Message from Cheryl Ambrose

Health, Safety and Environmental Administrator

The last five months have gone by unbelievably fast since life as we know it began to change drastically. On the other hand, some days I think life has been stuck on the same day, just replaying it over and over. Of course, I am talking about the pandemic and everything related to it. When I take a step back and remember where things were in March and look at where we are now, it is amazing by its sheer magnitude how far we have come in our knowledge of COVID-19 and how every aspect of the United Association had to quickly adapt to the ever-changing situation. This ranged from top leadership and local unions, and especially our members who are out there every day doing the critical work of the UA under tough and often uncertain circumstances.

As so many of you can relate, never before in my career has something impacted health and safety and how we respond like this pandemic. The depth of knowledge that has been gained in a few short months has been amazing and even overwhelming at times. In this issue, we try to bring many of the COVID-19 resources that have been amassed together to help inform and continue to support your efforts in protecting the health and safety of our members on a daily basis.

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When addressing the health and safety of our members, even during these trying times, we cannot overlook the impact the opioid crisis is having on the construction industry and our members. This crisis has been compounded by the pandemic as highlighted in the article, “The Escalation of the Opioid Epidemic Due to COVID-19 and Resulting Lessons About Treatment Alternatives” in the July 2020 issue of the American Journal of Managed Care. The article reminded us that “the arrival of the coronavirus disease 2019 (COVID-19) pandemic has provided an unanticipated haven for the already formidable opioid epidemic.” General President McManus addressed the opioid crisis in his editorial “The Epidemic of Opioids” in the April 2020 issue of the UA Journal. He stated the importance of addressing this crisis saying, “[W]e will double down on initiatives and programs to help stem the tide of this awful scourge . . . This is too important and critical an issue for us to leave it to others to solve.” As part of this commitment, the UA and the ITF, working with the National Institute for Environmental Health Sciences (NIEHS), will bring a new virtual trainer course, “Opioids in the Workplace: Prevention and Response,”
to UA locals in the very near future to provide the necessary tools and resources to bring this important training to their members. The hope is that every local will take advantage of this training to bring awareness to this problem across the UA. See page 3 for the details of the course.

Early in the pandemic, the International Training Fund was faced with cancelling regional courses and then, ultimately, the Instructor Training Program. One of the greatest impacts of those cancellations from the safety and health perspective was to our OSHA Outreach Trainers across the country who needed to be reauthorized in order to continue teaching the OSHA 10 and 30-hour classes at their JATC’s. In this issue, we highlight the changes by OSHA to accommodate the needs of expired or expiring trainers including the ability to now conduct the OSHA 502 Update Course. The ITF has several update courses planned, the first of which took place July 27 – 30, 2020. A huge thanks to everyone at the ITF, CPWR, and the OSHA Master Instructors who made these classes possible.

Whether teaching an OSHA 10 or 30-hour course in person or with an approved exception for video conferencing, planning the training class is critical for a successful class. Jim Young, OSHA Master Instructor and member of UA Local 495, Cambridge, Ohio, shares tips on planning for a successful OSHA 10 or 30-hour course.

This issue also includes information on disaster preparedness because, despite the pandemic, disasters can and do strike at any time. National Preparedness Month is recognized each September and as the country continues to respond to COVID-19, it is a great time to take stock in being prepared. The article highlights the many resources that the Federal Emergency Management Agency (FEMA) has amassed at www.ready.gov. Whether personally or at your local union, make sure you have a plan in place to protect yourself and your family in the event you have to respond quickly during a disaster.

The last several months have taught us how quickly life can change and how important it is to be prepared and stay connected.

Stay Safe and Healthy!

OSHA Outreach Training Update

OSHA 502 Update Courses NOW AVAILABLE

The International Training Fund (ITF) is happy to announce that we have been given an exception to begin holding the OSHA 502 Outreach Trainer Update course via alternative means (video conference) through the National Resource Center (NRC-CPWR OTIEC) and as approved by OSHA’s Directorate of Training and Education (DTE).

