Third Quarter, 2010 Volume 1, Issue 12



# PPSA Quarterly Review

Pulp and Paper Safety Association (850) 584-1569

Website www.ppsa.org

# Special Interest Articles:

- Chairman's Letter
- 2011 Conference SAVE THE DATE
- Safety
- o Short Cuts
- o Injury Rates
- FanImpellerSafety Alert
- Ergonomics
- About Us

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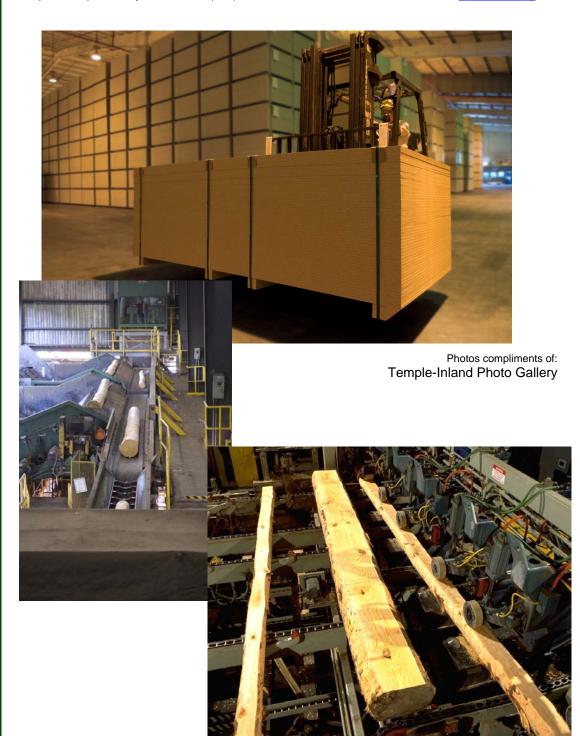
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### A Letter from Our Chairman



### **Current Activities & 2010/2011 Focus**

These are exciting times for the PPSA organization. Board members met in Memphis, TN recently to look back on the significant progress we have made as an organization over the last three years and also look forward to ensure that we have plans in place for continuously improving the services that we provide for members. Listed below are our planned objectives which we will use to measure our progress in the future and meet our commitment to our members.

We will position the PPSA to become the primary health & safety resource for the Forest Products Industry. We will do this by:

- Executing a professional 2011 Safety Conference which:
  - o Is well received by our members and vendors
  - o Increases attendance by 20% over 2010
- Remaining fiscally responsible and financially stable
- Implementing an alliance with AFPA which promotes PPSA as the provider of safety technical expertise to AFPA and PPSA members
- Providing members with opportunities to interface with quality, state-of-the-art vendors who provide services and products to our industry
- Continuing to develop the PPSA web site as a preferred reference for safety information
- Providing forward looking safety and regulatory updates every quarter which identify critical issues and opportunities for our industry
- Providing accurate and timely statistical data for company and member comparisons
- Increasing company memberships to ensure that the PPSA represents the majority of stakeholders in the industry (10% increase in membership year over year)
- Hosting training seminars on a quarterly basis covering important topics for members
- Providing comments as appropriate on pending OSHA regulatory changes which will impact our industry

The board will provide updates on our progress each quarter.

### 2011 Conference

• Planning has begun for our 2011 conference which will be held in beautiful downtown San Antonio the week of June 19–22, 2011.

### Partnership with AFPA

• Recognizing and leveraging the strengths of both AF&PA and PPSA to co-publish statistics and work collaboratively to better understand and influence regulatory affairs. AF&PA will collect and report the benchmarking data for mid-year and year-end periods. We are committed to meet a schedule that will provide timely data for our members. Since AF&PA is now working on a substantially reduced the budget for their health & safety committee, the board increased the PPSA budget for Legal/Legislative to allow us to include regular updates for our members through webinars and quarterly reviews.

