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Did You Know?

November 2015 - Vol. 20 - Issue 11

Message From The Executive Director

This is All About YOU, Iowa-Illinois Safety Council Members Recognize YOUR Organization’s Contribution to Safety Excellence

The Hazard Control Recognition Award, the President's Award, and the Community Enrichment Award applications submission date is NOW OPEN. The awards applications submission date opened on November 2nd and remains open through February 5th, 2016.

The Hazard Control Recognition Award and the President's Award both offer an excellent avenue to encourage employees in their efforts to reduce hazards in the workplace. In addition, the Community Enrichment Award recognizes one member organization for outstanding efforts within the community in the areas of safety, health, and environmental projects. All Community Enrichment Award applicants are recognized and one member company will be selected to receive the Community Enrichment Award.

Please review the information at http://www.iisc.org/safetyawardsprogram to see how to apply for the 2015-16 IISC awards. Utilizing IISC's safety award program encourages continued safe practices within your company. How better to bring attention and recognition to your company and the much deserved employees that have worked diligently to keep safety on track?

Safety excellence in our workplaces, on our roadways, and in our homes and communities only occurs when we take part in creating a more desirable safety culture. Thank you for your continued support with advancing a greater safety culture in Illinois and Iowa.
2015 totaled 22,380. This figure is up 11% from the corresponding 8-month period in 2014 and was up 9% from the 2013 figure. The estimated cost of motor-vehicle deaths, injuries, and property damage through August was $182.6 billion, an 18% increase from 2014.

This upward trend with motor-vehicle deaths for 2015 also holds true for both Illinois and Iowa.

Now, IISC members, it is time to shout out your accomplishments to the world and be recognized as the SAFETY-MINDED organizations YOU are! Get those applications submitted!

Contact Logan Vaughan (logan@iisc.org) to help you with any questions and your application submissions.

Laura Johnson, CAE
Executive Director
Iowa-Illinois Safety Council

Who is Missing From Your Table?

By Kristen Williams
(Kristen Williams is the sister of IISC Board Member, Rex Butler)

Each year around this time, aviators flock to Wichita for a few days, putting aside their busy schedules, families and responsibilities, to engage in a conversation about safety.

Boring. Right?

Every company has some policy, and the boxes are checked, regarding personal, building and production safety. At this particular seminar for the aviation professional, it's about flight safety. Human error, fatigue, airmanship, professionalism.

I was honored and privileged to be part of the #safetystanddown team behind the scenes and in front of them. After a tough several months of necessary cutbacks, I was no longer sitting at the table with brilliant professors, an astronaut, company experts and passionate aviators. I had been married to my job, because I believed in it, and when it ended, I grieved a bit. But I never stop thinking about the safety values and lessons learned while I was there.

In a few days, old friends and professionals will be filling up the halls of the Hyatt to listen to the best of the best in flight safety expertise. Workshops and general sessions will be conducted to make a difference in their lives.

It's going to be another great year at Safety Standdown I am sure. There is just one subject that I had always wanted addressed, if I had any say or influence. This is where the personal gets blurred with the professional, and you might get uncomfortable.
I have two brothers and two sisters. We were born into an aviation household. Our father was one of the first employees at Ozark Airlines, and later a life timer at TWA.

Over the course of our careers as adults, one brother joined the Air Force, and is now a leading contributor in the environmental health and safety field. A sister worked for a leading airline in customer service, and I have worked in several areas of aviation for some time.

This article isn’t about aviation. It is about safety, and what’s missing - and who is missing, as a result of decades of numbing the injuries, and ignoring the cause.

Just out of curiosity, if you were to dump out your purse, or bathroom drawers, kitchen shelves or bedside bureau, would there be at least one prescription for something found there? Who doesn't have at least one?

Let's see, antibiotics for that nasty infection. Hydrocodone for that tooth that was pulled a couple of months ago. Oxycodone for that sprained ankle during a messy basketball game. Xanax for those panic attacks. Oh, and that Methadone for the back pain caused by an injury at work. None of this sound familiar, or any of it?

There are literally thousands upon thousands of Americans driving to work, flying an aircraft, operating a forklift, serving you steak, caring for your toddler, teaching your Masters classes, or defending your case, who are consistently under the influence of a prescription painkiller of some type.


On LinkedIn, we talk about being professionals. The best leaders. Our best selves. Getting organized and seen. Marketing our talents and skills. We 'date' the reader and get them so impressed by what we have to offer (and we should), that we often do not realize that there are humans suffering. Stress, anxiety, surgeries, car accidents, labor and delivery, cancers and many other human conditions. You don't see that in their online profiles.