If you have any questions regarding the eligibility or the requirements, you may contact Cheryl Ambrose, UA Health, Safety and Environmental Administrator at cambrose@uanet.org. Please contact Cathy Merkel, ITF Registrar, cathym@uanet.org or Tyler Masengale, tmasengale@uanet.org with any questions regarding registration or course availability.

DEADLINE EXTENDED: OSHA’s Directorate of Training and Education (DTE) Waiver of 60-day Notice for Alternative Training Methods (Video Conferencing)

The deadline to file requests with National Resource Center/CPWR to conduct OSHA 10 or 30-hour courses using video conferencing has been extended from July 31, 2020 to December 31, 2020.

Beginning on July 27th, the ITF held our first ever virtual OSHA 502 Update Course for Outreach Trainers. The course was taught by OSHA Master Instructors Rita Neiderheiser - LU 669 and Kevin Hendrickson - LU 533. James Young (CPWR) - LU 495, Jerry Marsden (CPWR) - LU 85, Dale Walker - LU 495 and Lynn O’Brien provided support. Thanks to everyone for a great class!
OSHA DTE is waiving the 60-day notice requirement for alternative training methods until December 31, 2020. All requests must be submitted in accordance with the requirements set forth in pages 19-21 of the OSHA Outreach Training Program Requirements. Submissions to CPWR are receiving responses generally within 24-48 hours.

In order to assist in the preparation of written requests from OSHA instructors, we have prepared the template with detailed instructions on the completion and submission of written requests for video conferencing. Please be reminded that instructors are not permitted to instruct OSHA 10- or 30-hour courses via video conferencing without receiving prior approval from DTE via the written request. Doing so can jeopardize the instructor’s authorization to teach.

Please contact Cheryl Ambrose cambrose@uanet.org, UA Health, Safety and Environmental Administrator with any questions.

UA Launches Virtual Trainer Course Addressing Opioids in the Workplace

The UA and International Training Fund, working with the National Institute for Environmental Sciences (NIEHS) and CPWR, are pleased to announce a new virtual trainer course, *Opioids in the Workplace: Prevention and Response*.

The course is designed to bring awareness to the opioid crisis while educating instructors on how to instruct this very sensitive and critical topic. This course will give locals and UA instructors the tools and resources to provide additional support to members who are in need while educating members on how to protect themselves from the opioid snare. A main goal of the course is to help instructors get comfortable with an uncomfortable conversation. Dynamic guest speakers will share their personal and in-depth experience on the topic with the attendees. The course will prepare instructors to take the message and the training back to their locals to support their UA brothers and sisters.

**Course Dates:** September 8 - 11, 2020  
**Time:** 10:00 a.m. - 4:30 p.m. (Eastern Time)

Contact Cathy Merkel cathym@uanet.org for information on how to register.  
Contact Cheryl Ambrose cambrose@uanet.org for additional information or questions about the course.
Tips for OSHA Outreach Training Management and Planning

Submitted by: James Young, Local 495, UA OSHA Outreach Master Instructor

In this segment of OSHA Outreach Training Tips and Part Three in our 3-part series, we look at what must happen behind the scenes of an OSHA Outreach Training Class including tips on scheduling, planning, producing training materials, using the OSHA portal, and other administrative aspects of conducting OSHA Outreach Training. During COVID-19 many locals suspended training and now are getting their training programs back up and running. These tips are important and can prove helpful whether the local takes advantage of the temporary exception for video conferencing or is planning in-person training.

Often a training coordinator or office professional schedules classes, produces documents, and maintains records for safety training conducted at our locals. Regardless of who assists with these tasks for OSHA courses, the primary OSHA Outreach Trainer is responsible for ensuring the completion and accuracy of these items. To assist in the process OSHA provides two documents, the Outreach Training Program Requirements and the Construction Industry Procedures. These documents may be found at OSHA’s website (www.osha.gov/training/outreach/).

