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# Second Quarter 2010



## It's That Time of Year Again to Review HEAT and SUN SAFETY



It is very important that Supervisors and workers on our job sites be able to recognize the symptoms of heat stress as well as sun illness and be prepared to take the proper actions to safeguard those workers in the field, and to treat them properly until help arrives. While this should all be second-nature to you, it is so important that it bears repeating again.

**Heat Stress:** When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

**Factors Leading to Heat Stress:** High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

**Symptoms of Heat Exhaustion:** Headaches, dizziness, lightheadedness or fainting. Weakness and moist skin. Mood changes such as irritability or confusion. Upset stomach or vomiting.

**Symptoms of Heat Stroke:** Dry, hot skin with no sweating. Mental confusion or losing consciousness. Seizures or convulsions.

**Preventing Heat Stress:** Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers. Block out direct sun or other heat sources. Use cooling fans/air-conditioning; rest regularly. Drink lots of water; about 1 cup every 15 minutes. Wear lightweight, light colored, loose-fitting clothes. Avoid alcohol, caffeinated drinks, or heavy meals.

**What to Do for Heat-Related Illness:** Call 911 (or local emergency number) at once.

**What to Do While Waiting for Help to Arrive:** Move the worker to a cool, shaded area. Loosen or remove heavy clothing. Provide cool drinking water. Fan and mist the person with water.

**Sunlight** contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts, and skin cancer. The amount of damage from UV exposure depends on the strength of the light, the length of exposure, and whether the skin is protected. *There are no safe UV rays or safe suntans.*

**Skin Cancer:** Sun exposure at any age can cause skin cancer. Be especially careful in the sun if you burn easily, spend a lot of time outdoors, or have any of the following physical features: Numerous, irregular, or large moles, Freckles, Fair skin, Blond, red, or light brown hair.

**Self-Examination:** It's important to examine your body monthly because skin cancers detected early can almost always be cured. The most important warning sign is a spot on the skin that is changing in size, shape, or color during a period of 1 month to 1 or 2 years. Skin cancers often take the following forms: Pale, wax-like, pearly nodules, Red, scaly, sharply outlined patches, Sores that don't heal, Small, mole-like growths - melanoma, the most serious type of skin cancer. If you find such unusual skin changes, see a health care professional immediately.

# SAFETY NEWS

THE SAFETY NEWSLETTER OF THE  
HEAVY CONSTRUCTION CONTRACTORS ASSOCIATION

# An Employee Led Safety Organization

J.R.Glascock, Lane Construction

The construction industry is labeled as one of the most dangerous occupations in the world and this is corroborated statistically with accident and injury data year after year. To mitigate and ultimately eliminate these inherent dangers, safety programs of many different facets have been formulated by companies throughout our industry. It is every companies aspiration to assure all employees return home each day to their families and return to work the next day to our second family—our coworkers. At the majority of companies, you will hear the slogan Safety First. In our industry we cannot simply say it, we have to mean it. Our industry comrades are one step from death each day as they strive to better themselves and to provide for their families. It is imperative that all employees know without a doubt that Safety is First in your organization. Safety does not just happen, all employees have to believe and know that Safety is Paramount.

Some tools that may help foster a successful safety culture come in various ways. First and foremost, every member of your organization has to be committed and involved. Your safety program should be led by the employees, not the safety manager or another member of management. Every employee should be tasked with and developed into a true Safety Manager. If we are all Safety Managers, Safety will truly be First, and Safety will never be sacrificed for production. If an organization is safe, quality and production will be sure to follow. To achieve Safety in your organization, it does take effort and investment; you have to invest in every employee.

Employee involvement is the tool that will ensure the job gets accomplished safely and successfully. Safety needs to be talked about each day from the start of the shift, to the end of the shift. Prior to the beginning of each shift, every crew should come together and spend time going over the shift's upcoming activities. All employees should discuss what hazards will be faced today and what measures can be put in place to eliminate the hazards before they start. Discussion should also be given to any near misses that may have occurred over the past shifts' and what they can learn from them to ensure that they do not reoccur into something worse. Each employee should be given the opportunity to express any concerns and they should evaluate what personal protective equipment will be needed for the work. During work, the crew should evaluate every task

to ensure that it will be done safely. These evaluations should be verbally communicated with all employees to ensure that everyone understands and is in agreement with the game plan. At the end of each shift, the crew should once again come back together and discuss the day's activities. This discussion should include what went right, what went wrong, and what they can do to become better. These activities will ensure Safety is the topic of everyday, keeping Safety First and all involved.