In 2006, my youngest brother Bill, at age 33, was injured at work while working as a CNC operator for a major agricultural company. Living in a small farming community, his local physician treated his injury with mild forms of painkillers, as company red-tape and specialists decided whether or not surgery should come next. In an evening of unbearable pain, the mild painkillers no longer did the trick. So a quick call - not a visit - to the physician, resulted in a called in prescription for something new, and stronger, and unfamiliar. Methadone.

Surprised, but hopeful for relief, Bill picked up the prescription and set about his day, taking the tiny little pills and feeling nothing, he continued. Played a game of basketball with his boys and their friends. Grilled out and helped his wife pick out movies for the night. Still, no relief. So, he continued taking more. A huge harvest moon and a rowdy sleepover kept the whole house awake, until one by one, each fell asleep, except Bill, still up watching baseball on ESPN, at 3:00 am, the last time his wife saw him alive.

This scenario is not new. Prescription painkillers are easily addictive, and often misunderstood and become an everyday need for many of our family members, employees, bosses and coworkers.
December 9-10:
- Defensive Driving Instructor
  Development Course

December 10:
- Defensive Driving 4 Hour Course

December 15-16:
- OSHA 10 Hr General Industry

December 15-18:
- OSHA 30 Hr General Industry

January 5-6:
- OSHA 10 Hour General Industry Course

January 5-8:
- OSHA 30 Hour General Industry Course

January 12-15:
- Principles of Occupational Safety & Health

January 19:
- Defensive Driving 4 Hour Course

January 20-22:
- First Aid Instructor Development Course

January 22:
- First Aid/CPR/AED/
  Bloodborne Pathogens

January 26:
- Incident Investigations & Train-the-Trainer

January 26:
- Recordkeeping

January 27:
- Confined Spaces & Train-the-Trainer

January 27:
- Lockout/Tagout & Train-the-Trainer

According to the Center for Disease Control, the past ten years have seen a significant spike in accidental overdose deaths by prescription painkillers. We see it in the news everyday. Celebrities, politicians, obituaries of our loved ones.

According to the Center for Disease Control, the past ten years have seen a significant spike in accidental overdose deaths by prescription painkillers. We see it in the news everyday. Celebrities, politicians, obituaries of our loved ones.

This is a safety issue folks. No matter what your industry. And you cannot brush it under the rug, or be afraid of the politics that will explode if brought up.

As you host your safety meeting, attend a seminar, or talk about the issues that affect your bottom line, take a serious look at this walk-on-eggshell subject that should be opened up. Pain can be managed properly, and educated patients come out just fine. In reality, however, there are many among you, or even yourself, who are not. This could cost you, and others, a life.

Since our personal tragedy in this area, my remaining brother and our families have researched and talked about this issue in many forums. Surpassing my own efforts, my brother Rex Butler has devoted much of his career as a safety expert, speaking and writing about the impact prescription drug abuse has on organizations, communities and families.

Right now I have two heroes in my life. One, is my little brother, Bill Butler, who lost his life at age 33, and the other is Rex Butler, safety professional.

I urge you to read his latest contribution on this subject published just this week in Safety and Health Magazine. Bill is mentioned on page 42. His story is saving lives.

As we approach the holidays, and a busy working season, don’t be the one missing at your table.

If you or someone you know is dealing with this issue, please talk to someone you trust. Get it out in the open, and don’t wait.
From the Desk of the IISC Training Department

IT'S THE RIGHT THING TO DO!

It's no secret that creating a culture of workplace safety begins with a well-trained workforce. Our training department is here to help your organization begin its journey to safety excellence with safety training courses that address a range of options from basic compliance to advanced safety training. Just one person to train? Take our open enrollment class at an IISC location. More than a few -- why not consider a customizable on-site training at your facility? The Council can help your organization grow its safety knowledge and create confident, happy and injury-free workplaces. It all starts with doing the right thing!

Here's a short list with just a few of IISC's MANY training offerings:

- Advanced Safety Certificate
- OSHA 10/30 Hour General Industry and Construction
- OSHA 500 series
- Supervisor Safety Development
- Supervisor Drug and Alcohol

Oh, BTW, is your organization prepared for an OSHA visit? As an IISC member, why not take advantage of another great member benefit—50% off a Facility Walk Through Assessment? This report documents and photographs what your organization does right, and also addresses area for improvement so that you can stay one step ahead. Having a qualified and discerning outside resource can lend perspective to your program and possibly save money in the long run. Other opportunities for IISC to assist your organization's safety program development include Program Reviews and Safety Management Systems Reviews

Please give us a call today! We are here for you!
You can reach us at 515-276-4724 or jim@iisc.org & tony@iisc.org.

