Court and the State Utility of Virginia websites.

2. Mediation Request

- A. When a utility damage cost is disputed by the contractor involved, either party may request, in writing, to the other party, a mediation to reach resolution. The other party will respond to this request no later than 30 days from the date of the request.
- B. The mediation shall be completed within 60 days from the date parties agree to the mediation process, unless a longer time is agreed upon by the parties and the mediator.

3. Mediator Certification, Training, and Experience:

- A. **Certification:** Mediators must meet the basic criteria established by the Office of the Executive Secretary of the Supreme Court of Virginia for the level of General District Court. This certification requires at least 20 hours of basic mediation training, a 4-hour course on Virginia's Judicial System, two mediation observations and three co-mediations with a certified Mentor.
- B. **Training:** Mediators will be required to attend a six hour seminar on Virginia's damage prevention program facilitated by representatives of the State Corporation Commission Staff, utility operators, excavators, and the notification center. Additional training may be required as changes to the law, policy, or regulations associated with the Virginia Underground Damage Prevention Act occur.
- C. **Experience:** Mediators with subject matter expertise in construction/utilities/building-contractor matters may be given preference.

UNDERGROUND UTILITY DAMAGE MEDIATION PILOT

4. Mediation Location:

Ideally, mediation should take place in a safe, neutral, and accessible location. The mediator may have office space for this purpose. Parties may agree to meet in one of their offices. State agencies may be able to offer a space for this purpose.

5. Mediation Fees and Mediator Travel Expenses:

A. Mediation Fees: Services rendered by mediators will be incurred on a per case basis, regardless of how many sessions are required. Fees will be divided equally between the parties agreeing to the mediation service. The cost will be incurred regardless of the outcome of the case.

1. For disputes up to \$20,000.00, there will be a charge of \$200.00 per case.
2. For disputes greater than \$20,000.00, there will be a charge of \$300.00 per case.
3. The parties may agree to a different fee than those detailed here, if appropriate.

B. Mediator Travel Expenses:

1. If a mediator is required to travel for the convenience of the parties requesting mediation service, reimbursement for the cost incurred by the mediator will be divided equally between the parties requesting the service.
2. Current Virginia State Travel Regulations may be used as a guide in establishing the maximum travel cost incurred by the mediator.

6. Data Collection During the Mediation Pilot Program:

- A.** Mediators will be required to collect and maintain the following data regarding cases they mediate:
1. Number of cases requested to be mediated.
 2. Types of utilities involved.
 3. Number of cases where both parties reach consensus and resolve the dispute through mediation.

4. Number of cases where the dispute was not resolved through mediation.

The collected data will be mailed directly to the Virginia State Corporation Commission, Division of Utility and Railroad Safety at the following address on a quarterly basis:

Virginia State Corporation Commission
Division of Utility and Railroad Safety
1300 East Main Street, 4th Floor
Richmond, Virginia 23219

- B.** Parties who initiate requests for mediation will report to the Commission's Division of Utility and Railroad Safety if the other party involved refuses or does not respond to the request in a timely manner.
- C.** The data collected will be used in evaluating the Mediation Pilot Program

7. Mediation Evaluation During the Mediation Pilot Program.

- A.** Upon completion of the mediation service, the mediator will provide both parties involved in mediation, the Office of the Executive Secretary ("OES") Form ADR-1002 "Client Evaluation of Mediation and Mediators" and inform the parties to comply with the requirements in subparagraph B.
- B.** Form ADR-1002 will be completed by both parties and mailed directly to Virginia State Corporation Commission, Division of Utility and Railroad Safety within 15 days of case closure.
- C.** The evaluations will be used in evaluating the Mediation Pilot Program. Evaluations are confidential and will not be disclosed to anyone other than the mediator, the parties involved, and the Director of the Office of Dispute Resolution Services, Office of the Executive Secretary, except as may be required by law.

Home Paper Shredders Pose Risk for Injuries

The following information was sent to the HCCA by our safety co-chair, Matt Murphy of See, Inc. from the MedicineNet.com website.

Medical Author: Melissa Conrad Stoppler, MD
Medical Editor: Dennis Lee, MD

The US Consumer Product Safety Commission (CPSC) warns that home paper shredders, an increasingly more common tool in home offices and work areas, may pose a significant risk of Injury. The U.S. CPSC recently reviewed and investigated 50 home paper shredder injuries that occurred between January 2000 and September 2005. The findings of this review were presented in the February, 2006 issue of the journal Pediatrics along with a case report of a two year-old girl who sustained severe injury to two fingers as the result of an accident involving a home paper shredder.

Of the reported paper shredder injuries,

- 71% of the injuries involved children under 12, with over half of these involving children under three, and
- The majority of injuries that resulted in amputations of a digit occurred in children under six years of age.

The CPSC also carried out ergonomic studies of various paper shredder models. All the paper shredder models examined by the CPSC had the potential to allow a child's fingers to reach the cutting blades, and many models didn't have on/off switches. None of the paper shredders tested had a release mechanism to allow separation of the blades from one another, making it very difficult for emergency personnel to remove a finger that may be trapped in the blades.

