

Hurricane Preparedness

As Hurricane Florence barrels her way towards the East Coast (specifically, here in Wilmington, NC where NASP is headquartered), it is a severe reminder of Mother Nature's deadly wrath. As is the case with any pending emergency, do not wait until the last minute to take action. The following are tips on how to prepare before, during and after a hurricane or other major disaster:



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What to do as storm approaches



1. Download an application to your smartphone that can notify people where you are, and if you need help or are safe. The Red Cross has a Hurricane App available in the Apple App Store and the Google Play Store as well as a shelter finder app. A first aid app is also available.
2. Use hurricane shutters or board up windows and doors with 5/8-inch plywood.
3. Bring outside items in if they could be picked up by the wind.
4. Clear gutters of debris.
5. Reinforce the garage door.
6. Turn the refrigerator to its coldest setting in case power goes off. Use a cooler to keep from opening the doors on the freezer or refrigerator.
7. Fill a bathtub with water.
8. Get a full tank of gas in one car.
9. Go over the evacuation plan with the family, and learn alternate routes to safety.
10. Learn the location of the nearest shelter or nearest pet-friendly shelter.
11. Put an ax in your attic in case of severe flooding.
12. Evacuate if ordered and stick to marked evacuation routes if possible.
13. Store important documents -- passports, Social Security cards, birth certificates, deeds -- in a watertight container.
14. Have a current inventory of household property.
15. Leave a note to say where you are going.
16. Unplug small appliances and electronics before you leave.
17. If possible, turn off the electricity, gas and water for the residence.

List of supplies

1. A three-day supply of water, one gallon per person per day.
2. Three days of food, with suggested items including: canned meats, canned or dried fruits, canned vegetables, canned juice, peanut butter, jelly, salt-free crackers, energy/protein bars, trail mix/nuts, dry cereal, cookies or other comfort food.
3. A can opener.
4. Flashlight(s).
5. A battery-powered radio, preferably a weather radio.
6. Extra batteries.
7. A first aid kit, including latex gloves; sterile dressings; soap/cleaning agent; antibiotic ointment; burn ointment; adhesive bandages in small, medium and large sizes; eye wash; a thermometer; aspirin/pain reliever; anti-diarrhea tablets; antacids; laxatives; small scissors; tweezers; petroleum jelly.
8. A small fire extinguisher.
9. Whistles for each person.
10. A seven-day supply of medications.
11. Vitamins.
12. A multipurpose tool, with pliers and a screwdriver.
13. Cell phones and chargers.
14. Contact information for the family.
15. A sleeping bag for each person.





- 16. Extra cash.
- 17. A silver foil emergency blanket.
- 18. A map of the area.
- 19. Baby supplies.
- 20. Pet supplies.
- 21. Wet wipes.
- 22. A camera (to document storm damage).
- 23. Insect repellent.
- 24. Rain gear.
- 25. Tools and supplies for securing your home.
- 26. Plastic sheeting.
- 27. Duct tape.
- 28. Dust masks.
- 30. An extra set of car keys.
- 31. An emergency ladder to evacuate the second floor.
- 32. Household bleach.
- 33. Paper cups, plates and paper towels.
- 34. Activities for children.
- 35. Charcoal and matches, if you have a portable grill. But only use it outside.



What to do after the storm arrives

1. Continue listening to a NOAA Weather Radio or the local news for the latest updates.
2. Stay alert for extended rainfall and subsequent flooding even after the hurricane or tropical storm has ended.
3. If you evacuated, return home only when officials say it is safe.



4. Drive only if necessary and avoid flooded roads and washed out bridges.
5. Keep away from loose or dangling power lines and report them immediately to the power company.
6. Stay out of any building that has water around it.
7. Inspect your home for damage. Take pictures of damage, both of the building and its contents, for insurance purposes.
8. Use flashlights in the dark. Do NOT use candles.
9. Avoid drinking or preparing food with tap water until you are sure it's not contaminated.
10. Check refrigerated food for spoilage. If in doubt, throw it out.
11. Wear protective clothing and be cautious when cleaning up to avoid injury.
12. Watch animals closely and keep them under your direct control.
13. Use the telephone only for emergency calls.

Breathe Easy: Implementing the New Silica Standard



Taking a breath should not be a life-altering decision. OSHA's new standards for respirable crystalline silica have been released and are in effect for Construction as well as General Industry and Maritime. Initially, the standards were released on June 23, 2016, but industries had one to five years to comply. As of the writing of this article, those deadlines have passed with a couple of exceptions (medical surveillance must be

offered to employees who will be exposed at or above the action level for 30 or more days a year starting on June 23, 2020; hydraulic fracturing industries have until June 23, 2021 to comply with regulations about engineering controls).

The new standards require employers to limit worker exposures to respirable crystalline silica and to take other steps to protect workers. This includes determining the amount workers are exposed to if it is at or above the action level of 25 $\mu\text{g}/\text{m}^3$, and protecting workers when exposures are above the PEL of 50 $\mu\text{g}/\text{m}^3$, averaged over an 8-hour day. Also addressed in these new standards are rules for: providing respirators, establishing and implementing a written exposure control plan, restricting housekeeping methods, offering medical exams, training, and keeping records.

For the Construction standard, employers have the choice of either measuring workers' exposure to silica and independently deciding on appropriate, effective dust controls, or using a control method given in "Table 1" from the Construction standard. Table 1 provides effective dust control methods matched to common construction tasks. For example, a handheld power saw can be used with water ("wet cutting") to control silica dust. If employers use Table 1 correctly, they are not required to measure workers' exposure to silica.

