



Loss Control *and you*

Hazardous Energy Control Procedures

By **Mike Huss**
Loss Control Supervisor

Hazardous energy control – more commonly known as lockout/tagout – procedures are an important, though frequently overlooked, component of many safety & health programs. These procedures are designed to protect employees from being injured, or worse, by the accidental startup or movement of machinery or equipment that they are working on. The standard on which all lockout programs are based is OSHA Standard 29 CFR 1910.147 “The Control of Hazardous Energy” You must have a control of hazardous energy program if any employees perform maintenance work on machinery or equipment that either:

- Exposes them to injury if the equipment were to accidentally be started, or
- Exposes them to injury if an unexpected release of hazardous energy were to occur, such as a blast of steam, corrosive chemical or electrical arc flash.
- Changing saw blades;
- Electrical work where employees are exposed to conductors under the assumption that they are “off”, like replacing light ballasts;
- Repair work or clearing jams on conveyors

Some examples of tasks commonly performed by employees that would usually require lockout are:

- Replacing belts on machinery, and vehicle engines
- Disassembling equipment to replace/repair motors or pumps;
- Maintenance on electric/hydraulic equipment;
- Boiler repairs
- Working on engines and drive trains of vehicles/mobile equipment;
- Working under elevated buckets, booms, or dump bodies of vehicles and mobile equipment

A good lockout program should be specific to your operations and equipment. Essential elements of a Lockout program include;

1. A written hazardous energy control policy
2. Equipment specific lockout procedures
3. Lockout equipment
4. Employee training
5. Guidelines and training for contractors and other outside employers
6. Periodic program evaluation
7. Recordkeeping guidelines

Loss Control at (888) 500-3344 or email losscontrol@firstcomp.com

Safety News

By **Kim Coonrod**
Loss Control Manager

OSHA Shifts on Noise Exposure Standards

OSHA is proposing a significant change in the enforcement policy it has used since 1983. The existing enforcement policy allows most employers to use PPE rather than engineering and administrative controls if the former is less expensive than the latter methods. OSHA is soliciting comments on a proposal to interpret 29 CFR 1910.95(b) (1) and 1926.52(b) as they are written – and in accordance with the hierarchy of controls, which begins with engineering and administrative controls to reduce or eliminate exposures. If OSHA institutes these changes in enforcement policy, more businesses will be exposed to fines if they bypass feasible administrative and engineering controls in favor of PPE use.



Although lockout accidents are not as common as other mishaps, but when they do occur, they may result in serious injury or death. Do not wait for an accident to determine whether you need a lockout program.

For assistance with this or any other type safety and health programs, please contact FirstComp



Safety News

(Continued from page 1)

OSHA Reveals Top 10 Safety Violations

The Occupational Safety and Health Administration released its list of the Top 10 most cited violations in the fiscal year 2010 — and the list is very similar to 2009.

Once again, the most cited violations concerned the use of scaffolding, but this year, ladders moved from 7th to 5th on the list, while lockout/tagout and electrical each fell one spot.

Workplace Injuries and Illnesses in 2009

The Bureau of Labor Statistics recently released an analysis of workplace injuries and illnesses in 2009. Nonfatal injuries and illnesses fell to 3.6 per 100 full-time equivalent (FTE) workers. — down significantly from 3.9/100 FTE in 2008. The total number of nonfatal incidents also fell in 2009, dropping to 3.3 million from 3.7 million in 2008. Total injury and illness incidence rates in the private sector have fallen significantly every year going back to 2003 when the current reporting method was first used.

Safety & Health Calendar

December 2010 —

[National Drunk and Drugged Driving Prevention \(3D\) Month](#)

January 2011 —

[National Radon Action Month](#)

February 2011 —

[American Heart Month](#)

Lessons from Losses

By [Courtney Rosengartner](#)
Loss Control Coordinator

A small carpentry risk experienced two separate falls from heights within the last year incurring a total of \$130,000 in losses. While performing roof work on a residential home, a 30 year old male, fell 18 feet sustaining several injuries to his knee, back, thigh and hip when de-

scending from a 24 foot ladder. A second individual fell off of the roof of a home suffering extensive injuries his first week on the job. He fractured four vertebrae, his right elbow and tailbone. A broken screw on the scaffolding gave way causing the claimant to lose his balance and fall 25 feet. The supervisor was not present on either occasion.

Fall prevention includes inspecting equipment before each use; the scaffolding with the broken screw and the ladder before every use. Prior to that, performing safety training is an important part of an organization's safety program. It is important to have formal guidelines in place with comprehensive safety standards. Furthermore, in the event of an incident, the accident should be fully investigated and corrective action taken to prevent these conditions or behaviors from happening again. It is important to set a good example by requiring safety practices and training from a supervisor or manager. An organization should require personal protective equipment which includes fall protection equipment when working at heights.



Safety Video Library

By [Nick Gustafson](#)
Loss Control Coordinator

Did you know that FirstComp offers a variety of loss control services? Many of these services are available to all policyholders, for free! Each quarter, we will highlight a FirstComp loss control service and how it may help reduce claims.

FirstComp continues to work with the National Safety Council—Greater Omaha Chapter to provide a variety of high-quality safety & health videos to our policyholders. To get started with the video library, just contact the loss control department at FirstComp. Some of the most popular titles are listed below.

- MSDS: Read it Before You Need It
- Forklift Safety
- Handling the Heat
- Ergonomics: Solving the Puzzle
- Preventing Slips, Trips and Falls
- Heat Hazards
- Emergency Preparedness
- Hand & Power Tool Safety
- Driven to Distraction
- Back Safety
- Ready Response: Sexual Harassment
- Welding Safety
- Blood Borne Pathogens in Healthcare Facilities
- Working with Stress
- Arc Flash Awareness
- Violence on the Job
- Fatigue at Work

For information about any of FirstComp's Loss Control Services, please call (888) 500-3344 or email losscontrol@firstcomp.com

Class Code Focus: Carpentry Contractors



[Easy Ergonomics: A Guide to Selecting Non-Powered Hand Tools—CDC](#)

[Eye Protection in the Workplace—US Department of Labor](#)

[Hand and Power Tools—OSHA](#)

[Noise on the Job Can Damage Your Hearing—University of Washington](#)

[Personal Protective Equipment—OSHA](#)

[Portable Power Tools—Safety Walkaround Checklist—Electronic Library of Construction Occupational Safety & Health](#)

[Respiratory Protection—OSHA](#)

[Safe Work with Power Saws—eLCOSH](#)

[Simple Solutions—Ergonomics for Construction Workers—National Institute for Occupational Safety & Health](#)

[Temporary Power—Training Guide—eLCOSH](#)

[What is Hazard Communication? - OSHA](#)

[Woodworking—Safety and Health Topics—OSHA](#)

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