Some thought must be given prior to scheduling an OSHA Outreach Training. The 10-hour course is mostly hazard awareness for the worker. The 30-hour course is intended for supervision or those with some safety responsibility. Which course fits your local training needs? Many locals start new apprentices with the 10-hour course and give the 30-hour course to 5th year apprentices and/or journeymen. Others will dive right in with the 30-hour course. Some 1st year apprentices may not have enough job experience to participate well in a 30-hour course. The training coordinator and JATC should assess the needs of the local union to determine which course is best for their training program. Time allotted for training is set at 7.5 student contact hours per day not including breaks or lunch. In other words, a 10-hour course will take a minimum of two days. A 30-hour course will take a minimum of four days. Class size requirements are set at a minimum of three students and a maximum of 40 students.

During instructor training in the OSHA 500 and OSHA 502 courses, the question is often asked about preparing an outline and what topics should be taught. Prior to conducting a class, a daily outline must be developed including topics, times, breaks, and lunch. The Construction Industry Procedures document provides required, elective and optional topics, and required contact hours to assist in making the outline suitable for the needs of the local in both the 10- and 30-hour courses. A good time-saving practice is to create day and evening 10-hour and 30-hour course outlines to have on hand and insert the dates. Each student must receive a handout for each topic covered. Together, the outline and student handout list help the coordinator and office professional get the course ready for the trainer.

When the training is completed, the trainer has 30 days to report the course on the OSHA Outreach Portal and obtain training cards for the students who successfully completed the course. OSHA has 30 days to return the training cards and the trainer has 30 days following receipt of the cards to distribute them to the students. If a student requires documentation of training prior to receiving their completion card in order to work, the trainer may issue a temporary certificate. Guidelines for issuing the certificate can be found in the OSHA Outreach Training Program Requirements. The reporting process at the Outreach Portal is time sensitive. To ensure timely completion of the reporting process, make sure the Course Outline, daily sign-in sheets, and a completed OSHA Outreach Training Program Report Construction are in hand when beginning the reporting process. Remember each class is registered under the primary outreach trainer for the class.

A portion of outreach trainers are audited on a regular basis by OSHA’s Directorate of Training and Education through the OSHA Education Centers, such as NRC/CPWR. The list below has some documents that must be retained for a minimum of five years and may be requested during an audit.

1. Daily sign-in sheets
2. Student contact information
3. Detailed course outline
4. OFFICIAL OSHA Outreach Training Program Report Construction
5. Copy of student cards - front and back
6. List of guest trainers
7. List of authorized assistant trainers

Students course completion cards for the 10-hour and 30-hour OSHA Outreach Training do not expire, however there are many customers that our contractors work for that may require a training cycle of three to five years. There also are state and municipal regulations that may apply to the Outreach Training Cycle. Some organizations may require update training only. Entering the course data into your dispatch systems must be thought through so that accurate data is included in the members’ bio.
Student cards get lost. Replacement cards can be issued if it has been less than five years since the student was trained. There is a request form on the Outreach Portal site for replacement cards. An employer may accept a copy of the card or training documentation but are not required to do so.

Proper planning is essential for the outreach trainer to help ensure a successful training class every time.

Additional information on these or other outreach topics, can be accessed at the UA's OSHA Instructor Resource Site on Blackboard. Please contact the office of Cheryl Ambrose at 410-269-2071 or cambrose@uanet.org for assistance, or go to OSHA's website (www.osha.gov/training/outreach/).