Other methods for employee involvement and development include train-the-trainer processes. This is where any interested employee is developed into a safety trainer and they are empowered to instruct the topic trained on to their co-

workers. Before long, you will have well developed safety trainers throughout your organization from all levels. Safety audits are another tool for developing employees. Safety managers should not be the sole employee conducting safety audits. All employees need to participate in audits so they all have a full understanding of what the hazards are and how to correct them. Investing the time in this will afford you with safety auditors throughout your organization on a daily basis. Developing safety committees also provides valuable involvement. Establishing an employee led committee to discuss the safety happenings that affect the organization will foster a strong-rooted program. Many ideas will be generated and instituted to better each employee. Lastly, safety manual availability; safety policy manuals needs to be available for all employees. They should never be that one manual of many others that sits on the safety manager's shelf that comes off when something goes wrong. These should be an easy to read and understand manual on every jobsite and employees should be encouraged to know what is contained inside.

Safety is not something that happens by chance. Your organization has to invest in, and develop each and every employee to be true Safety Managers. Involvement is the key that will unlock the doors to a concrete Safety culture within an organization. An employee led safety program will empower all employees and instill the true meaning of Safety being First. If every employee in your organization is developed into a true Safety Manager, safety will simply be, "the way we do things".

## Let's Get hooked on Safety

Tom Herb  
In Compliance Safety and Training  
540-664-3682

Just like enjoying a good day of fishing we must be aware of our surroundings. From fishing in a stream to being on a boat and having our life jackets onboard.

This is how it works on construction sites. You know the environment changes by the minute and if you are not in tune to it something is going to happen. There you go, an injury, a lost limb eye or possibly even a fatality. It happens so quick.

In 1970 the Occupational Safety and Health Act was created to help prevent these and set standards. Congress determined that due to the arising number of accidents and illnesses costing the employer lost time, production, wages and medical expenses it was a substantial burden. Sure, when we think of OSHA coming on site most think it is a pain. No, they are only trying to ensure that you as the employer or employee are following these standards. We all know that it is time out of our day but by following these standards like our day of fishing we will come home safely and be able to enjoy our family.

Listen, it is mostly common sense out here and we all must get hooked. Does not take much, a few seconds to check your gear and location and you got it.

Have a Safe and Good Day and hope you catch the big one. Your life, remember you only get one!



**IN • COMPLIANCE  
SAFETY**

## Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue

Roy Beckner, SW Rodgers Company

STROKE: Remember the 1st Three Letters....**S.T.R.**

During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) she said she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, she went about enjoying herself the rest of the evening.

Her husband called later telling everyone that his wife had been taken to the hospital, and passed away at 6:00PM. She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps she would be with us today. Some don't die, but they can and do often end up in a helpless, hopeless condition.

A neurologist friend says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is generally tough to do.

Thank God for the sense to remember the '3' steps, STR. Read and Learn! Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness regularly spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

- S** - Ask the individual to SMILE.
- T** - Ask the person to TALK and speak a sentence.
- R** - Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

Now there is a new sign of a stroke. Ask the individual to stick out their tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

# Passing of Former HCCA Executive Director Robert (Bob) Woodward

Matt Murphy, SEE, Inc.



*The following was written by Matt Murphy of SEE, Inc. on the death of SEE's founder and his friend Bob Woodward. Many years ago, before founding SEE, Inc., Bob was the Executive Director of the HCCA. We are sure that many of our long time members remember Bob well. It is reproduced here in its entirety with Matt's permission.*

It is with a truly heavy heart that I write to let you know that the founder of SEE Inc. and my personal mentor, **Bob Woodward**, has passed away.

Many of you know, and some may not, my first opportunity to meet Bob was through contractor JG Miller, a long time SEE Inc. client. From that meeting, I came to know a person who would not only become my teacher, but my friend as well. He brought me into the fold at SEE Inc. with the intention of passing on a legacy. I know that must have been hard for him, like any parent who watches their child leave for school or a father who gives his daughter away at her wedding. However, Bob was generous at letting me grow into my position here at SEE Inc. It was a partnership born of nothing more than a handshake. This tells you what kind of man he was.