#### **Training Seminars**

• Discussion on the use of webinars as short topics or preliminary information for conference topics led to forming a plan for two webinars. We will work with Larry Halprin to present a Legislative Update for 2010 – Q4 and Jennifer Stroud (Rayonier) will organize a 2011 – Q1 session on Hearing Conservation, which will address octave band measurements along with other items. We will provide more details as plans progress.

### General Chairperson - PPSA, Chris Redfearn

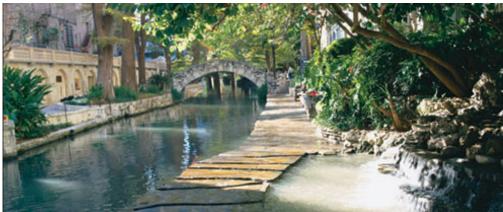


# SAVE THE DATE

Plan to attend the 68<sup>th</sup> Annual Pulp & Paper Safety Association Safety & Health Conference at the Hyatt Regency San Antonio, TX June 19 – 22, 2011

There's a new "Sheriff in Town" and he's looking to get OSHA back into the enforcement business. The 2011 professional development conference will focus on recent regulatory developments, their impact on the Forest Products Industry, and how you will meet this challenge. In addition, the conference is an excellent opportunity to network and learn about the latest safety and health advancements, products, and programs serving our industry.

San Antonio, Texas offers great weather, fantastic restaurants, great golf, the Mercado, SeaWorld, Six Flags Amusement Park, and of course the world-famous River Walk. The Hyatt Regency San Antonio directly overlooks the historic Alamo and the River Walk. A great location and a great venue to meet, learn, and have some fun.



View of the San Antonio River Walk

PPSA has been a resource to the Forest Products Industry since 1944. Additional information and registration materials for the 2011 conference will be available on the PPSA website <a href="www.ppsa.org">www.ppsa.org</a>. Watch for the early registration discounts.

# **Safety**

An illustration of the hazards of taking a short cut...

The employee in question was blowing off the top of a large tank in the corner of the Starch Room. He stepped onto pallets of Borax that were stored in the room near the tank and his foot got caught. He fell off of the taller pallet of Borax and broke his left leg below the knee and possibly fractured his left ankle. He was taken to the local hospital by ambulance and he is a lost workday case.

The picture below shows the pallets of Borax that were involved in this injury. The employee could have and should have moved them and safely accessed the tank with a ladder, but he chose to take a short cut leading to a substantial injury. Please use this injury to illustrate to your employees why we need to make good decisions and work safely even if it takes a little bit longer to do so.





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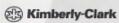






















# **Injury Rates**

By John Sunderland

The trouble with looking at injury rates is that they measure the impact of injuries and illnesses on organizations and overlook the impact on people. An injury rate of one per one hundred workers is a great measurement for the company involved. Depending on the severity of the event, it can be devastating for the worker and their family.

Our goal is to eliminate injuries/illnesses in the workplace and maybe even to do so at home as well. We look at each event and try to find the right corrections or changes needed to keep it from happening again. It is a lofty goal, but an appropriate one.

However, we are faced with looking at numbers to gain a better understanding of where we have been and hopefully knowing that we are getting better. Like any other set of statistics, Total Incident Rates are strictly a snapshot measurement.

The U.S. Bureau of Labor Statistics (BLS) just posted the fatality numbers for 2009. It was an opportunity for me to take a look at "numbers" a bit. BLS stats for injuries and illnesses are not out yet for 2009, but as I looked at them for 2008 I noticed a few things, which caused me to look at bit further. When you look at the BLS databases, it gets a bit confusing, so I copied out some pertinent data for our industry and added a combined rate for accidents/illnesses and fatalities.

