



# AMERICAN SOCIETY OF SAFETY ENGINEERS NORTH FLORIDA CHAPTER

JULY 2017 NEWSLETTER

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## Forecast: Hot and Sunny, with Increased Risk of Skin Cancer

It likely comes as no surprise to you that more than 30 American workers die each year of heat-related illnesses. But heat-related illness is not the only deadly condition that can result from working outdoors. Skin cancer is as or more common, and just as deadly, as heat-related illness. So, the discussion turns to

whether or not we are doing all that we can to protect our outdoor workers from the most commonly diagnosed cancer in the United States.

According to the Skin Cancer Foundation, approximately 87,000 new cases of skin cancer will be diagnosed in the United States this year; this is more than the total of new breast, colon, lung, and prostate cancer diagnoses combined. Most cases are basal cell carcinomas or squamous cell carcinomas. Fortunately, these two types of cancer are rarely life-threatening. And fewer than 1% of skin cancers are melanomas; but it is by far the deadliest type, killing nearly 10,000 people each year. About two-thirds of victims, more than 6,300 each year, are men, and about one-third, about 3,300 each year, are women.

Why does this matter to employers with outdoor workers? It matters because more than 80 percent of cases of melanoma, and 90 percent of cases of all other types of

skin cancer, are attributable to a single cause. That cause is exposure to ultraviolet (UV) radiation from the sun. And unfortunately, some survey and study results suggest that employers of outdoor workers are not as concerned as they should be about this issue and therefore are not taking enough positive steps to reduce workers' risk.

Because occupational exposures are quite difficult to differentiate from workers' trips to the beach, household yard work, and tanning bed exposures, employers don't always take skin cancer prevention as seriously as needed. The results of a 2016 survey of adults who spend at least half of their working hours outdoors indicated that 58% of those workers feel that they do need to wear sunscreen on the job, but only 18% routinely wore sunscreen while at work. And having personally worked for three different companies that have employees working outside, I can attest to the accuracy of these statistics. It was a constant struggle for me



to get employees to wear sunscreen. In fact, very few did. Moreover, most employers do not provide sunscreen, so those who do wear it tend to bring their own.

A study published in the journal *JAMA Dermatology* in 2016 found that sun-safety policies for outdoor municipal workers in Colorado, including police, firefighters, road crews, sanitation workers, and parks employees, generally required workers to wear protective clothing, including hats and sunglasses; but fewer than 10% explicitly stated that protection from sun exposure was the goal. And regrettably, only 16% of the municipalities studied included sunscreen in their policies.

Fortunately, this is a safety program improvement that's straightforward and fairly inexpensive to address. So please read on.

### **Strategies to Prevent Sun-Related Occupational Skin Cancer**

When you're talking about reducing skin damage from UV exposure, sunscreen is right at the top of the list of possibilities. And no, not many people want to walk around smelling of sunscreen. But, it's

effective. The following paragraphs highlight recommendations from the Centers for Disease Control and Prevention (CDC) for using sunscreen effectively.

- Get on the right wavelength. Damaging sunlight comes in different wavelengths, called UVA and UVB. Until recently, it was believed that UVA light—which accounts for 95% of the UV radiation that makes it through the earth's atmosphere, did not significantly increase the risk of skin cancer. Consequently, people thought that tanning beds, which emit mostly UVA light, were relatively safe. Unfortunately, we now know that both UVA and UVB exposure increase a person's risk of skin cancer.
- Know your sun protection factor (SPF). A sunscreen's SPF refers to the amount of time that the wearer will be protected from UVB radiation and sunburn. The CDC recommends that everyone who is planning to be in the sun should wear a sunscreen with a minimum SPF of 15, which allows the person to stay out in the sun 15 times longer than they normally could (with no

sunscreen on) without burning. SPF does not, however, assess protection against UVA. For protection against UVA, look for sunscreens that contain Mexoryl, Parsol 1789, titanium dioxide, zinc oxide, or avobenzone.

