# September - December 2013 Labor September - December 2013 September - December 2013

Advancing the safety, health and prosperity of Hoosiers in the workplace

Michael R. Pence, Governor Rick J. Ruble. Commissioner of Labor

# **Welcome from Commissioner Ruble**

# Welcome

to the Indiana Department of Labor's latest

issue of the *Indiana Labor Insider*, newsletter that focuses on wage and hour and health and safety topics. After nearly 17 years of service in a variety of positions at the Indiana Department of Labor, I'm honored Governor Pence chose to appoint me as the Indiana Commissioner of Labor.

Over the years, Indiana has made great strides improving the health and safety of Hoosier workers and, in 2012, we have achieved a historic level of workplace safety. The latest reports from the federal Bureau of Labor Statistics have shown a decrease in the rate of injuries and illnesses and the number of fatalities in almost every major Indiana industry.

While the historically low numbers of workplace injuries, illnesses and fatalities in Indiana are clearly an accomplishment we all should be proud of, every Hoosier worker deserves a safe and healthy workplace and even one injury, illness or fatality on the job is simply one too many. The Indiana Department of Labor will continue to work to achieve our goal of providing Hoosier workers the safe and

healthy working environment they all deserve.

Staff at the Indiana Department of Labor is always available to help you in your efforts to make your workplace as safe and healthy as possible. Please reach out to us for assistance at any time. We are here to serve the our stakeholders as we strive to increase the health, safety and prosperity of all Hoosiers in the workplace. I look forward to hearing from you with your questions and suggestions for further improvement as we continue to follow the governor's roadmap, which will lead us from good to great.

To your health and wealth,

Dich J. Bulle

Rick J. Ruble *Commissioner* 

# Indiana Experiences Historically Low Injury and Illness

The

Indiana Department of Labor (IDOL) released its 2012 workplace injury and illness report on November 7, 2013.

Indiana's non-fatal occupational injury and illness rate has fallen to 4.0 per 100 workers -- the lowest rate of injury and illness Indiana has reported since the survey took its current form in 1992. The rate represents a one-year decline of more than seven percent from 2011.

"While this historically low number of workplace injuries in Indiana is indeed an accomplishment, we still have work to do and will continue to focus on reducing the number of workplace injuries in Indiana," said

IDOL Commissioner Rick Ruble. "The Department of Labor will continue to actively work with employers

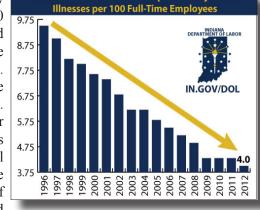
through our many safety programs to continue to improve employee safety and health in Indiana."

The most significant improvement among the major

Hoosier industries was in the state's mining industry, which experienced a one-year decline of nearly 45 percent --reducing Hoosier mining's injury rate to 2.6 during 2012.

The three industries that make up IDOL's safety focus campaign all experienced a reduction in workplace injuries and illnesses during 2012. The Agriculture industry improved by 24.2 percent, the Healthcare industry has improved by 15.9 percent and our Hoosier Transportation industry saw a

2.2 percent improvement over 2011 rates.



**Indiana Annual Rate of Occupational Injuries &** 

# SAFETY ALERT: Struck By & Caught Between

Struck

by and caught in/between are two common ways workers can be seriously

injured or killed in any industry. Being struck by a vehicle or becoming caught between a moving vehicle and some stationary object are constant risks that need to be monitored no matter where you work. While many of these incidents occur during some kind of construction activity, these types of injuries and fatalities are not unique to construction and span the spectrum of industries – from agriculture to manufacturing and from construction to healthcare and retail. However, the deaths and injuries associated with

being struck by or caught in/between are avoidable with proper safety planning, training and enforcement.