For myself and those who have worked with us over the years, I'm sure none of you will ever look at a red pen the same way again. For those who worked for Bob, that inescapable pile of reports with red ink meant the need for better scrutiny and attention to detail. Bob would say to me "I know this bugs you, but it will make you better." It really did. Through the grace of time, which has given me the ability to look back, I now recognize that through that red pen I was being molded and forced to grow into the person I am today.

Bob poured his heart into SEE Inc. It was obvious when you would see him teach or see the inspection reports he would hand type (because, of course, he always refused a computer). I still have one of his typewriters in my office today. It was amazing how good he was with the thing. Every day Bob would visit site after site, speak to worker after worker, sometimes he would get cussed and yelled at, but when OSHA came knocking he was the first person they would call. At his retirement party, Rob Matuga of the National Association of Home Builders asked Bob how many people he thought he saved over the years. Bob simply replied, "You know, I have never really thought of it." Bob has authored hundreds of articles, written thousands of reports and probably trained tens of thousands of workers during his time. I must admit, I too have wondered how many. I'm sure Bob knows that number now.

Over the years I learned that Bob had passions, but none were more important than his family. Bob talked endlessly about his wife Peggie. He loved to tell how she was a great friend to go out for a cold beer; how she would listen and support him. She never stopped listening. She never stopped loving Bob. I'm sure she will miss her friend for some time to come. When Peggie told me of Bob's passing I found it telling that she ended up supporting and comforting me, not the other way around. Bob would speak with pride about his son and daughter-in-law. And he was never at a loss for words when talking about his two grandchildren, Alexander and Nathan. I remember they would come to visit and Bob would try to clear his schedule to be with them. When they left I would get all of the details of their adventures and how much he enjoyed spoiling them. Every story was told with a wrinkle in his smile and a gleam in his eye not to be seen until he spoke of them again.

I could amass an entire book of the stories Bob expounded on during our many conversations. I listened for hours like a little kid talking to his favorite uncle as he talked of how he grew up, about the nuns and a chalk board, his early childhood pets, the pranks he would play, and the NUCA conferences and friends he had the pleasure of knowing both in and out of the industry. Bob and I had an opportunity on at least one occasion to speak of what happens when we leave the earth as we know it. Bob believed in heaven, but one time, after the loss of a pet, I remember him asking, "I think animals go to heaven. What do you think happens?" I responded, "I personally believe that when we are in heaven we visit those we loved, two and four legged alike, and reflect on the experiences we had with them. We get to do what we want and enjoy." Bob quipped, "Sounds good! I like that!" and after about a minute we both chuckled and he said "Ok, enough with that and back to work." As I write this article I can't help but think of Bob on a sailboat, visiting all of his old cronies, seeing all of those he loved...both two and four legged alike.

I read somewhere that you will have a handful of people that truly make an impact on your life; people who actually change your course, for good or for bad. I don't know exactly how many people have changed the pattern of my life to date, but as an individual Bob continues to be the driving force that keeps me focused on my life goals and the business venture that he started and I continue. For those blessed enough to know Bob, he will always be a thought away. Personally, I will miss him because Bob was much more than a partner to me. He was a mentor, a teacher, a councilor, a family member, and most of all a friend.

Matt Murphy, SEE, Inc.

Peg has asked that instead of flowers anyone who would like to send something could send a donation to the Hospice Center that took care of both Bob and Peg through this trying time.

Cornerstone Hospice: 2445 Lane Park Road, Taveres, Florida 34778

## HEAT and SUN SAFETY (continued)

**Self-Examination:** It's important to examine your body monthly because skin cancers detected early can almost always be cured. The most important warning sign is a spot on the skin that is changing in size, shape, or color during a period of 1 month to 1 or 2 years. Skin cancers often take the following forms: Pale, wax-like, pearly nodules, Red, scaly, sharply outlined patches, Sores that don't heal, Small, mole-like growths - melanoma, the

### Block Out UV Rays:

✦ **Cover up.** Wear tightly-woven clothing that blocks out light. Try this test: Place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment offers little protection.

✦ **Use sunscreen.** A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. You want to block both UVA and UVB rays to guard against skin cancer. Be sure to follow application directions on the bottle.

