

## Road Construction

Drivers are conditioned to respond to colors. Red brake lights, traffic lights and octagons tell drivers to stop. Yellow lights and road signs caution drivers of conditions ahead. And everyone knows what green means. However, many drivers need to be reminded of the fourth, and possibly the most important, color they'll encounter on the road: construction orange.

Spring and summer months promise construction zones along America's highways. Roadway construction can be inconvenient and quite dangerous unless drivers remember a few basic guidelines. If you're ever unsure, in Montana you can call 511 or 1-800-226-7623 for information on road construction along your route. Below are some more tips to help ensure safe driving no matter how much orange you see:

- **Follow the Signs:** Signs posted in work zones provide important information designed to protect motorists and construction crews. Construction signs indicate everything from traffic lane changes to speed limit reductions. Road construction zone speed limit applies regardless of the presence of workers and fines are generally doubled.
- **Be Alert:** Not everyone is well versed in construction zone driving etiquette, so pay extra attention to your surroundings while in these areas. Continuously scan the roadway for rubberneck drivers, moving equipment, vehicles and workers. Avoid distractions such as eating, and talking and text on a cell phone.



- **Plan Ahead:** When making travel plans, take time to research where construction zones will be and use an alternate route if possible. Construction zones can cause delays, so give yourself extra time if you know you have to drive through a work zone. Maintain adequate fuel to ensure you don't run out of gas, and bring drinks and snacks to keep you and your passengers satisfied as well.
- **Remain Calm:** Never allow speeding and impatient drivers to modify the way you drive. Keeping cool in heavy slowdowns will make your drive safer and help keep traffic flowing. Be aware of tailgaters and motorists creating their own lane on the shoulder, but calmly focus on your driving, always leaving yourself enough space between you and the vehicles around you.
- **Give Trucks Room:** Because of the length and weight of trucks, they need more room to stop or change lanes, especially in the narrow lanes construction zones often render. If a truck has its turn signal on, assist the driver by moving over or slowing down. While you should increase following distance for all vehicles when driving through a construction zone, remember trucks need nearly twice the time and room to stop as cars.

The color orange on the road means construction zones, please enter these areas using extra concentration, caution and common sense. ([www.carjunky.com](http://www.carjunky.com))

## The Right Tool for the Job: Work Gloves

(source: [www.worksafety.com](http://www.worksafety.com))

Employers need to ascertain which kind of work glove is the right one for a specific task, to ensure that the hands and arms of workers are protected from hazards.

However, it should be noted up front that work gloves are the one piece of personal protective equipment that should not be worn during the operation of machinery,

since gloves can get caught in the moving parts of a machine. The first step in deciding which type of work gloves to order is to figure out which hazards may be present in your workplace..

OSHA divides work gloves into four categories:

- leather, canvas or metal mesh gloves

- fabric and coated fabric gloves
- chemical and liquid-resistant gloves
- insulating rubber gloves.

With a little research, such as a call to your ppe supplier, you can ensure your employees have adequate hand protection.



### INSIDE THIS ISSUE:

Fourth of July	2
Fall Protection	2
Interesting Claims	2
Mosquitos & Ticks	3
Safety Stand-Down	3
Silica in Construction	3
ATV Safety	4
Summer Safety	4

## Happy (and safe) Fourth of July!!!! ([www.assh.org](http://www.assh.org))

Although we are a couple months early, July 4th will be here before we know it. Fireworks are a staple for Fourth of July celebrations in the U.S. The thrill of fireworks, however, can be dangerous. On average, 230 people visit the emergency room every day with fireworks-related injuries in the weeks around July 4. Most of these injuries are to the hands and fingers. Fireworks can also cause serious injuries to your eyes. Typical fireworks injuries can be caused by firecrackers, bottle rockets, sparklers and more. Sparklers can burn at about 2,000 degrees, hot enough to melt metal! If public fireworks displays, which are monitored for safety by a local fire department aren't enough for you, here are some home safety tips:

-Never allow young children to play with or ignite fireworks. If older children are playing with fireworks, always have adult supervision.

