

Mission Success Starts With Safety

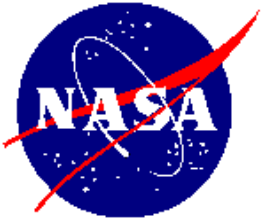


# Construction Safety

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SSC Construction Inspection  
Safety Findings/Stats

December 2014



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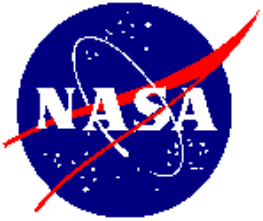
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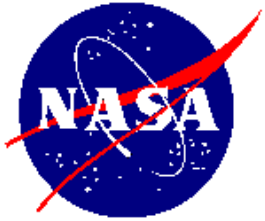
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# Construction Safety Findings: 1-5 December 2014

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**Findings Total: 0**

-Serious Findings: 0

-Less than Serious Findings: 0

**Mishaps / Close Calls: 0**



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# Construction Safety Findings: 8-12 December 2014

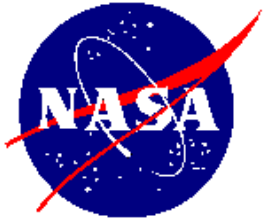
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**Findings Total: 0**

-Serious Findings: 0

-Less than Serious Findings: 0

**Mishaps / Close Calls: 0**



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# Construction Safety Findings: 15-19 December 2014

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## Findings Total: 0

-Serious Findings: 0

-Less than Serious Findings: 0

## Mishaps / Close Calls: 1

### Mishap: 1

B-2 T/S – An unknown object was blown into an employee's left eye while working on the B-2 Test Stand. The employee attempted to flush the eye several times without success. The following day, the employee went to the SSC Clinic where the item had to be extracted. The employee was given restricted duty, making this an OSHA Recordable or a NASA Type C Mishap.



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# Construction Safety Findings: 22-31 December 2014

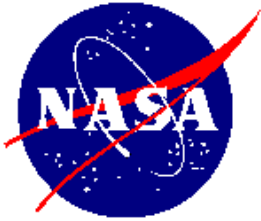
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**Findings Total: 0**

-Serious Findings: 0

-Less than Serious Findings: 0

**Mishaps / Close Calls: 0**



# Updates to OSHA's Recordkeeping Rule

## As of January 1, 2015:

All employers\* must report:

- All work-related fatalities within 8 hours

Within 24 hours, all work-related:

- Inpatient hospitalizations
- Amputations
- Losses of an eye

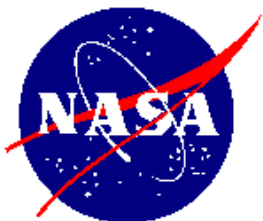
### How to Report Incident

- Call 1-800-321-OSHA (6742)
- Call your nearest OSHA area office, during normal business hours ([www.osha.gov/html/RAmap.html](http://www.osha.gov/html/RAmap.html))

### A summary of the Fatality and Severe Injury and Illness Reporting Requirements

Fatalities	Employers are required to report each fatality within 8 hours of the death, for all fatalities occurring within 30 days of the incident.
Hospitalizations	Employers are required to report each in-patient hospitalization within 24 hours of the hospitalization, for all hospitalizations occurring within 24 hours of the work-related incident.  In-patient hospitalization defined as a formal admission to the in-patient service of a hospital or clinic for care or treatment.
Amputations	Employers are required to report each amputation within 24 hours of the amputation, for all amputations occurring within 24 hours of the work-related incident.  Definition comes from BLS OIICS Manual 2010.
Losses of an eye	Employers are required to report each loss of an eye within 24 hours of the loss of an eye, for all losses of an eye occurring within 24 hours of the work-related incident.
Reporting options	Three options: by telephone or in person to OSHA Area Office; or by telephone to 1-800-321-OSHA; or by electronic submission on OSHA.gov.
Knowledge of event	Employer is required to report if event (fatality, in-patient hospitalization, amputation, loss of an eye) is reported to employer or employer's agent(s).





