



From the Director...

These are interesting times in which we live. As we head down the road of electing a new leader for our country, we are faced with a possible recession, a volatile stock market, a lending crisis, and a war that is nearing five years in length. And though I have only highlighted a few of the major national issues, there are just as many issues facing us at the state and local levels as well. Let's not forget we all have our own personal and professional lives to manage. In response to life's daily challenges and changes, and to help you manage the "daily grind" of life, I'd like to share the following life philosophy of who I think is one of our country's greatest leaders, Colin Powell.

Colin Powell's 13 Rules of Life

1. It ain't as bad as you think. It will look better in the morning.
2. Get mad, and then get over it.
3. Avoid having your ego so close to your position that when your position falls, your ego goes with it.
4. It can be done!
5. Be careful what you choose. You may get it.

6. Don't let adverse facts stand in the way of a good decision.
7. You can't make someone else's choices. You shouldn't let someone else make yours.
8. Check small things.
9. Share credit.
10. Remain calm. Be kind.
11. Have a vision. Be demanding.
12. Don't take counsel of your fears or naysayers.
13. Perpetual optimism is a force multiplier.

I hope you find these "Rules of Life" useful. I look forward to seeing you in an upcoming course.

Sincerely,


E. Rush Barnett, CSP, CIH
Director of Training

FIRST AID/CPR/AED – SORTING THROUGH CERTIFICATION

Recently we have been receiving inquiries on First Aid/CPR/AED certifications, such as how long is the First Aid certification good for? How long is the CPR certification good for? Is there a prerequisite for taking an Automatic Electronic Defibrillator (AED) class, and how long is that certification good for? What follows is a break down of the most frequently asked questions.



First of all, the American Heart Association, the National Safety Council, and the American Red Cross all offer First Aid certificates that are good for 3 years.

AED training goes hand-in-hand with the CPR training. This does not mean you will automatically receive AED training with CPR training. If you wish to be trained on the use of an AED make sure that the class you enroll in offers it as part of their CPR course. If not, request that AED training be included in the course. If you want to receive your CPR/AED

certificate, be aware that different training providers, who are approved through the above organizations, may offer either a 1-year or a 2-year certificate. The training certificate issued through AMA is valid for 2 years.

People are sometimes hesitant to receive the training and act in the event of an emergency due to potential personal liability issues. Good Samaritan laws protect people as long as they are not administering aid beyond their training.

Consider First Aid training and CPR/AED training as a valuable staff benefit. Your efforts to provide this training may very well save someone's life.

Upcoming dates: 5/6, 7/15, & 9/19 or call for a special course for your organization.

CONSTRUCTION CONFINED SPACE PROPOSED RULE Is It Much Different Than General Industry?

At first glance the “Confined Spaces in Construction; Proposed Rule” appears to be somewhat cumbersome. A *confined space* has the same definition as in 29CFR1910.146: Is large enough to bodily enter, has limited means of entry and egress, and is not designed for continuous human occupancy. The general industry standard requires a confined space to be classified as a “Permit-Required Confined Space” if there is an actual or potential hazard associated with the space.

Under the proposed rule, if there is an actual or potential hazard (physical or atmospheric) the confined space must be classified into one (1) of four (4) classifications. These classifications are:

1. Continuous System-Permit-Required Confined Space (CS-PRCS).
2. Permit-Required Confined Space (PRCS).
3. Controlled Atmosphere Confined Space (CACS).
4. Isolated-Hazard Confined Space (IHCS).



A **CS-PRCS** is part of, and contiguous with, a larger confined space (for example, sewers) that the employer cannot isolate from the larger confined space. It is also subject to a potential hazard release from the larger confined space that would overwhelm personal protective equipment and/or hazard controls, and results in a hazard that is Immediately Dangerous to Life or Health (IDLH).

A **PRCS** is basically the same as that defined in 1910.146. It has any one of the following characteristics: Hazardous atmosphere; entrapment potential; engulfment hazard; or other serious physical hazard (explosives, mechanical, electrical, hydraulic, pneumatic, noise, chemical, and thermal).

A **CACS** is a confined space where ventilation alone will control atmospheric hazards at safe levels and the space contains no physical hazards. Isolation of existing physical hazards effectively eliminates the hazard.

An **IHCS** is a confined space in which the employer has isolated all physical and atmospheric hazards.

Under the proposed rule, the contractor is responsible for determining if there are confined spaces and if these spaces are subject to any hazards. If the contractor must enter the space to identify any physical or atmospheric hazards employees must enter under the conditions set forth for PRCSs and, if applicable, CS-PRCSs.

Of course, the employer must ensure that employees who have duties in or near a PRCS are trained with the knowledge and skills necessary for the safe performance of their duties.