	# of employees (in thousands)	Non-fatality incident rate	Number of fatalities	Combined rate	b
<u>2007</u>					
Total US	114,839	4.2	5657	4.7	
Manufacturing	14,833	5.6	400	5.9	
Paper manufacturing	463	4.0	16	4.3	
				;	> 6.6
Wood products man.	538	7.8	39	8.5	
Forestry ops & logging	68	5.2	93	18.8	
2008					
Total US	134,035	3.9	5214	4.3	
Manufacturing	13,735	5.0	413	5.3	
Paper manufacturing	450	3.7	15	3.3	
. apoa.ra.aorag	.00	<b></b>	.0		> 5.6
Wood products man	490	7.2	27	7.8	0.0
Forestry one 9 legging	64	4.0	102	15.0	
Forestry ops & logging	64	4.0	102	15.8	
2009					
Total US			4340		
Manufacturing			304		
Paper manufacturing			10		
Wood products man.			20		
Forestry ops. & logging	•		51		
i diestry ops. & logging	1		31		

The combined paper and wood manufacturing BLS TIR was 6.6 in 2007 and 5.6 in 2008. The PPSA conducted benchmark reviews for those years and total company-wide totals were 2.09 in 2007 and 1.6 in 2008. The mid-year 2010 total was 1.39.

BLS data indicates that all companies are making improvements in safety, particularly in our industry. Hopefully the 2009 improvement in the fatality rate will be indicated in the total incident rate as well. While the PPSA stats do not have the depth of the BLS database, results from participating companies show that we are making greater progress than the industry as a whole. Congratulations to all who are making our workplaces safer. I know it comes from concentrated efforts on everyone's part. But, and there is always a "but", we cannot lessen our efforts. The cost of continued improvement is renewed diligence remembering that our real goal is to be injury free.



# SAFETY ALERT

### iLevel Kenora

LOCATION: Kenora

DATE OF INCIDENT: Wednesday June 16, 2010

JOB TASK: Product Offloader

CLASSIFICATION: Property Damage - Fork Truck

CONTACT: Kerry Myles Location: Shipping Yard

### DESCRIPTION OF INCIDENT:

At approximately 9:30am this morning a parked Hyster Fork Truck rolled backwards approximately 100 feet into a ditch in the shipping yard. There was no one in the equipment and no one in the area at the time. The fork truck rolled onto its side sustaining some damage to the lights and mast.

The emergency brake was applied but for reasons unknown at this time did not hold.

The investigation will be shared when completed.





### FOLLOW UP INFORMATION:

As a follow up to the above incident we discovered that the parking brake switch was faulty and did not actually engage the parking brake prior to the associate exiting the Forklift.



Further investigation revealed that Hyster had replaced the original part (#1523533) with a more robust version of the parking brake switch (new #1663496).

Hyster informed us there had not been any manufacturing recalls or other incidents with the original switch that they were aware of.

Old Switch Part #1523533



New Switch Part #1663496



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### Most Americans Should Consume Less Sodium from the CDC

Did you know that on average, most Americans consume about 3,400 milligrams of sodium per day? That's more than double the recommended amount for most people. A diet high in sodium can increase your blood pressure and your chances of heart disease and stroke.

Most of the sodium we consume is in the form of salt, and the vast majority of sodium we consume is in processed and restaurant foods. Too much sodium is bad for your health. It can increase your blood pressure and your risk for a heart attack and stroke. Heart disease and stroke are the first and third killers of men and women in the United States each year.

Current dietary guidelines for Americans recommend that adults in general should consume no more than 2,300 mg of sodium per day. At the same time, consume potassium-rich foods, such as fruits and vegetables. However, if you are in the following population groups, you should consume no more than 1,500 mg of sodium per day (approximately 2/3 teaspoon), and meet the potassium recommendation (4,700 mg/day) with food.

- You are 40 years of age or older.
- You are African American.
- You have high blood pressure.

A CDC report shows that 2 out of 3 (69%) adults in the United States fall into these three groups who are at especially high risk for health problems from consuming too much sodium. Eating less sodium can help prevent, or control, high blood pressure.