Safety Product Alerts/Recalls

FDA Warning on Hand Sanitizer Due to Potential Presence of Methanol. Expands List of Hand Sanitizers Consumers Should Not Use

[6/19/2020] FDA advises consumers not to use any hand sanitizer manufactured by Eskbiochem SA de CV in Mexico, due to the potential presence of methanol (wood alcohol), a substance that can be toxic when absorbed through the skin or ingested. FDA has identified the following products manufactured by Eskbiochem:

- All-Clean Hand Sanitizer (NDC: 74589-002-01)
- Esk Biochem Hand Sanitizer (NDC: 74589-007-01)
- CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-008-04)
- Lavar 70 Gel Hand Sanitizer (NDC: 74589-006-01)
- The Good Gel Antibacterial Gel Hand Sanitizer (NDC: 74589-010-10)
- CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-005-03)
- CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-009-01)
- CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-003-01)
- Saniderm Advanced Hand Sanitizer (NDC: 74589-001-01)

Consumers who have been exposed to hand sanitizer containing methanol should seek immediate treatment, which is critical for potential reversal of toxic effects of methanol poisoning. Substantial methanol exposure can result in nausea, vomiting, headache, blurred vision, permanent blindness, seizures, coma, permanent damage to the nervous system or death. Although all persons using these products on their hands are at risk, young children who accidently ingest these products and adolescents and adults who drink these products as an alcohol substitute, are most at risk for methanol poisoning.

On June 17, 2020, FDA contacted Eskbiochem to recommend the company remove its hand sanitizer products from the market due to the risks associated with methanol poisoning. To date, the company has not taken action to remove these potentially dangerous products from the market. Therefore, FDA recommends consumers stop using these hand sanitizers and dispose of them immediately in appropriate hazardous waste containers. Do not flush or pour these products down the drain.

Visit FDA's website to read the full warning.

[7/31/2020] FDA continues to find issues with certain hand sanitizer products. FDA test results show certain hand sanitizers have concerningly low levels of ethyl alcohol or isopropyl alcohol, which are active ingredients in hand sanitizer products. The agency urges consumers not to use these subpotent products and has expanded its list to include subpotent hand sanitizers, in addition to hand sanitizers that are or may be contaminated with methanol.

Hand Sanitizers Consumers Should Not Use

[6/29/2020] FDA is alerting consumers of Saniderm Products and UVT Inc.’s voluntary recall of Saniderm Advanced Hand Sanitizer. Following FDA’s recommendation, two distributors – Saniderm Products and UVT – agreed to recall Saniderm Advanced Hand Sanitizer packaged in 1-liter plastic bottles and labeled with “Made in Mexico” and “Produced by: Eskbiochem SA de CV.”

- The UVT hand sanitizer is labeled with lot number 0530 and an expiration date of 04/2022.
- The Saniderm Products hand sanitizer is labeled with lot number 53131626 and “Manufactured on April/1/20.”

Drug Fact:

Active Ingredient: Ethyl Alcohol, Isopropyl Alcohol

Purpose: Antimicrobial

Uses: Helps to reduce bacteria on the skin that could cause infections.

Warnings:

Flammable: Keep away from fire or flame. For external use only. When using this product do not use in or near the eyes. In case of contact, rinse eyes thoroughly with water. Stop use and ask a doctor if irritation or rash appears and lasts. Keep out of reach of children. If swallowed, get medical help or contact a Poison Control Center right away.

Drug Fact (continued):

Directions: Place enough product in the palm of your hands to thoroughly cover hands. Rub hands together briskly until product is completely absorbed and dry.
Stop Use - 3M™ Fall Protection Specific DBI-SALA® Delta™ & Exofit XP™ Arc Flash Harnesses

Click the link in red for more information:
STOP USE IMMEDIATE ACTION REQUIRED

Recent testing of specific DBI-SALA® Delta™ & Exofit XP™ Arc Flash harnesses have returned negative test results on some units. The Arc Flash Standard (ASTM F887) requires that all arc flash rated harnesses be subjected to an Arc Flash followed by a successful dynamic drop test. It should be noted that there is variability in Arc Flash testing of webbing-based products. Although not fully understood, it can stem from several contributing factors including positioning, webbing gap to the test torso, environmental elements, arc path, input energy and other possible sources.

