



## Commit to Quit

Did you know that tobacco use is still the single most preventable cause of death in the United States? The American Cancer Society estimates that one in five deaths among Americans is caused by tobacco use. This year, the **Great American Smokeout** is **Thursday, November 20**. If you smoke, commit to quit.

Think about it this way. If you quit now, you'll probably live longer, and you'll definitely be healthier. You'll feel better, and you'll smell better, too. You'll also save a pile of money. Just think about how much cigarettes cost you every month, and how much it'll cost you in medical bills if you get a smoking-related disease like cancer or emphysema. Think about all that—and then think about quitting once and for all this year.

## Lockout / Tagout: What Everyone Should Know

When a machine needs repairs, authorized maintenance personnel are specially trained to follow lockout procedures required by Cal/OSHA. Lockout is a procedure designed to prevent unexpected start-ups while someone is repairing or servicing a machine.

The lockout procedure begins when maintenance informs others in the work area that a piece of equipment is going to be shut down. Maintenance personnel will then shut down the equipment and isolate energy sources so the equipment can't be started. A lock and a tag are placed on the energy isolation device (often a circuit breaker). After that, maintenance personnel make sure any stored energy is released from the machine, and then they test to make sure the power is really off and the machine won't start. At that point, they're ready to service the machine or make repairs. Once they're finished working, they need to take these important steps:

1. Clean up and inspect the work area.
2. Notify you and your co-workers that they will soon be starting up the machine and ask you to stay clear of the area until start-up is completed.
3. Remove locks and tags and reenergize the machine.
4. Restart the machine and make sure it is working properly.

## Top 10 Most Disabling Workplace Injuries

The annual Workplace Safety Index identifies the top 10 most disabling workplace injuries for each year. The most recent list includes the following injuries:

1. Overexertion—injuries caused by excessive lifting, pushing, or pulling
2. Falls on the same level
3. Falls to a lower level
4. Bodily reaction—strains from slipping or tripping without falling
5. Struck by an object
6. Highway accidents
7. Repetitive motion
8. Struck against an object
9. Caught in or compressed by equipment or objects
10. Assaults and other violent acts



## Cal/OSHA has Revised the Hazard Communication Standard

Cal/OSHA has revised its Hazard Communication Standard to align with the United Nations' system. The new standard is being called the Global Harmonization System of Classification and Labeling of Chemicals (GHS). Two significant changes involve new labeling elements and a standardized format for Safety Data Sheets or SDS (formerly known as Material Safety Data Sheets or MSDS). The new label elements and SDS requirements were designed to improve worker understanding of the hazards associated with the chemicals in their workplace.

The majority of the new standard's compliance dates do not take effect until 2015 and 2016, however, by December 1, 2013 employers are required to have trained their workers on the new label elements and the SDS format. This training is required early in the transition process since workers are already beginning to see the new labels and SDSs on the chemicals in their workplace.

To assist our members in complying with this new training requirement, YCPARMIA has purchased a training DVD and has been offering on site training for employees. Contact us at (530) 666-4456 to borrow the "Hazard Communication & The Global Harmonizing System" DVD, or to set up a training with our instructor.

Additional compliance dates for the revised standard are as follows:

- Manufacturers, importers, distributors, and employers shall be in compliance with all modified provisions of the revised standard no later than **June 1, 2015**.
- After **December 1, 2015**, the distributor shall not ship containers labeled by the manufacturer or importer unless the label has been modified to comply with the revised standard.
- All employers shall, as necessary, update any alternative workplace labeling used under the revised standard, update their hazard communication to comply with the revised standard, and provide any additional employee training for newly identified physical or health hazards no later than **June 1, 2016**.