First, a complete job hazard analysis (JHA) must be performed to determine where hazards are located and what risks employees will be exposed to while performing their jobs. A JHA should also be performed if you are doing the same work, but in a different location (as is common in construction) or if you add new machinery or

equipment to your workplace. By staying up-to-date with your JHAs, you will minimize the chances of unexpected hazards

Once the hazards are identified, create a safety plan designed to mitigate the risks you discovered. In some cases, this could be accomplished by an engineering solution – designing the work area to ensure there are no pedestrians in the same area as moving equipment or by using personal protection equipment (PPE) like wearing reflective clothing to make employees easier to see. Remember, a PPE solution should always be the last option. It's best to not expose the employee to the risk in the first place if at all possible. The priority should be to engineer the hazard out of the workplace.

Minimizing employee risk means making equipment/vehicle inspection part of your employees' daily routine. At a minimum, all vehicles must be given a basic inspection before each shift during which the vehicle will be used – and the employee doing the inspection must be able to competently perform the inspection. Ensure the seatbelt is present and in good working condition. Make sure the various safety systems work as designed – i.e., do all lights and signals work, including the back-up lights? Does an alarm sound when the vehicle is put into reverse? Are all hydraulic systems maintaining pressure? Are all tires in good condition?

If an employee is going to be moving a vehicle, it is strongly recommended that another employee functions as a spotter for the operator. This is especially true if the vehicle has obstructed line of sight (carrying something that keeps the driver from seeing clearly), or if the vehicle ever needs to be reversed, this spotter is imperative to maximize safety. The likelihood of a struck-by or caught-between incident is significantly increased when vehicles are

driven or moved in reverse.

By implementing a complete safety plan with job and machine/equipment - specific safety policies, you will minimize the chances of an employee becoming injured.

All employees must be trained on the safety policies and procedures you have created. *Temporary or part-time employees are never an exception to this rule*. In fact, temporary and part-time employees are often at higher risk for injury because of their lack of experience or knowledge regarding the workplace's safety polices and rules.

Finally, ensure employee compliance with the safety plan and provide retraining as required. Sometimes people find different ways to accomplish their tasks that might save them some time, but cutting corners or taking shortcuts can put everyone at risk. Safety should never be made of



secondary importance in favor of speed or convenience. Re-train any employees who do not follow the safety procedures and ensure they understand the importance of a safe workplace.

These basic ideas are the keys to staying safe on the job and avoiding struck-by and caught-between incidents. To avoid becoming a tragic statistic, it is critical to always follow the established occupational safe work practices and to suggest improvements to any safety system whenever possible.

Assistance in creating your safety plan is available at no charge from Indiana's free OSHA consultation service, INSafe. If you would like help, contact INSafe by email at <a href="mailto:Insafe@dol.in.gov">Insafe@dol.in.gov</a> or phone (317) 232-2688 to speak with one of our professional safety and health consultants.

More information about INSafe is also available online at www.in.gov/dol/insafe.





**Background:** Struck-by incidents are one of the most common causes of injury and death in a wide variety of industries. From healthcare to construction and manufacturing to agriculture, this safety hazard is always present in the workplace.

**Event**: On April 8, 2013, a 45-year-old sanitation worker was riding on the back step of a garbage collection truck during a routine route pickup. Part of the route required backing up, due to a one-way street. The sanitation worker remained on the rear of the truck while it was backing up. He became caught between the rear of the truck and a tree. When the truck moved to free the worker, he was struck by the truck's rear wheels. The worker was taken to the hospital but was pronounced dead on arrival.

**<u>Lessons Learned</u>**: To prevent similar incidents from occurring in the future, employers and employees should:

- Never allow workers to remain on the rear of a vehicle when the vehicle needs to reverse. If a vehicle must be reversed, use a separate "spotter" to ensure worker safety.
- Conduct a comprehensive worksite assessment to identify potential hazards and implement safeguards to protect employees from these hazards. Conduct regular re-inspections to ensure any new hazards are discovered and unsafe behvior is corrected.

