

Company Name: \_\_\_\_\_ Dept: \_\_\_\_\_ Location: \_\_\_\_\_ Date: \_\_\_\_\_

#70

## INHALATION HAZARDS

Health depends on breathing clean air. In today's highly industrial environment, inhalation (respiratory) hazards are a part of life. These hazards are often invisible and can even be odorless but can cause severe health problems in case of exposure. California Code of Regulations, Title 8, General Industry Safety Orders §5141 and §5143 require prevention of employee exposure to harmful levels of airborne contaminants by installing and using engineering controls wherever it is feasible to do so. Installing ventilation equipment that is designed to remove contaminants from the employee's breathing zone, substituting a non-toxic or less toxic substance for the harmful substance, and isolating or enclosing the work operation are the most widely used engineering controls.

Cal/OSHA standards include an employee's "Right-to-Understand" about hazardous conditions and/or materials that they may be exposed to during the course of their employment and how to safely protect themselves. Hazardous conditions must be identified and documented, hazardous materials inventoried and properly communicated by use of "accessible" Safety Data Sheets ("SDS"). All hazardous materials should be carefully labeled. If a hazard is found (or develops) that cannot be immediately abated, the jobsite should be secured with appropriately placed signs and the area taped off, in order to prevent possible exposure and/or injury.

Respiratory protection can be used only when it is impracticable to use either engineering controls or administrative controls for reducing employee exposure to acceptable levels, or while engineering controls are being installed, or in emergency situation. Employers in the construction industry follow the requirements for respiratory protection that are specified in Title 8 CCR's §1528, 1529, 1530, & 1531.

Meeting Conducted By:

Meeting Attended By:

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Document Filing Reference

Notes & Suggestions

Filing Instructions: Copies of this "Tailgate Talk" should be filed in employer's safety training records and cross-referenced in each employee safety-training file. This is intended as a guide only- all rights reserved.

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#086

## SKIN CARE & SUNNY WEATHER

Your skin is your body's first line of defense against the environment around you. It helps protect you from injury, infection and harmful substances. It also helps regulate your body temperature and plays a role in your sense of touch. Despite the image of a tan *looking* "healthy", excessive exposure to the sun is responsible for much of the skin damage associated with aging. It's a lifelong process, as over time your skin slowly accumulates the drying and damaging effects of the sun.

Much of the damage is cosmetic but the effect of sun on your skin over many years can be deadly. Excessive sun exposure is the leading cause of skin cancer, by far the most common form of cancer diagnosed. Almost half of all Americans who reach age 65 will develop a skin cancer at least once.

With age, your skin normally becomes thinner and finely wrinkled. Environmental factors, such as cigarette smoking and excessive exposure to the sun, can greatly accelerate these natural changes. But there are precautions you can take. Armed with adequate sunscreen and protective clothing, you can – at any age – prevent damage to your skin. This is yet another reason for wearing a hard hat.

Protect your skin from the sun; Ultraviolet light is the major cause of photoaging and skin cancer – wear protective clothing, apply sunscreen and avoid exposure especially to the midday sun. Cleanse your face gently and shave gently. Shaving can irritate thin, dry, photoaged skin. It's best to soften your beard with a warm washcloth before shaving and use a shaving cream or gel that softens your beard.

Almost 1 million new cases of skin cancer are diagnosed each year in America. About 80 percent are basal cell or squamous cell cancers, the forms most easily treated. Melanomas have more potential to spread, but with early detection, surgical removal usually results in a cure. If you have a sore that doesn't heal, or a change in a mole or other skin marking, report it to your supervisor or see your doctor promptly – remember you are at greater risk living in the Sun Belt, there's no safe suntan!

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#143

## CRYSTALLINE SILICA

Crystalline silica is a basic component of soil, sand, granite, and masonry products. Different types of silica include quartz, the most common form, and cristobalite and tridymite. All 3 forms may become respirable size particles when workers chip, cut, drill or grind objects that contain crystalline silica.

About 1.85 million construction workers in the U.S. are exposed to respirable crystalline silica (aka silica dust) in the workplace. The seriousness of the health hazards associated with silica exposure is demonstrated by the fatalities and disabling illnesses that continue to occur in sandblasters and rock drillers. Inhalation of small crystalline silica particles leads to increased risk of developing lung cancer, chronic obstructive pulmonary disease, and kidney disease. Additionally, breathing crystalline silica dust can cause silicosis, which in severe cases can be disabling, or even fatal. Silicosis may occur when the respirable silica dust enters the lungs and causes the formation of scar tissue, thus reducing the lungs' ability to take in oxygen. There is no cure for silicosis. Since silicosis affects lung function, it makes one more susceptible to lung infections like tuberculosis.

Silica dust exposure can occur during many different construction activities. The most severe exposures generally occur during abrasive blasting with sand to remove paint and rust from bridges, tanks, concrete structures and other surfaces. Other construction activities that may result in severe exposure include: jack hammering, rock/well drilling, concrete mixing, concrete drilling, brick and concrete block cutting and sawing, tuck pointing, tunneling operations. Exposure can be minimized by wearing respirators and by using common dust control methods, such as wetting down work operations, enclosing operations, and by using a vacuum to collect dust where it is generated.

