



# ALLIED SAFETY NEWS

*Above all we strive to control or eliminate known or potential safety and health hazards in the workplace.*

## Inside THE ISSUE

-  In The News
-  Safety In Action
-  ASG Current Events
-  Tech Tips
-  Equipment News
-  Safety At Home



## In The News

US Department of Labor

US Department of Labor reminds specific employers to submit required 2021 injury, illness data by:

**March 2  
2022**

WASHINGTON – The U.S. Department of Labor’s Occupational Safety and Health Administration reminds employers that the agency began collecting calendar year 2021 Form 300A data on Jan. 2, 2022. Employers must submit the form electronically by March 2, 2022.

Electronic submissions are required by establishments with 250 or more employees currently required to keep OSHA injury and illness records, and establishments with 20-249 employees classified in **specific industries** with historically high rates of occupational injuries and illnesses.

Visit the [Injury Tracking Application Electronic Submission of Injury and Illness Records to OSHA](#) for more information and a link to the Injury Tracking Application. continued pg. 2

**US Department of Labor announces proposed rule to update powered industrial trucks standard for general industry, construction**

## Safety In Action

*Behavior Based Safety*

Taking basic steps to decrease workplace accidents and employee injury can have a lasting effect on workplace safety culture when it is set up correctly and implemented consistently. It’s not all about forms and checklists, it’s about taking the time to communicate needs and reasonable expectations, supervising the program for adherence, and rewarding good behavior while properly correcting (a teaching moment) the not so good. It’s about changing behavior. A Behavioral Base Safety program deployed with a basic plan, can increase employee morale and nurture workplace safety culture. Additionally, When we work safer, we see a better bottom line... Cost savings in time loss and injury costs is a great reward to a successful program. 

### Considerations to get you started:

- Define safe work procedures;
- Monitor employee participation; quick “to do list” to start your program
- Provide positive feedback to employees who follow procedures;
  - Use group rewards and individual recognition (but don’t embarrass employees if they are uncomfortable);
- Take time to correct employees who are not following procedure;
- Conduct regular audits and observations to look for opportunities of improvement

### Remember these key components to managing the program:

- Involve employee & management (teamwork) to create Common goals
- Define what is expected (know your target(s))
- Observational data collection (Create a Score Card)
- Interpret Your Score (Rank success and failures)
- Adjust target(s)
- Review/Repeat



## Education Is Important

ASG believes in continuing education. Our safety professionals are continually in pursuit of knowledge to further educate and better serve our customers. We look to both certificate and non-certificate programs and formal / informal educational settings to further our skill set. We apply critical thought and review to all our process management, site specific and client specific safety programs to develop and implement improvements for delivery of our services to clients. Attending Underground Contractor's Association (UCA) meeting is one of many informal ways we continue to receive information. 



Above: As a member of the UCA, ASG had the recent opportunity to provide confined space training for managers.

## Tech Tips

### Ammonia in Your Workplace

#### Do you use Ammonia in your workplace?

Ammonia is considered a high health hazard because it is corrosive to the skin, eyes, and lungs. Exposure to 300 ppm is immediately dangerous to life and health. If the possibility of exposure above 300 ppm exists, use a MSHA/NIOSH approved self-contained breathing apparatus with a full face piece operated in a pressure-demand or other positive-pressure mode. Ammonia is also flammable at concentrations of approximately 15 to 28% by volume in air. When mixed with lubricating oils, its flammable concentration range is increased. It can explode if released in an enclosed space with a source of ignition present, or if a vessel containing anhydrous ammonia is exposed to fire.

Follow these links for more information when dealing with Ammonia:

- Emergency Action Plan
- Emergency Response
- First Aid



Ref: [eTools : Ammonia Refrigeration - Emergency Response | Occupational Safety and Health Administration \(osha.gov\)](#) 

## In The News continued

### US Department Of Labor



**U.S. Department of Labor  
announces annual  
adjustments to OSHA  
civil penalties**

WASHINGTON – The U.S. Department of Labor announced adjustments to Occupational Safety and Health Administration civil penalty amounts based on cost-of-living adjustments for 2022. OSHA's maximum penalties for serious and other-than-serious violations will increase from \$13,653 per violation to \$14,502 per violation. The maximum penalty for willful or repeated violations will increase from \$136,532 per violation to \$145,027 per violation. 



### Work Zone Safety Awareness

April 11-15 is [National Work Zone Awareness Week](#) and the [National Stand-Down to Prevent Struck-by Incidents](#). 

## Hearing Protection

Far too frequently we see employees working in noisy environments without hearing protection. Whether it's taking a short cut, out of convenience or because of a concern for not hearing something (safety), workers should never neglect to use hearing protection when it needed. Hearing loss is life changing. While it can be felt immediately, many times hearing loss is not really apparent until later in life. Regardless of when we are affected by it, it's worth taking the time to protect your hearing.

Anything above 115 dB requires hearing protection, even if employees are only going to be exposed to it for a brief time.

Hearing protection is required when encountering the following noise levels:

- 90dB - 8 or more hours.
- 92dB - 6 or more hours.
- 95dB - 4 or more hours.
- 97dB - 3 or more hours.
- 100dB - 2 or more hours.
- 102dB - 1.5 or more hours.
- 105dB - 1 or more hours.
- 110dB - 30 minutes.
- 115dB - up to 15 minutes.



See [OSHA.gov / OSHA Hearing Protection Requirements](https://www.osha-slc.gov/OSHA-Hearing-Protection-Requirements) for more information 

## Safety At Home

### Safe Sitting

Your posture is important because it keeps your body properly aligned and less susceptible to fatigue and injury. With more and more of today's workforce working at their computer from home, it is especially important to understand how maintain a good posture while sitting. Here are some simple precautions to take to sit safe:

- Don't stay in one position for prolonged periods of time
- Alternate between sitting and standing
- Make sure your feet are flat on the floor
- Sit upright with your back and shoulders against the backrest
- Do not use the armrests to slouch. Elbows and lower arms should rest lightly to avoid circulatory problems or nerve pressure
- Make sure your shoulders are relaxed and slightly dropped while keyboarding

See full article here [Ergonomic Chairs and Seat Adjustment \(spineuniverse.com\)](https://spineuniverse.com) 



Whether a chair is to be used at a computer workstation or in front of a machine on the factory floor, it must be well suited for the tasks at hand. Photo Source: 123RF.com

### Maintain a "neutral" posture

- Hips slightly higher than the knees
- Back fully supported and straight
- 2-4 inches between the edge of the chair and the back of the knees
- Equal distribution of weight on the seat cushion 

For more information:

Nick Guilfoyle 309.339.8950



[info@alliedsafety.org](mailto:info@alliedsafety.org)



[alliedsafetygroupllc.com](https://alliedsafetygroupllc.com)



**ALLIED  
SAFETY GROUP**



*"Your Partner in Workplace Safety"*

