

From the Commissioner

In June I had the privilege of attending the Amusement Star designation ceremony for Wet'n Wild in Greensboro with Tom Chambers and Tommy Petty. Wet'n Wild is the first permanent park to earn Amusement Star status. To qualify as an Amusement Star site, Wet'n Wild underwent surprise inspections and several audits from the Elevator and Amusement Device Bureau. After meeting all the requirements of the program, Wet'n Wild had a flag raising ceremony on July 9 to celebrate the designation. If you happen to visit Wet'n Wild this summer, be sure to look for the signature Amusement Star flag flying on the flagpole at the main entrance of the park.

Also in June, Regina Cullen fulfilled a request from the U.S. Tobacco Cooperative to speak at three of their major tobacco meetings on Good Agricultural Practices. I'd like to thank Regina for stepping up to make all three of these presentations. The speaking engagements gave Regina the opportunity to provide a safety overview of what OSH expects from farmers in North Carolina and to cover key safety and health topics pertinent to the tobacco growers. In Wilson, which had the biggest turnout, Regina was able to convey our safety message to nearly 500 growers. I'm glad Regina was flexible and able to capitalize on this opportunity.

We wrapped up the 30 safety award banquets this week. Eursula Joyner and her team did another fantastic job. I look forward to next year.

This week, Communications issued another heat stress news release statewide due to the upcoming 100-degree temperatures. We could all benefit from knowing the signs and symptoms of heat-related illnesses, so please take a minute to review the tips from our Heat Stress Quick Card on page 3.

For those of you who want a refreshing break from the heat, you should try a Cherry Berry Chiller from McDonalds. After hearing so much about it, I decided to try one. While ordering at the drive-through one day, I could not resist having a few laughs with the drive-through attendant about having a drink named after me. The attendant said, "Oh, the Elevator Lady!" We shared a good laugh and I enjoyed the drink.

Have a great Fourth!

Cherie



Employee News

- Congratulations to Dawn Beasley, Wage and Hour, on graduating from the Administrative Professionals Certificate Program. Dawn was second in her class and also received a certificate for the Most Determined Award. The APCP is a 22-week program offered by the Office of State Personnel/Human Resource Development Group and Wake Technical Community College.
- Forrest Wilson will star as Edna Turnblad in the Clayton Youth Theater production of *Hairspray* on July 27-28 and August 2-4 at the Clayton Center in Clayton. He is the son of Jeff Wilson, Publications.



Dawn Beasley (front row, 3rd from left) with her classmates from the Administrative Professionals Certificate Program.

- Congratulations to Vicki Curlee, OSH Charlotte Office, on the birth of her first granddaughter. Kinsley Victoria West was born June 10, weighing in at 6 pounds, 12 ounces, and 19 inches long.
- Congratulations to Jack Brinson, Budget and Management, on the birth of his first grandchild. Jakob (Jake) Dylan Brinson was born June 24 to David and Kelli Brinson. He weighed in at 7 pounds, 14 ounces, and was 20½ inches long.
- Our condolences to the friends and family of Taylor McMillan, who died June 18. Taylor retired from NCDOL in January 1994 after serving as John Brooks' chief deputy commissioner and as the director of the Arbitration, Conciliation and Mediation Division under Harry Payne.
- Congratulations to the NCDOL units that received gold safety awards this year:

First Year

Education, Training and Technical Assistance Bureau

Sixth Consecutive Year

OSH Administration

Eighth Consecutive Year

Consultative Services Bureau

Mine and Quarry Bureau

10th Consecutive Year

Budget and Management Division

Planning, Statistics and Information Management Bureau

OSH Asheville Field Office



Krish Chhabria receives PSIM's safety award plaque for 10 consecutive years from Commissioner Cherie Berry.

New Hire

- Nathan Chapoton, safety compliance officer trainee, OSH, Wilmington.

Job Change

- Bill Allen, safety compliance officer I, from District 9 to District 7, OSH, Raleigh.

Separation

- Shira Samaniego, administrative assistant I, Apprenticeship and Training, Raleigh.

Retirements

- Barney Stegall, apprenticeship specialist, Apprenticeship and Training, Charlotte.
- Marsha Moore, investigator II, Wage and Hour, Raleigh.

Wage and Hour staff held a luncheon June 29 to celebrate Marsha Moore's retirement. Kneeling (l-r): Adriana King, MaLee Vertucci, Selenia Genao. Standing (l-r): Nicole Ingram, Angela Leon, Lane Carter, Claire Wallace (holding her daughter Charlotte), Darryl Saunders, Marsha Moore, Shannon Council, Blanca Acevedo, Julian Blumenfeld.