# Construction Safety

**1904.32(b)(5) How do I post the annual summary?** You must post a copy of the annual summary in each establishment in a conspicuous place or places where notices to employees are customarily posted. You must ensure that the posted annual summary is not altered, defaced or covered by other material.

**1904.32(b)(6) When do I have to post the annual summary?** You must post the summary no later than February 1 of the year following the year covered by the records and keep the posting in place until April 30.

OSHA's Form 300A (Rev. 01/2004)

## Summary of Work-Related Injuries and Illnesses

Year 20   
U.S. Department of Labor  
Occupational Safety and Health Administration  
Form approved OSHA no. 300-300A

All establishments covered by Part 1904 must complete this Summary page, even if no work-related injuries or illnesses occurred during the year. Remember to review the Log to verify that the entries are complete and accurate before completing this summary.

Using the Log, count the individual entries you made for each category. Then enter the totals below, making sure you've added the entries from every page of the Log. If you had no cases, enter "0".

Employees, former employees, and their representatives have the right to review the OSHA Form 300 and verify. They also have direct access to the OSHA Form 300 or its equivalent. See 29 CFR Part 1904.35, or OSHA's recordkeeping site for further details on the access procedure for these forms.

### Number of Cases

Total number of deaths	Total number of cases with days away from work	Total number of cases with job transfer or restriction	Total number of other recordable cases
(a) _____	(b) _____	(c) _____	(d) _____

### Number of Days

Total number of days away from work	Total number of days of job transfer or restriction
(e) _____	(f) _____

### Injury and Illness Types

Total number of ...	(g) Poisoning	(h) Hearing loss
(a) Injuries _____	_____	_____
(b) Skin disorders _____	(i) All other illnesses _____	_____
(c) Respiratory conditions _____		

Post this Summary page from February 1 to April 30 of the year following the year covered by the form.

Public reporting burden for this collection of information is estimated to average 20 minutes per response, including time for reviewing instructions, searching existing data sources, gathering the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this data collection, including suggestions for reducing the burden, to Washington, DC 20503. Do not send the completed form to the office.

**Establishment information**

Your establishment name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Industry description (e.g., Manufacturer of wire mesh poles) \_\_\_\_\_

Standard Industrial Classification (SIC), if known (e.g., 2710) \_\_\_\_\_

OR

North American Industry Classification (NAICS), if known (e.g., 33221) \_\_\_\_\_

**Employment information** (If you don't have these figures, see the Handbook on the back of this page for options.)

Annual average number of employees \_\_\_\_\_

Total hours workably all employees last year \_\_\_\_\_

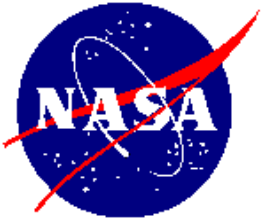
**Sign here**

Knowingly falsifying this document may result in a fine.

I certify that I have examined this document and that to the best of my knowledge the entries are true, accurate, and complete.

Supervisor \_\_\_\_\_ Title \_\_\_\_\_

Name \_\_\_\_\_ Title \_\_\_\_\_



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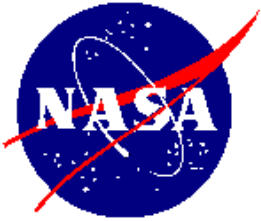


SSC Construction Safety:

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# Fatigue Awareness

## January 2015



# Fatigue is...

A physiological state in which your mental capacity is diminished.

Resulting from not enough sleep or when your sleep has been disturbed.

Commonly Caused by:

- Chronic sleep deprivation.
- Shift work.
- Time-zone travel.
- Life-style choices.

## **Under-recognized - especially as a mishap causal factor**

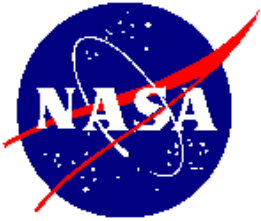
Majority of mishaps (80-85%) are caused by “human factors” errors; many are fatigue-related.

Fatigue is one of the top sources of hour-to-hour variance and unpredictability in human performance

No measurement tools for fatigue.

