Message From The Executive Director

THANK YOU

Well Iowa-Illinois Safety Council/National Safety Council members, customers, staff, and friends, this is a final message to you as your Executive Director. It is that time, a time to move in a different direction with life’s many adventures. RETIREMENT AS OF JUNE 30, 2016 and I have to tell you, I’m pretty excited to say the least.

I want to say THANK YOU to each and every one of you along with so many of your predecessors I have enjoyed working with over the past 29 years. Lifetime friends have been developed through my work at IISC and believe me, each of you and this organization have my heart. I have absolutely no reservations or second thoughts that God put me in the most incredible and amazing career path I could have asked for and right where He wanted me to be. Working with each of you and this organization has been a once in a lifetime experience that I am so grateful and proud to have had.

My final message is to extend a challenge to each of you: What can we do collectively to achieve a greater safety culture within our workplaces and within our communities, which includes, first and foremost our own homes/families?

For many years and most intentionally over the past 5-years, IISC has focused on the "safety culture" discussion. IISC’s themes and messages were and are designed to address safety culture for both on the job and off the job. Utilizing the mechanism of IISC’s/NSC’s organizational membership, we have the ability to arm in arm develop a safety culture and a way of life that can educate society to think and live "SAFETY" 24/7.

Safety does not begin and end in the workplace. Quite the opposite is true. We are safer today in the workplace than we are on our roadways and in our homes and communities. If we truly want to achieve a greater impact on safety culture within our homes and communities, a continuous call to educate through the workplace is and will remain essential. The workplace absolutely can be the "SAFETY" educational foundation for employees to take what learn and know to be true concerning safety, home to their families, their friends, and extend that education out into their communities. This is exactly what the Iowa-Illinois Safety Council, National Safety Council and the Chapters of NSC accomplishes through YOU and only through YOU!

IISC MEMBERS WE NEED YOU AND WE NEED MORE OF YOU!! THIS IS A LIFELONG PROJECT OF WORKING TOGETHER TO ACHIEVE A SAFETY CULTURE WE WANT FOR OUR CHILDREN & GRANDCHILDREN. THIS IS A BATTLE WE CAN ONLY WIN TOGETHER & YOUR MEMBERSHIP IS A FIGHTING FORCE IN THAT BATTLE.

Just one last item to share with you: A picture tells all, an analogy of exactly what my challenge to you is all about - how we learn about safety
Iowa DOT Flagger Training is now scheduled for October and December 2016. More dates will be added in 2017.

Click here for more information or to register.

In the workplace, take those ingrained messages home to family and friends and continue a sharing of those educational messages to provide a safety culture we truly want for our children and grandchildren. (and in some cases, a safety culture we want for our "Safe Pig, Penny" as well)

Pictured, Miss Cora Murphy, along with her Safe Pig, Penny, that she insisted be belted up before she and her family headed out on a trip last week. Now, just to make the point and provide a fantastic set up for using this beautiful little girl’s safety message, Cora is the perfect example of how our families learn from a strong safety culture. Monica Murphy, Division Safety Specialist for Nestle’ Purina and past IISC board member is Cora’s grandmother. Monica has worked diligently for many years providing a strong safety culture message. Chris Murphy, Monica’s son and the Daddy to beautiful Cora, is the Program Development Manager for the Loss Control department at EMC Insurance Companies. Chris has also presented at many of IISC’s conferences over the past few years.

THIS IS SAFETY CULTURE SUCCESS AT ITS BEST - THANK YOU, MONICA, CHRIS, & CORA!!!

Again, THANK YOU, it has been a GREAT ride and I just cannot thank you enough for allowing me to serve you. The Iowa-Illinois Safety Council is in excellent hands as I pass the baton off to Adam Lathrop, your next Executive Director. Please get to know him, reach out to him, help him achieve my challenge for you and PLEASE help Adam grow this wonderful organization, as growing the organization provides more soldiers in our army to achieve greater success for safety.