Upcoming Birthdays

7-1 Emily McGill	7-9 Kimberly Bostic	7-22 Jerome Evers
7-1 Nick Vincelli	7-10 Nicole Brown	7-23 Eddie Cotten
7-2 JoAnn Bell	7-11 Dennie Brooks	7-24 Belvin Horres
7-2 Mike Smith	7-11 Angela Leon	7-26 Brian Tuttle
7-4 Carey Creech	7-13 Lula Powell	7-27 John Baldwin
7-4 Neil Brown	7-15 Rebecca Israel	7-28 Shannon Council
7-5 Terri Burns	7-16 Derrick Gibbs	7-28 Nelson Edwards
7-6 Ron Wells	7-16 Chip Thomas	7-29 Kathy Capps
7-6 Ray Payne	7-17 David Poole	7-29 Jane Gilchrist
7-6 Trena Smith	7-19 Karen Bogner	7-29 Evelyn Zoldak
7-8 Angela Richardson	7-19 Tim Childers	7-30 Randall Raborn
7-8 Jim Baker	7-21 Mildred Rivera	7-31 Amanda Keyes



Heat Stress

When the body is unable to cool itself by sweating, heat-induced illness such as heat exhaustion and the more severe heat stroke can occur and can result in death.

Factors Leading to Heat Stress

High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

Symptoms of Heat Exhaustion

- * Headaches, dizziness, light headedness or fainting.
- * Weakness and moist skin.
- * Mood changes such as irritability or confusion.
- * Upset stomach or vomiting.

Symptoms of Heat Stroke

- * Dry, hot skin with no sweating.
- * Mental confusion or losing consciousness.
- * Seizures or convulsions.

Preventing Heat Stress

- * Know signs and symptoms of heat-related illnesses; monitor yourself and co-workers.
- * Block out direct sun or other heat sources.
- * Use cooling fans or air conditioning; rest regularly.
- * Drink lots of water, about 1 cup every 15 minutes.
- * Wear lightweight, light-colored and loose-fitting clothes.
- * Avoid alcohol, caffeinated drinks and heavy meals.

What to Do for Heat-Related Illness

- * Call 911 (or local emergency number) at once.

While Waiting for Help to Arrive

- * Move the person to a cool, shaded area.
- * Loosen or remove heavy clothing.
- * Provide cool drinking water (only if victim is conscious).
- * Fan and mist the person with cool, not cold, water. Do not put person in ice.

View Your Annual Retirement System Benefits Statement

Your 2011 benefits statement from the Teachers and State Employees Retirement System is now available for viewing and printing. You may view your 2011 benefits statement by logging into your ORBIT account and clicking on *View Annual Benefits Statements*. If you have never used ORBIT, you will need to register on the main page.

Benefits Statements are available for active members who have at least 12 months of service and contributed to their retirement system account in December 2011.

If you have less than 12 months of service, you will see a letter posted to your ORBIT account that communicates where to find your length of service, retirement account balance, and beneficiary designations within ORBIT.

The URL to get started is <https://orbit.myncretirement.com/Orbit/Common/Pages/BPASLogin.aspx>.

ProLogger Workshop in Williamston

The N.C. Forestry Association's ProLogger Program conducted its second base course for 2012 as 21 loggers spent three days in May at Martin Community College in Williamston. This ProLogger came on the heels of one held earlier in the year in Whiteville where 24 loggers became ProLoggers. The third and final ProLogger base course will take place Oct. 10-12 at McDowell Community College in Marion.

"My awareness to jobsite safety has increased as a result of becoming a ProLogger. *The Logger Safety Checklist Booklet* Mr. Eric referenced is a great tool," commented one attendee.

CSHOs are encouraged to attend and be a part of the ProLogger experience. Contact CSHO Leighton Dowdle in Asheville for details if you are interested in attending.



Eric Smith talks log deck safety with ProLoggers during the field day portion of ProLogger in Williamston.

Bilingual Housing Safety DVD Available

The Agricultural Safety and Health Bureau (ASH) recently finished a video on a topic affecting many North Carolina farm owners and their employees. The DVD, titled *Housing—Do It Right!*, was completed in April 2012 and was mailed to all registered growers. It discusses housing regulations and ways to maintain the housing once occupied. This is a shared responsibility.

A common problem observed by ASH inspectors is that some farmworkers improperly store their food, which, in turn, attracts insects and rodents in addition to increasing the risk of contamination. The DVD provides information about how to keep food fresh longer by wrapping it up or putting it in containers in the refrigerator.