- Perform routine safety inspections of all equipment before it is used. Ensure all equipment safety features are operational and maintained as per the manufacturer's recommendations. Do not use equipment that is in need of repair and/or replacement.
- Ensure equipment is used in accordance with the manufacturer's recommendations.
- Provide the appropriate safety and health training to employees so they can recognize hazards associated with each job and task. Re-train workers as necessary.
- Provide employees with the appropriate personal protective equipment (PPE). Instruct employees on the PPE's use and storage. Ensure workers wear all necessary PPE.
- Conduct routine jobsites briefings or "toolbox talks" to remind workers of the hazards associated with the jobsite, equipment, task, etc.
- Encourage employees to speak up about workplace safety and health concerns. Adequately address these concerns.
- Foster a culture of workplace safety and health. Employers must hold themselves accountable for their employees' understanding and following of all written safety and health policies, rules, procedures and regulations.



The Indiana Department of Transportation uses brine, a salt/ water mixture, as an anti-icing agent before winter storms.

Story and Photos Contributed by: Stephen Slosarek INDOT Communications Manager

winter beckons, Indiana motorists are reminded to drive carefully and remember the phrase "Ice and Snow, Take It Slow."

Who better to vouch for the validity of that statement than a snow plow driver from the Indiana Department of Transportation (INDOT)?

"While plowing highways for INDOT over the years, I have noticed that the No. 1 reason for motorists encountering problems is speed," said INDOT Highway Technician Crew Leader Chris Schultz, who has plowed INDOT highways for 15 years.

Adhering to the basics is a key element to safe travels during winter weather. See "Winter Driving Preparedness" and "Behind the Wheel Do's and Don'ts" for more information.

This winter, Hoosier motorists can be assured that INDOT snow plow drivers are looking after their best interests. INDOT is dedicated to public safety on Hoosier highways and will be working 24/7 to keep roadways clear.

Motorists also can help themselves by being prepared and learning to take it slow during ice and snow. For more winter driving safety tips, please visit <a href="https://www.in.gov/indot/2439.htm">www.in.gov/indot/2439.htm</a>.



An INDOT driver maneuvers a snow plow to clear snow from I-94 in northwest Indiana. Both photos pictured on this page are courtsey of INDOT.

# Winter Driving Preparedness

- ·Learn about driving conditions ahead of time
- ·Leave plenty of time to reach your destination safely
- Inspect your vehicle's tires, wiper blades, fluids, lights, belts and hoses
- •Remove any snow on your vehicle's windows, lights, brake lights and signals
- Dress in layers
- •Keep a survival kit that includes:
  - •ice scraper, brush and other tools
  - •flashlight with batteries
  - •sand or cat litter for tire traction and shovel
  - •jumper cables
  - •gloves and hat
  - ·food and water
  - •blanket and first aid kit
  - •coffee can with candle and matches to produce heat inside vehicle to melt snow and keep you alive
  - •cell phone
  - •flares or reflective triangle
  - prescription medicines you take regularly

### Behind the Wheel

### Do's

- •Drive well below the posted speed limit and leave plenty of room between cars
- •Be mindful of black ice, especially at intersections, off-ramps, bridges and shady areas
- •Brake early and correctly (those with antilock brakes should press the pedal down firmly and hold it; those without antilock brakes should gently pump the pedal)

### Don'ts

- Pass a snow plow truck
- •Use a cell phone while driving

# National Mine Rescue Competition

# Indiana

mine rescue trainer, Terry Phegley, was recently inducted into the Mine

Rescue Hall of Fame. The induction ceremony took place after the National Mine Rescue competition held in Columbus,

Ohio, in September 2013.

Phegley, known as "Fig," throughout the coal mining community, has been involved with mine rescue activities for more than 30 years and is a Mine Safety and Health Administration-certified coal mine instructor. Phegley also serves on the Mine Rescue Association of Indiana board of directors.