-Avoid buying fireworks that are packaged in brown paper. This is often a sign that the fireworks were made for professional displays and could be dangerous. Make sure fireworks are legal in your area before buying or using them.

-Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.

-Never try to re-light or pick up fireworks that have not ignited fully.

-Keep a source of water handy.

After fireworks complete their burning, douse it with plenty of water from a bucket or hose before discarding it to prevent a trash fire.

**The following precautions should be taken when attending a public fireworks display:**

-Obey safety barriers and ushers.

-Stay a minimum of 500 feet from the launching site.

-Resist the temptation to pick up firework debris when the display is over. The debris may still be hot. In some cases, the debris might be "live" and could still explode.



## OSHA Reminders: Walking-Working Surfaces

OSHA issued a final rule Nov. 17, 2016 updating its 44-year old general industry Walking-Working Surfaces standard to protect workers from slip, trip, and fall hazards. The rule also increases consistency in safety and health standards for people working in both general (OSHA Standards 1910.21-30) and construction (OSHA Standard 1926.501) industries. OSHA estimates the final rule will prevent more than 5,800 injuries a year. The rule took effect Jan. 17, 2017.

"The final rule will increase workplace protection from those hazards, especially fall hazards, which are a leading cause of worker deaths and injuries," said former OSHA Assistant Secretary Dr. David Michaels. The rule's most significant update is allowing employers to select the fall protection system that works best for them, choosing from a range of accepted options.

([osha.gov](http://osha.gov))



## Interesting Claims ([www.claimcrazy.com](http://www.claimcrazy.com))

- A workers' compensation claim was received for a Limo Driver. He was driving a couple for a birthday dinner. They opened the Champagne bottle at the same time the limo driver turned around to ask them a question. Yep, the cork hit him in the Left eye. He was able to safely pull to the side of the road. However, they were on a Toll road and there was no cell service. Thus, they were not able to call for assistance. So the male passenger drove the limo and the limo driver to the closest hospital ER.
- Over 100 employees of a FedEx facility all suffered potential workers' compensation injuries while at work recently. The entire facility was evacuated as an added precaution due to the incident. A forklift punctured a barrel of concentrated chili peppers. Normally you wouldn't expect this type of event to cause potential contamination of an entire building and decontamination. Unfortunately for the workers, the barrel contained ghost chili peppers that are used to make pepper spray.



## Be Healthy: Prevent Mosquito and Tick Bites (healthfinder.gov)

Spending time together outdoors is good for the whole family. Don't let bug bites ruin your fun.

Most bug bites are harmless, but some mosquitoes and ticks spread viruses and bacteria that can make you sick. Some of these viruses and bacteria are very serious – and may be deadly.

Mosquitoes spread viruses like Zika, West Nile virus, chikungunya, Eastern equine encephalitis (EEE), and dengue (“DEN-gee”) fever.

Lyme disease and Rocky Mountain spotted fever are just 2 of the serious diseases you can get from ticks.

The good news is that you can take steps to protect yourself and your family from mosquito and tick bites.

**When you spend time outside, take**

### these steps to protect yourself:

-Wear long-sleeved shirts, long pants, and socks to cover your skin.

-Use bug repellent (also called bug spray or insect repellent) on your skin and clothing.

-Check everyone for ticks after spending time outside.

-Take a shower after being outside to help wash away ticks.

### Protect your pets, too.

-Use a veterinarian-approved tick collar or spot-on repellent on your pets. Dogs and cats need different tick control medicines, so make sure to get the right one.

-Remember to check your pets for ticks.



## OSHA's National Safety Stand-Down (www.nsc.org)

Fatalities caused by falls from elevated work surfaces continue to be a leading cause of death for construction workers. According to the Bureau of Labor Statistics, 350 of the 937 construction fatalities in 2015 were caused by falls from elevated work surfaces. All of these deaths are preventable.

The Occupational Safety and Health Administration (OSHA), with support from the National Safety Council and dozens of other groups, asks employers to take a few minutes to discuss fall protection and safety when working from heights during the annual Fall Safety Stand Down May 8-12, 2017.

