



AMERICAN SOCIETY OF SAFETY ENGINEERS NORTH FLORIDA CHAPTER

APRIL 2018 NEWSLETTER

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Lead’s Role in Death from Cardiovascular Disease

New research suggests that the deaths of an estimated 250,000 Americans from cardiovascular disease each year may be linked to exposure to lead; this number is

significantly higher than previous estimates. The study was based on a national health survey that tracked more than 14,000 participants across the country over a time span of nearly two decades.

Medical researchers have long known that lead poisoning damages children’s brains and increases the risks of many types of human health problems ranging from high blood pressure to heart disease.

Previous studies made the assumption that low levels of lead in people’s blood would not increase the risk of death. However, the results of this new study suggest that even minute levels of lead can substantially increase the risk of death, especially from heart disease.

“We saw risk down to the lowest measurable levels,” said Bruce Lanphear, a lead-poisoning researcher at Simon

Fraser University in British Columbia who led the study. Lanphear continues, “It’s a big deal, and it’s largely been ignored when it comes to cardiovascular disease deaths.”

On the positive side, lead levels in the air have declined dramatically in the United States since leaded gasoline began to be phased out in the 1970s. However, lead water pipes are still being used in communities scattered all across the country; moreover, lead paint remains on walls inside and outside of many older homes.

Workers at construction sites and auto shops may also be exposed to lead. Additionally, electrical utilities can emit lead in flue gas from the burning of fuels, such as coal, in which lead is a contaminant. And it is also released into the air by lead smelters and other industrial



facilities, including recyclers that work with lead batteries.

The new study, published Monday in *The Lancet Public Health* journal, is the first to estimate the number of deaths linked to low-level lead exposure in the U.S. using data from a nationally representative sample.

As you may be aware, cardiovascular disease is the top cause of death for Americans, and this study indicates that lead is a major factor contributing to those deaths.

Lead standards 'too high to protect kids'

“The levels of lead in standards right now are too high to protect kids,” Lanphear said. “And this new study would suggest that they’re too high — whether it’s lead in water, lead in house dust, lead in air — all of those things should be re-evaluated based upon this study because it suggests that there’s no safe level of lead.”

Lanphear and his colleagues also looked at deaths in the United States from all causes

and estimated that about 400,000 deaths per year are attributable to lead exposure; that’s ten times larger than the current estimate and about 18% of all deaths. Moreover, it’s comparable to the approximately 480,000 current smokers who die in a given year.

Of interest, those numbers are based on the amounts of lead that older Americans were exposed to decades ago. Today, most Americans are exposed to less lead because of its removal from gasoline and paint, Lanphear noted.

“So the number of deaths from lead exposure will be lower in younger generations,” he said. “Still, lead represents a leading cause of disease and death, and it is important to continue our efforts to reduce environmental lead exposure.”

Low lead levels in children's blood have been linked to lower IQs, slowed growth and behavioral and learning problems.

The recent crisis of lead-contaminated drinking water

in Flint, Michigan focused more attention on the long-neglected problem of lead pipes in water systems across the United States. In 2016, [an investigation by the USA TODAY Network](#) discovered nearly 2,000 water systems in all 50 states where testing showed excessive levels of lead contamination during the preceding four years.

According to Lanphear, reducing the amounts of lead that people are exposed to will require a variety of measures. These include changing health standards, abating lead paint in older homes and phasing out leaded fuel still used for some planes.

“Single-piston jet engines for these little planes at regional airports continue to use leaded gasoline,” Lanphear said, “and you can see measurable increases in the children who live closest to those regional airports.”

USA Today
Online Edition
March 12, 2018
USAToday.com



What's at the Top of Your Ladder?

How Does One Maintain Three Points of Contact when Working from a Stepladder? This is the most common question that Dave Francis, national safety director for a step ladder manufacturer, hears when teaching ladder safety classes. The answer should be easy, according to Dave. One should just have to ask, "What does the standard say?"

The problem, however, is that OSHA standard [\(1926.1053\(b\)\(21\)\)](#) is not always clearly understood. It says, "Each employee shall use at least one hand to grasp the ladder when progressing up and/or down the ladder."

The standard addresses what to do when moving up or down the ladder, but does not address what you should do when you stop to work while on the ladder. It's evident to most people that the only reason you would be climbing an A-frame or stepladder is to

do something, some type of work. That "something" almost always will require you to use both hands.

The safe interpretation

So, how exactly do you get the work done while maintaining three points of contact? Many people acknowledge that they lean their body into the ladder to maintain balance using their hip or stomach as the third point of contact. The [European standard](#) provides a little more detail: it admonishes people to "Keep two feet on the same step and the body (knees or chest) supported by the stepladder to maintain three points of contact."

Although this standard is a helpful guideline, workers can still have issues because some companies have a more-restrictive definition of three points of contact in their company safety policies. Many safety professionals admit that if their workers need both hands to work while on a ladder, they need to be tied off from above. This rule might sound like, in theory, a best

practice; but it can certainly cause some problems in its practical application. For example, the climber not only would need a proper harness and lanyard, but also a certified anchor point with a safe way to connect to it without incurring additional risk. And chances are you can't think of many spots in your building with proper 5,000 pound anchor points available.