This video is unique because it was filmed based on the idea of farmworkers informing farmworkers. Ken Ellzey, who filmed the Department of Labor's *Making Safety a Priority*, Regina Cullen, ASH bureau chief, and Allie Weller, intern, used interviews with farmworkers who have demonstrated superior cleanliness and responsibility in housing safety as a basis for the content on the DVD.

Jimmy Hill, a Gold Star Grower from Tull Hill Farms, introduced the film crew to a few of his workers. The housing facilities were overall exemplary and the workers explained in detail the schedule that they had created for themselves for cleaning, cooking, and doing laundry so as to maintain the facilities in their original condition.

Another important issue discussed on *Housing Safety* is fire safety. It is a standard established by the N.C. Department of Labor that there must be a smoke detector in every room where someone sleeps, a fire extinguisher in every room where residents sleep or cook, and a stairway or fire escape in multistory buildings. Although, this

equipment is helpful, it is important to prevent fires before they ever start. The DVD addresses common fire hazards that have been noted during housing inspections. Certain potentially hazardous behaviors such as leaving space heaters on when not in the house, falling asleep with candles burning, and plugging in too many electrical appliances at once can easily be avoided with proper education on the subject.

The funding for this DVD was provided by a grant from R.J. Reynolds Tobacco Co. They have funded DVDs in the past for the Department of Labor and have aided in many safety training session along side with ASH.

The video can also be viewed using YouTube links:

<http://www.youtube.com/watch?v=9ERkaFQUhFE> (English, Part 1)

<http://www.youtube.com/watch?v=sYPFLbRqnvU> (English, Part 2)

<http://www.youtube.com/watch?v=OMh-pDhqmgk> (Spanish, Part 1)

<http://www.youtube.com/watch?v=mmen2gB1Eco> (Spanish, Part 2)

What's New @ Your Library

BY NICK VINCELLI, LIBRARIAN

New Titles

- *For Passenger Ropeways—Aerial Tramways, Aerial Lifts, Surface Lifts, Tows and Conveyors—Safety Requirements* (ANSI B77.1-2011). ANSI, 2011.
- *Installation, Alteration and Maintenance of Antenna Supporting Structures and Antennas* (TIA-1019-A—2012). Telecommunications Industry Association, 2012.
- *Workplace Violence in Mental and General Healthcare Settings*. Jones and Bartlett Publishers, 2011.

New DVDs

- *Groundskeeping Safety: Be a Pro!* (DVD 321—English/Spanish). Coastal; 17 min., 2008.
- *Groundskeeping Safety: Dealing With Bugs and Critters* (DVD 397—English/Spanish). Coastal; 16 min., 2007.
- *Hazard Recognition and Control* (DVD 724—English/Spanish/Portuguese/French). Coastal; 17 min., 2008.
- *Incident Reporting: You Can Save a Life* (DVD 520—English/Spanish/Portuguese). Coastal; 16 min., 2005.
- *Lab Safety: Under the Hood* (DVD 421—English/Spanish/Portuguese/French). Coastal; 18 min., 2008.
- *Laboratory Safety: The Finer Points* (DVD 547—English/Spanish/Portuguese). Coastal; 17 min., 2009.
- *Laser Safety: The Blink of an Eye* (DVD 723—English/Spanish/Portuguese). Coastal; 21 min., 2007.
- *Safety Attitudes: Food for Thought* (DVD 467—English/Spanish/Portuguese/French). Coastal; 15 min., 2008.
- *Workplace Violence: The Calm Before the Storm* (DVD 247—English/Spanish/Portuguese). Coastal, 28 min., 2008.
- *Working Outdoors: Mosquitoes and Ticks* (DVD 722—English/Spanish). Coastal, 15 min., 2010

Online FYIs:

- *Blunt-Tip Surgical Suture Needles Reduce Needlestick Injuries and the Risk of Subsequent Bloodborne Pathogen Transmission to Surgical Personnel* (An FDA, NIOSH and OSHA Joint Safety Communication)
<http://www.fda.gov/MedicalDevices/Safety/AlertsandNotices/ucm305757.htm>
- *Stay Healthy and Safe While Giving Manicures and Pedicures: A Guide for Nail Salon Workers*
<http://www.osha.gov/Publications/3542nail-salon-workers-guide.pdf>
- *Handbook for EMS Medical Directors*
http://www.usfa.fema.gov/downloads/pdf/publications/handbook_for_ems_medical_directors.pdf
- *Heat Safety Tool* (Smartphone app)
http://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html
- *Health Hazards in Nail Salons*
<http://www.osha.gov/SLTC/nailsalons/index.html>
- *New Study Examines the Role of Intimate Partner Violence in Workplace Homicides Among U.S. Women*
<http://www.cdc.gov/NIOSH/updates/upd-05-03-12.html>