

your shoulders. Get as close to the load as possible and slide it toward you. The pulling and lifting should all be done with your arms, not your back.

- If a load is positioned low, under a rack or in a cabinet, bend down at the knees and pull the object toward you. Try to balance the load on one knee before lifting and, as always, lift with your legs.

Watch your step

Although many people may think the most dangerous places to work are factories and plant floors, plenty of dangers abound in an office setting as well. One of the most common accidents in office settings is falls. Employees are 2.5 times more likely to suffer a disabling fall in an office setting than anywhere else, according to the National Safety Council.

The council offers the following tips on avoiding fall hazards in the office:

- Walk – don't run.
- Wear footwear that reduces the risk of slips, trips and falls. High heels increase fall risks.
- When walking down hallways, stay to the right – same as you would in vehicular traffic.
- Remove obstructions such as wastebaskets and cords from walkways.
- Always be sure to close file cabinets and desk drawers so they do not create a tripping hazard.
- Consider installing convex mirrors around hallway intersections so workers are aware of oncoming traffic.
- Carpet and floor mats can help create a slip-resistant surface. Marble or tile can be slippery, especially when wet.
- Be certain stairwells are well-lit and equipped with anti-skid strips and handrails.

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FACEValue

NIOSH's Fatality Assessment and Control Evaluation Reports

#08CA002

Date of incident: Jan. 21, 2008

DRIVER DIES AFTER FALLING FROM TOP OF TANKER TRUCK

A 57-year-old truck driver was killed when he fell from the top of a tanker truck while attempting to close the lid. The victim had been employed for three years with a trucking company that employed 2,200 workers nationwide. Approximately 500 employees worked at the California facility where the incident occurred.

The scene of the accident was a cement plant designed with catwalks and weighted gangways that lowered to allow drivers to access the top of their tanker trailers for opening or closing the lid. Although the employer had a written safety program that included safe work procedures for closing the lid on tanker trailers, fall protection was not a requirement.

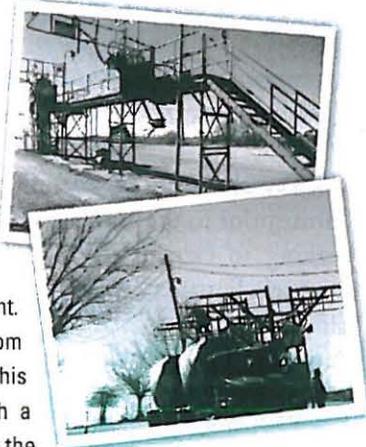
Prior to the incident, the victim was working from a gangway that was extended over the top of his tanker. Although the gangway was outfitted with a guardrail, the victim slipped through a gap between the guardrail and top of the tanker trailer, falling approximately 12 feet to the ground. He was not wearing a fall protection device.

A security guard discovered the victim after noting the tanker had been parked near the catwalk for an extended period of time. At that time, the victim was immobile and bleeding from the head. The security guard called 911 and the victim was transported to the hospital, where he was pronounced dead. Blunt head trauma was listed as the cause of death.

TO PREVENT FUTURE OCCURRENCES:

- ✓ **Ensure fall protection is worn by drivers who use catwalks and gangways to access the tops of tankers.** Although the catwalk and gangway in this case were designed to provide fall protection to workers, a 24- to 36-inch gap existed between the tanker and guardrail, even when properly used. A personal fall protection device would have provided additional protection. The worker should have been equipped with an approved safety harness with a lifeline attached to an overhead anchorage. Lifelines should always be adjusted to ensure the employee cannot fall beyond a safe, specified distance.
- ✓ **Use a catwalk, gangway and guardrail system that eliminates gaps between the tanker and guardrail.** Many manufacturers produce systems that provide access to the tops of tanker trucks. The system used in this case did not adjust to the height of various tankers. The incident might have been prevented if a system was in place that did not allow such a large gap between the guardrail and tanker truck.

+Plus To access the full report, go to www.nsc.org/plus





Safety+Health



April 2009
Vol. 179, No. 4

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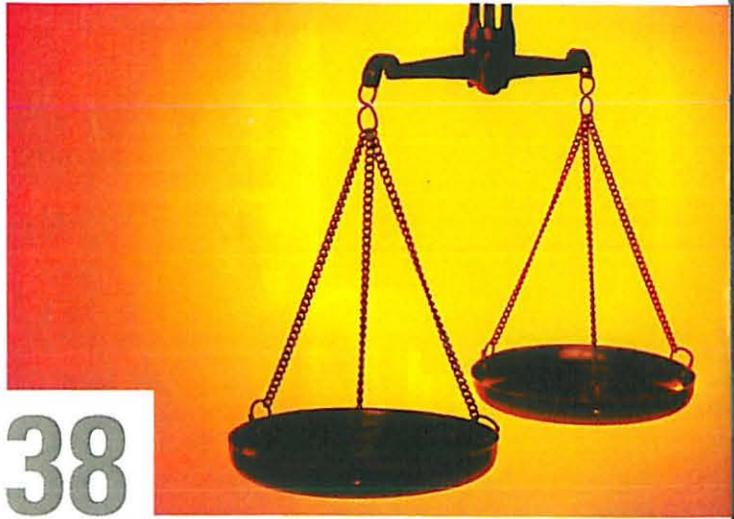
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Emerging trends – and a new bill in Washington – could alter workers' comp laws throughout the country

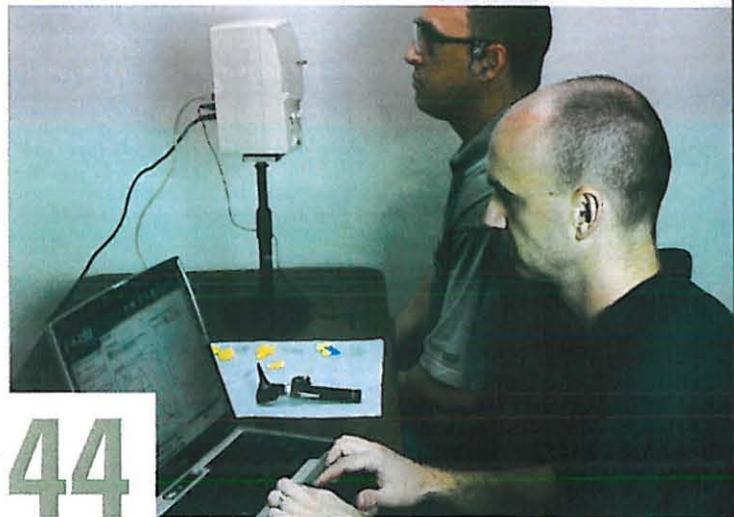
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Methamphetamine use is becoming more widespread, increasing the risk of worker injury

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Plus

These extras and more available
this month on www.nsc.org/plus:

- ☞ Read the National Commission on State Workers' Compensation Laws Act of 2009.
- ☞ Check out the "Faces of Meth."