One Possible Solution

A new trend in the ladder industry provides a possible solution to this problem. That solution is platform ladders with built-in guardrail systems. This type of ladder can be a safe alternative to tying off. The platform provides a more comfortable surface to work from and, just as important, the guardrail fulfills the need for fall protection without relying on nonexistent anchor points. These ladders, often made from nonconductive fiberglass, are climbed maintaining three points of contact. Once the user steps through the one-way gates at



the top, he or she does not need to be tied off and can, if necessary, work with both hands. These ladders therefore can allow the operator to quickly and safely work within a fully enclosed working platform while still complying with industry regulations. So in the words of Dave Francis, “Instead of parking an ambulance at the bottom of the cliff, why not put a fence at the top”?

Climb safely.

Safety and Health Magazine

Online Edition

February 16, 2018

[Safety and Health Magazine](#)

Scottsdale Arizona’s Seven Point Argument for Residential Sprinklers

Many facts and figures support fire sprinkler installation in private homes. For example, home fire sprinklers improve a home dwellers chance of surviving a home fire by 80%; that’s significant. But despite this powerful statistic, many states

and jurisdictions have yet to adopt home sprinklers.

This is not the case for Scottsdale, Arizona. Scottsdale passed the country’s first comprehensive sprinkler ordinance for single family homes in 1986; and today half of Scottsdale’s private homes and buildings are sprinklered. So, you may ask, what has Scottsdale learned? For starters, in present day Scottsdale, overall fire loss and cost per capita is lower. As a whole, the western region of the country experiences a fire loss per capita of \$36; the national average is \$27 per capita. Scottsdale’s loss per capita is \$7.31. That’s right, seven dollars and change.

Scottsdale’s developers realize big cost savings by being allowed to space fire hydrants further apart. Hence, by decreasing the number of hydrants the city needs, and decreasing water flow and infrastructure requirements, Scottsdale has saved an estimated \$7–\$8 million over the years.

As a desert town, Scottsdale is water conscious. Its sprinklered homes use only 10 to 15 gallons of water per minute to control a fire until responders arrive. For comparison, if an unsprinklered home catches on fire, it takes 1,000 gallons per minute for the fire department to contain it. So, this is obviously a huge savings in water.

By cutting down on the number and severity of fires requiring a response, Scottsdale’s fire department can do more for the community. Its fire department does hazmat work. Its firefighters are all medically trained. Its trucks are each staffed with an engineer, a captain, and two firefighters - with two team members in every truck trained as advanced life care paramedics.

Last, but not least, between 1986 and 2000, Scottsdale had zero fire deaths in sprinklered homes. During the same time period, it had 13 fire fatalities in unsprinklered homes.



Hats off to Scottsdale for teaching us the power of positive action.

NFPA Products and Solutions-2017

Online Edition

NFPA.org

OSHA NEWS

OSHA Cites Jacksonville Utilities Contractor for Willful and Serious Violations after Trench Cave-in

JACKSONVILLE, FL – The U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA) has cited a Jacksonville utilities contractor for exposing employees to trenching hazards. The company faces proposed penalties of \$271,606.

OSHA initiated its investigation after an employee was injured and hospitalized when an unprotected trench collapsed. Willful citations were issued for exposing employees to struck-by and caught-in

hazards, and allowing employees to work without cave-in protection. The company was also issued a serious citation for allowing water to accumulate in the trench, which contributed to the collapse. The investigation was part of OSHA’s National Emphasis Program on Trenching and Excavation. The utilities contractor has been placed in OSHA’s Severe Violator Enforcement Program.

“Trenching and excavation hazards are preventable,” said Brian Sturtecky, OSHA Jacksonville Area Office Director. “This employer knowingly exposed employees to dangerous and potentially fatal hazards, and this injury could have been avoided if the employer had used required protective systems.”

The company has 15 business days from receipt of its citations and proposed penalties to comply, request an informal conference with OSHA’s area director, or contest the findings before the independent Occupational

Safety and Health Review Commission.

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

<http://www.osha.gov>.

OSHA Newsletter

Online Edition

March 19, 2018 Issue

[OSHA.gov News](http://www.osha.gov/news)

Job Market Links

[ASSE](#)

[BCSP General Safety Jobs](#)

[BCSP Construction Safety Jobs](#)

[BCSP Industrial Hygiene Jobs](#)

[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

Elected Officers

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

Appointed Chairs

- Membership Chair - Eric Gray
- Program Chair - Tom Drygas
- Newsletter Chair – Bob Dooley
- Social Chair – Ben Yancy
- SPY Awards Chair – Ben Yancy
- Social Media Chair - Vernon Adams
- Past President - Dan Hemsall

Local Chapter Information

The North Florida Chapter of the American Society of Safety Engineers was chartered in 1952 and currently has more than 165 members.

Professional meetings are held nine times per year in the Jacksonville area.

Meeting notices are distributed and RSVP's are returned by email. If you are a member of ASSE and are not receiving notices by email, please email the [secretary](#).

Local Chapter Meeting Schedule

April

Date: April 18, 2018

Time: 11:30 Lunch/Networking
12 Noon Meeting

Topic: Occupational Health

Location: NEFSC

1725 Art Museum Drive
Building B, Classroom D
Jacksonville, FL 32207

May

Date: May 16, 2018

Time: 11:30 Lunch/Networking
12 Noon Tour

Topic: Facility Tour

Location: Bacardi Bottling Co.
12200 N Main St, Jacksonville,
FL 32218