

NEWSLETTER

IOWA-ILLINOIS SAFETY COUNCIL

Iowa-Illinois Safety Council



Chapter of National Safety Council
Your Safety & Health Leader

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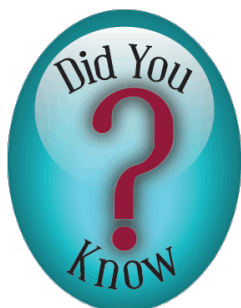
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Did You Know?



Do you have a safety, health or environmental job opening

August 2016 - Vol. 21 - Issue 8



Iowa Drugged Driving Summit



**Tuesday, September 27, 2016
8:30 am - 3:30 pm**

**Prairie Meadows Casino
Altoona, IA (Des Moines)**

Cost: FREE!

(limited seating available, must RSVP to Mark Peterson at mapeterson@mn-ia.aaa.com)

Join leading experts to enhance your knowledge of drug use (legal and illegal) and its potential impact on driving. Learn about challenges and countermeasures to this ever evolving issue. As fellow stakeholders in the traffic safety field, we welcome you to attend the summit and join us in the process of building a common knowledge foundation from which we can all proceed.

Who Should Attend?

Law Enforcement
Elected Officials
Courtroom Officials
Health Professionals
School Administrators
Traffic Safety Professionals Employer Safety Representatives

[Click here to download the agenda](#)

at your facility?

OR are you a safety, health and environmental professional looking for a job?

IISC can help!

[Click here for more information.](#)

Iowa-Illinois Safety Council Executive Sponsors



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The Time to Submit Your Safety Award Submissions Starts NOW!



We are kicking off things a little bit early this year! We are now accepting submissions for the IISC 2015 Safety Awards.

The categories are:

The Community Enrichment Award

This award recognizes ONE member organization for contributions significantly helping in a local community in the areas of safety, health, or environmental efforts. Summer is a great time to complete these projects and submit.

The Hazard Control Recognition Award

This award recognizes member organizations for controlling hazards in the workplace. All member organizations qualify for this award when meeting the criteria for the application process. A hazard control is a specific, identifiable change implemented to reduce or eliminate exposure(s) to hazards in the workplace.

The President's Award

This award recognizes five (5) of the Hazard Control Recognition Award recipients for their outstanding contributions. The President, President-Elect, and Past President of the IISC Board of Directors select the five (5) recipients of President's award.

For more information concerning IISC's Safety Award Program, [click here](#). You can also email at dan@iisc.org or call 515.276.4724, ext. 228 and he will be happy to help you.

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Message from the Executive Director

Iowa-Illinois Safety Council is on the Move!!!

Greetings Everyone,

I have very exciting news to share. While I am sure some of you have heard that we are changing locations, I am proud to officially announce that the Iowa-Illinois Safety Council will be moving our



WINNEBAGO

[Click here for more information on IISC's Executive Sponsor Program.](#)

Upcoming IISC Events

Courses are taught in Des Moines, IA unless otherwise stated.

August 3-5:
[Supervisors Safety Development Program](#)

August 9-12:
Bloomington, IL
[Safety Training Methods](#)

August 16:
NEW and UPDATED PROGRAM!
[Recordkeeping](#)

August 16:
[Incident Investigation](#)

August 17:
[First Aid/CPR/AED/ Bloodborne Pathogens](#)

August 17:
[Job Safety Analysis](#)

August 17:
[Ergonomics](#)

August 18:
[Electrical Safety & NFPA 70E Overview](#)

August 23-24:
NEW and UPDATED PROGRAM!
[OSHA 10 Hour General Industry](#)

August 23-26:
NEW and UPDATED PROGRAM!
[OSHA 30 Hour General Industry](#)

August 30 - September 2:
[OSHA 510](#)

office during the 1st week of September. We are very excited for this move for many reasons. The most important reason for our move is it will allow us to serve our members better!

The most glaring difference between our new facility and our old will be our training room. Our current training room holds about 12 people and that is with pretty cramped quarters. Our new training room will be able to seat almost double that, with plenty of room.

This means more consistency with our scheduling because we won't have to move classes to hotels and we will be able to hold more events in our office such as our networking breakfasts and lunch + learn events. Additionally, our new office will be on the first floor so we will be able to provide visitors better access to our facility. All of this with our rent being almost exactly what it is at our current location!