OSHA is implementing a new silica standard for construction beginning in September 2017. The new standard requires that silica dust particles must be limited to 50 micrograms per cubic meter of air over an average of 8 hours (the same as the Cal/OSHA standard). Contractors are also now required to develop a written silica exposure control plan, designate someone to implement the plan, adjust housekeeping practices to minimize exposure, provide medical exams to employees exposed to silica, train workers on how to limit exposure, and to keep records of workers' exposure and related medical treatments, unless silica dust levels can be kept below 25 micrograms. Lack of compliance may result in heavy fines.

Meeting Conducted By:

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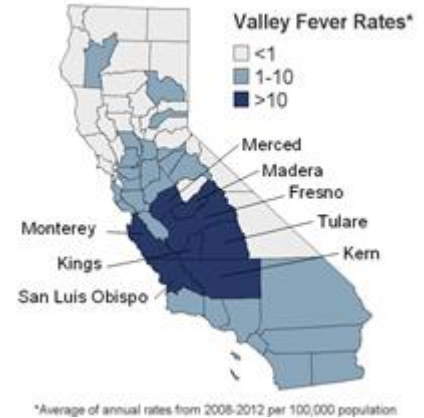
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## CONSTRUCTION HEALTH: VALLEY FEVER

Valley Fever is caused by a microscopic fungus known as *Coccidioides immitis* which lives in the top two to 12 inches of soil in many parts of the state. When soil is disturbed by activities such as digging, driving, or high winds, fungal spores can become airborne and potentially be inhaled by workers. Populations with more than 20 cases annually of Valley Fever per 100,000 people are considered highly endemic. While the fungal spores are more likely to be present in the soils of the Central Valley, they may also be present in other areas of California. The map below shows the areas with the greatest incidence of reported human Valley Fever cases.



- **Fresno**
- **Kern**
- **Kings**
- **Madera**
- **Merced**
- **San Luis Obispo**
- **Tulare**

### ***How can Valley Fever be Prevented?***

While there is no vaccine to prevent Valley Fever, the following steps are important to take in order to limit risk:

- Determine if your worksite is in an endemic area.
- Adopt site plans and work practices that reduce workers' exposure, which may include:
  - Minimize the area of soil disturbed.
  - Use water, appropriate soil stabilizers, and/or re-vegetation to reduce airborne dust
  - Stabilize all spoils piles by tarping or other methods.
  - Provide air-conditioned cabs for vehicles that generate heavy dust and make sure workers keep windows and vents closed.
  - Suspend work during heavy winds.
  - Onsite sleeping quarters, if provided, should be placed away from sources of dust.
- When exposure to dust is unavoidable, provide NIOSH-approved respiratory protection with particulate filters rated as N95, N99, N100, P100, or HEPA. Employers must develop and implement a respiratory protection program in accordance with Cal/OSHA's Respiratory Protection standard (8 CCR 5144).
- Take measures to reduce transporting spores offsite, such as:
  - Clean tools, equipment, and vehicles before transporting offsite.
  - If workers' clothing is likely to be heavily contaminated with dust, provide coveralls and change rooms, and showers where possible.
- Identify a health care provider for occupational injuries and illnesses who is knowledgeable about the diagnosis and treatment of Valley Fever
- Train workers and supervisors about the risk of Valley Fever, the work activities that may increase the risk, and the

measures used onsite to reduce exposure. Also train on how to recognize Valley Fever symptoms.

- Encourage workers to report Valley Fever symptoms promptly to a supervisor. Not associating these symptoms with workplace exposures can lead to a delay in appropriate diagnosis and treatment.

### **What work activities increase the risk of Valley Fever?**

When fungal spores are present, any work activity that disturbs the soil, such as digging, grading or other earth moving operations, or vehicle operation on dirt roads, can cause the spores to become airborne, therefore increasing the risk of Valley Fever. All workers on sites where the fungus is present, and who are exposed to dusty conditions and wind-blown dusts are at increased risk of becoming infected.

- Construction workers and other workers on construction sites, including road building and excavation crews
- Archeologists
- Geologists
- Wildland firefighters
- Military personnel

- Workers in mining, quarrying, gas and oil extraction jobs
- Agricultural workers\*

*\*Cultivated, irrigated soil may be less likely to contain the fungus compared to undisturbed soils.*

### **What should employers do if a worker reports Valley Fever symptoms?**

- Report all hospitalized cases and deaths to Cal/OSHA.
- Complete the ["Employer's Report of Occupational Injury or Illness" \(Form 5020\)](#) for each suspected occupational Valley Fever illness.
- Send the worker to a workers' compensation healthcare provider or occupational medicine clinic whose staff is knowledgeable about Valley Fever. Alert the provider or clinic to the possibility that the employee was exposed to dusts that may contain coccidioides spores. Physicians must submit a ["Doctor's First Report of Occupational Injury or Illness" \(Form 5021\)](#) for each employee evaluated for occupational Valley Fever.
- [Record](#) all cases on the Cal/OSHA Log 300.



Company: \_\_\_\_\_

## SAFETY TRAINING SESSION RECORD

SUBJECT: \_\_\_\_\_

Location: \_\_\_\_\_

Date of Session: \_\_\_\_\_ Time Started: \_\_\_\_\_ Time Ended: \_\_\_\_\_

Trainer's Name and Signature: \_\_\_\_\_

*Those present at training - PLEASE WRITE LEGIBLY IN PRINT:*

<u>PRINT NAME</u>	<u>SIGNATURE</u>	<u>JOB TITLE</u>
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