Culture is averse to recognition. Fatigue often masquerades as complacency, inattention, distraction, task-fixation, or boredom.

Fatigued people have a hard time recognizing their own fatigue and assessing its impact on performance.



# Negative Effects

## Fatigue produces broad declines in multiple measures of performance:

- Mood and motivation.
- High-level cognition, decision making, multitasking and situational awareness.
- Basic reaction times and vigilance.
- The brain's awake state also becomes unstable, lapses, and interrupts performance.

## Inadequate sleep for just one night, can:

- Affect your mood and emotions (short-tempered, depressed, anxious).
- Interfere with your memory.
- Reduce ability to make good decisions.
- Make it harder for you to concentrate.
- Make you more sensitive to pain.

***Chronic sleep deficiencies and fatigue are associated with multiple health problems, including:***

***•High blood pressure.***

***•Stress.***

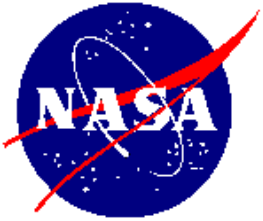
***•Weight gain.***

***•Metabolic impairment.***

***•Depressed immune system function.***

***•Diabetes.***

***•Heart problems.***



# Fatigue Awareness

## How do you know if you are fatigued?

- Involuntarily closing your eyes.
- Yawning.
- Letting your car drift back and forth in your lane.
- Having a hard time paying attention.
- Reacting more slowly than normal.
- Paying less attention to danger signs, details, actions of others.

## Driving while Fatigued

“The Witching Hour” - Strong correlation between time of day and traffic accidents. You are more likely to wreck during your normal resting time than during normal working time or driving long hours.



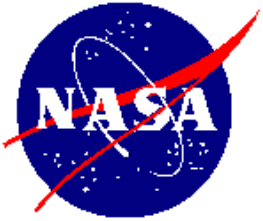
**The most dangerous time to drive is between midnight and 6 am.**

## What to do if you are Fatigued?

### Temporarily Charge your System

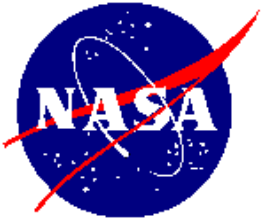
- ✓ Exercise vigorously, such as 2-minute bursts of running in place, jumping jacks, straight up and down jumps.
- ✓ Drink two cups of coffee, wait 20 minutes, and then drive.

**There is NO SUBSTITUTE FOR GETTING SUFFICIENT SLEEP!**



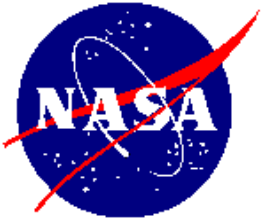
# Test

1. Coffee can help temporarily overcome the effects of drowsiness.
  - a) True
  - b) False
2. Being sleepy makes you misperceive things.
  - a) True
  - b) False
3. Wandering, disconnected thoughts are warning signs of fatigue.
  - a) True
  - b) False
4. I'm a good worker, so it doesn't matter if I'm sleepy.
  - a) True
  - b) False
5. Fatigue is under recognized as a mishap casual factor.
  - a) True
  - b) False



# Test

1. Coffee can help overcome the effects of drowsiness while driving.  
**a) True**  
b) False
2. Being sleepy makes you misperceive things.  
**a) True**  
b) False
3. Wandering, disconnected thoughts are warning signs of driver fatigue.  
**a) True**  
b) False
4. I'm a safe driver, so it doesn't matter if I'm sleepy.  
a) True  
**b) False**
5. Fatigue is under recognized as a mishap casual factor.  
**a) True**  
b) False



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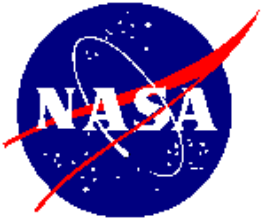


## SSC Construction Safety:

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The following videos demonstrate the affects of fatigued driving.





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# Construction Safety

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Questions?

<http://constructionsafety.ssc.nasa.gov/>

# Construction Safety

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Have a Safe month!