Our new address will be 1501 42nd St. Suite 100, West Des Moines, IA 50266. **We will be in the process of moving September 1st and 2nd and thus our office will be closed with limited access to email and phone.** It's our goal to be moved in, and ready to serve you by Tuesday September 6th.



Sponsorship opportunities are available to help us create the very best training facility possible. Contact Nancy Hankinson at 515-276-4724 Ex. 230 for details.

We will be having an open house for our new facility as soon as we are settled, and there is more excitement to come, so keep an eye out.

Adam Lathrop
IISC Executive Director

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Training: Workplace Safety



Take a moment and check out our updated [Workplace Safety webpage](#). We now list every course we have available to offer with detailed course info on each!

Any topic that we offer can be brought to you and your employees for on-site training. Don't see something listed but want to know if we can do it? Just ask! If we can't teach the course we can most likely point you in the right direction.

When it comes to training, there are a couple of trainings that we

have coming up that are highly recommended:

September 8-9:

[Defensive Driving Instructor Development Course](#)

September 9:

[Defensive Driving 4 Hour Course](#)

September 13-16:

Bloomington, IL
[Safety Management Techniques](#)

September 20-23:

[OSHA 511](#)

September 28-30:

[OSHA 2264](#)

October 5:

[Powered Industrial Truck & Train-the-Trainer](#)

October 5:

[Crane & Hoist & Train-the-Trainer](#)

October 6:

[Lockout/Tagout & Train-the-Trainer](#)

October 6:

[Aerial Lift Safety & Train-the-Trainer](#)

October 11-14:

[OSHA 500](#)

October 18-21:

Bloomington, IL
[Fundamentals of Industrial Hygiene](#)

October 25:

NEW CLASS!
[Iowa DOT Flagger Training](#)

October 26-28:

[First Aid Instructor Development Course](#)

October 28:

[First Aid/CPR/AED/Bloodborne Pathogens](#)

[See more at www.iisc.org](#)

- **Recordkeeping - With the recent changes to the regulation, this is a must attend course.** In this course we will cover the recordkeeping standard along with all of the recent changes, including Post Incident Drug Testing. This course is scheduled for [August 16th](#).
- **Incident Investigations** - This course is designed to help you improve your incident investigations. The course will cover Root Cause Analysis along with the 5 Why process among other things. This course is scheduled for [August 16th](#).
- **Ergonomics** - Fitting the task to the worker is discussed here along with ideas for improvement. Currently there is no OSHA regulation for ergonomics, However, Ergonomic Hazards may be cited under the General Duty Clause. This Course will not only cover Manufacturing, it will also cover office ergonomics as well. This course is scheduled for [August 17th](#).
- **Job Safety Analysis** - JSA is a great way to identify hazards within a task and mitigation of those hazards. This course will take you through step by step of filling out a JSA, Where to start, and benefits. This course is scheduled for [August 17th](#).
- **FA CPR AED BBP** - This training is for anyone wanting to make a difference. Our training consists of 15 modules that will cover all aspects of First Aid, CPR, AED, and BBP. We can tailor this course to meet your needs by covering specific injuries in your industry. This course is scheduled for [August 17th](#).

As you can see, we have a great selection of classes available that everyone can benefit from. Think about sending your Safety team members, Supervisors, or bring yourself to one or all of these courses to be better prepared at keeping your employee's safe.

Also, if you would like to have any of our courses at your facility, give our [training department](#) a call today!

Jim Silvers - Director of Program Development & Training
Iowa-Illinois Safety Council
jim@iisc.org

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Hawkeye on Safety 2016

Thursday, September 8, 2016
7:30 am - 4:15 pm

Coralville Marriott Hotel & Conference Center - Coralville, IA

This one day safety conference has many breakout sessions including active shooter, stress in the workplace, distracted driving, OSHA updates, and more!



Hawkeye on Safety is a partnership between University of Iowa Facilities Management, the Heartland Center for Occupational Health & Safety, and WORKSAFE IOWA, supported by Iowa's Building Trades Unions.

For more information view [their one page flier](#) or [click here to register](#).

Iowa-Illinois Safety Council will be an exhibitor at this event so be sure to stop and say hi!