3M™ DBI-SALA® Self-Rescue Training Descent Systems P/N 3320037

PRODUCT ADVISORY – PLEASE READ

This is not a recall and the 3M™ DBI-SALA® Self-Rescue Training Descent Systems P/N 3320037 remains safe to use for training purposes.

This product advisory applies only to the training model RSQ (#3320037). No other models are affected. A training RSQ has the word “Training” in green on the outside of the backpack (see photograph).

Product Advisory - 3M™ DBI-SALA® Delta™ Arc Flash Harness 1110790 & 3M™ DBI-SALA® ExoFit NEX™ Arc Flash Harnesses

As part of 3M Fall Protection’s on-going commitment to delivering high quality safety equipment, we are notifying our customers of the following information related to the 1110790-96 Delta™ Arc Flash (AF) Harnesses & ExoFit NEX™ Arc Flash (AF) Harness portfolio. Recent testing of 1110790 AF Delta Harnesses and certain part numbers within the Exofit NEX AF harness portfolio returned negative test results on some units. Specifically, the ASTM F887 Arc Flash standard requires that all non-structural components extinguish within 15 seconds. It should be noted that there is variability in Arc Flash testing of webbing-based products. Although not fully understood, it can stem from several contributing factors including positioning, webbing gap to the test torso, environmental elements, arc path, input energy and other possible sources.

Click here to read list of part numbers impacted by this advisory (PDF, 181.43 KB)

Disaster Preparedness During a Pandemic


Disasters do not care that the country is in the middle of a pandemic. Hurricane season is well underway, thunderstorms followed by flash flooding can pop up at any time, earthquakes strike without warning, and wildfires can flare up and spread quickly. Are you prepared?

Take time now to evaluate the types of disasters that could affect you, your local union, your members and your families. Follow these steps to be prepared.

Make A Plan

Start by making a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you will contact one another and reconnect if separated. Establish a family meeting place that is familiar and easy to find.

Step 1: Put a plan together by discussing the questions below with your family, friends, or household to start your emergency plan.

1. How will I receive emergency alerts and warnings?
2. What is my shelter plan?
3. What is my evacuation route?
4. What is my family/household communication plan?
5. Do I need to update my emergency preparedness kit?
6. Check with the Centers for Disease Control (CDC) and update my emergency plans due to Coronavirus.
   • Get cloth face coverings (for everyone over 2 years old), disinfectants, and check my sheltering plan.

Step 2: Consider specific needs in your household.

As you prepare your plan, tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets or specific needs like operating medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some of these factors when developing your plan:

• Different ages of members within your household
• Responsibilities for assisting others
• Locations frequented
• Dietary needs
• Medical needs including prescriptions and equipment
• Disabilities or access and functional needs including devices and equipment
• Languages spoken
• Cultural and religious considerations
• Pets or service animals
• Households with school-aged children

Step 3: Fill out a Family Emergency Plan

Download and fill out a family emergency plan or use it as a guide to create your own.

Step 4: Practice your plan with your family/household

Build A Kit

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for at least 72 hours. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Build A Kit

Have enough food, water and other supplies to support your needs for several days.

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find and any one of them could save your life. Headed to the store? Download a printable version to take with you. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets or seniors.

Basic Disaster Supplies Kit

Assemble your kit by storing items in airtight plastic bags. Put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag. Download the Recommended Supplies List (PDF).

Additional Emergency Supplies

Since Spring of 2020, the CDC has recommended people include additional items in their kits to help prevent the spread of coronavirus or other viruses and the flu.

Consider adding these items to your emergency supply kit based on your individual needs.

Maintain Your Kit

After assembling your kit, remember to maintain it so it’s ready to go when needed:

• Keep canned food in a cool, dry place.
• Store boxed food in tightly closed plastic or metal containers.
• Replace expired items as needed.
• Re-think your needs every year and update your kit as your family’s needs change.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work, and cars.

• Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
• Work: Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a “grab and go” case.
• Car: In case you are stranded, keep a kit of emergency supplies in your car.

Prepare for Hurricanes

Hurricanes are dangerous and can cause major damage because of storm surge, wind damage, and flooding. They can happen along any U.S. coast or in any territory in the Atlantic or Pacific oceans. Storm surge is historically the leading cause of hurricane-related deaths in the United States. Eastern Pacific hurricane season is from May 15 to November 30 and Atlantic hurricane season is from June 1 to November 30.

Know your Hurricane Risk

Hurricanes are not just a coastal problem. Find out how rain, wind, water could happen where you live so you can start preparing now.
Make an Emergency Plan

Make sure everyone in your household knows and understands your hurricane plan. Discuss the latest Centers for Disease Control (CDC) guidance on Coronavirus (COVID-19) and how it may affect your hurricane planning. Don’t forget a plan for the office, kids’ daycare, and anywhere you frequent. —COVID-19

Gather Supplies

Have enough supplies for your household, include medication, disinfectant supplies, cloth face coverings, pet supplies in your go bag or car trunk. —COVID-19

Those with Disabilities

If you or anyone in your household is an individual with a disability, identify if you may need additional help during an emergency.

Know your Evacuation Zone

You may have to evacuate quickly due to a hurricane. Learn your evacuation routes, practice with household, pets, and identify where you will stay.

Recognize Warnings and Alerts

Have several ways to receive alerts. Download the FEMA app and receive real-time alerts from the National Weather Service for up to five locations nationwide. Sign up for community alerts in your area and be aware of the Emergency Alert System (EAS) and Wireless Emergency Alert (WEA)- which requires no-sign up.

Review Important Documents

Make sure your insurance policies and personal documents like ID are up to date. Make copies and keep them in a secure password protected digital space.

Strengthen your Home

Declutter drains and gutters, bring in outside furniture, consider hurricane shutters.

Get Tech Ready

Keep your cell phone charged when you know a hurricane is in the forecast and purchase backup charging devices to power electronics.

Help your Neighborhood

Check with neighbors, senior adults, or those who may need additional help securing hurricane plans to see how you can be of assistance to others.

Prepare your Business

Make sure your business has a continuity plan to continue operating when disaster strikes.

Floods

Floods are the most common natural disaster in the United States. Failing to evacuate flooded areas or entering flood waters can lead to injury or death.

IF YOU ARE UNDER A FLOOD WARNING, FIND SAFE SHELTER RIGHT AWAY

- Do not walk, swim, or drive through flood waters. Turn Around, Don’t Drown!
  - Just six inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off bridges over fast-moving water.
- Depending on the type of flooding: evacuate if told to do so, move to higher ground or a higher floor, stay where you are.

LEARN HOW TO STAY SAFE WHEN A FLOOD THREATENS

Plan to Evacuate

Many kinds of emergencies can cause you to have to evacuate. In some cases, you may have a day or two to prepare while other situations might call for an immediate evacuation. Planning is vital to making sure that you can evacuate quickly and safely no matter what the circumstances.

Visit www.ready.gov for a list of disasters and emergencies and important information on how to keep you and your family safe.
COVID-19 RESOURCES

MCAA
Frequently updates their COVID-19 Resource Center which provides vast resources related to the pandemic and its impact on the plumbing, mechanical, and HVAC industry.

CPWR COVID-19 Clearinghouse
Free, online resource highlights resources on crucial topics such as Guidance on Workplace Practices, State and Local Requirements, and Training Resources to name a few.

Tracking Our COVID-19 Response
Each state’s progress towards a new normal.

What U.S. States Require Masks in Public?
The site tracks each state’s progress towards its reduction in symptoms and cases, health system readiness, and increased testing.