"Having known and worked with Fig for many years, I can say without a doubt the honor he received is well-deserved. The members of the mining community have been well served by Fig, and they are proud to have the opportunity to work with him," said Indiana Bureau of Mines Assistant Commissioner Don "Blink" McCorkle.

Between 1979 and 1994, Phegley was captain and co-captain of the Amax Wabash Mine Rescue Team. He also served as captain of the Indiana Mine Rescue Team between 1994 and 2004 and from 2004 and 2011, Phegley was the captain of the Gibson County Coal Mine Rescue Team. He has had experience fighting mine fires and mine recovery. Currently, Phegley serves as the mine rescue trainer for the Five Star and Black Panther mine rescue teams.

# About the National Coal Mine Rescue Hall of Fame

The Mine Safety and Health Adminitration (MSHA) established the Coal Mine Rescue Hall of Fame to honor individuals who stand out as exceptional in the field of mine rescue. After a series of tragic mine disasters in the early 1900s, the U.S. Bureau of

Mines, MSHA's predecessor agency, recognized the need for a trained and organized group of miners equipped to perform rescue operations.



Following the National Mine Rescue Competition in Columbus, Ohio, on September 12, 2013, Terry "Fig" Phegley was inducted into the National Mine Rescue Hall of Fame. Phegley, pictured here with his wife Brenda, has been active with underground mine rescue activities for more than 30 years. *Submitted photo*.

Through this need was born the network of volunteer mine rescue personnel available today. American miners work together with the knowledge that should an emergency arise, a well-organized, trained, and equipped group of mine rescue

experts will be available to respond. For more information on the Coal Mine Rescue Hall of Fame, please visit <a href="https://www.msha.gov/MineRescue/Hallofame/Coal/CoalHallofFame.asp">www.msha.gov/MineRescue/Hallofame/Coal/CoalHallofFame.asp</a>.

# National Mine Rescue Competition

Three Indiana mine rescue teams competed in the national competition during the week of September 8, 2013. The bi-annual contest presented an opportunity to bring miners together from across the United States. This year, 87 teams competed and Gibson County Coal took top honors for Indiana, finishing in sixth place.

Five Star Prosperity Mine's safety director, Shane Meadows, won first

place in the bio-marine 240R competition—an event where

competitors diagnose problems and repair and reassemble breathing apparatuses. Cody Robinson of Gibson County Coal took third place honors in the same event. Zach Brown of Gibson County Coal's Gibson Mine placed third in a similar bio-marine 240S competition.

Competitors in the 240R, 240S and Drager BG4 competitions must first take a written exam that tests their knowledge on breathing apparatuses. Then, competitors must work on two breathing apparatuses in a 30-minute time frame to identify any faults and put the equipment back in working order.

For more information about Indiana's underground mines, please visit the website at www.in.gov/dol/mines.htm. Answers to many frequently questions about Hoosier asked available online



Shane Meadows, safety director for Five Star Prosperity Mine, received first place in the bio-marine 240R competion at the National Mine Resuce Competition in Columbus, Ohio. *Submitted photo*.

coal mining are www.in.gov/dol/2330.htm.

behalf of Governor Michael R.
Pence, the Indiana Department
of Labor has parntered with
the Indiana Chamber of Commerce and
the Central Indiana Chapter of the

American Society of Safety Engineers. The Governor's Workplace Safety Award provides recognition for companies based on best practices for eliminating workplace injuries and illnesses. The award seeks to salute those organizations for which safety and health have been made a top priority.

The Governor's Workplace Safety Awards are open to all organizations, regardless of size or number of workers affected. All Hoosier businesses, unions, municipalities, schools, service organizations, nonprofit organizations and individuals

are eligible to apply for the awards. To qualify, a company must be deemed to be free of compliance disputes concerning all applicable local, state and federal statutes and regulations.