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Workers' Comp: Creative Solutions to Reduce Manual Material Handling Injuries

Are your employees lifting, pushing, pulling and carrying objects more than they need to? According to the National Safety Council, overexertion from manual material handling activities like these is the third leading cause of workplace injuries in the United States, costing employers \$13.4 billion a year. The cost may be even higher when you factor in the effect fatigue from overexertion has on overall productivity, work quality and an increase in workplace accidents.



Creative Solutions for Common Problems

- A school needed a less strenuous way to fold sections of auditorium seating. Administration considered purchasing new sections with automated mechanics to do the job, but that was too expensive. Instead, the custodian welded a \$20 piece of angle iron into a pry bar that could be used to lift the section of seats up and into its pocket.
- A manufacturer wanted to reduce the amount of force required to stamp a part of its finished product. The current production system involved delivering sheets of steel to the press operator in a bin, and the employee would place it in the press. By substituting a caster dolly for the bin, the material could be rolled directly to the press, eliminating the excessive manual handling.
- Stacking planks of lumber on pallets was a tedious job for a worker who had to reach for planks and bend to place them on the pallet. The task was made easier by a device that would operate at the worker's height and self level as planks were added to the pallet.

Look for Potential Manual Material Handling Problems

Finding creative solutions to material handling problems starts by observing your day-to-day work processes and work environment.

- Look for situations where employees are constantly reaching, twisting or extending to move materials
- Review your loss data to identify troublesome tasks that tend to result in overexertion claims
- Let employees know that it is okay to alert you of any task they feel may be too strenuous

The [NIOSH Manual Material Handling Checklist](#) is a valuable tool to help quickly identify potential problem jobs. This list considers factors such as weights of loads, distances between loads and the body, maneuverability and ease of grasping objects.

Start With Engineering Controls

The following list includes some of the many cost-effective tools that can make tasks less stressful for workers:

- Scissor lifts to raise or lower the load, making it easier for employees to load or unload materials
- Rotating work turntables to move the work to the employee rather than having the employee constantly moving to the work
- Step stools or platforms to raise the workers so they can comfortably grasp materials without excessive reaching
- Extra handles on heavy containers to provide better grip and control
- Drum dollies, carts or hand trucks to make it easier to move heavier and/or cumbersome loads from place to place
- Portable hoists and cranes are ideal for moving heavy loads over short distances

Consider Administrative Controls

If you can't engineer out the hazard, limit the amount of time workers spend on a task. This can easily be accomplished by:

- Alternating work tasks between strenuous and less strenuous tasks
- Making adjustments in the work schedule or work pace
- Providing workers with sufficient breaks to recover from repetitive work positions
- Rotating workers through various tasks that use different muscles and postures

Another administrative control is training. Small group discussions, problem-solving sessions and hands-on practice can help workers understand how to do their jobs without causing excessive stress to their bodies. It's also an opportunity for employees to offer their suggestions for solving the problem.

Article provided by: [EMC Insurance Companies](#)

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Roadway Safety: Nearly 80 Percent of Drivers Express Significant Anger, Aggression or Road Rage



Nearly 80 percent of drivers expressed significant anger, aggression or road rage behind the wheel at least once in the past year, according to a new study released today by the AAA Foundation for Traffic Safety. The most alarming findings suggest that approximately eight million U.S. drivers engaged in extreme examples of road rage, including purposefully ramming another vehicle or getting out of the car to confront another driver.

"Inconsiderate driving, bad traffic and the daily stresses of life can transform minor frustrations into dangerous road rage," said Jurek Grabowski, Director of Research for the AAA Foundation for Traffic Safety. "Far too many drivers are losing themselves in the heat of the moment and lashing out in ways that could turn deadly."

A significant number of U.S. drivers reported engaging in angry and aggressive behaviors over the past year, according to the study's estimates:

- Purposefully tailgating: 51 percent (104 million drivers)

- Yelling at another driver: 47 percent (95 million drivers)
- Honking to show annoyance or anger: 45 percent (91 million drivers)
- Making angry gestures: 33 percent (67 million drivers)
- Trying to block another vehicle from changing lanes: 24 percent (49 million drivers)
- Cutting off another vehicle on purpose: 12 percent (24 million drivers)
- Getting out of the vehicle to confront another driver: 4 percent (7.6 million drivers)
- Bumping or ramming another vehicle on purpose: 3 percent (5.7 million drivers)

Nearly 2 in 3 drivers believe that aggressive driving is a bigger problem today than three years ago, while nine out of ten believe aggressive drivers are a serious threat to their personal safety.