OSHA 10-Hr. for Construction in SPANISH!!!

Get your Hispanic workers the training they need. See the attached training schedule or register online at www.amatraining.com. Dates for training are:

June 9-10, 2008 & August 7-8, 2008 & October 15-16, 2008

AMA also offers ASBESTOS, LEAD, MOLD and HAZMAT training in Spanish.

See the enclosed training schedule or call for dates and availability.

EMPLOYER-PAID PERSONAL PROTECTIVE EQUIPMENT

A New OSHA Rule

OSHA has published a final rule whereby employers will provide, at no cost to employees, almost all personal protective equipment (PPE) – when the PPE is used to comply with OSHA standards. This rule became effective on February 13, 2008 and must be fully implemented by May 15, 2008. In the past, there has been confusion as to whether or not employers are required to pay for PPE.

OSHA estimates that the rule will result in over 21,000 fewer occupational injuries per year – such as head, foot and eye injuries, lacerations, and chemical burns. When employees pay for their own PPE, they are more likely to purchase the wrong equipment,



use it beyond its expected service life, or avoid purchasing the equipment altogether.

The rule does not require employers to provide PPE where none has been required before. The rule contains several exceptions for ordinary safety-toe footwear and prescription safety eyewear, logging boots, ordinary clothing, and ordinary weather-related gear. The rule also addresses employees who wish to supply their own PPE.

As an employer, you need to read, understand, implement, and amend any written policies addressing PPE in the workplace. Visit OSHA's website at www.osha.gov to find out more.

MARYLAND'S CLEAN INDOOR AIR ACT ARE YOUR BUSINESS AND VEHICLES IN COMPLIANCE?



The Final Regulations were issued to the Clean Indoor Air Act of 2007 on December 21, 2007.

The Act bans smoking in all indoor areas open to the public except in limited circumstances. The Act clearly defines an Indoor Place of Employment and includes vehicles. An *indoor area open to the public* means "An indoor area or portion of an indoor area accessible to the public by either invitation or permission." For those companies with vehicle fleets, "A vehicle other than a private vehicle as used in Health-General Article, §24-505(1), Annotated Code of Maryland, when an employee uses it in the course of employment and

it is occupied by more than one employee". A vehicle where smoking is prohibited under this regulation shall also display conspicuously a "NO SMOKING" sign.

"NO SMOKING" signs are now required at every public entrance to an indoor area open to the public where smoking is prohibited.

Persons in violation of this act are subject to penalties ranging from a written reprimand, to a civil penalty of \$1,000 per violation or subsequent finding of violation.

LEAD 3RD PARTY EXAMS Who Accepts What in DC, VA and MD?

In order to obtain your lead accreditation, or license, in the disciplines of Abatement Supervisor, Inspector Technician, and Risk Assessor you must be trained, apply for the accreditation and take state-required 3rd party examinations. Each of the above-titled jurisdictions has different reciprocity policies.

Maryland has a single 50-question exam for each of the affected lead disciplines and will accept any other state's 3rd party exam in place of the Maryland state exam. In other words, if you have already taken a Virginia 3rd party exam, you will not have to take the Maryland exam. DC and VA have 2-part 3rd party exams. One part is open-book for the respective regulatory requirements in the District or state, and the other part is for the discipline. If you have taken a 3rd party exam in another state, DC will accept the exam to cover the discipline aspects for DC, but you will still be required to take the open-book exam for DC regulatory requirements.

VA requires you to take both parts of their 3rd party exam regardless of whether you have taken an exam in another state. So if you take your 3rd party exam in VA first, you will not have to take the MD exam and only half of the DC exam.

10 Most Frequently Cited OSHA Violations for 2007

The OSHA top 10 list covers violations for the period of October 1, 2006 through September 30, 2007. The violation along with the Standard that was violated are listed below:

1. Scaffolding (29CFR1926.451)
2. Fall Protection (29CFR1926.501)
3. Hazard Communications (29CFR1910.1200)
4. Respiratory Protection (29CFR1910.134)
5. Lock Out/Tag Out (29CFR1910.147)
6. Powered Industrial Trucks (29CFR1910.178)
7. Electrical Wiring (29CFR1910.305)
8. Ladders (29CFR1926.1053)
9. Machine Guarding (29CFR1910.212)
10. Electrical (29CFR1910.303)



Many of the above-listed violations are in the top 10 every year for Construction and General Industry. Do any of these standards affect your workplace?

EVALUATING THE TRUE COST OF TRAINING

When you receive training at AMA, we provide class participants with the required State of Maryland photo identifications card on the day of training. This saves you time and additional expenses of making appointments for employees to travel to the Maryland Department of the Environment in order to receive asbestos training photo identification cards.



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The Monitor

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