



WORKER SAFETY BEST PRACTICES

PRESENTATION

by Charlene Obernauer
Executive Director
NYCOSH



www.nycosh.org



14 Wall St, Ste 5A
New York, NY. 10005

OUR ORGANIZATION

The New York Committee for Occupational Safety Health (NYCOSH) is a membership organization of workers, unions, community-based organizations, workers' rights activists, and health and safety professionals. NYCOSH uses training, education, an advocacy to improve health and safety conditions workplaces, our communities, and our environment. Founded in 1979 on the principle that workplace illnesses and deaths are preventable, NYCOSH works to extend and defend every person's right to a safe and healthy workplace. NYCOSH is a non-profit 501(c)(3) organization.



NYCOSH HISTORY

The New York Committee for Occupational Safety and Health grew out of informal, brown bag lunch meetings between health and safety activists and trade unionists in the middle to late 1970s. The federal Occupational Health and Safety Act had passed in 1970 and this group that included scientists, academics, doctors, lawyers, union representatives and rank-and-file workers discussed how to ensure that the new federal law provided the strongest possible protections to ordinary workers. They also examined problems in the workers' compensation system and the latest scientific findings on workplace hazards.

Over the years, we have built coalitions of community, environmental, and labor organizations to win inspirational campaigns; trained hundreds of thousands of workers in New York City, Long Island and the Hudson Valley; successfully led advocacy efforts around the creation of New York State's occupational health clinics and the Public Employees Safety and Health Act; conducted educational conferences for hundreds of workers on the disproportionate hazards on the job facing immigrant and low-wage workers, workers' compensation, workplace violence, asbestos, office hazards, and ergonomics; and provided thousands of various technical assistance consultations on issues ranging from the aftermath of a wastewater treatment plant explosion and lab safety in schools.



Agenda

Definition of Occupational Safety and Health

What are H+S hazards that you should keep in mind? IDing them in the workplace

Intro to OSHA/PESH

Filing complaints

Contact us/
Thank yous!

Discussion

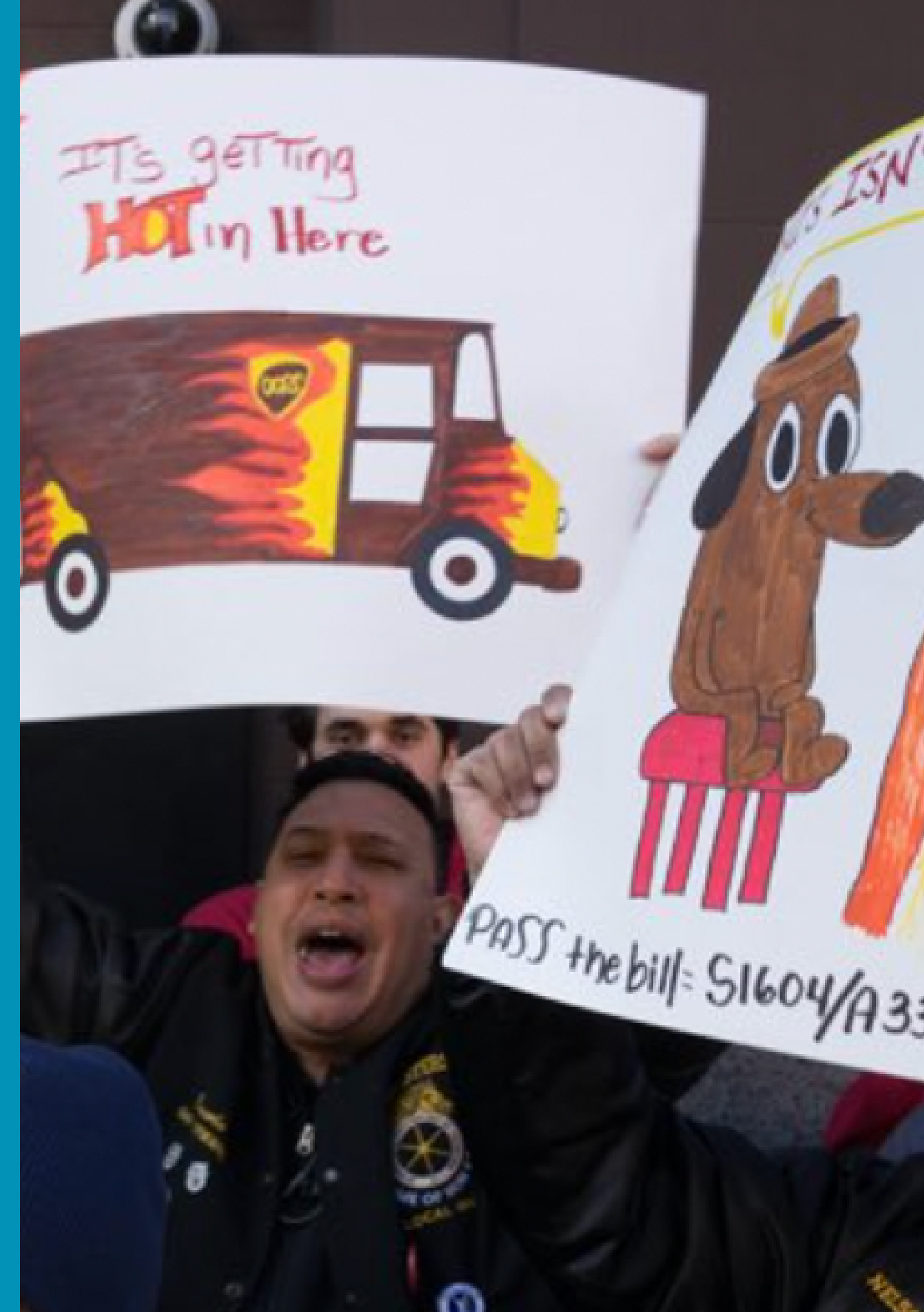
Definition of Occupational Health And Safety (OHS)