- Out with the old, in with the new. As I've personally learned the hard way, sunscreen loses potency after 1 to 2 years. So discard it at the end of the season and buy new sunscreen each year. Or, just pay attention to the expiration date on the container.
- Plan ahead. While this is a difficult one. It's an important one. Apply sunscreen liberally at least 20 minutes before sun exposure. Pay special attention to the ears, scalp, lips, and neck, as well as the tops of the feet and the backs of the hands.
- Do it again. Sunscreen should be reapplied frequently, at least every 2 hours, as well as when swimmers get out of the water or when workers are perspiring heavily. If sunscreen is used together with insect repellents,



reapply it more frequently as insect repellants can make sunscreen less effective.

### **Beyond sunscreen**

Of course, sunscreen is not the only way to protect against UV exposure and sunburn. The following paragraphs highlight additional protective measures that workers can implement.

- Dress for the weather. Light-colored, loosely woven clothing is cooler, but dark clothing with a tight weave is better at blocking UV rays. Workers can also purchase clothing with an SPF rating. Wide-brimmed hats will help keep the sun off of workers' faces, ears, and necks. And sunglasses are available with side panels that provide almost 100% UV protection to protect workers' eyes.
- Avoid the heat of the day. According to the CDC, sunlight exposure is most intense during the summer, between 10 a.m. and 4 p.m. Therefore, schedule outdoor work for earlier or later in the day whenever possible.
- Avoid double exposure. Some light-colored work surfaces like snow and sand reflect UV light, meaning that workers are exposed to UV light from above and also from below. Workers

should be aware of the need to protect themselves from UV light from both directions.

- Go Drug-Free. You know that some drugs can affect workers' alertness. But did you know that some drugs can also affect workers' sensitivity to sunlight? They can. Certain classes of antibiotics, diuretics, and painkillers increase the risk of sunburn. So, be sure to read the label and any information that came with the drugs.

In conclusion, while it is certainly not enjoyable to wear sunscreen or dark, tight-weaved clothes in the heat of the day, neither is being diagnosed with skin cancer. And generally, neither sunscreen nor clothing will kill you. So encourage and enable your employees to protect themselves.

### ***EHS Daily Advisor***

Online Edition

July 10 and 11, 2017

[EHS Daily Advisor July 10](#)

[EHS Daily Advisor July 11](#)

## **New Research Suggests that Hand Washing Works Whether the Water is Hot or Cold**

The results from new research tell us that we don't necessarily need to scald our hands to get rid of germs. For effective hand hygiene, the results suggest, water temperature matters less than time.

The findings, researchers said, run counter to U.S. Food and Drug Administration guidelines that recommend food establishments and restaurants deliver water at 100 degrees Fahrenheit for hand washing.

Scientists at Rutgers University in New Jersey said they found that cold water is as effective as hot in getting rid of harmful bacteria and other germs. What's more important than water temperature, they said, is that people scrub their hands with soap for at least 10 seconds.

According to Donald Schaffner, a specialist in food science at the university, "People need to feel comfortable when they are washing their hands, but as far as effectiveness, this study



shows us that the temperature of the water used didn't matter." And, using cold water saves more energy than warm or hot water, Schaffner pointed out. "Also, we learned even washing for 10 seconds significantly removed bacteria from the hands," Mr. Schaffner said in a university news release.

For the study, the researchers contaminated the hands of 21 volunteers with high levels of a harmless bacteria several times over six months. The participants were then asked to wash their hands in 60-degree, 79-degree or 100-degree water. The amount of soap the people used didn't affect the findings. The researchers noted, however, that more study is needed to determine exactly how much soap and what types are best for removing potentially harmful germs.

Referring to the FDA guidelines for the food service industry, Schaffner said their findings suggest a policy change is in order. "Instead of having a temperature requirement, the policy should only say that comfortable or warm water needs to be delivered," he said. "We are wasting energy

to heat water to a level that is not necessary."

The study appears in the June issue of the Journal of Food Protection.