Aggressive driving and road rage varied considerably among drivers:

- Male and younger drivers ages 19-39 were significantly more likely to engage in aggressive behaviors. For example, male drivers were more than three times as likely as female drivers to have gotten out of a vehicle to confront another driver or rammed another vehicle on purpose.
- Drivers living in the Northeast were significantly more likely to yell, honk or gesture angrily than people living in other parts of the country. For example, drivers in the Northeast were nearly 30 percent more likely to have made an angry gesture than drivers in other parts of the country.
- Drivers who reported other unsafe behaviors behind the wheel, such as speeding and running red lights, also were more likely to show aggression. For example, drivers who reported speeding on a freeway in the past month were four times more likely to have cut off another vehicle on purpose.

"It's completely normal for drivers to experience anger behind the wheel, but we must not let our emotions lead to destructive choices," said Jake Nelson, AAA's Director of Traffic Safety Advocacy and Research. "Don't risk escalating a frustrating situation because you never know what the other driver might do. Maintain a cool head, and focus on reaching your destination safely."

AAA offers these tips to help prevent road rage:

- **Don't Offend:** Never cause another driver to change their speed or direction. That means not forcing another driver to use their brakes, or turn the steering wheel in response to something you have done.
- **Be Tolerant and Forgiving:** The other driver may just be having a really bad day. Assume that it's not personal.
- **Do Not Respond:** Avoid eye contact, don't make gestures, maintain space around your vehicle and contact 9-1-1 if needed.

The research report is available on the AAA Foundation's [website](#) and is part of the annual Traffic Safety Culture Index, which identifies attitudes and behaviors related to driver safety. The data was collected from a national survey of 2,705 licensed drivers ages 16 and older who reported driving in the past 30 days. The AAA Foundation issued its first Traffic Safety Culture Index in 2008.

Resource: [NETSWork](#) e-Newsletter July 2016 & [AAA](#)

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OSHA Penalties to be Adjusted for Inflation after August 1



OSHA is [delaying enforcement](#) of the anti-retaliation provisions in its [new injury and illness tracking rule](#) to conduct additional outreach and provide educational materials

and guidance for employers. Originally scheduled to begin Aug. 10, 2016, enforcement will now begin Nov. 1, 2016. Under the rule, employers are required to inform workers of their right to report work-related injuries and illnesses without fear of retaliation; implement procedures for reporting injuries and illnesses that are reasonable and do not deter workers from reporting; and employers are prohibited from retaliating against workers for reporting injuries and illnesses.

Source:

OSHA QuickTakes - July 15, 2016 - Volume 15, Issues 17

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IISC's Online Streaming Audiovisual Library

Check out this member exclusive service!



Walking Working Surfaces

Item #4787 - 17 Minutes

This safety training video identifies the hazards of different surfaces and provides the practical information and specific procedures employees need to help prevent slips, trips and falls on the job.

It's easy to take the surfaces we walk and work on for granted, but that would be a big mistake. We depend on these surfaces to provide the support we need to position ourselves properly, use our muscles efficiently, keep our balance and do our work safely. Yet slips, trips and falls continue to make up the majority of on-the-job accidents. They cause almost 20% of disabling occupational injuries, and thousands of fatalities every year. And most of these accidents could have been prevented.

Areas that are covered included the fundamentals of safe surfaces, walkways and floors, stairs and fixed ladders, scaffolding and more.

Make sure you have signed up with an account via the [Member's Only Page](#) to get the IISC rental rate!

Not familiar with IISC's audiovisual streaming library?

[Click here for complete details.](#)

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New Members

Kansas City Sausage
Des Moines, IA

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OSHA Construction CRF 1926 Manual

Have you ever been on the construction job site and needed an answer for OSHA compliance from a trusted source? The **OSHA Construction CRF 1926 Manual** is your trusted resource for this and all OSHA construction compliance. A must have for you and your company!

For more information or to order contact Dan at 515-276-4724 ext. 228 or dan@iisc.org.



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