Laura Johnson, CAE
Executive Director
Iowa-Illinois Safety Council
laura@iisc.org

June is National Safety Month

Join NSC, IISC and thousands of organizations across the country as we work to raise awareness of what it takes to stay SafeForLife. Observed annually in June, National Safety Month focuses on reducing leading causes of injury and death at work, on the roads and in our homes and communities.

Safety is no accident. It’s a choice we need to make throughout our entire lives. Whether it’s driving without passengers as a newly licensed teen, finding alternatives to prescription painkillers in middle-age or fall-proofing the bathroom as an older adult, we’re all empowered to make safe decisions for ourselves and those we care about.

Each week in June, NSC will be providing downloadable resources highlighting a different safety topic:
Click here for more information on IISC’s Executive Sponsor Program.

Upcoming IISC Events

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

June 3:
Defensive Driving 4 Hour Course

June 8:
Machine Guarding & Train-the-Trainer

June 8:
Lockout/Tagout & Train-the-Trainer

June 9:
Sioux City, IA Lunch + Learn

June 9:
Fire Protection & Train-the-Trainer

June 9:
Exit Routes, Emergency Action Plans and Fire Prevention & Train-the-Trainer

June 14-15:
Sioux City, IA OSHA 10 Hour General Industry

June 14-17:
Sioux City, IA OSHA 30 Hour General Industry

June 15-17:
Audiometric Training Course **Class is full**

NSC offers lots of downloadable materials highlighting each of the four safety topics. Share them widely to help others identify risks and stay safe - for a lifetime.

Click here to download materials for National Safety Month.

Upcoming Lunch + Learn Events

June 9, 2016 | 11:30 am - 1:00 pm | Sioux City, IA
Return to Work - $25 per person
When an injured worker takes time off, there is a strong likelihood that person won’t return AND an increased chance of developing other medical diseases. Applying best practices for return-to-work strategies can reduce risk, decrease time off and provide more productive work scenarios for all. Join us for this informational presentation along with a lunch and networking with your peers.

July 12, 2016 | 12:00 - 1:30 pm | Ankeny, IA
On With Life - $25 per person
On With Life, a not-for-profit organization is the Midwest leader in brain injury rehabilitation. Director of Therapy, Dave Anders and neuropsychologist, Dr. David Demarest will be presenting a discussion tailored to safety managers, occupational nurses and case managers. They will discuss strategies for helping injured workers and the effectiveness of physical, occupational, cognitive, behavioral and sensory therapies. Following the presentation you will have the option to tour On With Life's facility and learn additional information about the Sensory Garden project.

[ REGISTER ONLINE ]
or call Nancy at 515-276-4724 ext. 230

Congratulations to IISC Member Company, CIPCO!

A shout out to Central Iowa Power Cooperative (CIPCO) which celebrated two consecutive years without an OSHA recordable on May 6. Rex Butler, Manager of Environment and Safety for
CIPCO (and a former IISC Board of Directors member), is especially proud of this accomplishment. He credits an evolving safety culture which over the years has supported employees to communicate safety concerns utilizing programs like monthly safety meetings that encourage employees to report near misses and discussion of root cause issues. Getting to know each other better is a by-product of these meetings as all are welcome to address safety issues which are near and dear to their hearts—ice fishing and skin cancer were most recently on the docket.

CIPCO carefully examines close call/near miss incidents and utilizes an incident/injury prevention program called **Stop-Think-Observe-Proceed (STOP)**. The STOP initiative is designed to encourage employees to share examples of incidents when they have identified a hazard, the danger it posed, and what was done to eliminate it. The cultural priorities of CIPCO, Safety-Reliability-Compliance-Personal Responsibility sends the message that we all play a role making safer workplaces and that we share the responsibility for injury-free lives. Ongoing commitment to safety training plays a part as well with a blended approach of classroom, online and conference attendance in the mix.

As Iowa's largest cooperative energy provider generating and transmitting power to nearly 320,000 Iowans in 58 counties, CIPCO truly delivers an essential product we all take for granted. But employees are not taken for granted—rewarding safety performance at CIPCO is also a big part of the culture. As incentive for safety milestones, additional time off is accrued through a point system, doubtless leading to more time at the beach for lucky CIPCO employees this summer. Congratulations to CIPCO for an outstanding safety record!