Article Provided by: Jim Silver - Director of Program Development & Training
Iowa-Illinois Safety Council

Workers' Comp: 7 Myths About Floor Care

According to recent National Safety Council statistics, the annual cost of employee slip and fall injuries is $70 billion with an average cost per injury exceeding $12,000. Safety experts have long recognized the link between the frequency and severity of slips and falls and inadequate floor care. However, many of these costly injuries could be prevented by dispelling some common myths about floor care.
Myth 1: Some Floors Are Just Naturally Slippery
Some flooring material is more slippery than others, but there are traction treatments available that can add needed friction to a floor’s surface. So rather than the expense of replacing a slippery floor, building managers can invest as little as 25 cents per square foot to easily apply these treatments every three to five years.

Myth 2: As Long As The Floor Looks Clean It Should Be Safe
It may look clean, but the soap that dries on floors may be absorbed into the floor (depending on the floor material) and decreases friction over time. A general rule of thumb is that any cleaning product used on a floor should be removed with a good rinse before it dries.

Myth 3: Floor Care Equipment Is Expensive
Purchasing an extractor that removes the soap layer on a floor may cost $3,000 to $5,000. However, that investment is just a quarter of the cost of one slip and fall injury.

Myth 4: Cleaning Floors Does Not Require Any Special Training
Improper cleaning of floors can lead to slips and falls. Too much concentration of soap can result in residue buildup. Not rinsing the floor thoroughly after applying soap can also lead to slip and fall accidents. To eliminate these and other problems, train workers on proper floor care procedures and provide them with the right equipment for the job.

Myth 5: All Floors Are The Same
Each type of floor surface requires special treatments to keep it safe. For example, special cleaning products have been developed for ceramic tile and stone, and the use of oil on wood flooring is not recommended. Refer to the manufacturer’s recommendations to ensure the safety of your floors.

Myth 6: A Clean Floor Is An Aesthetic Issue
True, having clean floors improves the appearance of any facility. In a retail setting, clean and shiny floors may even enhance merchandising efforts. But having a properly cleaned and maintained floor is really a loss control issue. By taking the time and effort to provide a safe walking surface for employees and visitors, you’ll reduce the frequency and severity of costly slip and fall injuries.

Myth 7: There Are No Standards For Walking Surface Safety
OSHA's Walking and Working Surfaces (29 CFR Part 1910) creates industry standards for employers to follow that “protect employees from slips, falls, and trips.” The rules were developed in the 1980s but were somewhat vague and not comprehensive. In recent years, ASTM International and the American National Standards Institute/National Floor Safety Institute have developed a series of
Article written by:
Larry Readout - Senior Engineer
EMC Insurance Companies
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Environmental: Iowa News
Draft Air Permitting Fee Rulemaking

IDNR is accepting comments for the draft asbestos notification fee and application fees for construction and operating permits until 4:30 p.m. on November 30, 2015. Additionally, public hearings will be held in Council Bluffs, IA on November 18, 2015, in Windsor Heights, IA on November 19, 2015, and in Bettendorf, IA on November 24, 2015. The current rulemaking package can be viewed on the stakeholder involvement page of the IDNR website.

Information provided by: Eugene Taylor, P.E., C.M
Principal Consultant - Trinity Consultants, Inc.
West Burlington, IA

Roadway Safety: 'Drugged Driving' on the Rise in U.S.

More Americans are under the influence of drugs while they drive, even as drunk driving rates decline, new research shows. In the report, 38 percent of drivers killed in accidents who were then tested had drugs in their systems, while about 42 percent of those tested for alcohol had positive results. And the number of drunk driving deaths has been sliced in half since 1980, government statistics shows.

Over one-third of the drugs identified in the tests were marijuana in some form, followed by amphetamines, at almost 10 percent, the researchers found.

"Every state must take steps to reduce drug-impaired driving, regardless of the legal status of marijuana," Jonathan Adkins, executive director of the Governors Highway Safety Association (GHSA), said in an association news release.

Marijuana is now legal for medical use in 23 states and the District of Columbia, and it is approved for recreational use in four states and in Washington, D.C., the report authors noted. Meanwhile, prescription
drug abuse in the United States has quadrupled since 1999.

