



# AMERICAN SOCIETY OF SAFETY ENGINEERS NORTH FLORIDA CHAPTER

OCTOBER 2016 NEWSLETTER

## In This Issue

- Pg. 1** The Five-Second Rule
- Pg. 2** The Price of Progress
- Pg. 2** Emerging Technology
- Pg. 3** Politics and Your Health
- Pg. 4** OSHA News
- Pg. 5** Job Market Links
- Pg. 5** ASSE Chapter Links
- Pg. 5** Local Chapter Officers and Chairs
- Pg. 5** Local Chapter Meeting Schedule
- Pg. 5** Miscellaneous Items of Interest

## The Five-Second Rule

When I was a child, I used this rule, especially if I was very hungry and out of allowance money. But I tend to not use it so much these days. In case you are not familiar with it, the rule states that as long as you pick up dropped food from the floor in less than five seconds, it's good to eat. According to *Safety and Health* magazine, researchers from Rutgers University have found that bacterial cross-contamination from surface to food can occur

in less than one second. So perhaps it's time to put a new rule in place.

Donald Schaffner, author, professor, and extension specialist in food science at Rutgers, said in a press release that "The five-second rule is a significant oversimplification of what actually happens when bacteria transfer from a surface to food. Bacteria can contaminate instantaneously." Using the bacteria *Enterobacter aerogenes*, defined by researchers as "a nonpathogenic 'cousin' of *Salmonella* naturally occurring in the human digestive system," researchers experimented with watermelon, bread, buttered bread and gummy candy on four different surfaces – wood, carpet, stainless steel, and ceramic tile. Food remained on these surfaces for varying periods of time: less than one second, five seconds, 30 seconds and five minutes.

After recording nearly 2,600 scenarios, researchers determined that the

watermelon was the food that became the most contaminated with bacteria, while gummy candy was contaminated the least. Sadly for me, I enjoy watermelon way more than gummy candy. And as it turns out, bacteria on carpet transferred less than bacteria on stainless steel and tile; transfer from wood was more variable.

Researchers concluded that "the nature of the food and the surface it falls on" are equally or more important factors than the length of time the food is on the surface in determining how much bacteria transfer to food.

The [study was published in](#) the September 2, 2016 edition of the journal *Applied and Environmental Microbiology*.

**Safety and Health** magazine online edition

September 27, 2016

[http://www.safetyandhealthmagazine.com/articles/14726-dont-count-on-the-five-second-rule-researchers-say?utm\\_source=newsalert&utm\\_medium=email&utm\\_campaign=newsalert](http://www.safetyandhealthmagazine.com/articles/14726-dont-count-on-the-five-second-rule-researchers-say?utm_source=newsalert&utm_medium=email&utm_campaign=newsalert)



## The Price of Progress

As is often said, innovation and progress come with a price. To that end, a chemical compound that is used to make high-tech products that include flat-panel displays, solar panels, and energy-efficient windows may put workers at risk of developing a potentially fatal respiratory condition. This ailment is called indium lung disease.

According to a recent study from NIOSH, an effect of early-stage indium lung disease is fluid that fills the sacs of the lungs. As the disease progresses, it may lead to lung scarring and emphysema.

For the study, researchers tracked 87 workers in industries in which the chemical compound [indium-tin oxide](#) (ITO) is prevalent. Workers exposed to respirable indium for approximately two years or greater experienced shortness of breath, lower lung function, and higher levels of lung damage markers in their blood. The amount of indium detected in workers' blood correlated with the amount of indium-tin oxide in the facilities at the time, researchers said.

The researchers wrote that "Further studies of other groups of ITO workers with

longer and different types of work-related exposure to indium are important to confirm this study's findings." "Even so, the findings support precautionary efforts to reduce work-related exposure to respirable indium."

The [study](#) was published in the July issue of the *American Journal of Industrial Medicine* and was [highlighted](#) in the September edition of *NIOSH Research Rounds*.

**Safety and Health** magazine online edition

September 28, 2016

<http://www.safetyandhealthmagazine.com/articles/14733-exposure-to-indium-tin-oxide-may-pose-risk-to-manufacturing-workers-lungs-study>

## Emerging Technology Microbicial Paint

Sherwin-Williams created a revolutionary new product 140 years ago – the world's first premixed paint. The same company is billing its latest product offering as "one of the most significant technological breakthroughs" in its nearly 150-year history.

