

Forklift Safety

A Savannah, Georgia facility was fined \$37,725 for safety hazards associated with a fatal accident that occurred in August 2003. A forklift operator was driving a lift truck into a parking lot area when the lift truck tipped over and landed on the operator, causing fatal head injuries. The OSHA regional office handed down five serious citations to the Georgia facility. Two of the citations were directly related to the forklift accident for failing to provide operator training and allowing the operators to use defective forklift equipment. The facility was also cited for failing to provide protective handrails on steps, emergency training, and emergency equipment.

Forklift injuries are a common industrial occurrence that can be eliminated, or at least limited, with proper training, an implemented safety program, and effective enforcement.

Training:

Forklift training should include both OSHA operator requirements and equip-

ment / site-specific safety information. A forklift training program should ensure that each person is trained for the specific equipment he / she will be using, and can operate the equipment proficiently. An ineffective forklift training program will result in increased accident occurrence, product damage, and equipment malfunctions.

Safety Policy:

A forklift safety program is another important aspect of decreasing accidents in the workplace. A rigid forklift safety program that is regularly enforced will improve forklift safety and result in fewer accidents and injuries.

Enforcement:

Workplace safety, especially forklift safety becomes a part of a facility / company's culture. Traditionally, facilities that do not place a great deal of emphasis on forklift safety will record a higher number of accidents, damages, and injuries. Management

personnel are crucial to an effective forklift safety program. Facility safety inevitably stems from upper management, where ideas are formed and transferred to the operator level. The implementation of an effective forklift safety program should be considered by all facility managers to reduce injuries, accidents, and product damage. In addition, a safer facility is typically a more effective facility, allowing companies to meet demanding quotas and daily productivity goals.

OSHA regulations for forklift safety do not outline site or equipment-specific criteria for a forklift safety program. It is recommended that facilities should evaluate the effective-

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Quality Corner

Many companies operate under the often-fatal assumption that what's good enough now will continue to be good enough in the future. If we're selling product and making a healthy profit, then we just need to keep on doing what we're doing, right?

WRONG!

To remain competitive in the future, companies need to continually evaluate their processes and products to eliminate waste, streamline processes, and listen to customer response. It is especially important for departments to work together to solve production and customer service issues as soon as they are discovered. The results are less waste and product returns, declining cost of production, and increased customer satisfaction.

Did You Know?

International Warehouse Logistics Association

The International Warehouse Logistics Association (ILWA) aligned with the Occupational Safety and Health Administration (OSHA) in February of 2004. The purpose of this alignment is to improve worker safety and health in areas relating to hazard communication, forklift operation, and materials handling to prevent workplace injuries and illnesses.

To become and remain competitive in the global marketplace, companies need to provide defect-free product, competitive pricing, and outstanding service. The only way to achieve these goals is by starting at the top – management must be behind the culture change and philosophy of continuous improvement 110%.

Will your company continue to be competitive in tomorrow's market? The answer could be found in the preparations being done today. Don't let your company fall behind tomorrow because of today's inactivity. Start working now to gain and maintain that competitive edge. You, your customers, and your employees will be happy that you did.

The ILWA, based out of Des Plaines, IL, represents third-party logistics warehousing companies and professionals around the world to promote the growth of third-party logistics warehousing and related services. The ILWA will provide valuable information to OSHA on warehouse safety and health issues that are critical to their operation.

OSHA News

- Q:** *What can be expected from OSHA in the upcoming years?*
- A:** OSHA has increased their budget for FY 2005 to 461.6 million dollars, a net increase of 4.1 million dollars from this year's budget. The 2005 budget indicates OSHA's focus on continued "strong, fair, and effective enforcement, outreach, education, and compliance assistance". Through enforcement programs, OSHA strives to reduce the number of workplace illnesses and injuries. This includes regular OSHA inspections of facilities with increased injury and illness rates and employee safety complaints. Through these inspections, compliance assistance, and outreach programs, OSHA believes the numbers of workplace incidents will decrease in the years to come.