If you would like to learn more go to the CDC Salt Intake Widget.

http://www.cdc.gov/widgets/SaltIntake/alt/







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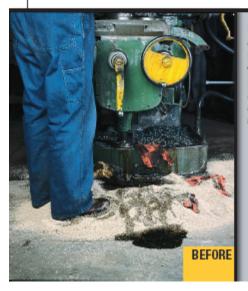
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# **SAFETY SUCCESS & ALERT**

Facility Name	Corrugated Box Plant	Date / Time of Injury	9-29-2010
Department	Converting	Crew/Shift	Third Shift
Injury Description	Property Damage	Person Preparing Alert	
Incident Severity	Recordable	Restricted	Lost

### Description

A serious fan impeller failure occurred at the feed table vacuum fan on a corrugated box die cutter. A piece from the vacuum fan duct under the lead edge feeder vacuum chamber broke loose, entered the fan causing disintegration of parts of the cast alloy impeller and the resulting shrapnel breached the cast alloy fan housing.

### Investigation Results

Employees were working near the fan when it disintegrated but the recommended Kevlar blanket guard that was installed prevented contact to personnel working in the immediate area. If not for the Kevlar blanket guard, there could have been potential catastrophic injuries to those personnel.

### Root Cause

Between normal machine vibration and the constant suction force applied to the duct by the vacuum fan, it is speculated that there was metal fatigue that caused the side of the duct to cave in.

### Corrective Action Plan

- The plant intends to have a local fabrication shop make a temporary duct until new parts are received. A new heavy duty fan duct is on order.
- The Kevlar guard was undamaged and reinstalled on a replacement fan.
- When ordering vacuum replacement fans, consider the option for available models that include steel impellers and steel housings which would eliminate the need for after market guarding for fans with cast alloy impellers and cast alloy housings.

### **Photos**

Damaged Vent



Damaged Housing



Reinstalled Kevlar Guard



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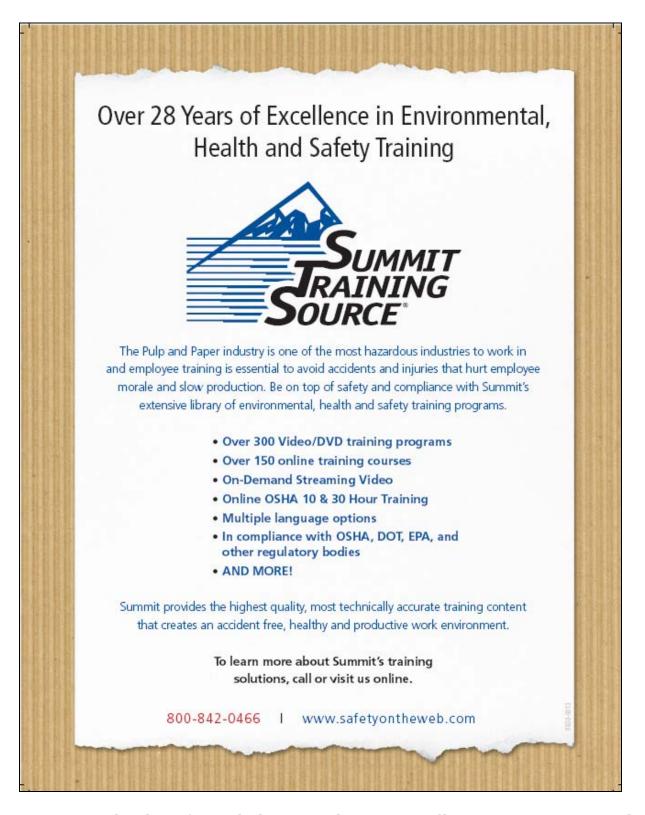
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# **Eye on Ergonomics**

Tool Box Talk - High Mileage Drivers

ERGO RISK

### Begin with the destination in mind

- Before we start a job, most of us know to take a second to make sure we have all of the tools we need and have thought about the job ahead.
- Do you take the same time before you get out of your driveway?
- · Whether it's a lifting task, or operating a vehicle, taking the time to put your back in 'neutral' is
- Neutral posture happens when your hips are at the back of your seat, and your low back is supported
- The combination of long commutes and road trips, coupled with poor low back posture and vibration from your vehicle can lead to more and more discomfort.
- The bottom line is that before you start any commute start with your back in mind. It will thank you over the long haul.

