



Speaking of Safety

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From the President's Desk

Just like the last few years, I'm amazed at how fast the year goes by and how much we have accomplished over that year. For as much as we have accomplished, there is an equal amount that I would have liked to finish too.

As I look back on this year, I am most proud of our approval and listing on the Michigan Department of Education's approved CPR vendor list. This approval allows the Safety Council to provide CPR training to Michigan's educational professionals. Because of our non-profit status, the Safety Council can offer this training at a reduced rate, giving the school's budget a much needed break.

Another accomplishment is the development of our Teen Driver Safety Program which the Safety Council can provide to schools or the public. This program is another tool that parents can use to help keep their teen drivers safe on the road as they gain the much needed experience behind the wheel. Our classroom course teaches the parent and the teen driver the most common distractions which causes the much higher incidence of vehicle crashes and fatalities in the teen demographic. After learning the challenges that teens face, the parent and teen learn the tips and tools that will make driving safer for the teen.

The annual Safety Council golf outing was another great success and a great way to meet and talk to our membership and supporters. We are already planning another great golf outing for 2009.

Our one regret for this year was the cancellation of our fall conference "Putting Safety & Health Into Action". Michigan's economy has been stretched to the absolute limits and budgets are strained in nearly every sector. Although we would have been pleased to host this conference, it appears that Michigan workers were unable to include this in the budget. The Safety Council is working on a way to provide the information and training to Michigan's businesses without putting a strain on the budget.

The Safety Council and our Board of Directors are also working on plans for 2009. At the Annual Meeting some changes to our By-Laws, Executive Committee, and other processes were discussed and many will be implemented in early 2009. The board and new Executive Committee will meet to discuss potential goals and how to accomplish those goals. We will go into 2009 with a vision and the energy to another successful year of providing quality health & safety information to our membership and the community.

All of us at the Safety Council wish you and your families a wonderful holiday and happy New Year!

Calendar of Events

Register today for these upcoming classes & seminars:

December 5, 2008 - DDC-4, 8:30 am, Safety Council Training Center

December 19, 2008 - DDC 8, 8:30 am, Safety Council Training Center

*Starting in 2009, the Safety Council will offer the 4-Hour DDC on the second Friday of each month and the 8-Hour DDC class will remain on the third Friday of each month - **unless otherwise noted.** Please continue to check the website for the most up-to-date training calendar.*

January 9, 2009 - DDC-4, 8:30 am, Safety Council Training Center

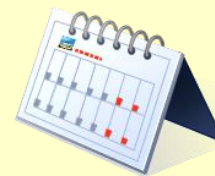
January 14, 2009 - MIOSHA Record Keeping Class, 8:00 am, Safety Council Training Center

January 16, 2009 - DDC 8, 8:30 am, Safety Council Training Center

The Safety Council's scheduled training classes take place at the Safety Council Training Center in Bloomfield Hills, unless otherwise noted. The Safety Council is also able to take our training on the road. Contact the Safety Council to discuss hosting a training opportunity at the job site. The Safety Council's experienced trainers customize classes to address the specific needs of the of the company or job functions requiring the training. In addition, since the Safety Council is a non-profit organization, class prices meet the most stringent budgets. Proper safety training is a simple way to improve the bottom line. Safe employees and job sites equals less workman's compensation claims, days off work, and actually improves productivity. Any formula for success includes a safe workplace.

Don't wait until an accident costs you too much. Register for training today. Registration for all classes and seminars ends five (5) business days before listed start date. Payment must be made in advance to complete the registration process. Download our registration form from www.safetycouncilsemi.org under the Calendar page or Classes page.

For a description of class offerings or to register for any class, please contact the Safety Council by phone or email and keep checking the website! Call 248-858-8830 or email us at info@safetycouncilsemi.org.



Stay Healthy this Cold/Flu Season

The cold and flu season is already in full swing. Below are a few tips to minimize the chances of getting sick.

- Wash hands more often than usual and encourage family members to do the same. Wash before each meal and try to keep hands away from the face where germs easily enter the body through the eyes and mouth.
- When a sink and soap are unavailable, use hand sanitizer. Keep small bottles of hand sanitizer in the car, at the desk, and in the home - all carefully out of children's reach.
- Disinfect items that are used or touch often such as keyboards, cell phones, door knobs, and the steering wheel.
- Talk to a doctor about flu vaccination. Vaccinations will not give you a case of the flu, and although they may not be 100% effective, they will lessen the symptoms and duration of the flu helping you to heal faster and with fewer complications.
- Eat healthy, exercise, and get extra rest. Each will aid in the development of a healthy immune system. Even if exposed, a healthy body could fight off or reduce the symptoms and duration of a cold or flu.

Be aware that a cold is a short-term illness lasting only a few days to a week or so. The flu is longer-term and can develop complications leading to bronchitis and pneumonia which require treatment. Always, talk to your doctor first for a proper diagnosis - *don't treat yourself*. Always ask your doctor or pharmacist in the proper use of both prescription and over-the-counter medicines. Prompt treatment will help you heal faster, making you ready for the upcoming holidays.