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ness of their safety program and determine if improvement may be necessary. If you are having issues with forklift safety, feel free to contact RCS, Inc. to discuss possible solutions to reduce accidents and injuries resulting from forklift operations.

DEPARTMENT OF TRANSPORTATION

Changes to Commercial Driver's License Regulations

The U.S. Department of transportation (USDOT) has issued seven new provisions to the regulations pertaining to Commercial Driver's Licenses (CDLs). The seven new provisions involve:

- 1 Disqualification for driving while suspended, disqualified, or causing a fatality.
- 2 Emergency disqualification of drivers posing an imminent hazard
- 3 Expanded definition of serious traffic violations
- 4 Disqualification for violations obtained while driving a commercial motor vehicle (CMV)
- 5 Extended driver record check
- 6 New notification requirements
- 7 Masking prohibition

1, 2 - Disqualification For Driving While Suspended, Disqualified, or Causing a Fatality; Emergency Disqualification:

States are now required to maintain a CDL driver-history record. This record contains information on individuals' convictions for state or local traffic violations while operating ANY type of motor vehicle. Records of these convictions must be kept for at least three years. Drivers may lose their driving

privileges for a minimum of three years and possibly for life.

3, 4 - Disqualification for Violations; Serious Traffic Offenses:

The CDL "Disqualifying Offenses" section was revised to show driver violations for CDL holders and a CMV. The regulations also added three new serious traffic violations. They are as follows:

- Driving a CMV without obtaining a CDL
- Driving a CMV without carrying a CDL
- Driving a CMV without the proper CDL and/or endorsement

5 - Extended Driver Record Check

When applying for an initial CDL, or renewing or transferring an existing CDL, drivers must provide the local BMV with the names of states where they have been previously licensed in the last ten years. The record check is limited to CDL drivers initially renewing their license after the effective date of this rule-making.

6 - New Notification Requirements

The state must now inform, (within ten days), the Commercial Driver License Information System (CDLIS) and the state issuing the CDL of

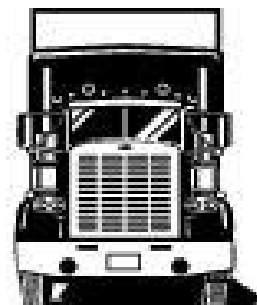
revoking, suspending, or canceling a CDL, or refusing to allow someone to operate a CMV for at least 60 days. Also, notification of traffic violations must occur within ten days of the conviction.

7 - New Masking Prohibition

The new masking prohibition does not prevent a conviction from appearing on a driver's record. This prohibition also requires that conviction information be made available to authorized parties.

Summary

These new regulations will increase safety on roads and highways. These changes and additions will reduce the number of bad commercial drivers on the road and constantly monitor existing driver's safety. Carriers will have more information about commercial driver's past driving record. These new regulations will ultimately make the transportation of hazardous materials safer for everyone.



EPA News

Mercury Contamination

The Environmental Protection Agency, along with Clark County, Las Vegas officials, have spent over \$100,000 on decontamination efforts after a local middle school child brought approximately one quarter cup of liquid mercury into the school. The mercury contaminated not only the classrooms within the school, but also the school bus, and dozens of classmate's clothing.

The EPA closed the school for a week to complete cleanup efforts and spent multiple weeks at the child's home, where extreme mercury levels were present. The long-term mercury exposure nearly killed the child and resulted in the destruction of the parent's personal property for decontamination.

While there are legitimate and safe uses for mercury such as thermometers, thermostats, fluorescent lamps, barometers, and switches, mercury is extremely dangerous when released from sealed containment into the environment. Metallic mercury slowly evaporates when exposed to the air, which can reach contamination levels from a few drops of spilled mercury. According to NIOSH, exposure limits of mercury vary from 0.01 mg/m³ to 0.03 mg/m³. Symptoms of

mercury poisoning include the following.

- Vision impairment
- "Pins and needles" sensations
- Numbness of hands and/or feet
- Lack of coordination in delicate movements, such as writing
- Impairment of speech
- Skin rash

If Mercury is spilled, even in a very limited amount, the following precautions should be taken.