---

**Why Is That A Rule?**

Recently I have been hearing "Do people really do that?" "Has that really happened?" The short answer is "yep". A little longer answer is "they must have. There is a rule that says we can't do it that way anymore". If we have to ask ourselves why we have rules, then we need to look at what has happened in the past to get why the rule was made. Let's take a look at lockout/tagout.

Lockout/tagout was made because there have been numerous accidents happening from people putting their body parts into the path of moving machinery. They may or may not have been moving at the time, but they moved none the less, causing an injury or worse yet, death. OSHA has gone to great lengths to put rules into place to prevent anyone from placing anything into the path of moving machinery. 29 CFR 1910.147 for general industry outlines measures for controlling different types of hazardous energy.

Hazardous energy takes on many forms, not just electrical. Besides, electrical, hazardous energy can come in the form pneumatic, hydraulic, gravity, springs. Chemical, extreme heat or cold, and a few others. There should be processes set in place for every type of hazard that the employee may come into contact with, in the facility. A process will tell the employee how to shut that piece of equipment down and off and then how to isolate each part of that machine to prevent these hazardous energies for moving and causing harm. These processes should include lock out tag out for each hazard, including but not limited to, block and bleed lines and valves, dissipate extreme heat or cold, purge reactors, use a blanking flange when needed, and using blocks to stop the force of a spring release or gravity. We will then need to monitor the energy for any kind of changes.
When we believe that all of the hazardous energy has been eliminated, try starting it up. That's right, try to start it up. Anytime that we are shutting down a piece of machinery or starting it up, we need to notify everyone involved of the process that is about to happen, so before starting, tell everyone involved that you are attempting to start the machine and to stay clear. If the machine doesn't start then we are where we should be, but before continuing, remember to hit all of the off buttons again. We do not want the machine to restart when we turn the power back on, so we need verify that the machine will stay off when power is reintroduced. Hitting the off button and the E switch to make sure it will stay off until we hit the on button and want it turned on. Once we have verified that it is off and will remain off, we can now do the work.

Lockout devices can take on many different looks. As long as the locks and tags are designated for lockout tagout devices, then we should be in good shape. They must be a consistent style of lock throughout the facility. The tags must also be consistent throughout the facility as well. We can have as many locks on the machine as we have people, but remember that each person must have their own locks and that there is such a thing as too many locks on a single device. The weight of the locks can damage the lockout device by pulling it out of the cabinet. If this is the case, then you should probably be using a group lockout box that will hold numerous locks and the box will hold the keys to the locks on the machine. This will ensure that the machine is constantly locked out and that each employee working on the machine is properly locked out.

By being properly locked out, we will be able to eliminate the possibilities of having an amputation, a ring evulsion, a crushing injury, any clothes being caught in moving parts that could choke or strangling someone. Just remember that if it doesn’t look right, it’s probably not. Let’s stop what we are doing and get the problem fixed before returning back to work. It doesn’t matter if you have been in your facility for 20 plus years or if you just started this morning, and you see something that doesn’t look right, you have the power and the responsibility to correct it. Don’t let a co-worker get injured because you don’t want to cause a stir.

To restart the machine, we have to notify the affected employees of the machine getting ready to start, and then remove the locks. We must first verify that all materials, parts and tools have been removed from the work area and that all guards are in place. Leaving something in the machine can cause more damage to the machinery and make shrapnel from broken parts and tools. We are now ready to turn on the power. This is the critical time that if we didn’t turn the power off properly, the machine will start when power is reintroduced. If the power was turned off properly, all should still be quiet. The machine can now be turned back on at the power source and then at the on buttons to check for proper operation. Hopefully, all went well and you are now ready to rock-n-roll. If not, shut the machine back down, lock and tag it out and start over until everything is completed the right way. Safety is our number one goal for all of our employees.

As with any situation, we have the opportunity to make the bad better and the better the best it can be.

As always, have fun and stay safe.