Its newest and arguably most-innovative type of paint is called Paint Shield. This new product is described as the first

Environmental Protection Agency-registered microbicial paint that continuously kills difficult-to-treat, infection-causing bacteria after two hours of exposure.

By killing infectious bacteria on painted surfaces, the product offers healthcare facilities and other environments a new weapon to combat the spread of bacteria that can cause hospital-acquired infections, the Cleveland-based coating manufacturer said in a [product release announcement](#).

According to the U.S. Department of Health and Human Services, healthcare-associated infections are one of the leading causes of preventable deaths in the U.S. The U.S. Centers for Disease Control and Prevention estimates that approximately one in 25 patients in the United States contracts at least one infection during the course of their hospital care.

As you might guess, Paint Shield relies on proprietary and patented technology. According to the company, this technology was developed after extensive research and collaboration between Sherwin-Williams coatings



scientists and expert microbiologists.

As stated by Sherwin-Williams, the new paint is designed to kill greater than 99.9 percent of Staph (*Staphylococcus aureus*), MRSA (Methicillin-resistant *Staphylococcus aureus*), *E. coli* (*Escherichia coli*), VRE (Vancomycin-resistant *Enterococcus faecalis*), and *Enterobacter aerogenes* after two hours of exposure.

The EPA, according to Sherwin-Williams, determined that once Paint Shield is applied, the effectiveness lasts for up to four years, as long as the integrity of the surface is maintained.

The product can be applied via brush or roller on interior hard, non-porous ceilings, walls, doors and trim. It will be available in 590 colors at a cost of \$84.99 per gallon.

It is recommended for use in a range of settings, including healthcare facilities, athletic facilities, schools, day care centers, senior care communities, residential housing, hospitality settings and cruise ships, the company notes.

**Durability + Design** magazine  
online edition

October 29, 2015

<http://www.durabilityanddesign.com/news/?fuseaction=view&id=13971>

## Politics Got You Down?

Washington – More than 1 out of 4 younger workers feel stressed out by political talk in the workplace, according to the results of a [survey](#) conducted by the American Psychological Association.

A nationally representative sample of 927 U.S. adults who work full-time or part-time were surveyed online in August. Results showed that 25 percent of employees reported being negatively affected by talk of politics at work during the current election season, with workers ages 18 to 34 more strongly affected by feelings of isolation, greater perceived hostility and difficulty finishing work.

Other findings:

- 17 percent of respondents said political talk at work has made them feel “tense or stressed out,” 15 percent said it has made them more negative at work and 10 percent said they have more trouble finishing work.

- 13 percent said the workplace was more hostile.
- 47 percent said people were more likely to talk about politics at work during this election season than in seasons past.
- 54 percent said they avoid discussing politics with co-workers.
- 20 percent reported that they avoid certain co-workers because of their political views.

“The workplace brings people together from different backgrounds who might not ordinarily interact with each other. When you add politics to the mix – a deeply personal and emotional topic for many – there is potential for tension, conflict and problems for both employees and the organization,” David Ballard, director of APA’s Center for Organizational Excellence, said in a press release.

**Safety and Health** magazine  
online edition

October 5, 2016

[http://www.safetyandhealthmagazine.com/articles/14754-political-talk-at-work-leaves-workers-stressed-out-survey-finds?utm\\_source=newsalert&utm\\_medium=email&utm\\_campaign=newsalert](http://www.safetyandhealthmagazine.com/articles/14754-political-talk-at-work-leaves-workers-stressed-out-survey-finds?utm_source=newsalert&utm_medium=email&utm_campaign=newsalert)



## OSHA NEWS

### OSHA Proposes Rule to Streamline 18 Standards

Washington – In an effort to ease burdens on employers, OSHA has issued a proposed rule that would “remove or revise outdated, duplicative, unnecessary, and inconsistent requirements” in 18 standards concerning recordkeeping, general industry, maritime and construction.

The [Standards Improvement Project – Phase IV](#) rule is in response to [Executive Order 13563](#), which called for regulations that are “accessible, consistent, written in plain language, and easy to understand.”

One of the proposed changes is the removal of the word “unexpected” when referring to servicing and maintenance operations “in which the unexpected energization or startup of the machines or equipment, or the release of stored energy could cause injury to employees” in the agency’s [Lockout/Tagout Standard](#).

