

6135 Edith Blvd. NE  
P.O. Box 25384  
Albuquerque, NM 87125  
Phone: (505) 344-2072  
Fax: (505) 344-1554



We're on the Web!

[www.aconm.org](http://www.aconm.org)

**ACNM Safety Committee Meeting:**

February 5th topic is Cellcontrol to help manage talking and texting behind the wheel.

Lunch meetings are held at ACNM on the first Friday of the month (9:30 AM) on a bi-monthly basis. Check the website for date changes.

RSVP: [dfranco@aconm.org](mailto:dfranco@aconm.org)/ (505) 344-2072 x 19

**We want to hear from you!**

- Do you have a great safety story to share with our readers?
- Do you have a new idea that may improve workplace safety?
- Do you have an employee you want to highlight?

E-mail your stories, ideas and suggestions to:  
[cwalker@aconm.org](mailto:cwalker@aconm.org)

Don't see what you need? Let us know and we will find an instructor or develop specific training that will fit your company needs.



H2S Awareness offered  
In Albuquerque!  
February 25th

\*Starred classes must be scheduled with the University of Texas at Arlington: [www.uta.edu/ded/osh](http://www.uta.edu/ded/osh) to register.

## ACNM Upcoming Events Calendar

- |   |  |
|---|--|
| F | • 2/4 – Joint Industry Environmental, Safety & Health Mega-Meeting 7:30 a.m. - 10:00 a.m. @ CNM WTC on Eagle Rock  |
| E |  |
| B | • 2/5 – ACNM Safety Committee Meeting (9:30 a.m.) Please RSVP  |
| R | • 2/8 – ACNM Technology Committee Meeting (12:00 p.m.)   |
| U | • 2/9-10- ATSSA TCS Re-Certification (NMDOT D6- Milan, NM)   |
| A | • 2/9 – Construction Industry Crime Alliance (CICA) 11:00 a.m. - NW Command Center   |
| R |  |
| Y | • 2/12 – Forklift Training & Performance Evaluation (Highway Supply)   |
|   | • 2/16-18 – SH 300: Scaffolding Standards* <a href="http://uta.edu">uta.edu</a> to register  |
|   | • 2/16 – ATSSA Traffic Control Technician (Alamogordo, NM)   |
|   | • 2/16 – DPS Commercial Vehicle Inspections Training- (9:00 a.m. -Noon) email Carol Walker at: <a href="mailto:cwalker@aconm.org">cwalker@aconm.org</a> to register 25 seats available, mechanics and drivers welcome! |
|   | • 2/17-18 – ATSSA Traffic Control Supervisor (Alamogordo, NM) Pre-req: TCT   |
|   | • 2/17 – OSHA 10 Hour for Construction, PART 1 of 2 (NMDOT D6- Milan, NM)  |
|   | • 2/18 – Storm Water Qualified Person  |
|   | • 2/18 – OSHA 10 Hour for Construction, PART 2 of 2 (NMDOT D6- Milan, NM)  |
|   | • 2/19 – ACNM Casino Night (Albuquerque Marriott Uptown)   |
|   | • 2/25 – Hydrogen Sulfide Awareness Training- (8 a.m. - Noon, \$50.00/student) Featuring: Tom Hudson, Four Corners Innovation  |
| M | • 3/1 – ATSSA Traffic Control Technician   |
| A | • 3/2-3 – ATSSA Traffic Control Supervisor (Prerequisite: ATSSA TCT)   |
| R | • 3/8-10 – OSHA 2264: Permit Required Confined Space Entry* <a href="http://uta.edu">uta.edu</a>   |
| C | • 3/9-11 – ATSSA TCT/TCS GRANT CLASS—Not an ACNM Class (TCT- \$25), (TCS-\$25), (ATSSA Certification- \$139) *** <a href="http://www.atssa.com">www.atssa.com</a> to register **                                       |
| H | • 3/14 – ACNM Technology Committee Meeting (12:00 PM)  |
|   | • 3/15-17 – OSHA 3115: Fall Protection* <a href="http://uta.edu">uta.edu</a> to register   |
|   | • 3/15 – FS 910: Traffic Incident Management (TIM)* <a href="http://uta.edu">uta.edu</a> to register   |



February 1, 2016

Volume 2, Issue 1

**In this issue:**

- Simple Tricks from Woman's World* 1
- OSHA Update* 1
- Construction Vehicle Placement Best Practices* 2
- Larry Sanchez - NM Bureau of Mine* 3
- Commercial Motor Vehicle News* 3
- ACNM Safety Committee Meeting* 4
- ACNM Upcoming Events Calendar* 4



## Simple Tricks from Woman's World

It took awhile, but winter arrived in New Mexico and with it came cold temperatures, ice and snow. With safety in mind, winter has always made vehicle maintenance a bit more difficult. However, did you know there are a few simple tricks that can make vehicle maintenance a little bit easier? Read on and you will find 4 such tips that may help you make it safely through the winter.