Tony Westendorf - Trainer/Consultant
Iowa-Illinois Safety Council

Roadway Safety: 7 Myths About Motorcycle Safety That Need to Go Away

As the last of the winter snow melts, motorcyclists across the country, both experienced and new, are getting ready to dust off their rides and make the most of the springtime weather. Some take advantage of this time to cross off iconic roads from their bucket lists, while others, eager to get more riding experience under their belts, plan their first long-distance road trips.
The sudden influx of motorcyclists on roads and highways often catches drivers by surprise, putting motorcycle safety in the spotlight for all motorists. And some of the conventional wisdom is just plain wrong. In the spirit of Motorcycle Safety Awareness Month, Huffington Post partnered with Allstate® to bust the most stubborn myths regarding motorcycle safety and to offer advice to drivers and new riders alike.

**MYTH 1. Bikers Only Wear Leather Because It Looks Cool**

Not quite. Although leather has long been associated with biker culture, riders’ preference for it has more to do with the unique properties of leather than with how cool it looks (though, admittedly, leather has never gone out of fashion). Leather proves to be extremely resistant to abrasion, protecting riders against scrapes and cuts, and it acts as a great insulator, keeping riders warm against wind chill.

The leather motorcycle jacket has been part of the rider’s uniform since clothing designer Irving Schott popularized his windproof Perfecto starting in the 1920s. They’ve evolved to include protective pads for shoulders, elbows and back for extra safety. Leather gloves, vests and boots are also common among riders’ wardrobes; and these are typically made from cowhide, which is considered superior to pigskin and buffalo hide alternatives.

**MYTH 2. Full-Faced Helmets Restrict Your Visibility**

They certainly don’t, thanks to the Department of Transportation’s safety standards. These require that all helmets provide at least a 210-degree field of view, meaning your peripheral vision won’t be affected. But that’s not the only reason to ditch open-faced helmets in favor of a full-faced one: In addition to completely covering the head, the visor on a full-faced helmet keeps wind, bugs, rain and debris off your face, allowing for a distraction-free riding experience.

**MYTH 3. Big Bikes Are Great For Beginners**

A new rider going with a big bike? Probably a bad idea.

In motorcycle parlance, a squid is a new rider who, overconfident in his or her abilities, springs for a big motorcycle to compensate for their inexperience and to impress their friends. But this eagerness can quickly backfire: Big bikes can easily weigh more than 700 pounds, making them significantly harder to handle in tight turns and parking lots. The higher torque of the bigger engine will also require a level of finesse that new riders won’t possess, as even a minor twist of the throttle may result in an unintentional wheelspin. You may very well end up on your butt, which is less than flattering.

**MYTH 4. Loud Pipes Save Lives**

Loud exhaust pipes are said to save lives because the increased noise, as the myth goes, will grab the attention of nearby motorists, increasing their awareness of the rider’s presence.

It’s too bad the physics don’t back this up. The loudest sound generated by
a motorcycle - which comes from its exhaust pipes - is directed rearward, so in highway scenarios, it's unlikely that a driver in front of you will hear you coming. Even the largest bike engines would have a hard time grabbing a driver's attention, because drivers often have their windows closed and the radio on.

Forget loud pipes. Your best bet is to be seen, not heard.

**MYTH 5. Drivers Will See You**

One of the tenets of defensive riding - a popular practice among motorcycle enthusiasts that promotes actively anticipating dangerous situations - is to operate under the assumption that drivers won't see you. This explains why motorcyclists prefer to ride close to the dividing line on roads and in the leftmost lane on highways (if it has a shoulder), as these techniques keep them out of blind spots and let them swerve in two directions, left or right, should something go awry.

Motorcyclists also ride defensively by cautiously entering curves and turns to avoid "running wide" (going too close to the oncoming lane in a tight curve) and overbraking, which can lead to a slide-out. Other ways of riding safe include wearing reflective clothing during nighttime, routine motorcycle maintenance and keeping a healthy distance from other vehicles on the road.