Applicants may choose to receive recognition in one

four categories including innovations, internal education and outreach, external education and outreach and partnerships. Past award recipients have been recognized for their proactive efforts reach out and educate rural youth regarding farm safety, develop innovative new employee workplace safety and health orientation programs and training videos, integrate exercise and stretching routines into Applications for the 2014 awards will be accepted through 5 p.m. on Friday, January 10, 2014. Award recipients will be recognized at the Governor's Workplace Safety

Awards Luncheon, which will be

Awards Luncheon, which will be held during the annual Indiana Safety and Health Conference & Expo. Recipients will be notified in advance. The 2014 Indiana Safety and Health Conference will be held at the Indiana Convention Center in downtown Indianapolis on February 18-20, 2014. For more information, please visit the conference website online at <a href="https://www.INSafetyconf.com">www.INSafetyconf.com</a>.

# 2014 Governor's Workplace Safety Award Application/Nomination Form SOLUTIONS FOR TOMORROW'S SAFETY CHALLENGES 2014 INDIANA SAFETY AND HEALTH CONFERENCE & EXPO FEBRUARY 13-20, 2014 INDIANA CONVENTION CENTER, INDIANAPOLIS WWW.INsafetyConf.com The annually-awarded Governor's Workplace Realth excellence through partnerships, innovations and education & outreach. To learn more about the Governor's Workplace Safety Awards or to read information about past recipients, please void warning govidiol 7328 htm.

# More Information

Information about the Governor's Workplace Safety Awards is available online at <a href="https://www.in.gov/dol/2381.htm">www.in.gov/dol/2381.htm</a>. Information about the past Governor's Workplace Safety Award recipients is

also available on this webpage.

For more information about the 2014 Governor's Workplace Safety Award Application, please email INSafe at <a href="mailto:insafe@dol.in.gov">insafe@dol.in.gov</a>.



daily work tasks and create worker safety and health champions in critical areas.

# You Asked, We Answered - Global Harmonized Standard - GHS

# What is GHS anyway?

The Global Harmonized Standard (GHS) is the new Hazardous Communication Standard (HAZCOM). It's a way of making sure symbols and descriptions of hazards are the same acorss different countries. This way when items are shipped, there isn't any confusion over what is or is not hazardous.

### When does GHS start?

GHS actually started on December 1, 2013. By that day, all businesses were supposed to have trained their employees in the new standard.

# What is changing?

The GHS will look very similar to HAZCOM. Hazard signage will be changing to include specific signal words to indicate the hazard, and there will be mandatory pictograms indicating what type of hazard there is and specific phrases describing the various hazards. Also, the Material Safety Data Sheets (MSDSs) you are familiar with will be changing to Safety Data Sheets (SDSs). The SDSs will have a standardized layout with additional hazard information.

# Do I have to have changed all of my signs and MSDSs already?

No. GHS is being phased in bewteen now and December 2015. Right now, you just need to have explained the changes that are being implemented to your employees. If your signage is compliant to the current HAZCOM,

you are still okay, and if you have completely changed to the new GHS, you are okay. If you are in the process of changing and have a mixture of signage, that's okay for now, too. You just need to have finished switching over to GHS by June 2015. If you are a shipping company, you have until December 2015 to ship items labled with HAZCOM. After that, you can only ship things with GHS labels.

# Why are we migrating to GHS?

With the current system, different countries are able to sign their hazardous chemicals or materials in different ways. Because of this, shipping between countries involves additional complications and risks. Companies that ship internationally have to train their employees on the various identification methods used by various nations, which increases the cost of doing business. Also, not every MSDS contains the appropriate response information for contact with the hazardous chemical or item.

# How do I find out more about GHS?

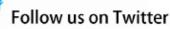
Information on the revised hazard communication standard can be found on OSHA's hazard communication www.osha.gov/dsg/hazcom/index.html. For more questions about GHS or other occupational safety and health inquiries, please phone INSafe at (317) 232-2688 or email insafe@dol.in.gov.