The most recent roadside survey by the National Highway Traffic Safety Administration (NHTSA) found 22 percent of drivers tested positive for some type of illegal drug or medication when pulled over, the report added.

Any drug -- prescription, over-the-counter or illegal -- can impair a person's ability to safely operate a vehicle, the report authors said. "This is the first report to provide states and other stakeholders with the information they need," Adkins said. "We look to the federal government to take a leadership role in this issue similar to that of drunk driving and seat belt use."

The report makes a number of recommendations on how federal and state officials should tackle the issue, including: educating drivers about the risks of drugged driving; gathering and analyzing data; assessing and updating drugged driving laws; training for police, prosecutors and judges; referring offenders to treatment if needed; and continued research into how drugs impair driving ability.

"While this report summarizes the research and data available, it also highlights how much remains unknown," report author Jim Hedlund, a former senior NHTSA official, said in the news release.

"For example, we still don't know with certainty how much of a specific drug will cause impairment or if such a relationship can even be defined," he said.

"Many states do not have the data to measure their drug-impaired driving scope or characteristics. The recommendations in the report will help states refine and augment their efforts to detect and deter drug-impaired drivers," Hedlund said.

Resource: http://consumer.healthday.com/

EPA Updates Standard to Better Protect America's Farmworkers From Pesticide Exposure

The U.S. Environmental Protection Agency has updated its Agricultural Worker Protection Standard to better protect the nation's two million agricultural workers and their families from thousands of preventable pesticide exposure incidents reported each year. Changes to the standard will reduce the risk of illness resulting from contact with pesticides on farms and in forests, nurseries and greenhouses. The updated standard requires annual safety training for farmworkers, expands mandatory posting of no-entry signs for the most hazardous pesticides, and for the first time, sets a minimum age of 18 for those who work with pesticides. In addition, the EPA's updated standard for personal protective equipment is now consistent with OSHA's respiratory protection standards. This includes mandatory fit-testing, medical evaluation and training to ensure respirators are being used effectively. Additionally, the updated standard establishes anti-retaliation provisions that are comparable with those enforced by OSHA.

Source: OSHA QuickTakes - October 1, 2015 - Volume 14 - Issue 20
IISC’s Online Streaming Audiovisual Library

Check out this member exclusive service!

**GHS-HazCom for Healthcare Facilities**
Item #4313 - 20 minutes

Created specifically to assist healthcare facilities of all types in complying with federal, state, and municipal Hazard Communications regulations, these products also address the major education and training requirements in these chemical hazard laws. This video presentation introduces employees to the Hazard Communication regulations and provides training on the various types of chemicals found in healthcare facilities.

Topics covered include:
* GHS Safety Data Sheets and container labels
* Toxins, corrosives, and irritants
* Flammables, combustibles, and gases
* Carcinogens and radiation
* Exposure situations
* Personal protective equipment and chemical storage
* Spills and cleanup

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Make sure you have signed up with an account via the [Member's Only Page](http://www.iisc.org/sites/default/files/OnlineNewsletters/November%20Newsletter2015.html) to get the IISC rental rate!

Not familiar with IISC’s audiovisual streaming library? [Click here for complete details.](http://www.iisc.org/sites/default/files/OnlineNewsletters/November%20Newsletter2015.html)

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**New Members**

**Forsman Farms**
Villisca, IA
Egg Processing

**Housby**
Des Moines, IA
Truck and Highway Equipment Resource

**So Illinois Scale Construction**
Noble, IL
Truck Scale Resource

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*Phillips AED's are Rugged, Reliable, & Easy to Use*
If automated external defibrillators (AEDs) aren't part of your preparedness strategy, they should be. Federal OSHA recommends it and so does the Iowa-Illinois Safety Council. What is an AED? In an emergency, an AED checks the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm. AEDs are used to treat sudden cardiac arrest (SCA), a condition in which the heart suddenly and unexpectedly stops beating. Sudden cardiac arrest can happen to anyone, anywhere, at any time, and every minute that passes lowers the chance of survival by ten percent!

We've done the research for you and recommend the Philips line. Why? They're the easiest to use and the most reliable. A credit to the reason why they are the best-selling AED's in the U.S. We believe in Phillip's innovative technology which talks users through every step of delivering a shock and, if needed, CPR. IISC staff is here at your service to find the proper solutions to all of you AED and accessory needs. We available help with training of the devices and able to help determine the proper placement of the life saving device.

For more information on Phillip's AED's, accessories, and pricing please contact:
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