

“The CHASE REPORT”

July 2022, Vol 4

An AKOSH Consultation and Training Newsletter

The Chief's Corner

Hello CHASE participants. Since its inception, the CHASE program has experienced changes. Tony Robinson will be joining Donnie in Enforcement to become an Enforcement Officer. We appreciate Tony for the work he has done with the program in such a short amount of time. We wish him much success as he transitions into his new role. With that said, I'd like to welcome Michael Flint as the new CHASE

Manager. Michael has been with the Consultation section for over a year and has accompanied Tony on several construction-site visits. He has been performing CHASE duties for the past 2 months and some of you may have already met him; however, if you have not, you will have an opportunity in the upcoming months.

Safe + Sound News

The summer months in Alaska can be quite warm and this year is no exception. When we talk about heat stress, it isn't just for people in the Lower 48. Working in 70-degree weather can be equivalent to working in 90-degree temperatures in the Lower 48.

As we are in the midst of summer, be sure to stay hydrated. Drinking enough fluids is one of the most important things you can do to prevent heat illness. Hydrate before, during and after work. Drink 1 cup of cool water for every 20-30 minutes you work in the sun.

Remember NO SAFETY SHORTCUTS—EVER.



Elaine Banda, Chief of Consultation and Training

AGC Safety Fair



After a long 2-year hiatus, the AGC Safety Fair is back! This year's fair will be held Wednesday, July 27, 2022, from 4pm to 7pm. The location is Davis

Constructors parking lot: 6591 A. St., Anchorage AK 99518. Bring the kids, bring your appetite, and bring on the fun and sun! To sign up, to become a sponsor, or for more information contact Ruby at ruby@agcak.org. Or call (907) 865 0547 for detailed information.

Words from CHASE Program Manager

My name is Michael Flint, the incoming CHASE Program Manager. I'd like to acknowledge Tony Robinson for the tremendous job he's done with CHASE and wish him well. I want to continue building on Tony's work and take the program to a level that rivals SHARP and VPP. As the program evolves, my goal is to increase membership and bring together general contractors with various trades from Associated General Contractors (AGC) and Associated Builders and Contractors (ABC). Both organizations have a wealth of knowledge and talent that would be of great benefit to the program. I would also like to encourage independent contractors and trades who are not members of either AGC or ABC to be included in the CHASE program. I look forward to meeting and working with you.

Michael Flint (he/him/they/them)
CHASE Program Manager



CHASE Spotlight



This quarterly newsletter will focus on something different. Recently AKOSH citations for fall protection standard violations are on the rise. **FALLS ARE THE LEADING CAUSE OF DEATH IN CONSTRUCTION.** In 2020, there were 351 fatal falls to a lower level out of 1,008 construction fatalities according to the bureau of labor statistics. These deaths are preventable. Injuries from workplace falls can be serious, even fatal. To protect your staff and keep up with OSHA regulations, it's important to familiarize yourself with the basics of workplace fall safety. The picture below, taken on an Alaskan construction site is an example of what the public sees.



When do I Need Fall Protection? If you perform any work in which the lower level is 6 feet below, or any work on overhead platforms, it's more likely than not that you need a fall protection system in place. In most situations, an elevation of six feet or more necessitates fall protection. Six feet may not seem like a lot, but someone weighing 200 pounds falling from six feet could hit the ground with more than 1,600 pounds of force. To help prevent this, OSHA requires employers to:

- Guard every floor hole into which someone could accidentally walk
- Provide a guard rail and toe-board around every elevated workspace six feet or more above the lower level or at any height if there is a risk of an employee falling into dangerous equipment or,
- Provide a fall arrest or positioning system that prevents employees from experiencing a catastrophic fall.



Fall Protection Systems
Specific job sites require additional means of fall prevention such as safety harnesses and line systems using fall arrest anchors. Fall Protection Systems are required whenever a worker is exposed to a fall hazard. A common fall arrest system includes an anchor, harness, and connectors such as a Self-Retracting Lifeline (SRL). These systems are designed to lock if a worker falls, preventing them from impacting the ground.

Portable Ladders

Portable ladders are often one of the most overlooked areas when it comes to employee falls. It is imperative that employees understand the proper use and inspections of portable ladders. When you want to reach a higher work area, think about the best equipment to use. While a ladder or stepladder is commonly used, it may not always be the best option.

Ask yourself these questions before deciding on a ladder:

- Will I have to hold heavy items while on the ladder?
- Is the elevated area high enough that it would require a long ladder that can be unstable?
- Will I be working from this height for a long time?
- Do I have to stand on the ladder sideways to do this work?

If your answer is yes to one of the above questions, consider using something other than a ladder. If possible, bring in other equipment like a scissor lift. If you must use a ladder, use one that has a working platform with handrail barricades on the sides (e.g., a platform stepladder).

Closing Remarks from Chief Banda



Remember, “*The Public is Watching.*” **Stay safe everyone!**