- Contact the local health department and inform them of the situation.
- Immediately remove children from the area.
- Do not attempt cleanup with paper towels, household cleaners, or vacuum cleaners

Mercury spills can easily lead to mercury poisoning if not handled properly. However, a few simple do's and don't's will help greatly if a situation occurs. Always be aware of items in your workplace and home that contain mercury so that if a leak occurs, the hazards can be avoided.

Office Info

Telemarketing

Have you ever picked up the phone in the evening, only to find the voice on the other end is that of a telemarketer? Recent changes in telemarketing laws are intended to reduce those calls dramatically.

Registration with the National Do Not Call Registry, operated by the Federal Trade Commission (FTC), will reduce the number of telemarketing calls you receive by 80%. Telemarketers had thirty days to remove the numbers of those who signed up starting September 2003, and they must update their lists with new registrants every three months. Phone numbers will remain on the registry for five years. If you change your phone number, disconnect and reconnect the same number, or move to a new address and keep the same phone number, then it would be wise to re-register. When in doubt, you can verify that your phone number is on the list by checking the following web site:

www.donotcall.gov/confirm/Conf.aspx

Depending on the type of call being made, all solicitations may not be covered by the Do Not Call Registry. Charities, survey researchers, and political campaigns may continue to contact you by phone. In addi-

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PERSONAL PAGE:

MARCH - NATIONAL NUTRITION MONTH

Americans are eating more meals than ever away from home. According to the National Restaurant Association, the typical American age eight years old and above consumes an average of 4.2 meals away from home per week, or 218 meals per year. Americans spend almost half their food budget on foods eaten outside the home.

Eating out can be a challenge for many reasons. Restaurant portions tend to be far greater than any single person requires at one sitting. Fast food restaurants encourage patrons to "super size" their combo to receive the most food for their money. All-you-can-eat loaves of bread, creamy soups, alcoholic beverages, high-calorie main dishes...the list of challenges goes on and on.

It is important to plan ahead to ensure your meal will be as healthy as possible. Select a restaurant that offers healthy options. If you eat out often, keep a list of preferable restaurants, and avoid those that challenge your nutritional goals. Below you will find several tips that will help to make your next meal out a little more healthy.

- Stop eating when you are full, not when you are stuffed.
- Avoid all-you-can-eat buffets or restaurants.
- At self-serve salad bars, use a small plate and choose a variety of fresh vegetables and fresh fruits.
- Eat slowly, taking small bites and chewing each bite thoroughly.
- Choose water instead of high-caffeine beverages.
- If you choose to eat bread before dinner, keep in mind that whole wheat bread is a healthier alternative to white bread.
- Choose a small tossed salad with a low-fat or fat-free dressing served on the side, or a broth-based soup .
- Avoid toppings such as croutons, sour cream or cheeses that increase not only calories but also the fat and sodium content of your salad or soup.
- Combat large serving sizes by ordering your dinner from the appetizer section of the menu, sharing with a friend, or asking the waiter to only bring half the entrée and wrapping-up the other half to take home.
- Avoid high-fat and high-salt sauces and dressings (such as alfredo, cheese, sour cream, gravy, etc.). If you choose to have a sauce, order it on the side so you can control how much is used.
- In general, choose foods that are steamed, poached, baked, grilled, roasted or broiled.
- Trim visible fat from meat and remove the skin from poultry before eating.
- Consider rice and steamed vegetables as healthy alternative side dishes. Instead of butter, sour cream or cheese on your baked potato, be creative and try salsa or fat-free dressing on the side
- For a sweet treat, choose fresh fruits, sorbets or low-fat frozen yogurt, rather than high-calorie and high-fat desserts.

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tion, companies with which you have an "existing business relationship" as well as their affiliates can call you within an 18-month window. And when you inquire about or apply for a service or product, that company can contact you within three months.

To sign up for the National Do Not Call Registry, either call the hotline at (888) 382-1222, or visit the web site at www.donotcall.gov.



ASK RCS!

Contact RCS today with all of your regulatory needs -

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