#### Bad habits are hard to brake

- There are many bad habits that sometimes creep into the way that we use our vehicles.
- Review the following questions to see if there are any that you may not be aware of:
- While driving, have you ever drove dead tired (just a few more miles...), used your cell phone or driven drunk (did you know that all three of these can have the same impact on your driving)?
  - On long drives, do you sit in one posture for long periods or do you use cruise control to allow you to change postures?
  - On drives of greater than an hour, do you 'push through' to get there or take regular, short breaks?
  - Do you ever drive with a wallet in your back pocket (do you know how this impacts the back)?
  - Work with us and see if you need to re-think any of your

### Your mobile workshop

- One of the most important things to understand about driving is that prolonged sitting in a vehicle, with your back slightly slouched can cause the 'shock absorbers' of our back to get a little out of position.
- If you drive for a while, then jump out and start lifting or unloading tools or equipment, your back is at a higher risk of injury.
- If driving and handling items are a part of your job, we provide you with a few questions to help you think about protecting your body and your back.









### Rough road ahead

- If you have ever used a jackhammer or been hit playing a contact sport, you know that vibration and impacts take their toll on the body.
- When you think about driving for long periods or driving or rough terrain, it's important to realize that the side effects of driving can accumulate and cause serious physical problems.
- In this toolbox talk, we provide some simple questions to get you thinking about whether you care about the impacts of traveling off the beaten path.

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For additional tips and information on *Industrial Toolbox Talks* click on the following link: Take Responsibility (http://ergorisk.com/index.php?option=com\_content&task=category&sectionid=1&id=26&Itemid=54)

Information brought to you by David Coates ErgoRisk Management Group

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# **PPSA Sponsorship**



The Pulp & paper Safety Associations operates as a non-profit forest products industry association dedicated solely to safety. A key goal of the association is to provide membership and services at minimal cost to its members. The current low cost of PPSA membership and safety services is made possible by substantial monetary sponsorship from companies and vendors. These vital PPSA sponsors are recognized on the follow pages.

We'd like to thank the following for participation and partnership with the Pulp and Paper Safety Association!

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### **About our Organization**

### **Membership Information**

Membership in the Association is by operating facility, such as a paper mill, box plant, sawmill, woodlands, etc. Approximately 380 operating facilities are currently members. Annual Membership is based on employee numbers. 1-50 employees is \$100, 51-100 employees is \$150, 101-200 employees is \$200, 201-500 is \$250 and 501 and up is \$300. Please remember that each location must have its own membership. We do not have any corporate members. Vendors are \$275

Membership in the Association has many advantages:

- Participation in the Annual Health and Safety Conference and service as a member of the Board of Directors provides an opportunity for personal and professional growth.
- The Pulp and Paper Safety Association is the ONLY national organization exclusively concerned with accident prevention in the pulp, paper, converting, recycle and forest product industry.
- The annual Conference provides great face-to-face networking opportunities.
- The Quarterly Report provides a way of bench-marking your own performance with others in similar operations.
- The Awards program provides a prestigious form of recognition to outstanding short-term and long-term safety performance by operating categories.
- The Association is an excellent forum for keeping up with latest OSHA standards.
- In-depth information on specific subjects is increasingly available at regional seminars. The cost of these seminars is minimized by virtue of holding them on a regional basis.
- The annual conference provides a fine external motivational boost to hourly Safety Committee members as recognition for their active participation in your
- The cost of membership is the lowest of any association to our knowledge.
- The attendance of vendors at our annual conference allows safety people to keep up with the latest safety equipment, tools and training.

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