Occupational safety and health, also commonly referred to as occupational health and safety, occupational health, or occupational safety, is a multidisciplinary field concerned with the safety, health, and welfare of people at work.



ILO/WHO Committee on Occupational Health:

"The main focus in occupational health is on three different objectives: (i) the maintenance and promotion of workers' health and working capacity; (ii) the improvement of working environment and work to become conducive to safety and health and (iii) development of work organizations and working cultures in a direction which supports health and safety at work and in doing so also promotes a positive social climate and smooth operation and may enhance productivity of the undertakings. The concept of working culture is intended in this context to mean a reflection of the essential value systems adopted by the undertaking concerned. Such a culture is reflected in practice in the managerial systems, personnel policy, principles for participation, training policies and quality management of the undertaking."



A background image showing laboratory glassware, including a round-bottom flask and a beaker, containing a red liquid. A diagonal band, colored teal and grey, runs from the top left towards the bottom right, partially obscuring the glassware.

Health Hazards

Common types of health hazards in the workplace are:

- Chemical (asbestos, solvents, chlorine)
- Biological (tuberculosis, HIV, hepatitis, molds)
- Physical (noise, heat and cold, radiation, vibration)
- Ergonomics or Repetitive Strain Injuries (carpal tunnel syndrome, back injuries)
- Psychological (stress)



How do health hazards enter your body?

- Breathing (inhalation)
- Swallowing (ingestion)
- Skin (absorption)
- Cuts (injection)

Health harm depends on:

- Strength, or potency, of the agent.
- Amount of the agent that is present.
- How long you are exposed to the agent.
- Part of your body that is exposed.



Types of health effects:

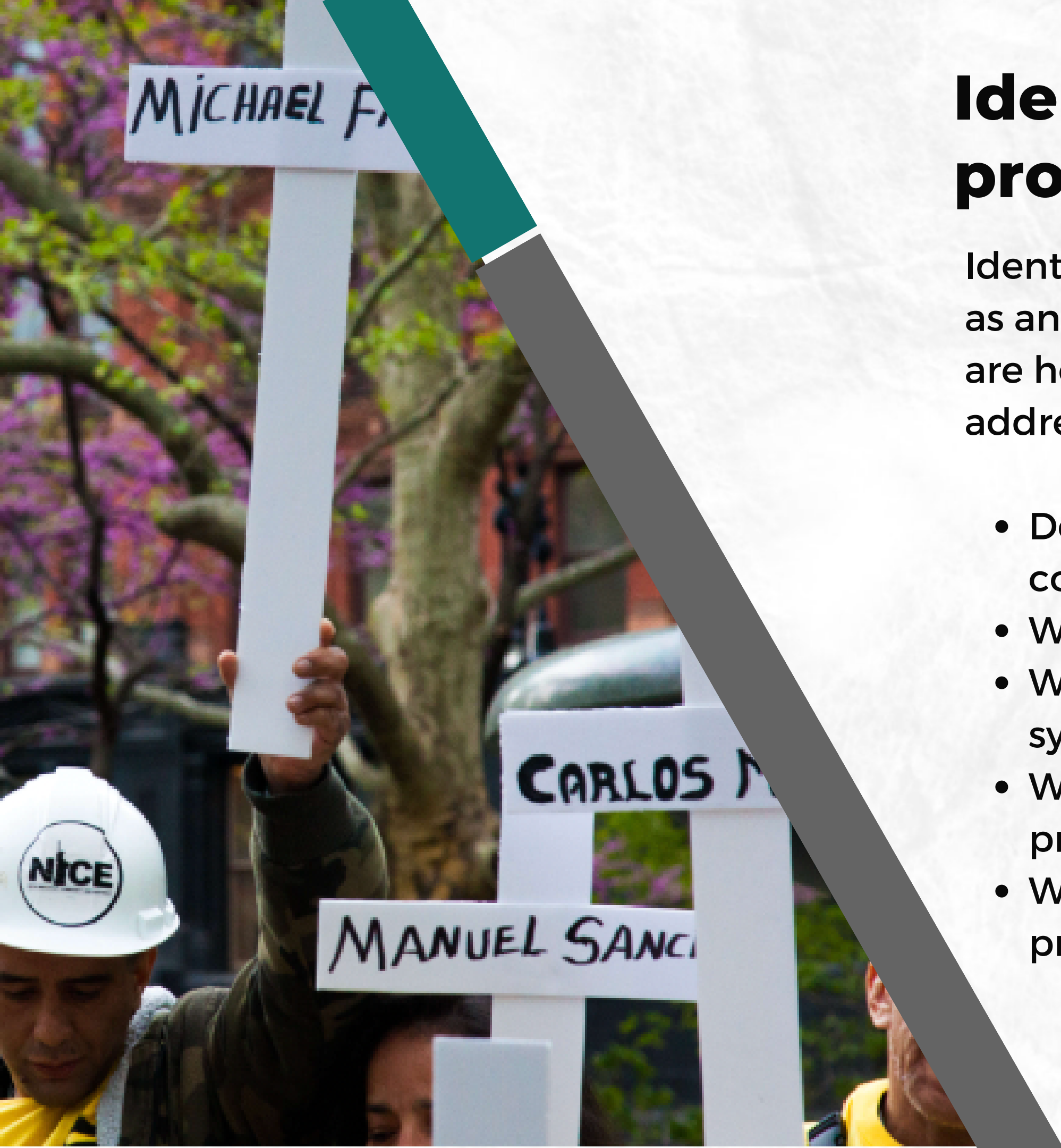
- **Acute:** the effect shows up right away.
- **Chronic:** problems show up after a long period of exposure and/or long after the exposure ends.
- **Local:** only the part of the body that was exposed is affected.
- **Systemic:** an agent enters the body and affects other parts of the body.