✦ **Wear a hat.** A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp.

✦ **Wear UV-absorbent shades.** Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.

**Limit exposure.** UV rays are most intense between 10 a.m. and 4 p.m. If you're unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the day's strongest.

### Preventing Skin Cancer

For more information about preventing, detecting, and treating skin cancer, check out these sources: **American Cancer Society**, [www.cancer.org](http://www.cancer.org) 1-800-ACS-2345, **Centers for Disease Control and Prevention**, [www.cdc.gov/ChooseYourCover](http://www.cdc.gov/ChooseYourCover) 1-888-842-6355, **The Skin Cancer Foundation** [www.skincancer.org](http://www.skincancer.org) 1-800-SKIN-490.

## Former Member Recalls a Few of Bob Woodward's Accomplishments for the HCCA

Last week I had the opportunity to interview a former HCCA officer, long-retired, who wanted to share some anonymous observations of Bob Woodward's role and the impact he had on the Association during the years he was the Executive Director. As you probably already know, Bob passed away last week at his retirement home in Mount Dora, FL.

In the opinion of the speaker, at the time that Bob was hired, the Association "just wasn't going anywhere." The HCCA needed to do some "extraordinary" things if it was to be taken serious as the voice of the heavy contractors in Northern Virginia by the emerging municipal authorities.

Once in place as the Executive Director, in concert with the new president, Bob launched a series of activities and initiatives that have, in some cases, come down to us today as fundamental tenants of our organization and the environment in which we work. I was told that "a few" of Bob's accomplishments included:

- Organizing and holding the first Equipment Expo at the Prince William Fairgrounds.
- In response to a series of trench accidents, several of them fatal, Bob and other HCCA members worked with Audrey Moore, then Chair of the Fairfax County Board of Supervisors to organize and teach the first ever Trench Safety classes for heavy contractors and county employees in Northern Virginia. HCCA members not only taught the classes but supplied all the equipment and tools.
- Working to prevent the blanket elimination of bids from those contractors who's Workers Compensation Modifications Factors were too high because of trench accidents, Bob and others assisted county governments to understand how a modification factor is calculated, what the factors that are included, and why they were in and of themselves not a reason for rejecting bids.
- With the assistance of HCCA members, Bob helped to establish, train and equip (with their first trailers) the Fairfax County Fire Department to perform trench rescue.
- Working with William A. Hazel, Joe Gibbs (then Head Coach of the Washington Redskins) and a number of other HCCA members to handle on a pro bono basis all of the site work needed for the Youth for Tomorrow Home. As a result of this effort, NUCA established their award for public interest efforts among chapter members, and HCCA was the recipient of the 1<sup>st</sup> award.

Over time, as older members retire and leave the trades, names like Bob Woodward's and his achievements will be lost to us. This member told me that Bob was not only an outstanding organizer and manager, but was also his friend, and he wanted to ensure that the achievements of "his friend" for the benefit of the HCCA didn't go unnoticed at this time of his passing.

Ken McIlvoy

# Recent EPA Changes to Decal Requirements For On/Off Road Diesel Fuels

EPA's newest round of mandatory changes in the sulfur levels of diesel fuel will be accompanied by pump labeling changes that require all sellers, fleets and other wholesale purchasers (that's you if you have storage tanks with pumps or dispensers) of diesel to switch out their old labels.

All users with diesel pumps or dispensers need to have decals, which clearly stipulates the sulfur content in the fuel is not greater than 15 PPM and be worded specifically as required by the EPA. Failure to follow this law could result in a fine of \$37,500.

Here are the labeling requirements for those who have a diesel tank with a pump (off or on-road), portable tank on a truck or stationary tank on a job site.