Holiday Safety Tips

The holidays are quickly approaching and it seems like this is the busiest time of the year. During this time, the risk for accidents and injuries increases - mostly due to stress, hurried activities, and distractions. The Safety Council has also prepared a few tips and reminders that will help keep the holiday season safer for you and your loved ones.



Winter Driving. As Michiganders know, Michigan weather changes frequently and winter driving can present a challenge. Snow, freezing rain, ice, and hard-to-see black ice will cause the best of tires to slip, so always use extra caution and drive at or even under the speed limit in these situations. Leave extra space between the cars in front of you in case ice or snow causes your car to slip or slide before coming to a stop. Use turn signals and be aware of the cars around you. Even though you may be driving appropriately for the weather, those around you may not be exhibiting as much caution.

Holiday Preparations & Decorations. Whether the holiday decorations are stored in the basement, garage, or up in the attic, hauling out big boxes of holiday decorations is no easy task. Use caution when lifting heavy boxes, lift from the knees and legs - not with the back. Ask for help with the heavier or awkward boxes. Make more trips in and out of the house with fewer boxes or packages. Use sand or salt on the driveway and extra mats inside the house to prevent slipping and tripping hazards.

Many holiday decorations are fragile, small, and sparkle - all of which will attract nearly any toddler creating a choking hazard or other safety situation. Keep the breakables out of the reach of children, as well as the holiday plants, candles, and the holiday alcoholic drinks. Use extra supervision of children when visiting homes over the holiday season. Not all homes are as child-proof as your own home.

Candles are a common holiday decoration. Be sure to keep candles away from flammable materials such as drapery, garland, plants, etc. Be sure to extinguish them before leaving the house or going to bed at night. Always keep lit candles away from children to prevent burns from the flame as well as the melted wax.

Stress. At this time of year, the shopping, preparing for and attending holiday events, and the constant running around can cause anyone to feel overworked and run down. While it may seem difficult, this is the ideal time to plan out downtime for you and your family. Rest, relaxation, and proper sleep will help to keep you healthy during this busy season. A proper diet will also enhance your immune system. It is important to maintain some level of relaxation and good health so that stress does not get the better of you.

Drinking & Driving. According to the NSC, alcohol plays a factor in more than half of all traffic fatalities. Drink responsibly and encourage friends and family to also drink responsibly. Whether hosting or attending a holiday party, have a designated driver available. Be sure to eat while drinking and set a safe limit for alcoholic drinks. Don't let friends or family drive home if they have been drinking. Taking a cab is much safer and cheaper than a DUI or an accident.

Using extra caution when preparing for the holidays this year and reduce the risk for accident and injuries. The Safety Council wishes you and your families a safe and enjoyable holiday season.

MIOSHA Record-Keeping

Employers with 11 or more employees are covered by MIOSHA's recordkeeping requirements and must prepare and maintain records of work-related injuries and illnesses. Employers must post only the MIOSHA Form 300A Summary of the previous calendar year from February 1 to April 30. Companies with no injuries or illnesses in the previous calendar year must post the form with zeros on the total line. Have questions? Review Part 11 - Recording and Reporting Occupational Injuries and Illnesses, to see exactly which cases to record. Or, call the Safety Council to set up a Record-Keeping class for your Safety Department or your employees responsible for this important record-keeping. The next class will be held at the Safety Council Training Center on January 14, 2009 from 8:00 am to 11:30 am.

MIOSHA Citations Are Costly

The Michigan Occupational Safety and Health Administration (MIOSHA) is at the heart of worker health and safety and safety is a serious business. When an employee is seriously injured or dies as a result of a workplace injury, MIOSHA issues a citation. Evidence may also be brought to the state's Attorney General's office for a review and consideration for a criminal investigation. Michigan's MIOSHA Act permits both felony and misdemeanor charges in safety accidents.

MIOSHA has definitions for the various classifications of safety violations. A **serious violation** is defined as a hazardous condition violating a standard or rule that has a substantial probability of causing serious physical harm or death to workers if an accident were to occur and the employer knew or should have known (with the exercise of reasonable diligence) of the condition. A **willful violation** is defined as the presence of a hazardous condition where evidence shows either intentional violation of the Act or plain indifference to its requirements by the employer. A **repeat designation** may also be attached to a serious or willful violation that was cited on a previous inspection (2 year limitation) and the same rule is cited again. It does not have to be the same machine or location to have the repeat designation.

MIOSHA collects data on the safety violations that are investigated each year for both General Industry and Construction safety rule violations. The data can be used by MIOSHA and Michigan's businesses to determine where more safety training or evaluation is needed. The tables below summarize the top five most common violations in both the General Industry and Construction sectors. Looking at this data, consider the number of employees that could have been injured as a result of these safety violations. Multiply that by the cost for Worker's Compensation costs, days off work, and add to that the potential penalty for these violations. Simply put, accidents can quickly put a serious financial burden on Michigan's businesses.