Falls are the second leading cause of workplace death. While construction workers are most at risk, falls can happen in agriculture, manufacturing, transportation and virtually any other industry that may involve working from elevated work surfaces. NSC, OSHA and its partners encourage workers in all industries to take time out to conduct a Fall Safety Stand-Down.

If you think your company is too small to conduct a Stand-Down, think again. Roughly half of events nationwide are held by companies with 25 or fewer employees. The stand-down can be long or short, simple or complex and

here are some ideas to get started:

- Conducting a toolbox talk focused on ladder, scaffold or roof safety
- Conducting a safety inspection along with employees
- Developing a rescue plan
- Holding a training session
- Showing a safety video

## OSHA Delays New Silica Rule

On April 6th the U.S. Department of Labor's Occupational Safety and Health Administration announced a delay in enforcement of the crystalline silica standard, 1926.1153, that applies to the construction industry to conduct additional outreach and provide educational materials and guidance for employers.

The agency has determined that additional guidance is necessary due to the unique nature of the requirements in the construction standard. Originally scheduled to begin June 23, 2017, enforcement will now begin Sept. 23, 2017.

OSHA expects employers in the con-

struction industry to continue to take steps either to come into compliance with the new permissible exposure limit, or to implement specific dust controls for certain operations as provided in Table 1 of the standard. Construction employers should also continue to prepare to implement the standard's other requirements, including exposure assessment, medical surveillance and employee training.

(www.osha.gov)



## ATV Safety

(www.blaogs.cdc.gov)

ATVs add a lot of extra horsepower to the workplace, and can be used safely if operated properly. Understanding the risks, and taking precautions to reduce the likelihood of injury are critical to safe ATV use. The recommendations listed below should be followed to ensure safe operation of ATVs:

- Wear a helmet, eye-protection, long shirts and pants, sturdy boots, and gloves

- Participate in hands-on training in the safe handling and operation of an ATV.

- Conduct a pre-ride inspection of tires, brakes, headlights, etc., and follow the manufacturer's recommendations for the ATV.

- Understand how implements and attachments may affect the stability and handling for the ATV

-Never exceed the manufacturer's specified hauling and towing capacity or weight limits and ensure cargo is balanced, secured, and correctly loaded on provided racks

-Be aware of potential hazards, such as trees, ruts, rocks, streams and gullies, and follow posted hazard warnings

-Drive at speeds safe for weather and terrain

-Never permit passengers on the ATV, unless the ATV has an additional seat specifically designed to carry them

-Never operate an ATV while under the influence of drugs or alcohol



## Summer Safety for Outdoor Workers

Employers need to be sure that they reinforce summer safety for outdoor workers. It's important to take precautions against exposure to sun, heat and bug bites during the summer months.

### • Sun

To protect outdoor workers against the sun's harmful ultra-violet (UV) rays:

- Be sure they cover up. Lightweight, tightly woven clothing that you can't see through works best.
- They should use sunscreen. A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays.
- Suggest they wear a hat. It should protect neck, ears, forehead, nose and scalp.
- UV-absorbent shades are also recommended. Sunglasses should block 99 to 100 percent of UVA and UVB radiation.

### • Heat

The combination of heat and humidity can be a serious health threat during the summer, especially when your outdoor workers perform strenuous tasks. To help them beat the heat:

- Remind them to drink plenty of water before they get thirsty.
- Ask them to eat smaller meals before work activity.
- Recommend they skip the caffeine and soda; drink water instead.

### • Insect Bites and Stings

Bee, wasp, hornet and yellow jacket stings are typically only dangerous to those who are allergic or have been stung multiple times. Your outdoor workers should:

- Wear bug repellent.
- Avoid wearing heavy perfumes or scented lotions.
- Check before drinking from

cups, bottles or cans. Stinging insects are attracted to sweet drinks.

### • Rattlesnakes

Rattlesnake bites, while seldom fatal in the modern world, still present a significant hazard to outdoor workers.

-Avoid tall grass

-Try to stay on established trails

-Make noise while on foot to avoid startling any snakes in your path.

-If you see or hear a snake give it a wide berth, and do not try to handle or kill it. Up to 55% of bites result from these activities. (flandersgroup.com)

(www.flandersgroup.com)



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