**HealthDay Reporter**

Online Edition

June 1, 2017

[WebMD](#)



## OSHA NEWS

### OSHA Proposes to Delay Compliance Date for Electronically Submitting Injury, Illness Reports

WASHINGTON – The U.S. Department of Labor's Occupational Safety and Health Administration today proposed a delay in the electronic reporting compliance date of the rule, Improve Tracking of Workplace Injuries and Illnesses, from July 1, 2017, to Dec. 1, 2017. The proposed delay will allow OSHA an opportunity to further review and consider the rule.

The agency published the final rule on May 12, 2016, and has determined that a further delay of the compliance date is appropriate for the purpose of additional review into questions

of law and policy. The delay will also allow OSHA to provide employers the same four-month window for submitting data that the original rule would have provided.

OSHA invites the public to comment on the proposed deadline extension. Comments may be submitted electronically at [www.regulations.gov](http://www.regulations.gov), the Federal e-Rulemaking Portal, or by mail or facsimile. See the Federal Register notice for details. The deadline for submitting comments is July 13, 2017.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to ensure these conditions for America's working men and women by setting and enforcing standards, and providing training, education and assistance.

For more information, visit [www.osha.gov](http://www.osha.gov).

**OSHA National News Release**

June 27, 2017

[OSHA News Release](#)



## Job Market Links

[ASSE](#)

[BCSP](#)

[EHS Careers](#)

- SPY / Social Chair - Bri Harris
- Web Master Chair - Open
- Social Media Chair - Vernon Adams

## ASSE Chapter Links

Find us on the web at:

[ASSE NFL](#)

Find us on Facebook at:

[ASSE NFL](#)

## Local Chapter Officers and Chairs

### Elected Officers

- President - Steve Brown
- President Elect - Bob Dooley
- Secretary - Steve Wilson
- Treasurer - Yaniv Zagagi
- Delegate - Anne Rogers
- Delegate - Dave Bedsole

### Appointed Chairs

- Past President - Dan Hempsall
- Membership Chair - Eric Gray
- Program Chair - Tom Drygas
- Newsletter Chair – Open / Bob Dooley
- Activity / Golf Chair - Open

## Local Chapter Meeting Schedule

The chapter is currently on summer break. Monthly sessions will resume in September.

## President's Corner

### What happened to "In Case of Fire"?

I had the opportunity (I use that word loosely) to take a 40 hour training recently at the Northeast Florida Safety Council. This is a fantastic organization, and if your company isn't taking advantage of what they have to offer I suggest you take a look. Contact Bruce Press at 904-399-3119 to find out more.

Anyhow, as I made my way to my seat on the first day of class I was ready for the "In case of Emergency" speech, pointing out where the fire exits

were and where we would muster in case said emergency required an evacuation of the building. Eventually we got to that, but the first order of business was actually what to do in the event of an active shooter situation.

It's both amazing and disheartening to be witness to some of the changes that are taking place in our culture (remember when nobody had to be told at the beginning of class to put their cellphone on "stun?"). But change is inevitable, and in many cases our profession is either the instigator of such change or we act as change agents to help implement these changes.

The Department of Homeland Security has an excellent training video (as do others) on Active Shooter situations. Their RUN, HIDE, FIGHT is one of several pneumonics to help us to act quickly in the (not-as) unlikely situation of someone coming into our environment with a gun. It is a 'new' hazard in our daily lives, including workplaces. Have you trained your employees? More importantly, have you trained your family? For me, just like I have counted rows to the exit(s) on airplanes (and



checked for the life jacket under the seat) and determined my escape route from each hotel room (“right hand pattern, three doors down), I now find myself locating the exits (RUN), looking for a safe spot (HIDE), and identifying potential weapons (FIGHT) in almost all public places.

Take a few minutes sometime to assess your workplace and family for some of these non-traditional hazards, and then do what we do naturally.

The executive committee is meeting in early August to plan the technical sessions that start on September 20<sup>th</sup>. I can't wait to see everyone!

Steve Brown  
Chapter President 2017-2019  
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