**1) Car wax will keep your headlights clean.**

Winter's ice and snow can really reduce the light from your headlights and if it sticks, it can reduce visibility. Did you know there is a simple fix? Wipe your headlights with ordinary car wax. Water repellents contained in the wax will prevent ice and snow from building up on your headlights. The wax may need to be applied every couple of weeks.

**2) Vinegar will keep ice from forming on your windshield.**

Just use a spray bottle with three parts vinegar and one part water to spray on your car's windshield. Vinegar contains acetic acid, which raises the melting point of water—preventing water from freezing. Just spray the solution on your windows and watch the ice melt.

**3) Shaving cream will fog-proof your windshield.**

Spray shaving cream on the inside of your windshield. After you wipe it off, it will leave a protective film on the glass that will prevent fogging. Believe it or not, shaving creams contain many of the same ingredients found in commercial de-foggers.

**4) Hand sanitizer will de-frost your locks.**

Frozen door locks on your vehicle? No problem, just put hand sanitizer on your key and the lock and the problem is solved. Hand sanitizers contain alcohol, the main ingredient in most commercial de-icers. Just remember, only sanitizers with more than 60% alcohol will work.

Information from Rosemarie Lennon, "Winter-proof your car," *Woman's World*, November 30, 2009.

## OSHA Update

**OSHA has proposed a new crystalline silica standard for construction work.**



Silica has long been recognized as a human lung carcinogen, as well as an overall health hazard. Exposures occur during many construction activities. The most severe exposures generally occur during abrasive blasting with sand to remove paint and rust from bridges, tanks, concrete structures and other surfaces. Other construction activities that may result in severe exposure include: jack hammering, rock/well drilling, concrete mixing, concrete drilling, brick and concrete block cutting and a variety of other activities.

To address a growing concern and better protect construction workers, OSHA has proposed a new crystalline silica standard for construction work. The proposal is based on reviews of scientific evidence, current industry consensus standards, and OSHA outreach, including stakeholder meetings, con-

ferences and meetings with employer and employee organizations.

OSHA's intention is to better protect employees by updating a 40-year old standard, removing the hard to understand formulas, and developing a consistent Permissible Exposure Limit for all industries to use.

In December, 2015 OSHA submitted a draft of its final rule on silica to the Office of Management and Budget, one of the final steps in the process that will lead to the publication of a long-awaited standard.

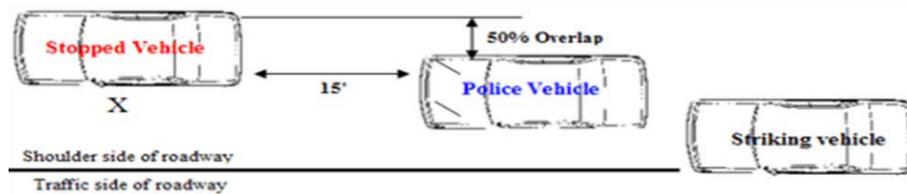
For additional information, contact New Mexico OHSB: Robert Dunnington Compliance Assistance Specialist phone: 505.222.9593 e-mail: [Robert.dunnington@state.nm.us](mailto:Robert.dunnington@state.nm.us).

## Construction Vehicle Placement Best Practices

Dion J. Bethea is a Civil Engineering Technician for the NMDOT in District 3. He obtained his Bachelor's Degree from the University Of Washington in Criminal Justice. He learned some beneficial vehicle placement tips from multiple police agencies that they use on traffic stops and would like to pass them along.



“Those of us in the construction world may not think about vehicle placement on job sites. Everyday thousands of vehicles and distracted drivers pass by construction sites in New Mexico. Some drivers may be texting while others are talking on the phone and not paying attention. Every day when we are out in the field, whether it is on a busy highway or a residential street, the threat and possibility of danger is there. We all have one common goal and that is to go home to our families at night. I personally believe that this one simple suggestion could save lives. This one simple awareness step could save lives. This suggestion is based on my own background and experience. It is not directly related to any NMDOT safety or training program. Employees being struck by vehicles or mobile equipment lead to many work zone injuries and fatalities. More than 40,000 people are injured each year as a result of crashes in work zones. Motorists can expect to encounter an active work zone 1 out of every 100 miles driven on the nation's highway system. Positioning construction vehicles is important to improve the protection of workers in work zones. Balancing the risk with others inherent in construction work is beyond the scope of this study and is a task left to construction professionals. However, the consideration of a certain orientation procedure noted in this paper is likely to reduce construction work zone fatalities due to errant vehicle strikes situations.”