The researchers conclude that manufacturers should redesign the shredders to make them safer and to display clear warnings directly on the machines. Parents are cautioned to keep paper shredders out of reach of children, and keep them unplugged when not in use. It is also recommended to allow children to use the machines even under adult supervision, as shredders may

pull children's fingers into the blades.

For additional information, please read the Paper Shredder Safety article.

References: Warren RC, Foltin GL. "Toddlers at risk for paper shredder injury in the home: easy access and severe injury." Pediatrics. 2006 Feb; 117(2):535-8. CPSC paper shredder alert: <http://www.cpsc.gov>.

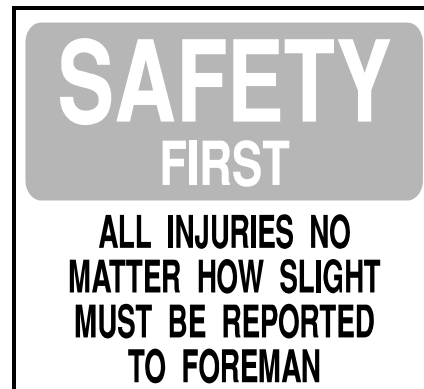
PLEASE NOTE;

Dominion has Work Zone Safety Program materials available at no cost to you. These materials represent a self-running electric and gas safety training program. It includes:

- One DVD which features a 15 minute work zone safety training video in (English and Spanish); a slide show presentation with prepared presenter's notes in English and Spanish and a Companion trainer's guide in English and Spanish.
- Contractor Beware books that you can give to employees to re-enforce safe work zone behaviors
- One Contractor Beware utility safety poster
- 10 Safety decals for use at your workplace

To obtain this free work zone safety program materials visit www.domsafety.com/contractors

Thank you to Robbyn Smith of Owens & Dove for providing this information to the HCCA for distribution to our members.



Piping, General Rule and Applicability 29CFR, 1926.1199

Humorously submitted by Tim Clemons, Co-Safety Chair

1. All pipe is to be made on a long hole, surrounded by metal, plastic, or other rigid material centered around the hole.
2. All pipe is to be hollow throughout the entire length.
3. All pipe is to be of the best quality, perfectly tubular or pipular.
4. All acid proof pipe is to be made of acid proof material.
5. The outside diameter of all pipe must exceed the inside diameter, otherwise the hole will be on the outside.
6. All pipe is to be supplied with nothing in the hole so that water, steam, or other stuff can be put inside at a later date.
7. All pipe is to be supplied without rust as this can more readily be applied at the job site.
8. All pipe is to be cleaned free of any covering such as mud, tar, barnacles, or any other form of manure before installation, otherwise there will be lumps in paint applied at a later date.
9. All pipe over 500 feet long must have the words "long pipe" clearly painted on each end so that the fitter will know that it is long pipe.
10. Pipe over two miles long must also have the words "extra long pipe" painted in the middle so that the fitter will not have to walk the full length of the pipe to determine if it is long pipe or extra long pipe.
11. All pipe over six inches in diameter must have the words "large pipe" painted on it so that the fitter will not use it for a small pipe.
12. All pipe under six inches in diameter must have the words "not large pipe" painted on it so that the fitter will not use it for large pipe.
13. Large pipe and not large pipe can not be used together because there would then be two pipes, one inside the other. See the appendix for two pipe regulations.
14. All pipe closers are to be open on one end.
15. All pipe fittings are to be made of the same stuff as the pipe.
16. No fittings are to be put on pipe unless specified. If you do, straight pipe becomes crooked pipe. See the appendix for crooked pipe regulations.
17. Fittings come in all sorts of sizes and shapes. Be sure to specify the direction you are going when ordering.
18. Fittings come bolted, welded, or screwed; OSHA recommends that you always get screwed.
19. If flanges are used they must have holes for bolts separate from the big hole in the middle.
20. If flanges are to be blank or blind, the big hole in the middle must be filled with metal.

WE HOPE THIS BRIGHTENED YOUR DAY!!!



January, 2008

11th First Aid/CPR
Superior Paving Corp.
Gainesville, VA

17th First Aid/CPR
The Anderson Company
Manassas, VA

23rd Fredericksburg Safety Committee Meeting
11:45 AM at Rappahannock Construction Company
Fredericksburg, VA

29th HCCA Monthly Dinner Meeting at
Evergreen Country Club
Haymarket, VA

February, 2008

4th Safety Applications for Safe Employee due

February, 2008

5th HCCA Fredericksburg Quarterly Meeting
FOP Lodge
Fredericksburg, VA

6th Northern Virginia Safety Committee
11:30 The Anderson Company
Manassas, VA

12th OSHA 30/OSHA 10
The Anderson Company
Manassas, VA

19th OSHA 30/ Confined Space Trenching Excavation SubPart P
The Anderson Company
Manassas, VA

19th HCCA Monthly Dinner Meeting
Evergreen Country Club
Haymarket, VA

February, 2008

26th OSHA 30
The Anderson Company
Manassas, VA

27th HCCA Safety Application Due



The Heavy Construction Contractors Association
of Northern Virginia
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