# Join the conversation!

Your questions answered Latest safety and health news Updates from wage and hour





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# Spotlighting Best Practices: "Workplace First Aid Training"

# **Training**

for first aid is offered by the American Heart Association, the

American Red Cross, the National Safety Council, and other nationally recognized and private educational organizations.

OSHA does not teach first-aid courses or certify first-aid training courses for instructors or trainees.

First-aid courses should be individualized to the needs of the workplace. Some of the noted program elements may be optional for a particular plant or facility. On the other hand,

unique conditions at a specific worksite may necessitate the addition of customized elements to a first-aid training program.

There are a number of elements to include when planning a first-aid training program for a particular workplace. These recommendations are based on the best practices and evidence available at the time this article was written. Statistical information is available from the Bureau of Labor Statistics (BLS) to help assess the risks for specific types of work.



The minimum training requirments for an effective first-aid course should cover the following areas at a minimum. Again, you may need to add additional topics to your training based on the day-to-day hazards which are present at your particular workplace.

# 1. Teaching Methods

Training programs should incorporate the following principles:

- Basing the curriculum on a consensus of scientific evidence where available;
- Having trainees develop "hands-on" skills through the use of mannequins and partner practice;
- Having appropriate first-aid supplies and equipment available;
- Exposing trainees to acute injury and illness settings as well as to the appropriate responses through the use of visual aids:
- Including a course information resource for reference both during and after training;

- Allowing enough time for emphasis on commonly occurring situations;
- Emphasizing skills training and confidence-building over classroom lectures; and
- Emphasizing quick response to first-aid situations.

# 2. Preparing to Respond to a Health Emergency

The training program should include instruction or discussion in the following:

- Prevention as a strategy in reducing fatalities, illnesses and injuries;
- Interacting with the local emergency medical services (EMS) system;
  - Maintaining a current list of emergency telephone numbers accessible by all employees;
  - Understanding the legal aspects of providing first-aid care, including Good Samaritan legislation, consent, abandonment, negligence, assault and battery, state laws and regulations;
  - Understanding the effects of stress, fear of infection and panic; how they interfere with performance; and what to do to overcome these barriers to action;
  - Learning the importance of universal precautions and body substance isolation to provide protection from bloodborne pathogens and other potentially infectious materials.
- Learning about personal protective equipment -- gloves, eye protection, masks, and respiratory barrier devices. Appropriate management and disposal of blood-contaminated sharps and surfaces; and awareness of OSHA's bloodborne pathogens standard.
- **3.** Assessing the Scene and the Victim(s) The training program should include instruction in the following:
- Assessing the scene for safety, number of injured, and nature of the event;
- Assessing the toxic potential of the environment and the need for respiratory protection;
- Establishing the presence of a confined space and the need for respiratory protection and specialized training to perform a rescue;
- Prioritizing care when there are several injured;

- Assessing each victim for responsiveness, airway patency (blockage), breathing, circulation, and medical alert tags;
- Taking a victim's history at the scene, including determining the mechanism of injury;
- Performing a logical head-to-toe check for injuries;
- Stressing the need to continuously monitor the victim;
- Emphasizing early activation of EMS;
- Indications for and methods of safely moving and rescuing victims; and
- Repositioning ill/injured victims to prevent further injury.

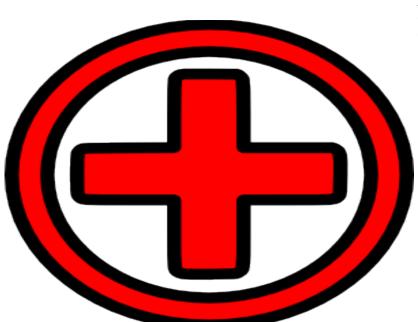
# 4. Responding to Life-Threatening Emergencies

The training program should be designed or adapted for the specific worksite and may include first-aid instruction in the following:

- Establishing responsiveness;
- Establishing and maintaining an open and clear airway;
- Performing rescue breathing;
- Treating airway obstruction in a conscious victim;
- Performing CPR;
- Using an AED;
- Recognizing the signs and symptoms of shock and providing first aid for shock due to illness or injury;
- Assessing and treating a victim who has an unexplained change in level of consciousness or sudden illness;
- Controlling bleeding with direct pressure;
- Poisoning

Ingested poisons: alkali, acid, and systemic poisons. Role of the Poison Control Center (1-800-222-1222); Inhaled poisons: carbon monoxide; hydrogen sulfide; smoke; and other chemical fumes, vapors, and gases. Assessing the toxic potential of the environment and the need for respirators; knowledge of the chemicals at the worksite and of first-aid and treatment for inhalation or ingestion; effects of alcohol and illicit drugs so that the first-aid provider can recognize the physiologic and behavioral effects of these substances.

 Recognizing asphyxiation and the danger of entering a confined space without appropriate respiratory protection.
 Additional training is required if first-aid personnel will assist in the rescue from the confined space.



Responding to medical emergencies chest pain; stroke; breathing problems; anaphylactic reaction; hypoglycemia in diabetics taking insulin; seizures; Pregnancy complications; abdominal injury; reduced level of consciousness; impaled object.

# 5. Responding to Non-Life-Threatening Emergencies

The training program should be designed for the specific worksite and include first-aid instruction for the management of the following:

### Wounds

- Assessment and first aid for wounds including abrasions, cuts, lacerations, punctures, avulsions, amputations and crush injuries;
- Principles of wound care, including infection precautions; and
- Principles of body substance isolation, universal precautions and use of personal protective equipment.

### Burns

- Assessing the severity of a burn;
- Recognizing whether a burn is thermal, electrical, or chemical and the appropriate first aid; and
- Reviewing corrosive chemicals at a specific worksite, along with appropriate first aid.

# Temperature Extremes

- Exposure to cold, including frostbite and hypothermia; and
- Exposure to heat, including heat cramps, heat exhaustion and heat stroke.

# Musculoskeletal Injuries

- Fractures;
- Sprains, strains, contusions and cramps;
- Head, neck, back and spinal injuries; and
- Appropriate handling of amputated body parts.

# Eye injuries

- First aid for eye injuries; and
- First aid for chemical burns.

# Mouth and Teeth Injuries

- Oral injuries; lip and tongue injuries; broken and missing teeth; and
- The importance of preventing aspiration of blood and/or teeth.

### Bites and Stings

- Human and animal bites; and
- Bites and stings from insects; instruction in first-aid treatment of anaphylactic shock.

# **Catching Your Zzzzzzzz!**

# **Experts**

say that sleeping 7 to 8 hours a day is linked to a wide range of better health

and safety outcomes. The National Institutute for Occupational Safety and Health (NIOSH) has been actively involved in research to protect workers, workers' families, employers and the community from the hazards linked to long work hours and shift work.

Research demonstrates that a growing number of Americans are not getting enough sleep. Why are more Americans getting less sleep? Work demands can be one factor. The timing of a shift can strain a worker's ability to get enough sleep. Working at night or during irregular hours goes against the human body's biology, which is generally hardwired to be awake and active during the day and sleep during the night.

However, society needs certain workers to be available around the clock to provide vital services in public safety, healthcare, utilities, food and transportation services. The resulting shift work—any shift outside the normal daylight hours of 7 a.m. to 6 p.m.—is linked to poorer sleep, circadian rhythm disturbances and strains on family and social life.

With society's demands, it is not possible to eliminate shift work altogether. The challenge becomes to develop strategies to make those vital services available while keeping workers safe and healthy.

Information also suggests that a growing number of employees are being asked to work long hours on a regular basis. Every extra hour on the job is one less spent completing the person's off-the-job responsibilities. When the day is too full to fit everything in, it is often sleep that gets the short end of the stick.