“Reduction of the number of injuries and fatalities suffered by construction personnel can be achieved with certain orientation procedures for construction vehicles. I wanted to share some best practices on vehicle placement in work zones.”

- One work zone fatality every 8 hours – 3 per day
- One work zone injury every 9 minutes – 160 per day

- S** Space between vehicles about 1 car length or at least 15'
- T** Turn Steering Wheel Full Right
- O** Overlap with stopped car approx. 50%
- P** Parallel to the Roadway

“In the image below is a replica of a site that I have been on where the contractor could not get a traffic control permit for a lane closure. I instructed the contractor to place 2 of his work trucks in the median out of the way of traffic to shield the workers. The trucks were spaced out enough to shield the work zone. I then instructed the contractor to turn the steering wheel of each vehicle to the right in the event that a motorist struck a “shield” vehicle from behind. By turning the steering wheel to the right (or left) it insures that the vehicle takes the impact and rolls away from the work zone and not into the workers or work zone. The workers worked between the 2 vehicles and got the job done without incident.



## Larry Sanchez - NM Bureau of Mine Safety



Larry Sanchez  
Miner Trainer  
NM Bureau of Mine Safety

Larry Sanchez has worked as a miner trainer at the NM Bureau of Mine Safety for 15 years. Larry has dedicated his working career of over 50 years to the mining industry. Below are 10 general safety tips from his Part 46 and Part 48 training book.

### GENERAL SAFETY

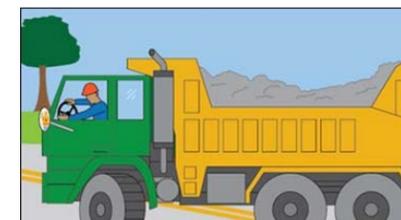
1. Never assume an employee with extensive experience is knowledgeable in the task that they are being assigned.
2. Improve illumination and add bright color contrast to the workplace by painting guarding yellow or red using bright red stop switches for electrical controls.
3. Increase task rotation to reduce complacency and the adverse effects of repetitive motion.
4. Organize the work area to avoid the need to lift or reach above the shoulders or below the knees.

5. Have supplies packaged in lighter units [40 pound bags instead of 80 pounds].
6. Encourage workers to obtain assistance when lifting heavy items.
7. Repair uneven floors and install skid resistant material especially for stair treads. Install shallow angle stairways instead of ladders.
8. Use redundant alarm systems that use flashing lights, audible alarms and/or vibration and eliminate background noise.
9. Signs that are posted should have large letter type to improve readability
10. Our workforce continues to age. In 6 years, 1/4 of our workforce will be 55 or older. Design and plan workplace health and safety accordingly.

## Commercial Motor Vehicle News

### FMCSA final rule to require electronic logging devices for truck and bus drivers.

December 10, 2015 [Commercial motor vehicle drivers](#) / [Electronic logging devices](#) / [Federal Motor Carrier Safety Administration](#)



Commercial motor vehicle drivers soon will be required to use [electronic logging devices](#) instead of paper logs to document hours-of-service records, the Federal Motor Carrier Safety Administration announced Dec. 10.

At press time, the [ELD final rule](#) had yet to be published in the *Federal Register*. The rule will include a [phased timeline](#) for implementation, with the final compliance date arriving two years after the *Federal Register* publication date.

FMCSA estimates that the final rule will save 26 lives and prevent 562 injuries per year. ELDs automatically measure the

amount of time spent on the road, which can help prevent drivers from manipulating their records and driving while fatigued. The final rule also aims to protect drivers from harassment based on their ELD records.

Smartphones and other wireless devices will be permitted as ELDs as long as they meet certain technical specifications, FMCSA said.

“Since 1938, complex, on-duty/off-duty logs for truck and bus drivers were made with pencil and paper, virtually impossible to verify,” Secretary of Transportation Anthony Foxx said in a press release. “This automated technology not only brings logging records into the modern age, it also allows roadside safety inspectors to unmask violations of federal law that put lives at risk.”

*“If you want something new, you have to stop doing something old.” - Peter Drucker*