A Corporate Safety Program, regular and repeated training sessions, and internal safety inspections are ideal tools to reduce the risk for accidents at the workplace. A safe environment and safety-minded employees are essential to reducing workplace injuries and accidents. Contact the Safety Council for more information on reducing workplace injuries and improving the safety culture at the workplace. Additional information regarding MIOSHA's data can be found by going to www.michigan.gov/dleg.

Most Serious Cited MIOSHA General Industry Safety Violations October 1, 2006-September 30, 2007

Rank	Part	Standard Rules	Description	No. Serious Violations	Proposed Penalty
1	7	727(1)	Guards for Power Transmission: Belts & Pulleys	256	\$211,600
2	85	1910.147c	Control of Hazardous Energy Sources: General Requirements	249	\$348,440
3	39	1910.303g	Design Safety for Electrical Systems: General Requirements	193	\$174,905
4	33	3312(1)	Personal Protective Equipment: Face & Eye Protection	178	\$104,800
5	1	34(9)	General Provisions: Guard pinch point	169	\$182,575

MIOSHA Construction Safety Violations Fiscal Year 2006-2007

Rank	Rules	Description	No. Serious Violations*	Proposed Penalty
1	1926.501(b)(1)	Fall Protection - Construction Site Fall Hazards	316	\$176,425
2	408.41213(1)	Scaffold & Scaffold Platforms - Guardrail, Fall Arrest Devices	101	\$75,425
3	408.40622(1)	Personal Protective Equipment - Use of Head Protection	77	\$47,925
4	408.41725(11)	Electrical Installations - Wiring, Attachment Receptacles, Extension & Trailing Cords, Hand Lamps, Portable Electric Tools Used in Wet Environment	74	\$24,600
5	408.40941(1)	Excavation, Trenching 7 Shoring - Excavation, Angle of Repose	67	\$201,675

*Includes Serious, Willful, and Repeat Violations

Data collected from www.michigan.gov/dleg

Safety Council Changes

The Safety Council is planning many new changes for 2009. The Safety Council's By-laws are under revision which will help us to streamline internal processes and procedures. Several of our Executive Board members have chosen to retire from their positions, opening the seats to new board members and a new outlook. New leadership at the Executive level will help guide the Safety Council into new areas, usher in new levels of support, and even expose the Safety Council to new opportunities.

It is with regret that the Safety Council has received resignations for two of our current board members, Maureen Sullivan with DTE Energy Services, and Ellen Lackey with Chrysler. Both are leaving their board seats due to changes in their business responsibilities. The Safety Council has enjoyed their support and volunteered time and they both will be greatly missed. The Safety Council wishes them success in their future endeavors.

The Safety Council is developing new goals for 2009 and plans for how we will achieve those goals. The Safety Council will continue to offer the highest quality information, training, and services, at the lowest possible prices. The Safety Council will provide Defensive Driving training, CPR/First Aid classes, and both construction and general industry safety courses. The Safety Council will also develop innovative and personalized courses that address the current safety needs of Michigan's businesses. The Safety Council is looking forward to 2009 and the new changes that the new year will bring. Happy New Year to you and yours.

Our Mission

The Safety Council for Southeast Michigan is a not-for-profit, public service organization. As the primary leader, our purpose is to provide the highest quality health and safety information, education, and training programs for our members and the community.

The Council's goal is to prevent injuries and illnesses, and property loss concerning every aspect of a person's life. This will be accomplished through open communication and networking by our organization with Council members and the community.

Board of Directors

Executive Board

Michael Everett, Chairman, MIOSHA Retired-Consultant

Alan Pangburn, Vice-Chairman, DRS Technologies, Walsh College

Ellen Lackey, CIH, CSP, CPE, Secretary, Chrysler

Edward Nuttmann, Treasurer, Performance Dynamics

Jack Mihalko, MA, President/CEO

Edward Ratzenberger, CSP, Ambassador

Board Members

Thomas Bradburn, GM Retired

Gary Brown, Brown Out Electric

Robert Chandler, City of Detroit

Jennifer Clark-Denson, MIOSHA

David Griswack, MI Autodealers Self Ins.

Jim Flynn, Amerisure

Marie Iannetta, A&R Packing

Darryl Hill, CSP, ABB

Dorothy Kopacek, Humantech

Dave Maloney, CGS Safety Training

Lisa Morrison-Bowles, Midwest Health Services

William Pasquale, PhD, ASP

Roger Merlo, Safety Council Trainer

Renee Roberts, UPS, Health & Safety Manager

George Reamer, CSP, MIcon Retired

Ron Sayre, Ford Motor Company, Ret.

Maureen Sullivan, DTE Energy Services

Rick Venet, ROI Strategic Business Solutions, LLC

J.R. Zanetti,, Zanetti, John & Brown, P.C.