Workers and employers share in the responsibility of reducing risks connected to poor sleep. Therefore, it is important for both workers and managers to make sleep a priority in their personal lives and in the assignment of work.



# **IDOL** and **Dow Agrosciences Partner for Employee Safety**

Indiana Department of Labor (IDOL) and Dow AgroSciences, LLC, a wholly owned subsidiary of The Dow Chemical Company (NYSE: Dow), today announced a strategic alliance to exchange best practices and jointly work to advance worker health and safety, as well as transportation safety, in the agriculture industry. Under this two-year occupational safety and health alliance, Dow AgroSciences and IDOL will combine their knowledge of safety technology and innovations to inform and engage key stakeholders in agriculture regarding worker and transportation safety.

"We are committed to ensuring the safest and healthiest workplaces for our fellow Hoosiers, and this includes our agriculture workers," said IDOL Commissioner Rick Ruble. "Formalizing this worker safety and health alliance is an important and positive step for those engaged in agriculture in Indiana. We look forward to partnering with Dow AgroSciences, a global life science leader in agriculture based here in Indiana."

According to the Bureau of Labor Statistics Survey of Occupational Injuries and Illnesses report for 2012, the Hoosier agriculture industry has an occupational injury and illness rate of 7.2 per 100 workers, which is the highest industry rate in the state. Additionally, according to the Bureau of Labor Statistics Census of Fatal Occupational Injuries report for 2012, the agriculture industry has one of the highest raw numbers of occupational fatalities.

"Dow AgroSciences is honored and privileged to join forces with the Indiana Department of Labor to advance safety performance in the Indiana agriculture industry," said Rick Oakley, Dow AgroSciences employee health and safety business operations leader. "The health and safety of our employees is our top priority, and we have many best practices to share that might help farmers and those involved in agriculture improve how they approach safety. We look forward to collaborating with the Indiana Department of Labor to share information that can make a difference."

The alliance aims to eliminate agriculture worker fatalities, reduce the number and severity of agriculture worker injuries and illnesses, reduce work-related transportation incidents and worker fatalities, increase communication with industry stakeholders and share technological knowledge and best practices between IDOL and Dow AgroScience to improve safety and health performance across the agriculture industry.



# **Upcoming Training Opportunities**

Date	Sponsor	Class	Location	Contact
January 8-9, 2014	Northern Indiana Coalition of Chambers	OSHA General Industry 10-Hour www.elkhart.org	Elkhart, IN Matterhorn Conference Center	Jwalsh@elkhart.org
February 11-12, 2014	Northern Indiana Coalition of Chambers	OSHA General Industry 10-Hour www.elkhart.org	Elkhart, IN Matterhorn Conference Center	Jwalsh@elkhart.org
February 18-20, 2014	Indiana Chamber of Commerce, Central Indiana ASSE, IDOL	Indiana Safety and Health Conference and Expo	IN Convention Center	www.INSafetyConf. com

# Recognizing Excellence

**Recognizing Excellence** spotlights Hoosier employers and their employees for their efforts in achieving status in either the Indiana Voluntary Protection Program (VPP) or Indiana Safety and Health Achievement Recognition Program (INSHARP). The Indiana Department of Labor congratulates the following employers and employees for their efforts to ensure Hoosier occupational safety and health. Additional information on INSHARP and VPP may be found online at www.in.gov/dol.

## **INSHARP**

New: Draper, Inc. (Spiceland, IN)

**Recertified:** None

# INSHA Indiana Safety and Health

Achievement Recognition Program

New: Cintas North Location G64 (Fort Wayne, IN) STAR Cintas Corporation Location 338 (Fort Wayne, IN) STAR Vulcraft (St. Joe, IN) STAR Hendrickson Trailer Suspension System (Lebanon, IN)

GE Aviation Unison Engine Components Plant 1 and Plant 2 (Terre Haute, IN) STAR



# **INdiana Labor** *Insider*

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