

# “The CHASE REPORT”

October 2022, Vol 5

An AKOSH Consultation and Training Newsletter

## The Chief's Corner

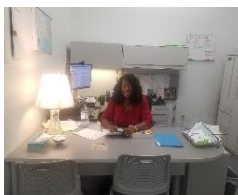
Hello CHASE participants. It's been a year since AKOSH Consultation and Training began writing the Chase Report newsletter. We work hard to provide relevant information that will help keep workers safe so that at the end of the workday, they can return home to their family and friends. As I write this article, I was just informed of a workplace fatality. Unfortunately, someone isn't returning home tonight.



Sometimes consultants receive information from workers that can be quite disturbing. Workers' Rights is sometimes a delicate, but necessary topic. I'd like employees to know, they have the RIGHT to work in an environment that is free of known health and safety hazards. And they have a right to speak up about hazards without fear of retaliation.

I also want to remind employers, it is illegal to fire, demote, transfer, or retaliate in any way, an employee who files a complaint for safety reasons. Employers are encouraged to listen to employees' concerns regarding workplace hazards. Many workers say that filing a complaint is a last resort when they feel unsafe, and they are not being heard. It would be much easier to listen and address employee complaints, so they don't feel as though their only option is to file a complaint.

Remember NO SAFETY SHORTCUTS—EVER.



*Elaine Banda*, Chief of  
Consultation and Training

## Know Your Rights

As an employee, you have the right to:

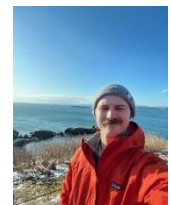
- Receive workplace safety and health training in a language you understand
- Work on machines that are safe
- Receive required safety equipment, such as gloves or a harness and lifeline for falls
- Be protected from toxic chemicals
- Request an OSHA inspection, and speak to the inspector
- Report an injury or illness, and get copies of your medical records
- Review records of work-related injuries and illnesses
- See results of tests taken to find workplace hazards

## Words from CHASE Manager, Michael Flint

As we button down the hatches and snow continues to taunt us, it is time to review safe practices for working in cold weather. Alaskans have much more experience working in cold conditions than most, but sometimes complacency happens. Cold weather exposes workers to frostbite, hypothermia, and cold stress. It is important to know the wind chill as you prepare to work outside. Remember:

- Know cold stress symptoms—reddening skin, tingling, pain, swelling, cramps, and numbness.
- Dress properly—wear layers of loose-fitting clothes, insulated gloves, boots, and cover your head.
- Monitor your physical condition and your coworkers.
- Stay dry and pack extra clothes; moisture can increase heat loss from the body.
- Take frequent breaks in warm, dry areas.
- Drink warm liquids.

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



## CHASE Spotlight



Each quarterly newsletter will spotlight one CHASE Partner. The idea is to highlight a company that provides critical infrastructure to our state. As the CHASE program continues to grow, AKOSH Consultation expects to highlight other partners that work with our program, as well as various associations. This quarter we are shining the spotlight on Roger Hickel Contracting.



Roger Hickel Contracting is a construction contractor in Anchorage, Alaska, focusing on the Anchorage/MatSu Valley and all surrounding areas. Roger Hickel started with 5 employees including the owner. The company started doing small remodels and has grown into one of the top construction companies in the state. They now specialize in pre-construction services as well as building and civil construction. Roger Hickel is unique in that they are one of the few construction companies that have their own civil department and equipment. This means in most situations Roger Hickel would need less subcontractors which frees them up to schedule jobs based on Roger Hickel's scheduling needs alone.



From those humble beginnings the company has grown to over 74 employees and successfully completed projects across the state. Some of their repeat client projects include Walmart, Nordstrom, Home Depot, Lowe's, UPS, Fed Ex, Army and Airforce Exchange,



They were introduced to the CHASE program through a safety consulting company. After a year and a half of working with a safety consulting firm to fine-tune their safety program, Roger Hickel Contracting's team decided to take the program to the next level by applying for the CHASE Blue program.

After an initial safety consultation from AKOSH and a few adjustments to their safety program, Roger Hickel Contracting entered the CHASE Blue program this summer. Since then, they have shown enthusiasm and drive to be a productive partner to both AKOSH and fellow CHASE participants. We proudly shine the spotlight on Roger Hickel Contracting.



## Closing Remarks from Chief Banda



Remember, "The Public is Watching You." Stay safe everyone!