**MYTH 6. Roads And Streets Are Safer Than The Interstate**

The belief that streets are safer than highways stems from the perception that you’re better off riding at lower speeds in case something goes wrong. However, according to a 2007 study by the National Highway Traffic Safety Administration, 91 percent of all crashes between a motorcycle and a passenger vehicle occurred on non-interstate roadways. The same study also found that "nearly 6 out of 10 two-vehicle motorcycle crashes involving passenger vehicles occurred on urban roadways."

Although it’s true that you go a lot faster on highways than on city streets and roads, the smoother flow of traffic, wider lanes and the lack of opposing traffic remove many of the common dangers that motorcyclists run into. Many interstates also offer the benefit of high-occupancy vehicle lanes, which, thanks to a 2005 federal law, let motorcyclists use them without any restrictions.

**MYTH 7. If You’re About To Crash, Lay It Down**

This popular piece of advice encourages riders to literally "lay down" their motorcycle in anticipation of a collision. Sounds like it comes straight from an action movie, right? The fact of the matter is that there simply isn't any time to make a decision other than to brake and attempt to swerve around the object ahead, and even if there was, the last place you'd want put yourself is on the asphalt. Of course, the best way to deal with collisions is to drive safely and defensively and attempt to avoid them entirely.

Resource: Huffington Post & NETSWork E-Newsletter

---

**OSHA - National Safety Stand-Down Events Reach Thousands With the Message to Stop Falls in Construction**

From May 2-6, employers, workers and safety professionals from across the country joined OSHA and partners in the National Safety Stand-Down to prevent falls. This is the third year OSHA has hosted the stand-down.

On Tuesday, the site of the new MGM Casino at the National Harbor in Oxon Hill, Md., dedicated time to fall prevention training and the importance of safety on such a large worksite. Whiting-Turner Construction hosted Deputy Secretary of Labor Chris Lu, Assistant Secretary Dr. David Michaels, local officials and 1,900 employees at the construction site which is expected to be complete in September 2016.
More than 1,900 workers participated in a stand-down event at the construction site of the MGM Casino in Oxon Hill, Md.

In Washington, D.C., at fairgrounds near the Nationals baseball stadium, Acting Director of Construction Dean McKenzie, OSHA Regional Director Rich Mendelson and more than 650 workers stopped work on Thursday afternoon to talk about falls. The event included fall protection and rescue demonstrations, vendor exhibits and safety awards.

Workers participated in hundreds of stand-down events at job sites nationwide. For more information, visit the National Safety Stand-Down webpage.

Source:
OSHA QuickTakes - May 16, 2016 - Volume 15, Issues 13

IISC's Online Streaming Audiovisual Library

Check out this member exclusive service!

Severe Weather Alert
Item #3195 - 15 min

Would you know what to do if a severe weather event occurred in your area? Severe weather can happen anywhere at any time. You must be prepared, because you often have to respond with little or no notice. This program offers some facts, tips and warnings that can help you survive serious weather emergencies. Topics include severe weather watches and warnings, hazards posed by thunderstorms, flooding and moving water, being prepared for tornadoes, emergency response plans and precautions to take once a storm has passed.

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.

New Members

AML Riverside       BDI-USA
Jobs Available

Date Posted: 5/10/16
Job Title/Position: Workplace Safety and Training Student Intern
Company/Location: Iowa Department of Transportation - Ames, IA
*This position is only available to students who are currently enrolled in a safety related degree program.

Safety through Design

Safety through design is not a precise science. Since it is not a "one size fits all" type of effort, it requires customization within your company.

This 282 page hard cover resource shows the basic concepts of early involvement in the design stage, careful evaluation of hazards and risk assessment are universally applicable. Readers will find divergent viewpoints, which are acceptable, since there has been success with many different approaches to their application. This text is focused on providing significant insights into the concepts, and their potential integration and application in your operations. The material must be sorted, evaluated and massaged to produce an appropriate blend for your operations, since safety through design is not a stereotypical practice.

Pricing:
Member: $70.00 | Not yet a Member: $91.00

For more information or to order, call 515-276-4724 or email iiscadmin@iisc.org.