Other changes would include, as worded in the

standard, the updating of three standards to align with current medical practice, including a reduction to the number of necessary employee X-rays, updates to requirements for pulmonary function testing, and updates to the table used for decompression of employees during underground construction. Additionally, the proposed revisions include an update to the consensus standard incorporated by reference for signs and devices used to protect workers near automobile traffic, a revision to the requirements for roll-over protective structures to comply with current consensus standards, and updates for storage of digital X-rays and the method of calling emergency services to allow for use of current technology. OSHA is also proposing to remove from its standards the requirements that employers include an employee’s social security number on exposure monitoring, medical surveillance, and other records in order to protect employee privacy and prevent identity fraud.

“The changes we propose will modernize OSHA standards, help employers better understand their

responsibilities, increase compliance and reduce compliance costs,” OSHA administrator David Michaels said in an Oct. 4 press release. “Most importantly, these revisions will improve the safety and health protections afforded to workers across all industries.”

OSHA claims the proposed revisions would save employers an estimated \$3.2 million annually.

The agency is seeking [public comment](#) on the proposed rule. Comments are due Dec. 5.

[Phase III](#) of the Standards Improvement Project rule was enacted in 2011.

**Safety and Health** magazine online edition  
October 5, 2016

[http://www.safetyandhealthmagazine.com/articles/14756-oshaproposes-rule-to-streamline-18-standards?utm\\_source=newsalert&utm\\_medium=email&utm\\_campaign=newsalert](http://www.safetyandhealthmagazine.com/articles/14756-oshaproposes-rule-to-streamline-18-standards?utm_source=newsalert&utm_medium=email&utm_campaign=newsalert)



## Job Market Links

[ASSE](#)

[BCSP](#)

[EHS Careers](#)

## ASSE Chapter Links

Find us on the web at:

[ASSE NFL](#)

Find us on Facebook at:

[ASSE NFL](#)

## Local Chapter Officers and Chairs

- Dan Hemsall – President
- Lance Simons – President Elect
- Anne Rogers – Past President
- Steve Wilson – Secretary
- Yaniv Zagagi – Treasurer
- Paul Thomas – Delegate
- Dawn Dixon – Membership Chair
- Bob Dooley – Newsletter Chair
- Danny Hodges – SPY Chair
- Tom Drygas – Program Chair
- Vernon Adams – Social Media Chair

## Local Chapter Meeting Schedule

Please RSVP to Steve Wilson for all meetings at [steven\\_wilson1@me.com](mailto:steven_wilson1@me.com).

Cost: Members: \$15  
Non-Members: \$20

### October 19, 2016

OSHA Silica Update  
Presented by Frank Rooney,  
CIH Senior H & S Project  
Manager with ENSAFE  
Location: NEFSC  
1725 Art Museum Drive  
Building B, Classroom D  
Jacksonville, FL 32207  
11:30 Lunch & Networking  
12 Noon Meeting

### November 14, 2016

Active Shooter and Workplace  
Violence  
Presented by Toni Chrobot  
(Formerly with the FBI) of  
Confidence LLC  
Location: Florida Blue  
Conference Center  
4800 Deerwood Campus Pkwy  
Jacksonville, FL 32246  
11:00 Lunch & Networking  
12 Noon Meeting

If you plan to attend this meeting, please email your name to [steven\\_wilson1@me.com](mailto:steven_wilson1@me.com)

no later than close of business on November 10. You must be registered to be able to get onto the Florida Blue Campus.

- **December 2016** – Winter Social - TBD
- **January 2017** - Tier II Hazmat Requirements
- **February 2017** – Grainger Facility Tour
- **March 2017** - OSHA Update
- **April 2017** - Workers Compensation 101
- **May 2017** - Worker's Memorial Day
- **June 2017** - Fall Protection (General Industry & Construction)

## Miscellaneous Items of Interest

*Ethics for the EHS Professional* has been rescheduled due to Hurricane Matthew  
Thursday, November 10, 2016  
1:00PM-4:00PM  
\$195  
Northeast Florida Safety Council, Inc.  
1725 Art Museum Drive  
Building B, Classroom D  
Jacksonville, FL 32207

[Ethics for the EHS Professional](#)