Safety Hazards

Common types of safety hazards in the workplace are:

- Slips, trips and falls
- Being caught in or struck by moving machinery or other objects
- Fire and explosions
- Transportation and vehicle-related accidents
- Confined spaces
- Violence



Identifying safety and health problems in the workplace

Identifying health and safety problems can be as easy as answering basic questions. To determine if there are health and safety problems that need to be addressed in your workplace, use these questions:

- Do you or your co-workers have injuries or health complaints? If so, what types?
- Who has been hurt or is having symptoms?
- When do you or your co-workers feel these symptoms?
- Where in the workplace are safety or health problems occurring?
- What are the conditions that are causing problems?

Intro to OSHA

In 1970, the United States Congress and President Richard Nixon created the Occupational Safety and Health Administration (OSHA), a national public health agency dedicated to the basic proposition that no worker should have to choose between their life and their job. Passed with bipartisan support, the creation of OSHA was a historic moment of cooperative national reform. The OSHA law makes it clear that the right to a safe workplace is a basic human right.

Congress created OSHA to assure safe and healthful conditions for working people by setting and enforcing standards and providing training, outreach, education and compliance assistance. **Under the OSHA law, employers are responsible for providing a safe and healthful workplace for their workers.**



Intro to PESH

The Public Employee Safety and Health Program (PESH) was created in 1980 through the PESH Act, to extend federal occupational safety and health protection to public employees at the state and local levels in New York. PESH enforces all of the standards of the federal Occupational Safety and Health Administration (OSHA).

The PESH Act requires that an employer furnish employees with a job and a workplace free from recognized hazards, "provide reasonable and adequate protection to the lives, safety and health of its employees", and comply with all Health and Safety Standards promulgated by the NYS Department of Labor's Division of Safety and Health.



How do you file a complaint?

Open the form and complete the pages as accurately and completely as possible.

- Describe each hazard you think exists in as much detail as you can. If the hazards described in your complaint are not all in the same area, please identify where each hazard can be found at the worksite. If there is any particular evidence that supports your suspicion that a hazard exists (for instance, a recent accident or physical symptoms of employees at your site) include the information in your description.
- After you have completed the form, return it to your local OSHA/PESH office or submit it online.



Complaint tips

1. Be specific and include appropriate details
2. Establishment Name, Address, & Type of Business: Be thorough and specific.
3. Hazard Description/Location: The hazard description is the most important part of the form. Your answer should explain the hazards clearly. If your complaint is about chemicals, identify them whenever possible and attach copies of labels (or SDSs) if you can. Identify the location so the inspector will know where to look.
4. Has this condition been brought to the attention of the employer or another government agency?
5. Do NOT reveal my name: OSHA/PESH will keep your name off the complaint, if you wish. Remember that discrimination for health and safety activity is illegal. If you are a union representative, you may wish to have your name on the complaint.
6. Signature and address: It is important to sign the complaint if you want OSHA/PESH to conduct an onsite inspection. Also, your address will allow OSHA/PESH to send copies of inspection related materials to you.

CONTACT



212-227-6440



charlene@ny



www.nycosh



14 Wall Stree
New York, N



Thank You

FOR YOUR ATTENTION



www.nycosh.org



14 Wall Street, Ste 5A
New York, NY. 10005