The General Industry and Maritime standards do not address specific tasks and methods of control as the Construction standard does with Table 1. This means employers are required to measure workers' exposure to silica to determine what method of control should take place. In addition to the previously mentioned use of water as a dust control, a local exhaust ventilation system (e.g., vacuum) can remove silica dust at or near the point it is created. Enclosures that isolate the work process or worker can also be used as a method of dust control.

However, numerous industry groups have complained that the new standards are too stringent, claiming that there is no distinguishable difference in reducing health risks between the previous exposure level and the new exposure level of 50 $\mu\text{g}/\text{m}^3$. These groups also question whether OSHA has "substantial evidence" that the new rules are economically and technologically feasible for the industries affected. Although these industry groups took legal action, the Court rejected the challenges, reasoning that each of OSHA's conclusions was supported by either substantial evidence, a reasonable explanation, or a combination thereof.

So, now employers are required to address the hazards of respirable crystalline silica by providing protection and proper controls to ensure workers can take a breath without worry.

No Falling Down on the Job: Walking-Working Surfaces Rule Update

The Occupational Safety and Health Administration implemented a final rule which updated its general industry Walking-Working Surfaces standards specific to slip, trip, and fall hazards (29 CFR 1910, subparts D and I). The rule also included a new section under the general industry Personal Protective Equipment standards that establishes employer requirements using personal fall protection systems (29 CFR 1910, subpart I). Most of these new standards had professionals scratching their head asking, “What does all of this mean?”



The Long and Short of It

The new ruling applies to ALL general industry workplaces and covers ALL walking-working surfaces, including surfaces such as floors, stairs, roofs, ladders, ramps, scaffolds, elevated walkways, and fall protection systems.

Provisions

Changes in the regulations allow employers to choose from a vast array of accepted fall protection systems. This change allows the elimination of guardrails as the primary fall protection method and empowers employers to be flexible with determining which method works best under their specific work conditions. The refreshed provisions now dictate the requirements for performance, inspection, use and maintenance for personal fall protection systems. Gone are the days that general industry has to refer to the outdated GI Scaffolding standards. Under the more relevant construction scaffolding standards, employers can now choose from a variety of fall protection options.

The Clock is Ticking

When released, some regulations were implemented immediately, while others were given a more relaxed timeline. The compliance date is looming for the implementation of fall protection on existing and newly installed fixed ladders. On November 19th of this year, all new or existing fixed ladders of more than 24 feet must have some sort of fall protection installed, which may include cages or wells. However, the costs associated with implementing cages or wells may be frivolous, as all cages and wells must be replaced with personal fall protection systems by 2036, so it is important to weigh all available options when retrofitting existing ladders.

Last HAZWOPER TRAIN-THE-TRAINER Course for 2018 Aboard the Battleship USS North Carolina

Anyone involved in environmental clean-up or HAZMAT emergency response will benefit from this intensive, week-long Train-the-Trainer Course held on the Battleship USS North Carolina on November 5th through the 9th. In addition to covering the various elements of the HAZWOPER standard, you will experience hands-on, practical simulations to meet the experiential requirements of the regulation.

Click [here](#) to register for the last of these courses held in 2018.

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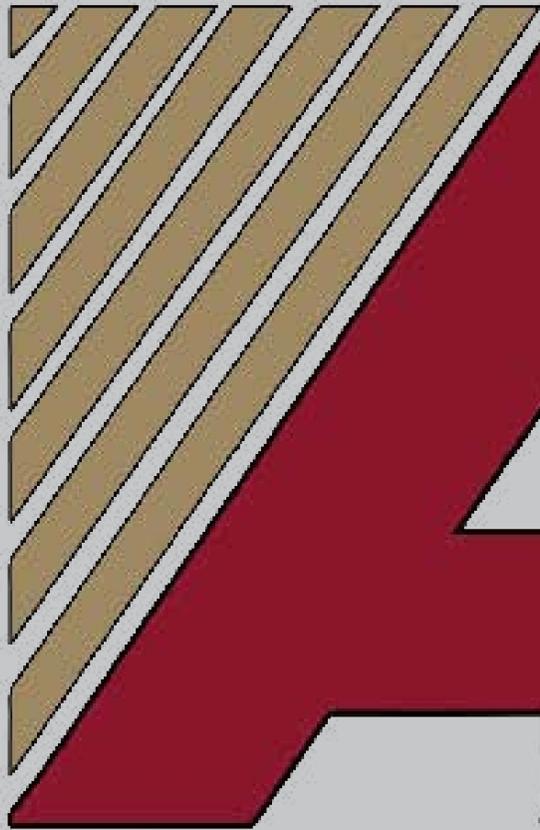
NASP is Going to the NSC Congress & Expo in October

This year, NASP employees will be attending the National Safety Council Congress & Expo in Houston, TX October 22nd-24th. This is the world's largest gathering of safety professionals, and expected attendance is anticipated to be over 15,000. We are excited about the variety of excellent speakers, the diverse topics to be discussed and the hundreds of exhibitors that will be on hand, including NASP. This will be the first year that NASP has set up an exhibitor booth, and we encourage you to come by and say "hi." We are located at booth #5043 so you may meet with some of our staff and discuss any of your safety-related needs. We urge you not to miss this event.



Click [here](#) for details.

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