## Regulations:

- ✦ MSDS sheet for MSDS Number 5465 for Ultra Low Sulfur (same for both on and off road. The decal MUST be on the vehicle for a portable tank or on the site for a stationary tank. VDOT will ask for it if they stop you.
- ✦ 1993 Placard-Decal required by Fire Marshall (denotes Combustible and how to treat a fire) for Ultra Low Sulfur Diesel tanks bigger than 119 gallons. Same decal applies to on and off road.
- ✦ Off Road Decal required by DEQ for Ultra Low Sulfur non-highway diesel fuel (11 PPM Sulfur maximum). This is required for use in all model year 2011 and newer non-road diesel engines. It is recommended for use in all non-road, locomotive, and marine diesel engines. Warning: Federal law prohibits use in highway vehicles or engines.
- ✦ On Road Decal required by DEQ for Ultra Low Sulfur highway diesel fuel (15 PPM Sulfur maximum). Required for use in all highway diesel vehicles and engines. Recommended for use in all diesel vehicle engines.
- ✦ Off Road Decal required by VDOT (for tax purposes) to be applied to pumps which dispense dyed diesel fuel (non-taxable use only). There is a penalty for taxable use. Off highway use only. Not legal for motor vehicle use.
- ✦ On Road Decal required by DEQ to be applied to pumps which dispense non-dyed taxable diesel fuel for on-highway use only. Ultra Low Sulfur off highway use not legal for motor fuel use.

## Notes:

- ✦ There are stiff fines for not having these items.
- ✦ Other decals such as product ID, No Smoking, etc. are optional.
- ✦ You are allowed to haul 119 gallons or less per container of distillates (combustible products such as diesel).
- ✦ If you are hauling a quantity larger than 119 gallons you must be Hazmat Certified with a CDL driver.
- ✦ You are not allowed to haul more than 5 gallons per container of gasoline (Flammable products).
- ✦ If you are hauling a quantity larger than 5 gallons per container, you must be Hazmat Certified with a CDL driver.

**Course Descriptions**  
**Joint HCCA-Chesapeake Region National Safety Council**  
**Training Classes**

**Reasonable Suspicion Training**

October 13, 2010

8:30AM to 12:30PM

Cost for HCCA and CRSC/NSC members is \$145, non-members \$195

Covers the Purpose and scope, Employer's responsibilities, Alcohol and drug suspicion, signs and symptoms, Record-keeping, documentation, confidentiality, Types of Testing, Employee Assistance Programs and more



**Safety Inspections**

December 14, 2010

8:30AM to 4:00PM

Cost for HCCA and CRSC-NSC members is \$295, non-members \$385

If you are responsible for conducting or supervising safety inspections or for training industrial safety and/or health inspections this is the class for you.

**Incident Investigation**

December 15, 2010

8:30AM to 4:00PM

Cost for HCCA and CRSC-NSC is \$295, non-members \$385

The class examines incident investigation and analysis as a means of preventing injuries, property damage and financial losses. Upon completion, you will be able to employ effective investigation and interview techniques, analyze accidents to identify true root causes and describe human issues affecting incident reporting

**Coaching the Lift Truck Operator/Train-the-Trainer Seminar**

December 20, 2010

9:00AM to 3:30 PM

Cost for HCCA and CRSC-NSC Members is \$225, non-members \$295

You will become familiar with Coaching the Lift Truck Operator – covers Operator training definitions from OSHA and NIOSH, lift truck design, moving with and without a load, vehicle safety inspections, utilizing scanning techniques, special considerations such as trailers, ramps, and elevators, pedestrian safety

## **HCCA Safety Related Training Classes *Scheduled to Date***

### **July 2010**

- + 7/17    **Confined Space (in Spanish)**
- + 7/17    **Fall Protection (in Spanish)**

### **August 2010**

- + 8/11    **VDOT Changes in Post-Installation Inspection Process**
- + 8/14    **Work Zone Basic (in English)**
- + 8/14    **Defensive Driving Class for Non-CDL**

### **September 2010**

- + 9/13-17 **COSS (Certified Occupational Safety Specialist)**
- + 9/18    **Defensive Driving Class for CDL**

### **October 2010**

- + 10/13    **Reasonable Suspicion Training (Joint HCCA-CRSC/NSC)**
- + 10/12-15 **OSHA 510 Basic Course in Construction Safety  
(Joint HCCA-CRSC/NSC)**

### **November 2010**

- + 11/16-19 **OSHA 500 Outreach Training Course for Construction  
(Joint HCCA-CRSC/NSC)**

### **December 2010**

- + 12/14    **Safety Inspections (Joint HCCA-CRSC/NSC)**
- + 12/15    **Incident Investigation (Joint HCCA-CRSC/NSC)**
- + 12/20    **Coaching the Lift Truck Operator/Train-the-Trainer Seminar  
(Joint HCCA-CRSC/NSC)**